

# LATS NEWS

Leduc Assisted Transportation Services



[LeducTransit.ca](http://LeducTransit.ca)

Summer 2020

## (LATS) and COVID-19

**Free masks are provided for Leduc Transit and LATS customers when you ride.**

Leduc Transit has joined transit services across the province in distributing free masks to their ridership to help prevent the spread of COVID-19. Masks are on board of all Leduc Transit and Leduc Assisted Transportation Service (LATS) buses.

All non-medical masks are provided by the Government of Alberta as part of their relaunch strategy in an effort to protect citizens from a potential second wave of COVID-19 infections.

Effective August 1, 2020, it will be mandatory to wear a mask in order to access transit services in the Leduc region.

Mask distribution is first come, first serve and available on board.

For more information, email [transit@leduc.ca](mailto:transit@leduc.ca) or call 780-980-8444.



## Wearing a Surgical Face Mask

### Step 1:

Ensure you wash your hands with soap and water or use an alcohol-based hand sanitizer, prior to putting on your mask.

### Step 2:

Open the mask fully from nose to chin. Place the elastic loops around each ear. Pinch the nose bar if your mask has one to ensure a good fit.

Avoid touching your mask or face under the mask. If your mask becomes damp, remove it using the elastic loops and dispose of it in the garbage. Before applying a new mask, ensure you follow step 1.

If your mask is a one-time use mask, do not reuse it. Always use a fresh mask.

## About LATS

LATS is a door-to-door, driver-assisted transportation service for seniors (65+) and for persons with cognitive and/or physical disabilities within the City of Leduc.

Temporary service may be available to individuals with a temporary disability. Applicants must reside in the City of Leduc to qualify for LATS services.

We are operating on reduced hours during the pandemic and are closed on evenings and weekends. We operate Monday to Friday from 9 am-6 pm.

## Applying for LATS

Before you use LATS, your application must be submitted & approved. You can pick up an application online at [www.leductransit.ca](http://www.leductransit.ca) or at the Civic Centre (1 Alexandra Park), the Leduc Recreation Centre or by calling 780-980-8444.

## Booking a Ride on LATS

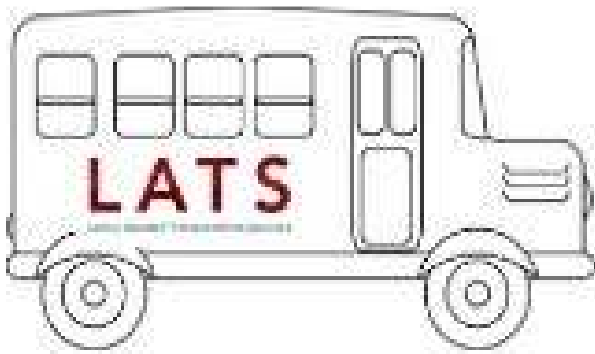
If you need any information on booking a ride, or you just have some general questions you need answered, please call the LATS office at 780-980-8444 and we will be happy to assist you.

All reservations are booked through Edmonton DATS. You can make a reservation by calling 780-986-5000 or 780-496-4567, (option 2).

The Client Service Centre Hours are as follows:

- Monday to Friday  
7:30 am - 5:00 pm
- Saturday and Sunday  
7:30 am to 12:00 pm

If you need to cancel your reservation, your cancellation must be received by DATS, at least 2 hours prior to your scheduled pick-up time.



## Email List

To receive our newsletter electronically, forward your request and email address to [leductransit.ca](http://leductransit.ca) or call 780-980-8445.

## LATS Fares

LATS fare products can be purchased online at <https://www.leductransit.ca/fares/buy-passes-online> under the LATS Ticket Books or in person at the Civic Centre at: #1 Alexandra Park, Leduc.

Monthly Pass: \$140 (Unlimited use throughout the month)

Ticket Books: \$40 (11 one-way trips)

One-way Fare: \$4 (cash only)

## LATS Shuttle

LATS will resume its Shuttle service beginning September 1<sup>st</sup>. The Shuttle will operate Monday to Friday 9:00 am to 3:12 pm. The Shuttle service is a fixed-route service and **reservations are not required** for the Shuttle. Customers are welcome to board and disembark anywhere along the route.


Each ride costs \$4 unless it is covered by our sponsors.

One-way sponsors are: No Frills, The Medicine Shop, The Farmer's Market,

Two-way sponsors are: True Touch Massage Therapy and Fitness, City Centre Mall, Leduc Co-op Grocery or Hardware, Safeway and Second Glance.

Please see page 3 for a Shuttle map and schedule.

