

Inside THE CUPBOARD

LOOKING BACK TO LOOK AHEAD



Well, it certainly was an amazingly busy and very productive summer and fall for The Lending Cupboard.

We were out across the region completing our community needs assessment, which we are excited to share with the community on November 8th. The information received from the process far exceeded the anticipated results. I feel confident that, armed with this information, the Board of Directors will be able to make some very well-informed decisions as we move forward.

Of course the other big event that everyone had been looking forward to this fall was our ten year celebration. About 150 people attended the celebrations out at Parkland Nursery. We were thrilled to have our founder, Jaqui Joys, join the Board of Directors present and past, staff, volunteers and many of our supporters and funders. I want to extend my thanks to all those who were able to turn out for the event and contribute to its overwhelming success. Truly, it is because of all our volunteers and funders that we are able to continue to meet the growing needs of our clients and, as we know, things are not about to slow down at The Lending Cupboard. As always, our clients are our number one priority as we continue to maintain the highest standard of service throughout the operations. I continue to fill out those grant applications and speak to various funders about this incredible and unique organization that we are fortunate to have in Central Alberta. Feel free to contact me if you know of opportunities to share our important story.

Dawna Morey
Dawna Morey, Executive Director

CELEBRATING 10 YEARS

The Lending Cupboard reflects on its history and growth from 2006-2016

The Lending Cupboard, along with 150 of its friends and supporters, came together on September 15th to celebrate 10 years of serving the residents of Central Alberta. It was an opportunity for the organization to look back and give thanks to the past board members, staff, volunteers and many of our funders and supporters from over the years. A big thank you to Gloria Beck and her team at Parkland Nurseries for hosting us and to the Committee members that helped put it all together. Also thanks to our photographer Hank Broomfield, our pianist Helen Senneker, and who can forget that cake! Thank you to Shawna Cawley for your great artistry.

With the celebration behind us, it is time to focus on the future.



From left to right: Bradley Williams, Gerry Winia, Joyce Scott, Chris Hume, Jaqui Joys, Gary Pottage, Doris Kibermanis, Kevin Schropfer, Marilyn Rehman, John West, Shirley Thomas, Gerry Campbell



From left to right: Terena Seaward, Kathy Cole, Dawna Morey, Jaqui Joys, Bernie Tiemstra, Verna MacLeod



Marking 10 Years with The Cupboard: Helen Boll, Cecile Small

COMMUNITY ASSESSMENT REPORT INSIDE

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PLANNING OUR FUTURE COMMUNITY NEEDS ASSESSMENT

We've been talking for a number of months about the **Community Needs Assessment**, which is a project undertaken by The Lending Cupboard to learn, from the community and through research, about the current status and future projections of Central Alberta's economy, demography and health. The Executive Summary will be available for download on the website following November 8th.

This project began in May of 2016. Nearly 50 people were consulted, through a series of interviews, focus groups, and community consultations. The final report was adopted by the Board of Directors of The Lending Cupboard on October 6th. Now we're ready to share the important findings with you!

“
The Lending Cupboard is a critical component of community support for patients who need mobility and daily living aids after discharge.”

Why Conduct a Community Needs Assessment?

When The Lending Cupboard's Board of Directors and staff team met in the fall of 2015 to undertake their strategic planning for the next 3 years, the pressures of growth facing the organization were top of mind. Although the organization maintains a full show floor, has been making use of a sea-can in the parking lot, and also has an overflow warehouse, roughly 80% of its equipment is out on loan at any given

Despite medical advances, nearly all the diseases and health disorders pertinent to The Lending Cupboard are on the rise, including:

- Hip and Knee Replacements
- Orthopedic disorders
- Arthritis
- Heart Disease
- Strokes
- Multiple Sclerosis
- Parkinson Disease
- Diabetes
- Obesity
- Cancer

time. The organization is well aware that a decision about its space is needed; but how to grow? Where to grow? Move or stay? In order to make responsible, informed decisions about its facility needs, the organization decided it needed to learn from the community about current and future demand for its services.

The information in the Community Needs Assessment Report will provide a “snap shot” of elements of Central Alberta life, as well as a glimpse into what the next few years may hold for our region, as related to the potential impact for the services provided by The Lending Cupboard. However, there is information in this document that will be of interest and relevance to municipal governments, not-for-profit (social profit) organizations, community groups and businesses.

Lending Cupboard Growth

In its first year of operation, the Cupboard lent out 330 pieces of equipment and had a total client interaction of 456. In its 2015-16 fiscal year, 16,000 pieces of equipment were lent out to 4,300 clients, with a total of 8,800 clients in and out of the Lending Cupboard doors – a staggering 800% increase. This exponential growth, all while operating out of the same facility, reveals the importance of the Cupboard

to Central Albertans, but represents a number of pressures for Cupboard operations.

While many of the Cupboard's clients are referred by Red Deer's Hip and Knee Clinic, Red Deer Home Care or the orthopedic department of the Red Deer Regional Hospital, a great

number of Cupboard clients are referred from clinics, home care and hospitals as well as being self-referred, for any number of reasons, from all around the region. The Cupboard has seen clients come from as far away as Lethbridge.



