

# Inside THE CUPBOARD

## OPEN CUPBOARD



**The Lending Cupboard (TLC) year end was June 30, 2018 and it was a jam-packed year for sure. By the time our AGM comes around in October, we will have had an opportunity to reflect back over it all in more detail.**

Some of highlights will include the continued growth in the number of clients and families supported, an increase in inventory, strong support from donors and successful fundraisers.

The excitement has been building as we embark on our move; without a doubt the largest undertaking for TLC since the doors opened in 2006. This decision was taken after much community consultation and serious consideration. There was never any doubt we needed more room to meet our growing needs and be easily accessible for our clients; while as a charity we wanted to be sure we were being good stewards of the donations, grants and funding we receive. All that to say we are now under way and excited about the future for TLC, our clients and the communities throughout central Alberta. As the summer progresses so does the work at our new site. We will be open there on August 1st and we hope you will join us to celebrate this milestone. Stay tuned for announcements of our official Grand Opening. In the meantime have a great summer!

*Dawna Morey*

Dawna Morey,  
Executive Director

## TLC AMBASSADORS SHINE!

**If you've been anywhere near the Cupboard or its reading material over the last while, you no doubt know that a big thing is happening: The Cupboard is moving! The exciting upgrade to the new facility will expand the capacity of The Lending Cupboard so that it can continue to meet the demand in Central Alberta for the next decade.**

The Spring Capital Campaign is a key part of the expansion project, in that financial and volunteer contributions are needed to ensure success.

A committee has been formed to facilitate and execute the campaign. Some members of the campaign committee, who have personal stories of the impact that TLC has had on their lives and/or those of their loved ones, have been chosen to act as TLC Ambassadors. These individuals are a testament to the value and impact of Lending Cupboard services and the people that work here (staff and volunteers). These folks have a network in the community to which they represent The Cupboard and advocate for its needs. They are also available to speak to community groups, sharing their stories and love of The Cupboard.



Lynn Wilson



Karol (Karl) Luciani

**“So many people have been helped. If we all step up, we can get this done. People tell me they really value TLC, so I say I if you value it, then support it, and let's keep it going.”**

Two such individuals are Karol (Karl) Luciani and Lynn Wilson. Karl was the marketing director at Parkland Mall for 25 years, and then the Fund Development Coordinator at MS Society for 5 years. He developed an infection after hip surgery that left him as a paraplegic. Lynn served on the founding board of the organization 11 years ago and was also a volunteer at the Cupboard for some time. She had to step down when she was diagnosed with MS but has since been a client of The Cupboard. Both of them report that the two main drawings of The Lending Cupboard are the accessibility of the equipment to everyone in the community, regardless of economic standing, and the kindness of the volunteers.

Also, Lynn points out, “It's a very green operation because it is about recycling and upcycling equipment.” Karl says: “TLC is essential for people to maintain their dignity and accessibility when they have an illness or injury.”

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## Sharing her Story

# 93 YEARS YOUNG “FARM GIRL” SPEAKS AT LADIES’ LUNCHEON

**Nellie Watson, who will turn 93 in September and still lives on her farm near Eckville, was a guest speaker at The Lending Cupboard’s recent Ladies’ Luncheon, telling the attendees what a privilege it was to be able to share her story of being a Cupboard Client.**



“I’m on oxygen and have a little trouble with my legs,” she reports, “but otherwise, I’m doing pretty well.”

Nellie uses an aluminum walker that she borrowed from The Cupboard, saying she doesn’t want one with wheels because she “likes to exercise” her arms. “I ran a combine until I was 75,” she says. “I did that for 40 years. Now my son, who lives a half mile away, does the farming, but I still try to stay active.”

Nellie and her husband first came in contact with The Lending Cupboard when she had a fall a number of years ago. “At first, I thought all I had injured was my pride,” she jokes, “but after about an hour, I realized that my ankle was really hurting.”

**“They were so helpful to us, and of course, there is no charge for the equipment. We were happy to make a donation.”**

It was the doctor who recommended that she turn to The Cupboard for support with either a crutch or cane or wheelchair during her recovery. “We were met by the kindest, most lovely smiling faces when we walked in,” she says. “They were so helpful to us, and of course, there is no charge for the equipment. We were happy to make a donation.”

Nellie volunteered for the MS Society for many years, as her son had MS. He passed in 1997, which was before TLC existed, “so we missed out on that opportunity for him, but are so grateful to have had access to it for my husband and for me.”

Nellie’s husband, who passed away in 2016, made use of several pieces of equipment in his final years. She says her brother and sister-in-law have also borrowed equipment from The Cupboard, as have many friends and neighbours.

The Ladies’ Luncheon was a great opportunity to promote the wonderful work of The Cupboard, Nellie says. “If the ladies there feel as I do,” she asserts, “they should all get behind it and support it; especially the Capital Campaign!”