Route	1	2	3	4	5	6	7	8	9	10	11	12	13/14/15
Majestic East / West													
Planview													
Westgrove													
Summit Court													
Summit Square													
Civic Centre & Library													
Hospital													
Salem Mews													
Goldidge													
49 St. Gasabo													
City Centre Mall													
Leduc Co-Op / Second Glance													
Safetyway / Giant Tiger / Dollarama													
1	9:00	9:05	9:07	9:10	9:12	9:14	9:17	9:22	9:24	9:29	9:32	9:38	9:42
2	9:47	9:52	9:54	9:57	9:59	10:01	10:04	10:09	10:11	10:16	10:19	10:23	10:29
3	10:35	10:40	10:42	10:45	10:47	10:49	10:52	10:57	10:59	11:04	11:07	11:11	11:17
4	11:22	11:27	11:29	11:32	11:34	11:36	11:39	11:44	11:46	11:51	11:54	11:58	12:04
5	12:09	12:14	12:16	12:19	12:21	12:23	12:26	12:31	12:33	12:38	12:41	12:45	12:51
6	12:56	1:01	1:03	1:06	1:08	1:10	1:13	1:18	1:20	1:25	1:28	1:32	1:38
7	1:43	1:48	1:50	1:53	1:55	1:57	2:00	2:05	2:07	2:12	2:15	2:19	2:25
8	2:30	2:35	2:37	2:40	2:42	2:44	2:47	2:52	2:54	2:59	3:02	3:06	3:12




**LATS Shuttle Route**  
(Monday to Friday 9 AM - 3:12 PM Hourly)

Transit Route:  
Leduc Assisted Transportation Services Route

Stopping Locations:

- 1 Majestic East / West
- 2 Planview
- 3 Westgrove
- 4 Summit Court
- 5 Summit Square
- 6 Civic Centre & Library
- 7 Hospital
- 8 Salem Mews
- 9 Goldidge
- 10 49 St Gasabo
- 11 City Centre Mall
- 12 Leduc Co-op / Second Glance
- 13 Safetyway
- 14 Giant Tiger
- 15 Dollarama

The Shuttle follows the numerical order of the stops as located on the map and then repeats itself throughout the day.



## Taking Care of Yourself

During Covid-19, there is nothing more important than taking care of yourself. For the past several months, it seems like all we have heard in the news has been about Covid-19. Taking care of yourself involves many steps, including how much news we watch, what we decide to listen to and when to press the mute button.

Taking care of yourself means taking care of your whole self – mind, body and soul. Find something you love to do. Perhaps it is reading an uplifting book or some poetry, listening to your favourite music, watching a funny movie or Netflix series, learning how to eat healthier or taking the time to exercise.

Taking care of yourself ensures you stay healthy, which affects not only you but also those around you as well.

Maintaining a positive attitude helps you more than you know. It forces you to block out the negativity that has become so much a part of this new normal we are all living in. No one knows how long this pandemic will be around so start every day with a smile and practice gratitude.

At the end of your day, do some self-reflection. Think of something that happened during your day that made you happy. Be thankful and go to bed with a happy heart.

*I'm  
So much to be  
THANKFUL  
for*

## Older Adult Support

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.

## Chocolate Saskatoon Muffins

In a large bowl mix:

- 2 cups flour
- 1 cup sugar
- 1 tsp baking soda
- ½ tsp salt
- ½ cup cocoa
- 1 cup Saskatoon berries



In a small bowl mix:

- 1 cup sour cream
- ½ cup milk
- ½ cup oil
- 1 tsp vanilla
- 1 egg

Add the wet ingredients to the dry and mix well. Bake in lined muffin tins at 400 degrees for 20-22 minutes.

Name: \_\_\_\_\_

### Taking Care of Yourself

C	Q	C	M	R	F	R	I	E	N	D	L	Y	Z	S	T	U	H
G	O	U	O	G	E	C	R	E	A	D	I	N	G	E	R	W	Q
G	T	N	C	U	F	L	O	N	S	P	I	D	U	N	E	E	N
W	R	P	S	K	R	R	A	M	U	M	A	O	P	S	S	H	E
A	S	A	O	I	I	T	E	X	P	T	I	X	R	I	T	E	X
L	Q	C	T	S	D	N	E	L	A	A	R	L	E	B	G	A	E
K	Z	B	A	I	I	E	D	O	I	T	S	I	E	L	R	L	R
I	F	Y	R	R	T	T	R	N	U	A	I	S	T	E	V	T	C
N	V	M	O	N	I	U	I	A	E	S	B	O	I	I	B	H	I
G	G	W	H	L	M	N	D	V	T	S	K	L	N	O	O	C	S
M	I	N	D	F	U	L	G	E	E	E	S	A	E	B	N	N	E
T	H	A	N	K	F	U	L	L	U	N	U	B	C	I	O	P	V

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

CARING	HEALTH	RELIABLE
COMPASSION	KINDNESS	REST
CONSIDERATE	MINDFUL	SENSIBLE
COURTEOUS	NUTRITION	SMILE
EXERCISE	POSITIVE	THANKFUL
FRIENDLY	READING	WALKING
GRATITUDE	RELAXATION	

Just for fun...



*I can never remember my password so I changed it to 'incorrect', That way, when I login with the wrong password, my computer will tell me...  
"Your password is incorrect."*

"What do monsters play when they are on the bus?"

"Squash!" *Ha ha ha!*