

March and April 2022

COMMUNITY CONNECTOR

Bringing news from Leduc Family & Community Support Services and Leduc Assisted Transportation Services to Seniors and LATS clients

Welcome to Spring

New beginnings and renewed hope. It's springtime! The long, cold days are behind us for another season and we wake up refreshed and feeling alive. The days with lingering sunshine bring with them the promise of new life. Spring is the time of year when everything in nature is changing.

Open your windows and breathe in the fresh air. Shake off the hibernation and feel the sun's rays. Step outside and listen to the sounds around you – the sounds of nature. Watch the flowers bloom, the buds on the trees open, the beautiful new shoots of grass grow, and simply rejoice!

If you are like most people, you look forward to being able to get out and about and enjoy the warm sunshine. In springtime, a highlight of many peoples' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures.

On an emotional level, getting outside and breathing fresh air, listening to nature, and enjoying the day can be as calming and relaxing as an hour of meditation. On a physical level, walking or cycling a short distance or enjoying a little outdoor activity

can improve strength, flexibility and agility. On a social level, being able to get out and chat with others and share a smile or two is simply great for the soul.

Did you know that the City of Leduc has close to 75 kilometers of paved multiway trails that you can enjoy year-round? If you are interested in finding out where they are or what is close to you as you venture out for a springtime walk or ride, you can log into <https://www.leduc.ca/multiway-trail-system> for more information.

The trails at William F. Lede Park also connect to the Stone Barn and Cultural Village, which if you have never been to is something to add to your 'Leduc must-do' bucket list. Known as the Brown Property, it contains the original farmhouse, a milking shed, has beautiful landscaped gardens and then there is the historic Stone Barn, representing the original dairy barn that once stood on the same sight. There is no better place to spend a spring day.





Sorting through hoarding

online session

This half day workshop, held in partnership with Leduc County FCSS, City of Leduc FCSS, Calmar FCSS and Warburg FCSS, is packed with Hoarding 101 information. The facilitators offer a multi-disciplinary approach that addresses a variety of topics including stigma, trauma-informed intervention, practical hands-on decluttering strategies and much more. The workshop includes real life examples, pictures and a special video of a person with lived experience of hoarding.

- ▶ **Date:** Friday, March 18
- ▶ **Time:** 9 a.m. to noon
- ▶ **Location:** online via Zoom
- ▶ **Technology needed:** internet access by computer, tablet or smart phone
- ▶ **Register:** register by Friday, March 11. To register, contact:
 - ▶ Lucille (Leduc County) at **780-941-2382** or **Lucille@leduc-county.com**
 - ▶ Taylor (Calmar) at **780-985-3191** or **TThomas@calmar.ca**
 - ▶ Lucrecia (City of Leduc) at **780-980-7115** or **LMendoza@leduc.ca**
 - ▶ Tami (Village of Warburg) **780-848-2828** or **fcss@warburg.ca**

About the facilitators

Stacy Walker is a Certified Professional Organizer from Edmonton, Alberta, and is a co-founder of the Hoarding Disorder Foundation of Alberta. She specializes in the hoarding field and works primarily with people who struggle with extreme clutter and hoarding behaviours. She is dedicated to positively influencing community responses to hoarding cases by providing comprehensive educational programming and on-site support services. Stacy is an active contributing member to both the Professional Organizers in Canada and the Edmonton Hoarding Coalition.

Terri Bailey, M.A. Counselling, from Edmonton, Alberta, also co-founded the Hoarding Disorder Foundation of Alberta and has a private therapy practice with a specialty in the hoarding field. She educates professionals, co-facilitates hoarding groups, provides one-on-one counselling, and also works with family members who are concerned about a loved one who is hoarding. She is a member of the Edmonton Hoarding Coalition and is dedicated to facilitating a collaborative and compassionate community response.



Recipe Corner – A Taste of Spring

Honey Lemon Chicken Salad

Ingredients:

- 1 lemon, zested and squeezed
- 2 tablespoons of honey
- 1 teaspoon Dijon mustard
- ¼ cup olive oil
- ½ cup fresh mint leaves, chopped
- 2 cups fresh spinach leaves
- 2 cups arugula leaves
- 1 can chickpeas, rinsed and drained
- ½ cup cherry tomatoes, halved
- ½ cup finely chopped cucumber
- ½ cup feta cheese
- 2 cooked chicken breasts, cubed

Method:

Combine lemon juice, lemon zest, Dijon mustard, olive oil and chopped mint in a glass bowl. Add salt and pepper to taste.

