

MARCH/APRIL 2021

COMMUNITY CONNECTOR

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

WELCOME TO THE COMMUNITY CONNECTOR

THE COMMUNITY CONNECTOR NEWSLETTER IS FINALLY HERE!!

For many years our Panorama newsletter has served as a tool to inform our seniors in Leduc about a variety of issues related to older adults. Additionally, a monthly calendar of events and details of other activities that were happening within the City of Leduc were included.

You may also be a recipient of the Leduc Assisted Transportation Services (LATs) Newsletter, which is geared to those clients who use the City of Leduc's accessible transportation service.

Now that we are into a new year, we look forward to new ideas. This year we want to modify the way we deliver information to you. Therefore, have merged our Panorama newsletter with the LATs newsletter to now bring you one newsletter – The Community Connector – which will contain a variety of topics of interest. This way we will be able to reach more of the residents in our city.

For those of you who have relied on the monthly calendar, once the COVID-19 restrictions are lifted and we are able to return to normal schedule of activities, we will add the calendar of events into our newsletter.

We continue to invite you to submit any suggestions, or topics you would like us to include by contacting::

- Maureen: 780-980-8445
mhobden@leduc.ca
- Lucrecia: 780-980-7115
lmendoza@leduc.ca

The new Community Connector Newsletter will be available in the usual locations around Leduc, on each LATs bus and online at www.leduc.ca.

IN THIS ISSUE, WE'RE COVERING:

- All About LATs
- Computer Classes
- Online Basics for Adults
- LATs and the Food Bank
- Zoom virtual meetings training



TELFORD LAKE PARK

LEDUC ASSISTED TRANSPORTATION SERVICES

HOW TO APPLY FOR LATS

The City of Leduc believes in community and connections and is proud to offer an accessible transportation service within Leduc.

Leduc Assisted Transportation Services (LATS) offers two services. The primary service is a booked-ride service, where you call in, make a reservation on a set day and at a set time and a driver comes to pick you up and take you to your location. The secondary service is a fixed-route shuttle service that follows the same route Monday to Friday. You do not have to book to use this service.

LATS is a door-to-door, driver assisted transportation service that operates using 16 passenger buses, which are equipped with wheelchair lifts to make boarding the vehicles easier for clients with mobility issues.

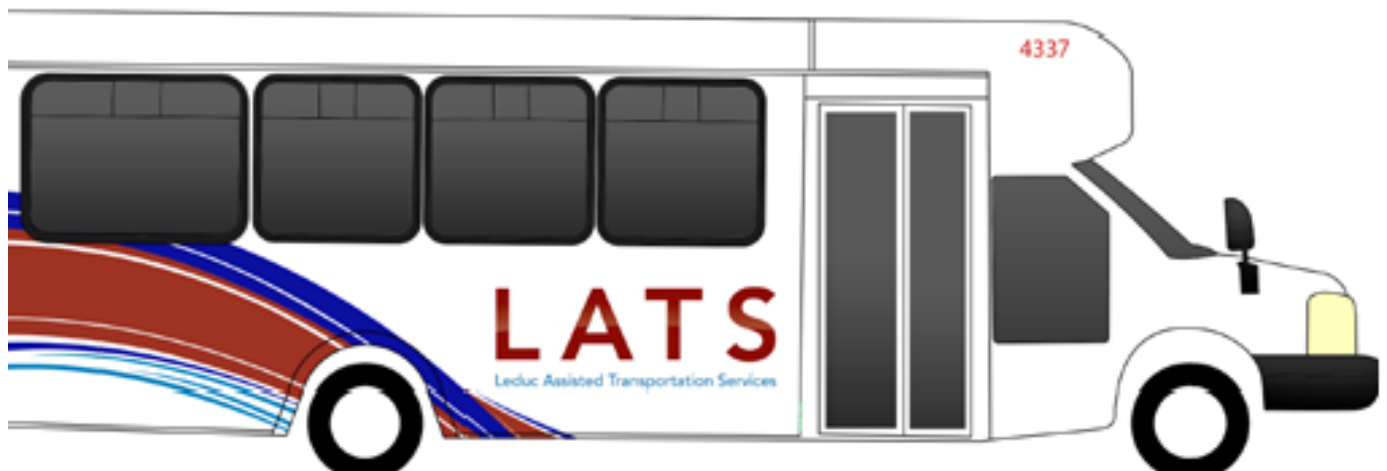
Qualifying residents who wish to access LATS services must complete an application form and submit it to the City of Leduc for approval. Applications are available online at www.leductransit.ca/LATS and at the Civic

Centre. If you require assistance filling out an application, you can call 780-980-8445 to speak to Maureen or 780-980-7115 to speak to Lucrecia.

