

January/February 2024

COMMUNITY CONNECTOR

Bringing news from Leduc Assisted Transportation Services
to Seniors and LATS clients

Happy New Year!

On behalf of the whole team here at LATS, I send my warmest greetings - full of best wishes to you and your families. I would like to take this opportunity to wish you health, prosperity, peace and all the very best in 2024!

LATS is proud to be able to continue to provide quality service to our valuable customers and the community in general.

I would like to thank our drivers, contractor (Edmonton DATS), administration and fleet maintenance teams for their continued dedication, professionalism, and caring attitudes. I am also grateful to our community partners for their continuing participation and support. It has been a great 2023 and we look forward to another successful year ahead.

Regards,

Kevin Wenzel
Manager, Public Transportation



If you would like to receive your newsletter electronically, please email us at transit@leduc.ca

Keep Us Informed

It is important to keep our LATS administration staff up to date with your current address and phone numbers. If you are moving, going on vacation, have a new phone number or are going to be on respite care, please call (780) 980-8445 to let us know. LATS needs your most current contact information so that operators, dispatchers and customer service representatives can best coordinate your rides and communicate with you and your emergency contacts if necessary. We will pass along any updated information to Edmonton DATS on your behalf.

We are on the web!

Everything you want to know about LATS is on the City of Leduc's website. You can find information on the following:

- How to apply for LATS
- The service guide for LATS
- Bi-Monthly newsletters
- How to purchase fare products (tickets and passes)
- Sponsors and their locations
- Hours of operation
- Holiday closures
- How to arrange for Travel Training

Follow this link:

<https://www.leductransit.ca/lats>

Safety Tips for Winter

Winter weather has arrived! Please remember to ensure driveways, sidewalks and steps at your residence are clear of snow, ice and other debris this winter. LATS operators are not obligated to pick clients up if these conditions are not met. Slippery sidewalks and driveways can be hazardous for both clients and LATS operators. Moving clients who use mobility devices such as wheelchairs can be very difficult on snowy driveways and walkways.

When it is dark outside, please ensure that you turn the outside light on for the LATS operator and yourself.

Remember to always step carefully when getting on or off of the bus. The stairs can be slippery when wet. Use the handrails whenever you can.

Our weather can change quickly and unexpectedly. Please ensure you and those in your care are dressed appropriately for all trips, before heading out the door.

If your bus is running late, please be patient. Sometimes LATS operators are delayed due to road conditions. They will do their best to ensure you arrive at your destination on time.

Lastly, please remember that LATS cannot operate the hydraulic lifts on our buses when the temperature outside reaches -25 Celsius. When this occurs, your trip will automatically be cancelled if you require the use of the lift.



Tips for being a Respectful Rider onboard LATS

Riding the bus should be a positive experience for all passengers. Showing your fellow passengers respect is not only important but is also expected onboard LATS buses.

We ask you to remember to be kind to one another and to keep your conversations positive and quiet. This helps the LATS driver so that he or she can stay focused on safely operating the vehicle.

Food, Drinks and Scents on LATS

After careful consideration, LATS will allow you to bring a drink onboard the bus as long as your container has a lid. Please be careful when taking a sip as sometimes the road can be bumpy.

As far as eating on the bus is concerned – LATS will not allow eating on the bus.

Remember that strong scents may bother others. Please be aware and respectful.

Senior Active Afternoons at the LRC

Are you aged 60+? The LRC offers FREE access Monday - Friday from Noon to 4 p.m. Please visit Guest Services at the Leduc Recreation Centre to register for this membership today.

Senior 75+

If you are 75+, the LRC offers FREE access all day, any day. Please visit Guest Services at the Leduc Recreation Centre to register for this membership today.