Toss in the spinach and arugula leaves, chick peas, tomatoes, cucumber, feta and chicken and mix to combine with the dressing.

Serve with ciabatta bread that has been lightly brushed with olive oil and broiled until golden.



Mobility Aids



Combined weight of the mobility aid and passenger cannot exceed 750 lbs. (340 kg). Maximum base dimensions for wheelchairs, walkers, and scooters: 30 inches x 50 inches (76 cm x 127 cm) – larger equipment cannot be accommodated.

- Wheelchairs must have escort handles.
- Wheelchairs and scooters must have functioning brakes.
- No flags or other projections are permitted.
- We must be able to securely fasten the tie-downs to the frame of the mobility aid.
- Mobility aids may need attachments installed, so they can be safely secured with tie-downs that are attached to the floor of the LATS vehicle.
- If you are using your scooter for your LATS trip, you must transfer to a seat immediately after boarding the vehicle, unless you have a waiver on file with the LATS office.
- Wheelchairs and scooters must be in good condition (no sharp edges, pieces coming off) and clean at all times.

Leduc Family and Community Support Services offers a variety of social support services and access to assistance programs for Leduc residents of all ages and walks of life.

For more information on what services you can access, please call the office directly at 780-980-7109 or email us at fcss@leduc.ca

We are open Monday to Friday from 8:30 a.m. to 4:30 p.m.

Community Volunteer Income Tax Program

Did you know the City of Leduc has volunteers that help seniors and individuals facing financial hardship with their income tax returns? Clients that meet the eligibility criteria (see below) can have their income tax filed at no cost by calling FCSS at 780-980-7109.

Eligibility Requirements:

1. Simple Tax Return.
2. Lives within the City of Leduc.
3. Is not self employed (this include freelance income/deductions).
4. Does not have interest income over \$1000.
5. Is not in bankruptcy.
6. CRA has your correct address. If not, please call 1-800-959-8281 to update. *We can not file until your address is updated.*
7. Meets the Financial Guidelines below:

Family Size	Total Family Income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2500 for each additional person

For information about your taxes, T-Slips, etc. please call 1-800-959-8281. Our program volunteers do not have access to this information.



City lowers cost to ride LATS

On December 13, 2021, Leduc City Council approved lowering the fare for Leduc Assisted Transportation Services (LATS).

Effective January 1, 2022, LATS fare will be on par with local Leduc Transit fares:

- Monthly Pass: \$55/month (previously \$140/month)
- Ticket Books: \$18/10 tickets (previously \$40/11 tickets)
- One-way Fare: \$2 (previously \$4)

Monthly bus passes (for both Leduc Transit and LATS) will go on sale on the 20th day of the previous month (I.e. March's monthly bus pass is available as of February 20). Local monthly bus passes (\$55) are valid on both LATS and Leduc Transit.

Due to the decrease in prices, **LATS Operators will no longer accept \$50 or \$100 bills on the bus.** You are welcome to purchase your tickets using these bills at the Civic Centre or Leduc Recreation Centre locations.

If you still have tickets left over, a \$4 ticket will be worth two rides on LATS from January 1 onward. Please reach out to the LATS office for more information at 780-980-8444.

*'Happiness is...
a window seat onboard LATS!'*





**Daylight saving time 2022 in Canada
will begin at 2:00 a.m. on**

Sunday March 13

and ends at 2:00 a.m. on

Sunday November 6

**All times are in Mountain Time.
Dates and times may vary.**

Statutory Holidays

The City of Leduc's offices are **closed** on the following days in April:

- **Good Friday, April 15**
- **Easter Monday, April 18**

LATS will **not** operate on the following days in April:

- **Good Friday, April 15**
- **Easter Monday, April 18**

LATS **will be open** for service on Easter Sunday from 9:00 a.m. until 5:00 p.m.

2022 LATS SURVEY

Please watch your mail for a survey being sent out by the Leduc Assisted Transportation Services (LATS) office team. We value your participation as it helps us to address any areas of concern so that we can provide you with the best possible service.