LATS services are available to seniors who are over the age of 65 or to those who are over the age of 18 who have physical or cognitive disabilities and are unable to drive or take conventional transit.

Travel Training is available to all clients whether you are a new client or one that would appreciate a refresher on how to use the service. We will help you learn how to use the service so that you feel confident when you venture out for the first time onboard the bus. If you would like to have more information on travel training, please call Maureen at 780-980-8445.

LATS fares are \$4 each way and are sold singularly or in a book of 11 tickets for \$40. For clients who ride multiple times each day, a monthly pass is available for \$140 and goes on sale on the 20th of each month so that you receive your pass in time for the next month's use. Fare products are available at the Civic Centre in the Finance Department, online at leductransit.ca or from one of the LATS operators.



HOW TO APPLY FOR LATS, CONTINUED...

Payments can be made by debit, credit, cash or cheque at the Finance counter or by cash or cheque (for tickets only) onboard the buses. LATS would like to thank the following one and two-way sponsors who cover some of your trip costs when you ride with LATS:

One-way Sponsors:

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

Two-way Sponsors:

- Medicine Shoppe
- Canada Safeway
- Leduc Coop or Leduc hardware
- True Tough Massage therapy and Fitness
- City Centre Mall

When utilizing a sponsored trip, clients must support that sponsored location by shopping at the location or using the services offered at that location. Sponsored one-way trips cover the cost of your trip on the way home only. You are required to pay your way to the location.

LATS also offers a fixed-route shuttle service that runs Monday to Friday from 9 a.m. to 3:59 p.m. and stops at the following locations on a 43 minute cycle, nine times a day:

- Planview Place
- Westgrove Apartments
- Summit Court/Square Apartments
- Civic Centre
- Library
- Leduc Hospital
- Connect Crossing
- Leduc Recreation Centre
- Goldage Apartments
- Salem Mews
- 49th Avenue (downtown)
- Leduc Coop
- 2nd Glance Secondhand Store
- Canada Safeway
- Giant Tiger
- Dollarama

If you live along this route, it is a very handy option to help you get around the city-centre of Leduc.



Welcome to the LATS Shuttle route. On the next page, you will see the route map, which shows route the shuttle makes and the stops it makes. Also on this page is a schedule of the times the shuttle stops at the locations. For example, the shuttle begins at Planeview Place with Run #1 at 9 a.m. It then heads to the Westgrove apartments at 9:02 a.m., Summit Court and Square by 9:06 a.m. and so on. The first run ends at the Dollarama at 9:43 a.m. and then that run is complete. The shuttle continues with the next run (Run #2) and carries on throughout the day, Monday to Friday.

As with all of LATS services, should you require the driver to assist you to and from the first set of accessible doors, they will be happy to assist you.

If it is easier for you to use the lift to access the vehicle so that you do not have to climb the steps into the bus, just let the driver know. We are here to help.

The shuttle is \$4 per one-way trip unless you are going to a location that is sponsored.

Please be ready and waiting at the first set of exterior doors in an area where the driver can see you.



