

# Inside THE CUPBOARD

## LOOKING BACK TO LOOK AHEAD



After what felt like a long winter it is wonderful to realize that just around the corner is when the snow finally melts, trees begin to blossom and things look lively and green again!

Certainly what has made the winter pass quickly is all the work being done at The Lending Cupboard. It continues to be busy with more clients learning and coming to us every month. It is our mission to provide medical equipment at no cost but the reality is that our budget is growing each year and as a charity it is necessary for us to address amongst other things, the funding challenges related to that growth.

The Board of Directors has been dedicating a lot of time to working on a strategy to address the recommendation of the Community Needs Assessment. We have been engaged in conversations with Alberta Health Services and were pleased to have the Honourable Minister of Health Sarah Hoffman visit us here at the Cupboard to talk about our contribution to the health care system. Meetings are also being planned with many of the rural communities that we serve. The Board is committed to seeing the organization build capacity and grow in a well-thought-out and carefully planned manner.

As plans develop we will share news with the community. In the meantime, be sure to check out our upcoming events, and enjoy those longer days and warmer temperatures.

Dawna Morey, Executive Director

## DRUMHELLER BOY GETS MOBILE

**There's little in this world that could be more rewarding than improving the life of a child.**

When Nikki Isley of Drumheller found out via ultrasound that her son Ethan was facing spina bifida, she and her husband flew to Philadelphia to have in utero surgery. Ethan was born prematurely, at 31 weeks, and spent his early days in the NICU, but now, at 2, he is a going concern! Ethan gets around with the help of mobility supports, including a walker. While waiting for his own little walker to arrive, the family borrowed one from The Lending Cupboard.



Recently, at Red Deer's 100 Women Who Care event, Executive Director Dawna Morey shared the story of Ethan's need for a specialized walker, and how having this important equipment supported him to take his first steps.

"Little Ethan is doing phenomenally well," reports Dawna. "We're so proud that The Lending Cupboard played a part in his all-important mobility. He's a little boy on the move!"

Ethan is so excited to be up and moving that he's now started taking independent steps, without any mobility aids.

"I'm still in shock every time I see him walking without assistance," says Mom Nikki. "The walker that The Lending Cupboard has lent to us has been so helpful and important to Ethan's independence! We'll forever be grateful to The Lending Cupboard for their generosity."

Sharing Ethan's story and those of other clients helps tell the story of The Lending Cupboard.

Our Executive Director did that at the 100+ Women Who Care Red Deer event on February 9th. The Cupboard was awarded the proceeds from these amazing women. The total amount was not known at the time of this printing but previous 100+ Women We Care Red Deer events have brought in \$17,000+ This important funding will enable The Cupboard to continue its work, providing people of all ages with opportunities to be more independent and enhance their quality of life.



Little Ethan on the move with his walker from The Lending Cupboard.

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## THE COMMUNITY NEEDS ASSESSMENT - MOVING FORWARD

Since the public release of the Community Needs Assessment (CNA) report in November 2016, The Lending Cupboard has had a number of very productive conversations with representatives of Alberta Health Services (AHS) here in our local zone, as well as provincial leads, and with our local **MLAs, Kim Schreiner** and **Barb Miller**. We were thrilled to have the **Honourable Minister Sarah Hoffman, MLA Kim Schreiner** and representatives from AHS visit The Lending Cupboard in January.

Discussions included the unprecedented 800 % growth the Cupboard has seen over the first ten years of the organization, and

the projected trends that will further impact us. We also talked about some of the planning that is being considered, which ranges from exploring new facilities, increasing our hours of operation – which will mean increased volunteer and staffing needs - as well as the funding challenges being realized from that growth.

The Lending Cupboard Society is often believed to be an extension of AHS, which is a misperception. **Currently, the organization has a small annual contract with AHS that covers less than 15% of its operating budget, and otherwise depends on donations, fundraising and grants to cover costs.**



With continued growth projected for the organization, new avenues of funding must be explored. We are, and will, continue to look for ways to strengthen community support for The Lending Cupboard, but we also strongly believe that there is a role for government and or appropriate government organizations to play in providing stronger support. We continue to advocate to that end.