What we Learned

Here are some of the 'highlights' of the discoveries made during the project:

- There are 487,000 seniors in our province, and the baby boomer generation, consisting of those born between 1946-1964, is the largest population group.
- The share of seniors' population is expected to grow, from the 2009 level of 10.4% to an anticipated 25.7% of the total population by 2050.
- The proportion of "older seniors" is also expected to rise sharply, with 1 in 13 Albertans being over the age of 80 by the year 2050.
- By 2036, roughly 20% of Alberta's population will be over the age of 65.
- Seniors who live alone are more commonplace in rural areas of Central Alberta, where support services may not be as readily available. Challenges they face may include lack of access to health services, lack of transportation, lack of social or family support, isolation and financial constraints.
- Increased unemployment has led to a reduction in the use of private, fee-for-service physiotherapy and other para-health services. This has increased wait times for physio, and means that people in this service stream will likely be relying on mobility and daily living aids for longer periods of time.
- The recession in Alberta is leading to increased poverty and financial strain. Central Albertans will have less disposable income and less capacity to pay for health supports such as medical equipment purchases or rentals. This will put increased pressure on The Lending Cupboard, as people look for more affordable options to meet their health needs.
- Government funding opportunities, particularly in health-related initiatives, may be less available over the next few years. Additionally, with the current economic struggles, corporate sponsorship and donations to community agencies may be strained. The Lending Cupboard relies largely on community donations, grants and sponsorships.

Conclusion

This project was an eye-opener. There are many issues facing Central Alberta; most often, these issues are dealt with in 'silos', organizations, governments and health departments all working to make progress on a specific issue. When one puts it all together, however, Central Alberta and Alberta in general have growing pressures on several fronts. While the issues discussed in the Community Needs Assessment give The Lending Cupboard valuable information for planning and strategy purposes, it also highlights the need for community support to grow along with The Cupboard.

The full Community Needs Assessment Report has broad implications for almost every facet of community life, and is worth having on hand as a reference tool.

Contact Dawna Morey via email Executive Director@TheLendingCupboard.ca to discuss the findings of the community needs assessment and to get your full copy of the report.

Growing Seniors Population



Recession is leading to increased poverty

487,000 Seniors in Alberta

“
the Lending Cupboard is the most fantastic thing that happened in Alberta!
Judy - Nursing Home Employee”

Community Needs Report released to the community November 8th



Download the full report after November 8th from our website at www.lendingcupboard.ca

GIVING SEASON - Your donations truly count!

The Lending Cupboard served over 4,300 clients taking out equipment last year alone. This only happens with the generous support of your donations. It costs The Lending Cupboard approximately \$78/per client just to keep the doors open. Along with all our volunteers, many of our service clubs and community stakeholders, YOU make it possible for our service to be available at no cost to the client in our community. Please keep us in mind this giving season.

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

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.



Clockwise top left: Dick Foesier, President Caroline Elks #353, Dawna Morey, Executive Director

Board Chair, Gary Pottage & Debbie Brigley, Young Guns

Nellie Watson, Donor & Shirley Thomas, Board of Director

SPOTLIGHT

My Mom had two major breaks, several years apart, and each time we were able to borrow exactly what she needed in terms of aids to daily living. When it was determined that she should use a walker full time, we were given the information we needed to obtain one for her. The Lending Cupboard is an invaluable resource!

Janet M.

NUMBER NUGGETS

July 1 to September 30

2,134 volunteer hours

2,624 New Clients Served

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.

FESTIVAL OF TREES

Will be on site with mobility aides for our guests

The Lending Cupboard will once again be out at Festival of Trees from **November 24 – 27, 2016**. We will be equipped with wheelchairs and walkers for you to borrow, so bring Grandma, Grandpa and/or family or friend with mobility issues down. Let us help you have a memorable walk through the festival with your loved one.



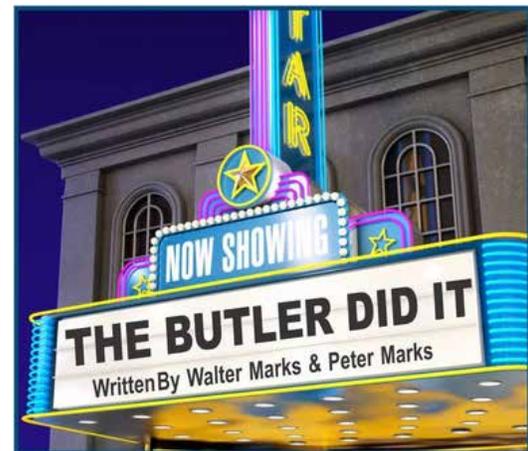
COW PATTI DINNER THEATRE

Join Us

**Saturday, December 10th
Brunch Show at 11:30am
Lacombe Golf Club
“The Butler Did It”
\$63 including GST - limited tickets**

Tickets are going quickly and are available at The Lending Cupboard during regular hours or through the box office.

For more information about the show and to see the seating plan please visit <http://www.cowpatti.com/the-butler-did-it.html>.



A COMEDY THRILLER

STAY TUNED

Want to learn more about the Lending Cupboard? Visit our website at www.lendingcupboard.ca anytime to stay up-to-date on events, and be sure to look for the 2017 editions of “Inside the Cupboard” coming in the spring.