Run	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7	Run 8	Run 9	
	9:00 AM	9:47 AM	10:34 AM	11:21 AM	12:08 PM	12:55 PM	1:42 PM	2:29 PM	3:16 PM	Planeview
	9:02 AM	9:49 AM	10:36 AM	11:23 AM	12:10 PM	12:57 PM	1:44 PM	2:31 PM	3:18 PM	Westgrove
	9:06 AM	9:53 AM	10:40 AM	11:27 AM	12:14 PM	1:01 PM	1:48 PM	2:35 PM	3:22 PM	Summit Court /Square
	9:08 AM	9:55 AM	10:42 AM	11:29 AM	12:16 PM	1:03 PM	1:50 PM	2:37 PM	3:24 PM	Civic Centre/ Library
	9:12 AM	9:59 AM	10:46 AM	11:33 AM	12:20 PM	1:07 PM	1:54 PM	2:41 PM	3:28 PM	Hospital
	9:14 AM	10:01 AM	10:48 AM	11:35 AM	12:22 PM	1:09 PM	1:56 PM	2:43 PM	3:30 PM	Connect Crossing
	9:17 AM	10:04 AM	10:51 AM	11:38 AM	12:25 PM	1:12 PM	1:59 PM	2:46 PM	3:33 PM	Leduc Rec Centre
	9:21 AM	10:08 AM	10:55 AM	11:42 AM	12:29 PM	1:16 PM	2:03 PM	2:50 PM	3:37 PM	Goldage
	9:23 AM	10:10 AM	10:57 AM	11:44 AM	12:31 PM	1:18 PM	2:05 PM	2:52 PM	3:39 PM	Salem Mews
	9:27 AM	10:14 AM	11:01 AM	11:48 AM	12:35 PM	1:22 PM	2:09 PM	2:56 PM	3:43 PM	49th Ave Downtown
	9:30 AM	10:17 AM	11:04 AM	11:51 AM	12:38 PM	1:25 PM	2:12 PM	2:59 PM	3:46 PM	City Centre Mall
	9:34 AM	10:21 AM	11:08 AM	11:55 AM	12:42 PM	1:29 PM	2:16 PM	3:03 PM	3:50 PM	Coop
	9:36 AM	10:23 AM	11:10 AM	11:57 AM	12:44 PM	1:31 PM	2:18 PM	3:05 PM	3:52 PM	2nd Glance
	9:40 AM	10:27 AM	11:14 AM	12:01 PM	12:48 PM	1:35 PM	2:22 PM	3:09 PM	3:56 PM	Safeway
	9:42 AM	10:29 AM	11:16 AM	12:03 PM	12:50 PM	1:37 PM	2:24 PM	3:11 PM	3:58 PM	Giant Tiger
	9:43 AM	10:30 AM	11:17 AM	12:04 PM	12:51 PM	1:38 PM	2:25 PM	3:12 PM	3:59 PM	Dollarama





VISIT: WWW.LEDUCADULTLEARNING.CA
FOR MORE DETAILS
TO REGISTER:
CALL/TEXT: 780-915-9835
EMAIL: LEARN@LEDUCADULTLEARNING.CA

Computer Essentials 1: Feb 11, 18, 25, 2021,
1-3 p.m., \$30

Computer Essentials 1 – Technology Terminology, Windows 10, Files, and Folders
Are you new to computers or unsure how to use the one you have? Computers can be overwhelming to the new user so let us introduce you to the basics of how a computer works. During the three sessions, students of all ages will learn hands-on computer skills and will get a better understanding of computers and how they can help you in your daily life. You will learn about the keyboard, the mouse, computer terminology, the components of your computer, and how to use the Windows operating system including how to organize your files with folders and how to search your computer for your files and programs. Bring a jump drive or memory stick to this class to save files onto.

Computer Essentials 2: Mar 11, 18, 25, 2021,
1-3 p.m., \$30

Intro to Internet and Email

Continue to build on your understanding of your computer by exploring the Internet and email systems.

Join us to discover the World Wide Web and how to “Surf the Net”. The internet can open a whole new library of information and uses for your computer. In the three sessions of this course, you will learn about web browsers, search engines, and websites so that you can find what you need on the internet. You will also learn how to send and receive emails to individuals and groups, as well as, create mailing lists and send emails with attachments. Have your email address and password with you at this class.

iPhones & iPads Monthly Support Sessions:

Feb. 4, March 4, April 1, May 6, 2021, 1-3 p.m., \$10 per session (All 4 sessions for \$30)

Does your Apple iPhone confuse and frustrate you?? Do you wish you were more comfortable using your Apple iPad? Do you wish you could get your list of questions about your devices answered??

Join us the first Thursday of the month for ongoing iPhone and iPad help. Each month you will learn a new skill on your device and have the opportunity to ask your questions. If we are not able to answer all your questions, they will be new topic the next month. You will learn about your iPhone and iPad, how to use it, what great functions it has, and how to get “Apps” that can help you in your daily life. Bring your iPhone and/or iPad and list questions to the Classes!!

Gmail: Feb. 12, 2021, 1-3 p.m., \$10

Are you new to Gmail or a Telus Client?

Do you have a Telus Email account that has been migrated to Gmail? Join us to learn about your new email program. How to open your emails, find old emails, create new emails, add attachments, and organize your emails. This class will help you use and understand your new email program. Bring your email address, password, and a list of questions about your email with you at this class.