## AVOIDING FOOT INJURY - DIABETES CARE

**Everyone who lives with or loves someone with elevated blood sugar levels knows that there are tremendous risks to such individuals' feet.**

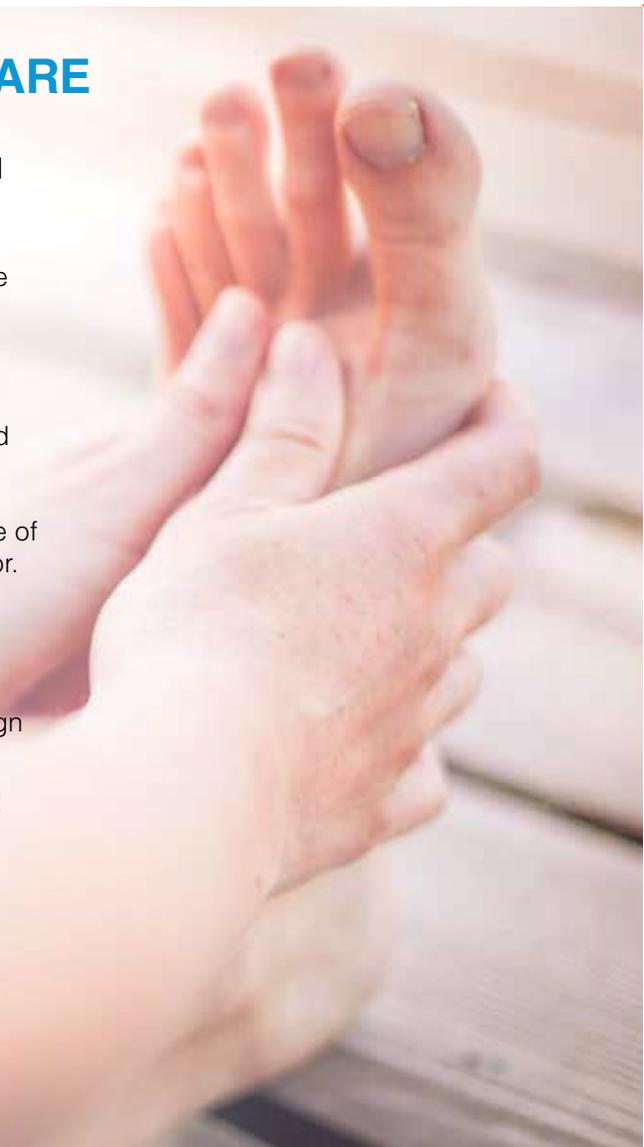
From fungal infections to sores that won't heal, all the way up to gangrene and the need for amputation are very real dangers that people living with diabetes can face.

Here are some tips to help you care for your feet:

1. Do a daily foot check. Inspect the sides and bottoms of your feet, and even in between your toes. Watch for changes in your foot's shape and colour, as well as the texture and integrity of the skin. Test your sensation levels and evaluate any painful areas or bruises. Make note of any bunions or callouses and be sure to point these out to your doctor.
2. Never walk barefoot, indoors or out. This increases your chances of infection and injury.
3. Buy closed toe and heel shoes (no sandals or flip flops) at the end of the day, when your feet are more swollen, and always check for foreign objects before putting in your foot.
4. Pay special attention to where you are stepping at all times. Don't cut close to door jambs or corners, and watch for objects laying in your path.

**If you use a walker, crutches, or a cane, make sure the equipment is fitted to you properly.** If you borrowed these items from The Lending Cupboard, our staff and volunteers are trained in fitting to your size and ergonomic needs.

Here's to happy feet!



## EVENTS AT THE LENDING CUPBOARD

*Join Us*

Just like the soon-to-be-seen flowers of spring, an abundance of opportunities to have fun and support The Cupboard are popping up across Red Deer!



### QUILT RAFFLE

**Our annual raffle begins March 6th and runs until May 18th.**

Tickets are on sale at the Lending Cupboard. 1 for \$5 or 3 for \$10. The draw will be held at the Ladies Luncheon. The quilt and rack are valued at \$1,000.

