

Inside THE CUPBOARD

OPEN CUPBOARD



Potentially the most important role of a Board of Directors is setting the strategic direction of the organization through strategic planning.

The last 18 months have been busy for The Lending Cupboard Board, given the strategic plan adopted in 2015, which was followed by the intensive work of the Community Needs Assessment. The next step in that process was a review of the mission, vision and values, to reaffirm that they reflect the change in our landscape. That work was undertaken this past month; the result of our work is as follows:

VISION: Albertans have access to medical equipment and daily living aids that enhances their quality of life.

MISSION: To provide equipment to enhance quality of life by maintaining mobility, independence and dignity.

VALUES & GUIDING PRINCIPLES:

OUR PEOPLE ~ We are an effective team with dedicated staff and volunteers

OUR CLIENTS ~ We will treat our clients with exceptional caring and compassionate service

SUSTAINABILITY ~ We will operate in an accountable and sustainable manner that will create a positive community reputation

I believe we have stayed true to the founding principles. I am proud of the work the board has done and am confident that these statements reflect our strategic direction as well as our ideals.

We have a busy summer ahead and are, as always, pleased to be part of and serve the needs of the Central Alberta community.


Dawna Morey, Executive Director

WE HELP EACH OTHER

MaryAnne Jablonski was the Member of Legislative Assembly (MLA) for Red Deer North when The Lending Cupboard was formed in 2006. She was then, and is now, a big fan of the organization.

"I always thought it was such an excellent idea," she says. "It makes good use of medical equipment, meets a real need in the community, and much of the work is done by volunteers. Having it available at no charge makes it a win-win for everyone."

Over the years, MaryAnne has watched the organization grow, and has been supportive of the cause. Recently, though, she had her own experience with The Cupboard. Her elderly Mom, who has some mobility issues, comes out from Ontario to visit from time to time, staying for a month at a time.

"It didn't make sense for us to buy the equipment," she explains. "We went to The Lending Cupboard and were immediately able to get everything we needed, including a superpole, which is a very specific and specialized piece of equipment."

Having the equipment available to everyone in the community is an important part of the Cupboard's mandate, according to MaryAnne. She was happy to receive the clean, durable equipment from trained, knowledgeable volunteers, and she was happy to be able to make a donation to the organization in return.

"The great thing about The Lending Cupboard is, first of all, that it's here, and available to everyone," she says. "Also, it's driven by volunteers – that's community! We help each other. It gives people in the community a great opportunity to help in a tangible way, and meet a real need. It also gives us a worthy cause to support, to donate to, and to feel good about our donation. We can feel philanthropic, and see our donations at work, providing a very necessary service."

If you would like to volunteer at The Cupboard, or make a donation, please call 403.356.1678.



MaryAnne Jablonski, MLA Red Deer North



EXTENDED HOURS

Starting July 1st
we will be available Monday, Wednesday
and Friday 9:00am - 4:30pm

Produced by
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8TH ANNUAL LADIES LUNCHEON

The 8th Annual Ladies Luncheon was a sellout! We had such a lovely event, with tables beautifully decorated with cupcake bouquets created by Carol & Phyllis Whitehead.

There were fabulous draw prizes donated by local business, which were without a doubt pleasing to the ladies. The prizes themselves brought in over \$1600 – thank you to all the donors!

We heard the touching story of little Ethan, whom we introduced to you in the spring newsletter. He has literally become our poster child! His Mom Nikki shared with the ladies the empowering impact that TLC has had on Ethan and their whole family. She expressed that an agency like ours will be an enduring support for their family for years to come, as Ethan grows and his needs change. Without a doubt, the audience was touched by her words. Rotary East was thrilled to present us with a cheque for \$3,000 from the grant we had submitted. That certainly helps us reach that budget line target. Of course, the Cupboard is truly blessed by the generous donations that the ladies always make at this event. Final figures are not in at the time of this publication, but we know that we exceeded last year's total and are that much closer to our \$160,000 goal for fundraising and donations this year. Thanks to all who attended and supported this great annual event!

Thank you to our Draw Prize Donors: Katz Meow, Connie/Wayne Wiseman, Wild & Wired, One to 1 Fitness - Pat Kerr, Fifth Element, Earls Restaurant, MLA Barb Miller, MLA Kim Shriner, Duchess Manor, Rusty Pelican, Kathy Cole, Dawna Morey



Special Guest Nikki Isley shares her story of son Ethan!



The Lending Cupboard Board of Directors & ED



Red Deer City Mayor and Members of Council join Dawna Morey and Special Guest Nikki Isley

GET OUTDOORS, GET ACTIVE

The time of year has arrived when we all shake off our parkas, emerge from our cocoons, and remember why we live here. If you live in Red Deer, you'll no doubt want to get out and spend some quality time in its fabulous parks and trails this spring and summer. Don't let mobility issues interfere with your enjoyment of the great outdoors.

Here are some tips and tricks to help you get the most out of these all-too-short seasons:

♥ Ensure you are well rested

At this time of year, it's light out late into the evening and then early in the morning. That can make it harder to get a full eight hours, but a good night's rest is just what's needed to avoid the fatigue that can impact reflexes and coordination. To improve your sleep, have some chamomile tea before bed. Keep your room dark and cool; try some lavender oil on your pillow. If you have a short night, an afternoon nap on the patio might be just the ticket to help you feel refreshed before you head off for an active time at the park.