Please note that your answers are completely confidential. Completed surveys can be mailed back to the LATS office in the postage-paid, return envelope which you will receive with your survey.

LATS Service Hours on Sundays

Over the past few years, the service hours for LATS changed to reflect restrictions due to COVID-19. As a result, some of our hours were decreased but we are pleased to be expanding our service hours again.

We have heard your requests for full days on Sundays so that you can get to work and back or to your place of worship and enjoy fellowship time afterwards, with your friends. To assist with this, LATS is now operating on Sundays from 9:00 a.m. until 5:00 p.m. on a **trial-basis**. If the hours are not used to their full potential, we will cancel our Sunday service hours. Subscriptions can be put into place if needed by calling Edmonton DATS at 780-986-5000.

Please remember to cancel your trip if you do not need your ride. It saves LATS from having to send a driver out to pick you up when you are not planning on going out and it opens up that time for someone else who needs a trip time. Your cooperation is greatly appreciated.

Electronics on the Bus

Please refrain from playing loud music or games on your electronic device, while on the bus. It is okay to use your devices on the bus but please wear headphones. The reason we ask is that noises can be distracting to your bus driver and those who are sitting near you.

- **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)

We think Family and Community Support Services ROCK!



#

(RE)DISCOVER YOUR INSPIRATION

UPCOMING SHOWS

COIG
Mar. 18, 2022

Russell deCarle feat. Steve Briggs | Apr. 8, 2022

Telus World of Science
Apr. 17, 2022

Brendan McLeod
May 6, 2022

WEDNESDAY MOSAIC SERIES

MARCH

- 9 First Responders Special Event @ Firehall
- 16 Beaumont Highland/BSSD
- 23 Covenant Christian
- 30 Emilio de Mercato

APRIL

- 6 Anatolia Speaks
- 13 Turner Guitars
- 20 Dixieland Society of Alberta
- 27 Taryn's Dance Company

TICKETS

Wednesday Mosaic Series individual shows for **only \$10** or subscribe for the rest of the season for **\$5 per show!**

Get your tickets online at maclabcentre.com or at the Maclab Centre Box Office (4308-50 St.) Tuesday & Thursday | 9 a.m.-5 p.m.



"Did you hear the joke about the cherries?"

"It was pitiful."

City Of Leduc

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

LRC
HARRY BIENERT
KINSMAN
FRED JOHNS
STONE BARN
NOTRE DAME
TELFORD HOUSE
CAMPBELL
FIREHALL TWO
TELFORD LAKE
MARY MARSH
SOUTHFORK
ALEXANDRA ARENA
DR WOODS HOUSE
LINDSFORD
AILEEN FALLER
LEDE



Check out the Leduc Public Library's Spring Community Program Guide (coming out March 18) for more programs during April - June 2022. Stop by the library to grab a copy or find it online at www.leduclibrary.ca.

Programs

Beeswax Wrap Kit (Registered)

Out with the plastic wrap and in with the reusable beeswax wraps! Once you have learned how to make these waxed fabric squares, you will not be able to stop yourself from making them for family, friends, and your own kitchen!

Pick up

April 11 - 24

Edible Landscapes with Curb Appeal (Registered)

You will learn strategies from Donna Balzer, horticulturist, for designing a beautiful, low-maintenance, and edible front yard.

Date	Time	Platform
Wed, April 20	7:00 – 8:30 pm	ZOOM

Older Adult Falls Prevention (Registered)

This interactive workshop will explore the risks of falling, provide strategies for reducing falls, and instruct on balance-developing activities that participants can use to reduce future falls. *Cookies, tea and coffee to be provided.*

Date	Time
Tues, May 17	1:00 p.m.

Online Adult Book Club

Do you love to read and talk about books? Read the following and join the discussion on Zoom! Please note that participants must acquire and read their own book prior to the discussion. Library books are available through TRAC as books, eBooks, and audio books.

Dates	Theme	Time	Platform
Tues, April 26	<i>The Midnight Library</i> by Matt Haig	6:30 – 7:30 p.m.	ZOOM
Tues, May 31	<i>Indian Horse</i> by Richard Wagamese	6:30 – 7:30 p.m.	ZOOM
Tues, June 28	TBA	6:30 – 7:30 p.m.	ZOOM

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.