## 8TH ANNUAL LADIES LUNCHEON

**Join us at the Black Knight Inn on May 18th for lunch. Tickets are \$35 and available at Black Knight Inn or [www.bkticketcentre.ca](http://www.bkticketcentre.ca)**

Preparations are well under way for the 8th annual Ladies Luncheon. This has been a mainstay fundraising event for The Cupboard and a wonderful opportunity for ladies in our community to come out learn a bit more about what is happening here at The Cupboard. Tickets sold out fast last year so get yours early! Of course The Black Knight Inn always puts out a good spread. Our ladies open their cheques books to support the cause. There will be some great draw prizes for the ladies to get tickets on. Final raffle tickets for the Quilt Package will be available with the draw happening at the end of the event.

## CENTRAL ALBERTA QUILTERS' GUILD QUILT SHOW

**This show runs March 31 – April 1, 2017, from 10 am – 5 pm @ Westerner Park, in the Parkland Pavilion.**

Look for our volunteers, who will be there with wheelchairs and walkers for people who may have mobility issues or tire easily but want to take in the show.



## 8th Annual Ladies Luncheon

### COMMUNITY CONNECTIONS

**If your organization or business hosts an annual event and is looking for a worthy community cause to support, consider The Lending Cupboard. We rely on community donations for 85% of our operating costs, and have some exciting capital projects coming up that are a worthwhile investment of your charity dollars.**

For more information, contact Executive Director Dawna Morey by email at [executivedirector@lendingcupboard.ca](mailto:executivedirector@lendingcupboard.ca) or by phone at 403.356.1678.

## THE MELVILLE BOYS

*Central Alberta Theatre*

**The Show runs from Feb. 24 – March 18, 2017. Tickets on sale @ The Black Knight Inn.**

Central Alberta Theatre (CATS): This organization supports The Lending Cupboard by donating \$1/per ticket sold from its upcoming dinner theatre production, The Melville Boys. Enjoy an evening out at our local Dinner Theatre and know that you are supporting The Lending Cupboard in the process!



## THANK YOU

### *Passing the halfway mark in January!*

With a goal of \$160,000 needed in donations and fundraising this year, we surpassed the halfway mark in January, and are thankful to all those individuals who contributed.

We have also been appreciative of the support from some of our service clubs. As a registered charity, we are able to provide a tax receipt. Donations can be made right from the link on our website, or if you wish to donate by calling or dropping into the office, that's also an option. Consider joining our monthly donor group! We are so grateful for the support we receive.

**There are several ways for you to make your contribution: personal cheque, cash, Visa, Mastercard, in person or by mail. Use our online "Canada Helps" secure link at [www.lendingcupboard.ca](http://www.lendingcupboard.ca)**

We are a registered charity so you can provide a taxable donation of \$25 and more. Contact us to discuss how you can become a monthly donor.



The Gals with 100+ Women We Care Red Deer support community but also have a bit of fun!



Rotary Red Deer President Iaian Park presents Executive Director Dawna Morey with a cheque for \$10,000



Connie Fundraising Committee Member Highlights the growth in our fundraising goal!

## SPOTLIGHT

"Thank you! We really appreciate the help, and the volunteers there were fantastic. I liked that there wasn't a lot of red tape to go through...made things much easier."

*Helen Y.*

## NUMBER NUGGETS JANUARY 2017

**5,320** Clients Served

**4,740** Loans

**3,909** Returns

## WANT TO GET INVOLVED?

If you have a special interest in Special Events, Fund Development & Fundraising, give Dawna Morey a call at 403-356-1678 ex 21. The Cupboard is looking for some short term support in that area.



Dawna Morey, Executive Director takes the time to thank Michael Shea for his personal donations.



At their Christmas Dinner, ACT/UCT President Harold Raven presents Executive Director Dawna Morey with a cheque for \$4,000

## GLAD WE COULD HELP *Traveling wheelchair*

The Lending Cupboard has given some excess equipment to a team of physiotherapists from A Better World, who are on their way to Kenya to help children with disabilities. We look forward to hearing good reports back!



## STAY TUNED

Want to learn more about the Lending Cupboard? Visit our website at [www.lendingcupboard.ca](http://www.lendingcupboard.ca) anytime to stay up-to-date on events, and be sure to look for the 2017 edition of "Inside the Cupboard" coming in the summer.