♥ Ensure that your mobility aids are up to snuff

Regular maintenance of your walker, rollator or scooter is an important part of ensuring your safety on the trails, or wherever you go. Check for rocks in your wheels and have those nuts and bolts tweaked. If you need help or advice with the maintenance of your equipment, drop by The Cupboard Monday, Wednesday or Friday and the trained volunteers will be happy to help.

♥ Watch your back

It's easy to get focused on the flowers (or those pesky weeds!) and forget to pay attention to your posture, or for how long you've been bent over. Try taking a stool with you to the garden, or just make sure you change your position frequently. Stand up and stretch every few minutes; your back, and your knees, will thank you!

♥ Share it with friends

Whether it's the Ross Street patio, the Saturday market, Bower Ponds, Westerner Days or Heritage Ranch, all the Red Deer summer joys are best enjoyed with others! If you happen to be at one of the many events The Lending Cupboard is participating in this summer, make sure you come and say hi.

Make the most of the beauty of Red Deer and Central Alberta this summer. Your friends at The Lending Cupboard wish you a safe and sunny season.

EXPANDING OUR REACH

As the population ages, hospital stays are reduced, and Central Alberta grows, the demand for The Lending Cupboard's services increases.

As an organization, we are constantly exploring ways to meet the need of Central Albertans for equitable access to medical equipment and daily living aids.

Central Alberta is a large area, and we recognize that people in the outlying communities can find it a struggle to get in to The Cupboard during our open hours. While we move to expanded hours in July, we have made a decision to also expand our delivery service. If you are in a community outside of Red Deer and homebound, our volunteers can bring your equipment to you. There are some limits and a small mileage fee will be charged to cover the cost of transportation.

For more details on accessing The Lending Cupboard's delivery service, call us at 403.356.1678.

Also, we are excited to announce a new service available at the Cupboard! We are now partnering as a consultant with Good Samaritan Telecare monitored home safety devices.

You can learn more about this product at <http://www.goodsamaritantelecare.com/>. We believe that access to emergency monitoring is an important



part of supporting independence, mobility and dignity for Cupboard clients, and we are delighted to partner with this Not for Profit Society to provide the service. We will be providing installation services and maintenance support for the devices. Information brochures are available at The Cupboard. The monthly rental fee is competitive and affordable. Funding is available for those who qualify through AISH, Veterans Affairs and Alberta Seniors Benefits.

If you have ideas for how we can expand our reach and broaden our impact, or if you would like to volunteer with us, we want to hear from you! Contact Dawna at executivedirector@lendingcupboard.ca

UPCOMING EVENTS

Harley Davidson



We will be cooking up a storm at Harley Davidson's Hog Rally on July 28, 2017.

This community-minded business invites community organizations like ours to flip pancakes and/or BBQ burgers and hot dogs at their weekend events and take the proceeds. We appreciate this annual invitation and look forward to a fun day!

Meet you at the Market

Watch for our booth at the Saturday market in Red Deer.

We'll be there on a number of weekends through the market season. Our first confirmed date is July 15th. Be sure and stop by and visit.



Young Guns

The Lending Cupboard is pleased to once again be involved in the Young Guns golf tournament.

There's still time to register to golf at this event on June 20th. Visit this link: <http://bit.ly/2rHVWup> and we thank the community and Young Guns for supporting The Lending Cupboard!



THANK YOU FOR YOUR SUPPORT

EQUS

EQUS is a Rural Electrification Association (REA) that generously supported The Lending Cupboard (TLC) through its "Operation Round Up" Community grants.

Thanks to their \$3,000 grant TLC is able to support our rural clients!



Rotary Club of Red Deer East

Rotary East President Robert Kelhum presents Dawna Morey with a with a cheque for a \$3,000 grant fittingly presented in an air boot!

Lacombe Lions

Lacombe Lions Continue to support The Lending Cupboard. Lions Member, Dave Shurman presents Dawna Morey, ED with yet another cheque!

Some of our wonderful volunteers. Won't you join us?



SPOTLIGHT

"Thank you everybody for the kind words. It was an absolute pleasure given the opportunity to volunteer with everybody there. I will never forget all of you and will remember what a positive experience it was going forward with my life." *Rachel*

NUMBER NUGGETS

Stats July 1/16 – May 10/17

8,164 Clients Served

7,424 Equipment on Loan

6,201 Equipment 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.

CONGRATULATIONS

The Lending Cupboard congratulates Wetaskiwin Medilend!

This new not-for-profit society follows our model, providing medical equipment and daily living aids to community members for a donation.

Prior to opening they looked at other communities and connected with Red Deer's Lending Cupboard to collect information and resources before forming the society. They are located at 5106B-50 Ave in Wetaskiwin.



Photo: wetaskiwintimes.com

Medi Lend co-chairs Janice Lockhart (left) and Diane Sauer are ready to open the doors for those in need of medical supplies.

INFLUENTIAL COMMUNITY CHAMPIONS TO JOIN OUR CAPITAL CAMPAIGN TEAM

Do you believe that all Central Albertans deserve mobility, independence and dignity? Do you have experience serving on a community capital campaign? The Lending Cupboard is looking for influential community champions to help us build our capital campaign.

If you can help, or want to know more, contact Executive Director, Dawna Morey - executivedirector@lendingcupboard.ca or 403-356-1678.

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 edition of "Inside the Cupboard" coming in the fall.