ONLINE BASICS FOR ADULTS



BASIC ZOOM TOOLS FOR BEGINNERS

**Are you new to Zoom?
Need some basic navigation
skills to help you feel more
comfortable when joining
future learning opportunities or
when engaging socially?
This program is for you.**

This program runs from February to March 2021

Equipment required:

- Computer, laptop, tablet or smartphone
- Phone

You'll learn:

- How to join a meeting on your device
- Basic Zoom Tools (microphone and video camera, chat box, raising and lowering your hand, reactions, etc.)
- How to leave a meeting

Sign up today!

- **City of Leduc residents:** Lucrecia at 780-980-7115 or LMendoza@leduc.ca
- **Leduc County residents:** Carla at 780-955-1554 or carla@leduc-county.com



Creativity is intelligence having fun.

ELIGIBILITY FOR ALBERTA SENIORS BENEFITS

To be eligible for the Alberta Seniors Benefit you must:

- be 65 years of age or older (benefits may start the month of your 65th birthday)
- have lived in Alberta for at least 3 months immediately before applying
- be a Canadian citizen or permanent resident
- receive the Old Age Security pension from the Government of Canada
- meet financial eligibility criteria

New Alberta Residents:

If you are a new Alberta resident, you are eligible to begin receiving benefits on the later of the following dates:

- the month of your 65th birthday
- the month following 3 months of permanent residency in Alberta (for example, if you moved to Alberta on July 15, you are eligible to receive benefits on Oct. 1 of the same year)

How your benefit is determined:

A single senior with an annual income of \$28,785 or less, and senior couples with a combined annual income of \$46,745 or less, may be eligible for a benefit. These income levels are guidelines only and are for seniors whose income includes full Old Age Security pension.

The amount of benefit you may be eligible to receive is determined by:

- your income, combined with your spouse/partner's income, regardless of age
 - whether you receive the federal Old Age Security pension (i.e. have lived in Canada for 10 years)
 - your accommodation category
- your marital/cohabitation status



Further information can be obtained from the Alberta Seniors Benefit website:

<https://www.alberta.ca/alberta-seniors-benefit.aspx>

****Important**** Should you require further assistance, contact: Lucrecia - FCSS Older Adult Services Coordinator at 780-980-7109.

Use one of the following options to send your completed application and supporting documents:

Fax to - 780-980-5954

Mail to - Alberta Seniors and Housing
Seniors Financial Assistance,
PO Box 3100
Edmonton, AB T5J 4W3

After you apply: Alberta Seniors and Housing will send you a letter explaining your benefit eligibility once your application is reviewed. If you want to inquire about your application, you can call Alberta Seniors at 1-877-644-9992

**WHEN BOOKING A RIDE ONBOARD
LATS, PLEASE CALL 780-986-5000,
(OPTION 2).**

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)



Over the past nine months, LATS has proudly assisted the Leduc and District Food Bank with deliveries to residents of Leduc and surrounding areas in need of food. To date, we have delivered over 450 hampers. We would like to give a shout-out to our LATS operators for their dedication and kindness in this joint venture. Thank you to each of you.

IT'S NOT HOW MUCH
WE GIVE BUT HOW
MUCH LOVE WE PUT
INTO GIVING.

MOTHER TERESA

Staying Safe Outdoors this Winter

In winter, taking extra care to prepare can help you stay safe. Remember these steps before you go outside:

1. Dress for the weather! Remember to wear layers underneath your coat.
2. Remember your gloves, hat, scarf and even your shades.
3. Wear boots or shoes that have good grips and that will keep your feet warm too.
4. Stop, look and scan for hazards.
5. Keep the porch light on when it is dark. That way you can see your surroundings when you need to.
6. Avoid slippery areas and if you do have to cross one, walk like a penguin. Take small steps.
7. Use handrails whenever possible.



The Recipe Corner

Classic French Onion Soup

In a large pot, melt 3 tablespoons of butter on medium heat. Add 4 cups of thinly sliced yellow onions and saute until tender and caramelized. Grate 2 cloves of garlic and add to onion mixture. Stir well to combine. Add 3 tablespoons of flour and then deglaze the pan with a 1/2 cup of dry white wine. Stir in 6 cups of beef stock, 1 teaspoon Worcestershire sauce, a fresh thyme sprig and 1 bay leaf. Simmer over medium-low heat for 30 minutes. Remove thyme sprig and bay leaf.

Ladle soup into four oven-safe soup bowls, which have been placed on a cookie sheet. Top each bowl with a slice of toasted crusty baguette and a handful of shredded cheese such as gruyere, swiss, gouda or mozzarella. Place bowls onto a cookie sheet and then place everything under the broiler until the cheese melts.

Enjoy!

