

March/April 2024

COMMUNITY CONNECTOR

Bringing news from the City of Leduc to our LATS Clients

Welcome to Spring!

The first official day of Spring falls on Tuesday, March 19th this year. The first day of Spring is referred to it as the Equinox, which is a time when both the Northern and Southern Hemispheres share the same amount of daytime and nighttime hours. What it means is that the earth's axis is not tilted toward or away from the sun.

The word 'equinox' comes from the Latin word aequinoctium, meaning "the time of equal days and nights," from equi meaning "equal," and nocti meaning "night."



How about a walk this Spring?



Did you know that there are more than 85 kilometers of beautiful multi-use trails and pathways within the lovely city of Leduc? An

excellent pathway is at Telford Lake. Telford Lake is a great location to do some yoga, to meditate, have a picnic, read a book, catch some sunshine, walk, run, or cycle around the lake and depending on the time of day that you go, you may even be able to take in a gorgeous sunrise or sunset.

Multiway Guidelines:

- Keep to the right and yield the right-of-way to slower moving pedestrian traffic.
- Alert anyone about to be overtaken and pass on the left.
- Exercise due care and attention to avoid a collision, particularly when entering or exiting the trail onto a roadway or approaching a blind spot, hill or corner.
- Move off the trail when stopped.
- Travel at a speed that is reasonable given the conditions, including weather and traffic volume.

Dog Owner Guidelines

You can enjoy Telford Lake multiway with your furry friends. Please remember to:

- Clean up after your dog immediately.
- Keep your pet on a leash that's no more than 2m long.

For more information, please call Public Services at 780-980-7133.

Older Adult Services

The Older Adult Services Program provides information on services and programs for seniors and families caring for older adults within the City of Leduc. For more information, please contact Older Adult Services at 780-980-7109.

What are some of the reasons to call Older Adult Services?

- You need assistance with completing forms for government programs.
- You have concerns associated with aging and care giving.
- You need assistance with developing new programs for older adults.
- You are looking for information about city programs, and federal and provincial benefits for seniors.
- You need information about emergency services, health support groups, community medical services, or safety.

Seniors Outreach

Seniors Outreach provides information on programs and services for seniors and families caring for seniors. One-on-one support is available to connect seniors and adults with disabilities, to community resources.

Homemaking Program

The Homemaking program assists with light housekeeping for seniors who are living on their own and are physically unable to maintain their residence. Fees are calculated using a sliding scale based on the client's annual income. To learn if you qualify, call FCSS at 780-980-7109.



On-Demand Transit Hours Increase

On-demand transit now operates during the following hours:

- In the City of Leduc Monday to Friday from 4:45 a.m. to 11:00 p.m.
- In Nisku Business Park Monday to Friday from 4:45 a.m. to 11:00 p.m.

Three ways to book your trip

Riders are encouraged to book rides in advance using one of the following methods:

- Download the Pick-Up app from [Google Play](#) or the [Apple Store](#)
- [Book online](#)
- Phone the call centre 780-986-7433.



How it works

- Create an account online or in the app
- Pick the nearest pick-up and drop-off locations
- Select travel times
- Choose seat requirements
- Head to the pick-up stop
- Track the bus in real-time and enjoy the ride

Book trips for right away or up to two weeks in advance for travel between any two bus stops in Leduc or the Nisku Business Park. Bookings will be confirmed within 15-20 minutes, or up to 45 minutes during high-demand times.

The pick-up window is 10 minutes, and the bus can't wait, so be sure to arrive early. The on-demand system calculates the most efficient route based on customer needs, so trips are as fast as possible.

Leduc Transit Services offers subsidized transit passes for low-income residents

In partnership with the Government of Alberta, Leduc Transit is offering eligible Leduc residents half-fare passes for Leduc Transit and Leduc Assisted Transit Services (LATS) local and regional routes.

To access the subsidized passes, residents are required to call Leduc's Family & Community Support Services (FCSS) to arrange an intake meeting and determine whether they qualify.

FAQ

Who is eligible for subsidized transit passes?

To be eligible for the subsidized transit pass program, you must:

- Be a City of Leduc resident
- Prove your household income meets low-income cut off confirmed by an income/bank statement

How do I arrange an intake meeting?

To book an intake meeting, call FCSS at 780-980-7109.

How long do I qualify for a subsidized transit pass once approved?

Once you've been approved, you will be eligible for a reduced transit pass for 12 consecutive months, or until funding is no

longer available.

How do I pick up my subsidized transit pass?

Once approved, you will be able to purchase your subsidized transit pass at the Civic Centre's Finance counter.

LATS routes, schedules and fares, visit leductransit.ca

What other support services does FCSS provide?

To learn more about other support services FCSS provides to residents, call 780-980-7109.

Household Size	CRA Income cut off Gross Income (after taxes)
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	



Travel Training



Are you new to LATS or would you like a refresher on how to use our service? We are here to help! If you would like to learn more about our service and how we can assist you, please call Maureen at 780-980-8445 to arrange for a Travel Training session.