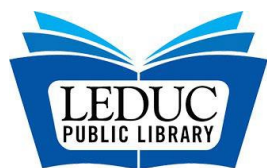
When to Call and Book your Trip:

- **For Monday trips** – Call Friday, Saturday (any time), or Sunday (before noon)
- **For Tuesday trips** – Call Saturday, Sunday (any time), or Monday (before noon)
- **For Wednesday trips** – Call Sunday, Monday (any time), or Tuesday (before noon)
- **For Thursday trips** – Call Monday, Tuesday (any time), or Wednesday (before noon)
- **For Friday trips** – Call Tuesday, Wednesday (any time), or Thursday (before noon)
- **For Saturday trips** – Call Wednesday, Thursday (any time), or Friday (before noon)
- **For Sunday trips** – Call Thursday, Friday (any time), or Saturday (before noon).

DATS menu options are as follows:

- **Press 1** to cancel a trip or to check on a late ride
- **Press 2** to book or change a trip
- **Press 3** to register for DATS
- **Press 4** to submit a commendation, concern, or any other inquiry
- **Press 5** for IVR self-serve options
- **Press 6** for subscription requests

We have a new two-way sponsor



The Leduc Public Library is our newest sponsor and will gladly sponsor your trip to and from the library when you stop in to use the library's services. On behalf of LATS and all of our clients, we would like to extend our sincere thanks to

the library team and board for approving this sponsorship.

Our Sponsors

We are very fortunate to have several sponsors who cover either one way or both ways of your trip onboard LATS, when you visit their businesses to shop or utilize their professional services. If you are going to a sponsored location, your LATS Operator will record your sponsored trip and you will not be charged a fare.

One-way sponsors (return trip only) are:

- Second Glance
- Craig's No Frills
- Farmer's Market
- ECO Station

Two-way sponsors are:

- Medicine Shoppe
- Sobeys (Safeway)
- Leduc Co-op Grocery
- Leduc Co-op Hardware
- True Touch Massage Therapy & Fitness
- City Centre Mall
- Leduc Recreation Centre
- Progress Health Physiotherapy
- Medscheck Pharmacy
- The Leduc Public Library

We would like to say thank you to each of our sponsors. Your generosity is greatly appreciated.

Leduc Public Library News



The Leduc Public Library has many exciting things happening in 2024. To register for a

program, call 780-986-2637, stop by the information desk or use our website leduclibrary.ca under Programs & More.

The following three ZOOM programs are run in joint partnership with Strathcona County Library:

Holiday Hangover

Wednesday, January 31, 7 - 8 p.m. *This is a registered ZOOM program.*

The party's over, the damage is done, and it is hard to remember exactly what happened. This workshop is designed to get rid of the holiday debt and encourage positive action, so it is never an issue again. Presented by Credit Counselling Society.

Effective Tax Strategies

Thursday, Feb 22, 7 - 8:30 p.m. *This is a registered ZOOM program.*

Acquire the Tax Smarts you need to achieve your personal income tax goals. In this session we'll learn about Canada's tax system, planning, record keeping, reducing taxable income and other resources. Provided by Chartered Professional Accountants of Canada.

Vacation on a Budget

Wednesday, Mar 6, 7 - 8 p.m. *This is a registered ZOOM program.*

Participants will learn a variety of ways to save money while planning a vacation so they can have fun without worrying about money. Presented by the Credit Counselling Society.

The following programs will be held at Leduc Public Library:

Scam Awareness

Thursday, Jan 25, 10:30 – 11:30 a.m. Registered.

The Canada Revenue Agency (CRA) wants individuals to be aware of scams, learn how to recognize one, and how to prevent it. Join us for this morning program

and enjoy some coffee and goodies. Door prizes to be provided!

Books to Movie Chat – Registered

Read the book, watch the movie, come to the library, and discuss!

- Tuesday, January 30, 6:30 – 7:30 p.m. *Fried Green Tomatoes at the Whistle Stop Café* by Fannie Flag
- Tuesday, March 12, 6:30 – 7:30 p.m. *Hidden Figures* by Margot Lee Shetterly

Black History Month Reading Challenge February 1 – 29. Drop-in (Library hours)

In honour of Black History Month, we invite you to participate in reading stories, history, and experiences of Black authors and their communities. For each book completed submit your name for a chance to win one of two \$25.00 gift cards!