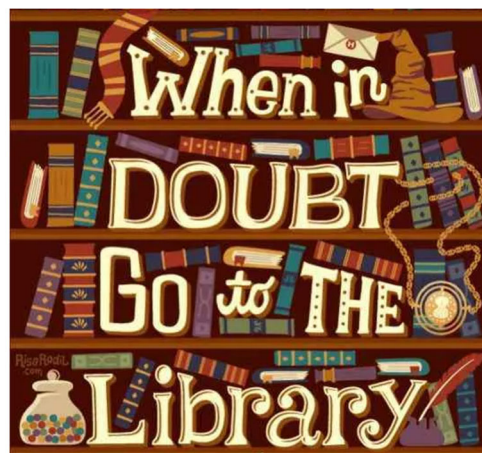
Please call 780-986-2637 or [email](#) Kristi for more information.

Family Fun Night

In partnership with the Leduc Public Library, the City of Leduc will host Family Fun Night through Zoom on Wednesday, March 16th from 6:00 p.m. – 7:00 p.m. for a ***Name that Tune*** session. The session is geared towards families and caregivers and registration is required.

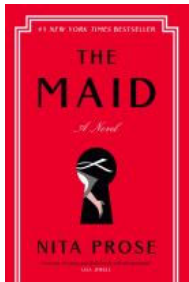
This fun event will be an opportunity for you to gather your family and participate in activities ranging from painting to Bingo to practicing gratitude. Family fun Night will bring a smile to the whole family.

For more information on how to register for this and future events, contact the Leduc Public Library at 780-986-2637.



Suggested Reads for Spring 2022

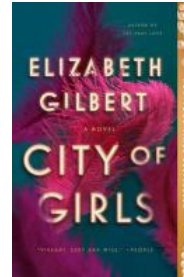
Need something to read to get you through the last couple of cold months? Why not let staff at the Leduc Public Library help you out? Below are some book suggestions we thought you might enjoy. Not what you are looking for? No problem! Visit the library, our website, or contact library staff and we will help you get a Readers Advisory form. Once filled out, library staff will create a personal reading list just for you!



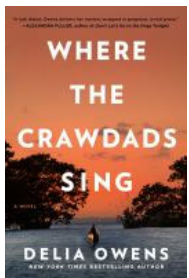
***The Maid* by Nita Prose**
-Detective and cozy mystery



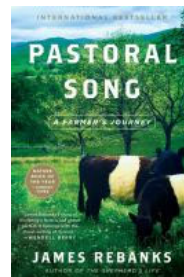
***A Gentleman in Moscow* by Amor Towles**
-Historical fiction, political



***City of Girls* by Elizabeth Gilbert**
-Historical fiction, romance



***Where the Crawdads Sing* by Delia Owens**
-Historical fiction, mystery



***Pastoral Song: A Farmer's Journey* by James Rebanks**
-Non-fiction, England, pastoral



Home Safety for People with Disabilities

There's no place like home. It is a place to relax, share laughs with family, and enjoy home cooked meals. But did you know that the majority of fire deaths occur in the home? Help everyone in the home stay safe from fire.



Home Fire Sprinklers

Home fire sprinklers protect lives by keeping fires small. Sprinklers allow people more time to escape in a fire. When choosing an apartment or home, look for one that has home fire sprinklers.

Smoke Alarms

- » Install smoke alarms in every sleeping room. They should also be outside each sleeping area and on every level of the home.
- » Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, ask for help.
- » For added safety, interconnect the smoke alarms. If one sounds, they all sound. This gives more time to escape.
- » Smoke alarms with sealed (long-life) batteries work for up to 10 years. They can be helpful for people who find it hard to change batteries.
- » Smoke alarms expire. Replace them every 10 years.

People who are Deaf or Hard of Hearing

- » Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- » Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- » When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape.
- » When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device can wake them. A pillow or bed shaker may be helpful. These devices are triggered by the sound of the smoke alarm.



Escape Planning

Include everyone in home escape planning. Each person should have input about the best ways to escape. Home fire drills are important. Everyone in the home must participate in them. Keep a phone by your bed in case you can't escape and need to call for help.

Talk with someone from the fire department about your escape plan. Ask them **review your plan**. Ask if your fire department keeps a directory of people who may need extra help. If you have a **service animal**, agree on a plan to keep the animal with you during an emergency.

Name of Organization Here

Contact Information Here



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169