

July - August Edition 2024

COMMUNITY CONNECTOR

Bringing news from the City of Leduc to our LATS Clients

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. We can't pick you up if we don't know where you are. DATS will also confirm the caregiver's name, address and phone number with you when you call them.

Are you going on a summer vacation?

If you are planning to be away for an extended period this summer, please remember to call into DATS at 780-986-5000 and ask them to suspend your subscription until you get back. DATS will ask you when you would like your subscriptions to resume so that they are there for you upon your return.



LATS will not operate on the following dates:

- **Monday, July 1st, which is Canada Day**
- **Monday, August 5th, which is Civic Day**



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).

To book a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 2.

To cancel a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 1.



Travel Training for LATS Clients

LATS offers travel training on an individual basis and in small group settings. Any individual or organization that would like to learn to ride with us or would simply like a refresher, are welcome to request training by calling Maureen at 780-980-8445.



This service is free and includes the following and more:

- how and where to purchase fare products
- how the bus lift works
- what the inside of the bus looks like
- how to plan your trip(s)
- what the Operator will assist with
- what the procedures are in the event of an emergency
- what type of carry-on is allowed
- how to pre-book or cancel your trips
- a complimentary ride around Leduc

Busy Times of the Day

LATS is experiencing some very busy periods during the day, and we are looking at ways to improve our service for you. Please remember that door-to-door service takes extra time and that we often travel from one side of the city and then back again, picking up and dropping off clients.

When you are booking your ride, try a few of these tips to help you get the trip times you want. Have all of the information you will need to schedule your ride ready:

- book in advance instead of the day of our trip
- if registered for I-Book, book online at <https://datsibook.edmonton.ca/>

- the date you need to travel on
- the exact address of where you are going to
- the name of the business or building you are traveling to
- the time you need to be at your destination
- the time you would like to be picked up at
- and please remember to be flexible

Our staff, both in the office and on the road, work very hard to ensure that you are getting the service you need and that you get to your destination on time. If you have any questions or concerns, please call us in the Public Transportation office at 780-980-8444 or 8445.



Clarence has retired

After nearly 14 years of dedicated

service to LATS and to our clients, Clarence has decided to retire. It has been our pleasure to share our days at work with him. As a retired police officer, Clarence brought leadership, professionalism, knowledge, dedication and a sense of humour to the City of Leduc.

Clarence enjoyed meeting our clients and helping them, as they travelled around Leduc. He said "I will miss our clients and also my co-workers. The camaraderie I shared with my LATS family always made coming to work fun!" Well Clarence, we can tell you that we already miss you but wish you the best as you retire and enjoy your days with Marnie and your beautiful family. You deserve a well-earned and happy retirement!

Beat the heat – Summer safety tips for everyone

1. Stay hydrated by drinking water. As we get older, our bodies lose their ability to conserve fluid so be conscious of this and set a reminder to stay hydrated.

Stay away from too much caffeine during the hot, summer days. Drink things such as decaffeinated herbal tea, unsweetened iced tea, fresh fruit juices and water.

2. As we age, our skin ages too. Our skin also becomes more sensitive and retains less moisture and produces less collagen. Protect your skin by moisturising daily and by wearing sunscreen when going outdoors. Look for a broad-spectrum sunscreen with at least an SPF of 30 or more.

3. What to wear? If it is super sunny and warm, consider wearing a light, long-sleeved shirt or blouse and lightweight pants or trousers to protect your arms and legs from burning. Wear a hat to keep the sun off of your head and face. Wide-brimmed sun hats, baseball caps, and UV filtering sunglasses protect your head and your eyes from harmful UV rays.

4. Watch the temperature and if it is warm, find the shade. If you know it is going to be a warm day, plan your excursions early in the morning and get home before the mid-day heat.



Alberta 55+ Provincial Summer Games

The 2025 Alberta 55 plus Provincial Summer Games are coming to Leduc!

- Aug. 21-24, 2025

Sign up to volunteer online at <https://www.leduc.ca/volunteers>

Contact Janet @ jguthrie@leduc.ca or 780-980-8412 for more information



The Leduc Recreation Centre's (LRC) Summer City Guide is now available online at <https://www.leduc.ca/cityguide>



There are so many summer activities and programs right at your fingertips and remember, the LRC is one of our sponsors so your rides to and from the LRC are no charge to you. It's a win-win situation for everyone. Staff at the LRC get to see your smiling faces and are there to guide your fitness regime, whether it is swimming, walking on the track or taking part in the Senior's Active Afternoons program. There is something for everyone so get active and have fun!

For more information, call Guest Services at 780-980-7120.

Recipe Corner - Cucumber and Tomato Sandwiches

Light and refreshing for a hot, summer day, you will love these delightful vegetarian gems!



Ingredients:

- 4 slices sourdough bread, lightly toasted
- 2 teaspoons lemon or garlic aioli or 2 teaspoons mayonnaise, per sandwich
- 2 heirloom tomatoes, yellow and red, sliced
- ½ of a long English cucumber, sliced thinly
- 6 mint or basil leaves or use microgreens instead
- Salt and pepper and little celery seed to taste

Method:

Lightly toast the bread and spread with the garlic aioli or mayonnaise. Layer on the cucumber and tomato slices. Finish with mint, basil leaves or microgreens and season with salt, pepper and celery seed. Cut in half and serve. Makes two sandwiches.

What's in a smile...

Sharing a smile is a wonderful thing,

A ripple effect is what it can bring.

It makes people feel all warm inside,

And when it's shared, it's done so with pride.

Its cost is free so give it away,

*It will help to
brighten
somebody's day.*



MH



Please limit your shopping bags!

Clients are allowed to bring two reusable cloth bags onboard at a time.

Your two bags or items must be able to be safely stowed under the seat in front of you.