Card Games & More for Older Adults

Tuesday, Jan 9, Feb 13 & Mar 12, 2 – 3 p.m. Drop-in.

Yahtzee, Cribbage, Hearts and more! We provide the games while you get to meet new people and play some of your favourite games!

Outreach Services

Outreach Services is a convenient service that supplies books, large print books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities. Library staff or volunteers will deliver books to your home and pick them up once a month.

Do you love to read but are no longer able to commute to the library? We can now bring library items to you! Audio Books, Daisy Books, Large Print, DVD's, etc.

Please call 780-986-2637 or **email** Kristi at kwollman@leduclibrary.ca for more information.

Do you qualify for subsidized transit?

Family and Community Support Services (FCSS) would be pleased to help you determine whether you qualify for subsidized transit. In order for that to happen, you must first book a MANDATORY intake with them, which needs to be done before you purchase any passes for Leduc Transit or LATS.

To book an intake you must call FCSS at 780-980-7109.

To qualify you must:

- Be a City of Leduc resident
- Prove Household income meets LICO as confirmed by income/bank statement.

Household Size	CRA Income cut off <i>Gross Income (after taxes)</i>
1 person	\$ 35,000
2 persons	\$ 45,000
3 persons	\$ 47,500
4 persons	\$ 50,000
5 persons	\$ 52,500
6 persons	\$ 55,000
7 persons or more	\$ 57,000
Add \$2500 for any additional family members	

- Once approved FCSS will walk you through accessing your discount the first time and explain the process.
- FCSS will explain how you can receive a flat **50% off** a monthly local, commuter, or LATS bus pass for 12 months (the type of pass is your choice each month).

City of Leduc Fire Services

The Vial of Life Program, run by Leduc Fire Services, is designed for members of the community who have medical conditions that may leave them unable to communicate with the paramedics.

A “vial of life” contains:

- 1 large medication vial that is placed in the refrigerator.
- 1 pamphlet for each person of the household (who has a condition) that contains information (name, AHC number, medical conditions, allergies) placed inside the vial.
- 2 elastic bands to hang the vial from the wire rack inside the fridge.
- 1 sticker that is placed on the main entrance of the residence. This will alert the paramedics that there is a vial on site if needed.
- You may also place a copy of your do not resuscitate (advanced directive) order inside your vial.

For more information, contact Fire Services at 780-980-8475.



Recipe corner

Bacon and Gruyère Egg Bites



Who doesn't love a healthy breakfast item that is quick to heat up and easy to pop in your mouth in practically one bite? Egg bites can be made ahead and stored in the fridge for up to 3 days or frozen for up to 2 months.

Ingredients:

4 slices of bacon, cooked and diced
6 large eggs
1 ¼ cup cottage cheese (full fat)
1 ¼ cup grated Gruyère cheese
2 tablespoons cornstarch
¼ teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon hot sauce.

Method:

Put an oven safe dish on the bottom and middle racks of your oven, filled with boiling water. Preheat the oven to 300° F.

In your blender, combine the eggs, cottage cheese, Gruyère cheese, salt, pepper and hot sauce. Blend until completely smooth.

Pour the egg mixture into a muffin tin which has been sprayed with cooking spray. Fill each well up ¾ of the way. Sprinkle the tops with your bacon pieces and using a spoon, push them into the egg mixture. Bake for 20-25 minutes on the middle rack beside the dish of hot water. Remove from the oven when done and let sit for 5 minutes. Once they have cooled a little, remove them with a spatula and then either enjoy or store in the fridge or freezer.

Enjoy!

Hopefully this gets you 'wheeling' with laughter

Do buses and trains run on time?

No, they don't. Buses run on wheels, while trains move along the tracks.

What do bus drivers eat in their sandwiches?

Traffic jam!

I missed the bus today.

I really don't understand why I get so sentimental.

What do you call a bus full of writers?

A plot twist.

