

# LATS NEWS

Leduc Assisted Transportation Services



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

Summer 2017

## Learn How to Ride with Us!

Did you know we offer comprehensive travel training on an individual basis and in small group settings? This service is free and includes learning the following skills and more:

- Map and schedule reading
- Identifying landmarks
- Paying fares
- Using chair lifts
- Trip planning
- Boarding and de-boarding
- Emergency procedures

Most importantly, you will gain the confidence to travel independently when and where you want to!

For more information, please contact Maureen Hobden, Accessible Transportation Supervisor at 780-980-8445.

**THE CITY OF LEDUC WILL BE CLOSED ON MONDAY, AUGUST 7<sup>TH</sup> FOR CIVIC DAY.**

**AS A RESULT, LATS WILL NOT OPERATE ON THIS DAY!**

## Trip Booking Reminders

When you are calling into Edmonton (DATS), please remember to have the following information ready:

- Your LATS client number
- The date of your travel
- Provide the time you need to be picked up for one-way trips and both times for two-way trips
- Provide the exact street addresses for your pick-up and drop-off
- Entrance, i.e., front, side, rear
- Phone numbers for home and cell
- The names of travel companions or attendants who will travel with you
- Mobility aid(s) needed, i.e., cane, oxygen, service animal, walker or wheelchair

## Additional Helpful Reminders:

- If you don't need your trip – please remember to cancel it
- If you are going to be away, please call and suspend your subscription until you need it again
- Reservations can be made up to three days in advance

- Same day requests cannot always be accommodated so try to plan ahead

## Booking Trips:

**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)

## Seatbelts:

The law requires all LATS passengers wear a seatbelt during transportation. If you are unable to buckle up on your own, the Operator will assist you. The use of a lap and shoulder strap is also mandatory for all travel in a wheelchair or in a scooter.

If you are not able to use the recommended restraint for medical reasons while travelling on LATS, we require written medical exemption letter signed by a qualified health-care practitioner. The Province of Alberta requires that medical exemption letters be updated annually.

## Wheelchairs and Scooters

For the safety of all passengers, all wheelchairs, walkers and scooters transported on LATS buses must meet specific size, weight and safety guidelines. The maximum base dimensions for wheelchairs, walkers and scooters is 30 by 50 inches (76 by 127 cm.). Combined weight of a chair or scooter and passenger cannot exceed 750 lbs. (340 kg.).

If you have recently purchased a new mobility aid such as a wheelchair or scooter, please call our office at 780-980-8444 so that we can ensure your device can be safely secured on-board our buses prior to your first trip with it. All mobility aids must be kept in good repair so ask someone you trust to help you check your equipment from time to time.

## Is there something you would like to tell us?

Beginning in September, we will be placing comment boxes onboard our LATS buses. Please feel free to share your comments and suggestions with us by filling out a comment card and depositing it in the comment box.

We value your feedback because it helps us to understand how we can best serve 'you'. Your comments allow us to understand areas where we can grow and improve. We also appreciate hearing about areas where we are meeting your needs! If you have any commendations or concerns to share, we will pass them along to the appropriate team member.

Thanks for your participation.

## A Little Piece of History:

Walking sticks or staffs have been around for centuries. Many years ago, a walking stick was a tool used by travellers or by Shepherds. Some used them to help navigate uneven terrain while on foot, while others used them for protection against thieves. Shepherds, of course, used staffs to keep animals in line.

Walking sticks topped with ornamental knobs were a sign of power and strength and were often carried by rulers or leaders of the Church. The hooked staff a bishop carried represented him gathering his flock to the Church. The Queen of England's walking staff which is called a scepter, is a symbol of royal power when carried in the right hand and when carried in the left, is a symbol of justice.

As the years passed, carrying a walking stick or cane became a symbol of status! In London, England, one had to obtain licenses for the privilege of carrying a cane. It was expected that those who carried one would abide by certain rules or lose the privilege of carrying one altogether. The authorities actually policed rules for canes and walking sticks vehemently. It was considered an extreme violation of manners to carry a walking stick under one's arm, to brandish it in the air, drag it on the ground or to lean on it while standing.



Today, canes are used more for function than as a status symbol, and are designed to support one while walking. They are made from aluminum, wood and even steel. They come in a multitude of colours and some designs even fold up when not in use. Most canes are light in weight compared to the ones designed years ago and unlike the ones designed years ago, today's canes are ergonomically friendly.

The length of a cane is important for the comfort, safety and posture of the person using the cane. With a slightly relaxed bend at the elbow, the handgrip of the cane should comfortably fit in one's hand. Handgrips can be round, offset or 'T' shaped. Each handgrip has a different function based on one's needs. Round handles are great for individuals who do not need to put a lot of weight on their canes. Offset and 'T' handles are designed to accept more weight. Ergonomic handgrips, are great for reducing stress on the wrist and fingers, making it great for those who have additional problems in their hands such as, Carpal Tunnel Syndrome or arthritis on top of poor mobility.

Cane tips are also important. For example, those with rectangular, 4-pronged bases allow a wider surface area which provides more stability and a better area for weight distribution. Most tips are made from reinforced rubber which is designed for both grip and stability.

Like all mobility devices, when you are ready to purchase something new, take the time to do your research. Your decision is a very important step in your mobility. Your stability and comfort are extremely important.

*Nothing you wear is more important than your smile!  
Share yours today ☺*

## Accessibility Word Search

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

MOBILITY  
INDEPENDENCE  
SAFETY  
GUIDELINES  
WALKING  
STICK  
CANE  
SCOOTER

NAVIGATION  
STABILITY  
ERGONOMICS  
COMFORT  
ASSISTED  
MODIFICATION  
ADAPTATION



## Things to Smile About

- There are so many ways to eat potatoes
- Receiving a hug when you need it most
- A great morning stretch
- Spontaneous adventures
- There is only one you – you are a unique creation
- Watching the sunset
- Mom's homemade soup
- Hearing the birds singing
- The smell of freshly baked bread
- Looking at old family photos
- A good night's sleep
- Helping those in need
- A hot cup of tea
- A warm fire on a cold, stormy day
- Fresh flowers from the garden
- The laughter of children
- Friendships old and new
- Those who help others

## Older Adult Support

The City of Leduc's Older Adult Services Program is designed to provide information on services and programs offered for older adults and for families caring for older adults.

Information is provided in the following areas:

- Senior's Outreach
- Alzheimer Support
- Day Programs
- Homemaking Services
- Adult Diabetes Support
- Meals on Wheels

For more information, call Lucrecia Mendoza, Older Adult Services Coordinator for the City of Leduc at 780-980-7115.