We will come to you and teach you how our service works including how to plan your trips, where to buy fare products, learn who our sponsors are, know the procedures in the event of an emergency, understand what type of carry-on we allow, learn how the bus lift works and much more. We look forward to meeting you and connecting you to the community.

When to book your trip

For Monday trips – Call Friday or Saturday (any time), or Sunday (before noon)

For Tuesday trips – Call Saturday or Sunday (any time), or Monday (before noon)

For Wednesday trips – Call Sunday or Monday (any time), or Tuesday (before noon)

For Thursday trips – Call Monday or Tuesday (any time), or Wednesday (before noon)

For Friday trips – Call Tuesday or Wednesday (any time), or Thursday (before noon)

For Saturday trips – Call Wednesday or Thursday (any time), or Friday (before noon)

For Sunday trips – Call Thursday or Friday (any time), or Saturday (before noon)



LATS Holiday Closures

The City of Leduc recognizes all statutory holidays. As a result, LATS will not operate on the following dates:

Good Friday, March 29, 2024

Easter Monday, April 1, 2024

LATS is open for service on Easter Sunday.



I Love Spring

Goodbye to the cold, the fog and the sleet,

Hello to the green grass beneath my feet.

Goodbye to the chilly winds and frost on the trees,

Hello to the warmth of Spring on the breeze.

Goodbye to the darkness and the shortened days,

Hello to the sunshine and its beautiful rays.

Goodbye to the blues, I've chased them away,

Hello to the happiness filling my days.

Goodbye to the snow that's covered the ground,

Hello to the flowers sprouting up all around.

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Fire Safety Education

Fire safety knowledge is essential in saving lives, preventing injuries, and protecting our whole community. The City of Leduc's Fire Services team works together with community members to support everyone in understanding how to be fire safe. Leduc Fire Services offers presentations to seniors, schools, community groups and clubs, and more on topics like:

- Seniors Fire Safety
- Injury Prevention
- EMS topics
- Evacuation Planning
- Emergency Management

Any group interested in learning more and hosting a City of Leduc Fire Services member for a safety presentation on any of these topics can:

- Submit a request to Leduc Fire Services online at leduc.ca/fireeducation
- Call Leduc Fire Services at 780-980-8475



2024 Volunteer Income Tax Program opens March 1

Schedule an appointment to prepare and file your income tax returns

Tax season is coming quickly, and the City of Leduc is here to help low to modest income residents and seniors prepare and file their 2023 income tax returns.

The Volunteer Income Tax Program will be available via telephone or in-person at the Civic Centre. Walk-ins will also be accepted, though we encourage you to call ahead and schedule an appointment.

For assistance with your tax return, or to find out if you are eligible for the program, call FCSS at 780-980-7109.

Last year, volunteers helped 496 residents prepare and file their income tax returns for free.

To learn more about the Volunteer Income Tax Program, please visit
leduc.ca/taxprogram

Visit the LRC

SENIOR'S *Active* AFTERNOONS

60+ **FREE** access
Monday – Friday,
Noon – 4 p.m.

Are you 60+? Are you looking to get more active? Now you can receive FREE access to the LRC Monday to Friday from noon to 4:00 p.m.

For more information or to register for this membership, please visit Guest Services at the LRC.

Recipe Corner - Pineapple Slice

For the crust:

- 2 cups graham cracker crumbs
- 3 tablespoons sugar
- ½ cup unsalted melted, butter
- Pinch of salt

For the filling:

- ½ cup unsalted butter, softened
- 4 ounces full-fat cream cheese
- 2 cups powdered sugar
- 1 teaspoon vanilla
- 1 cup drained, crushed pineapple, divided
- 8 ounces of whipped topping

Directions:

Preheat oven to 350 degrees. Line an 8 x 8 pan with parchment paper.

For the filling, in a small mixing bowl, stir together the graham crumbs, sugar, salt and butter. Stir to combine and press into the prepared pan. Bake for 10 minutes and let cool.

For the filling, in a large mixing bowl, beat together butter and cream cheese until combined. Gradually add the powdered sugar and vanilla. Beat until fluffy. Fold in 2 tablespoons of the pineapple. Spread evenly over the prepared crust.

In a separate bowl, mix the remaining pineapple with the whipped topping and spread over the dessert.

Top with toasted coconut if desired or chopped walnuts. Refrigerate until set, 6 to 8 hours. Slice and enjoy!



Please limit your shopping bags!

You must stow your items under the seat in front of you. This means two canvas bags maximum on the bus. Items cannot be left hanging on your wheelchair or scooter during transit.



Are you going on a respite leave?

Please remember to call into Edmonton DATS with the dates that you will be staying with another caregiver at 780-986-5000. DATS will also confirm the caregiver's name and phone number with you at that time.

LATS Operators are not authorized to take you anywhere except what shows up on their tablet and cannot make the changes for you.

Thank you to our Sponsors

Your generosity is appreciated, and we would like to acknowledge you.

Second Gance, Craig's No Frills, Farmer's Market, Medicine Shoppe, Canada Safeway, Leduc Co-op Grocery and Hardware stores, True Touch Massage Therapy and Fitness, City Centre Mall, Progress Health Physiotherapy, Leduc Recreation Centre, ECO Station and Medscheck Pharmacy.