## WELCOMING TWO NEW PEOPLE

### Lori Shatto

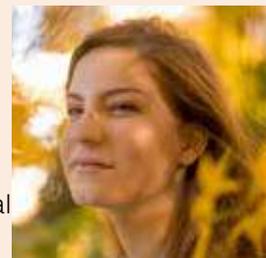
joins us as our Marketing/Fund Development Coordinator.

Lori brings a very strong background of working in the non-profit community and will be building on the success of the past while bringing fresh new ideas to the team. We know she is up to the challenge of helping TLC continue to grow and be successful and sustainable.



### Erica Binder

is our summer student joining us until mid-August. Erica comes to us with a great deal of enthusiasm and will be with



us throughout the summer working with Lori with some of our marketing and fund development strategies including enhancing our social media.

Stay tuned for some exciting new initiatives to hit TLC!

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**As Ambassadors**, Lynn and Karl, who both have personal stories of how The Cupboard has benefitted them, help spread the word about the spring campaign, the needs of The Cupboard and its importance to the community.

Karl believes it’s good and important to give back to an organization that helped him so much and has helped so many others. He says another great reason to volunteer with The Cupboard is that “you get to meet a network of really amazing people.”

For more information on the spring capital campaign, the TLC Ambassadors, or other ways to give and serve, contact Executive Director Dawna Morey at [executivedirector@lendingcupboard.ca](mailto:executivedirector@lendingcupboard.ca) or call 403.356.1678.

## REACHING OUR \$500,000 GOAL

**We have been talking about our move now for a number of months and now the work is well under way at the new location.**

With lease-hold improvements designed to make sure that the space meets our needs and provides a safe welcoming facility to serve the thousands of residents in Central Alberta for years to come, it is certainly an exciting time for TLC. The response is growing with support already received from local contractors who are helping to keep the costs reasonable.

### Community support still needed

We still need the community's support to help us with some of the amenities needed so we can operate efficiently. Your donations towards this capital campaign will assure the successful completion of this project, including equipment for our sanitizing room or our repair shop or maybe it is your cash donation that contributes to cover cost of construction.

**Contact Dawna Morey - Executive Director for more details of where your contribution can make a difference.**

## MOVIN' ON UP 2018

**Special thanks to our donors who made our move and development of this facility possible.**



Keystone

\$ 50,000+

Your Name



Cornerstone

\$20,001 - \$49,999

Your Name



Sustainer

\$10,001 - \$20,000

Your Name



Advocator

\$5,001 - \$10,000

Your Name



Supporter

\$1,001 - \$4,999

Your Name



Friends

\$500 - \$1,000

Your Name

## Living with Mobility, Independence, and Dignity

### HITTING THE STREETS

**Once again, and better late than never, spring has sprung! Many people feel we actually skipped spring altogether and went straight from winter to summer. With the long, cold winter we had, we're all eager to get out and spend some quality time in Central Alberta's fabulous parks and trails.**

Don't let mobility issues keep you cooped up inside. Borrowing equipment from The Lending Cupboard can help you live the full, active life you want. Last spring we shared some tips and tricks to help you get the most out of these all-too-short summer season. These are still good and relevant reminders, so here they are again:

#### Ensure you are well rested

At this time of year, when it's light out late and early, it can be harder to get a full eight hours, but a good night's rest is just what's needed to avoid the

fatigue the 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 find yourself at of the many events where you'll find The Lending Cupboard 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.



## MAYOR'S AWARD

The Lending Cupboard Team was proud to be at The Mayor's Recognition Awards to see our very own John West receive an award for Distinguished Voluntary Service.

John doesn't like a lot of fussing and is most happy when he is in his shop with the other volunteers making sure that our equipment is in top-notch shape or sitting around the coffee table with some of the team sharing a coffee and something sweet; however, we believe that John is well deserving for this distinguished award.



For almost as many years as TLC has been open John has dedicated three days a week in our repair shop as well as serving on our Board of Directors sharing his knowledge and wisdom.

We are proud to have John West on our team and a member of the TLC family.

## NUMBER NUGGETS

March 1, 2018 – May 31, 2018

**2,408** Clients Served

**2,137** Equipment on Loan

**1,933** Equipment Returns

**107** Removed Inventory

## WANT TO GET INVOLVED?

If you have a special interest in Special Events, Fundraising or wish to volunteer in clients services, cleaning/sanitizing, or repairs contact our Volunteer Coordinator at [volunteer@lendingcupboard.ca](mailto:volunteer@lendingcupboard.ca) or call us at 403-356-1678

## LADIES LUNCHEON

Thank you to all the ladies who joined us this year and helped make our 2018 Ladies Luncheon a great success.

Gifts for our speakers were generously donated by **Parkland Nurseries** which also decorated our stage and **Messinger Meats**. We had two door prizes coming from **Growers Direct & Dianne Wytjes**. There were 15 outstanding draw prizes this year kindly donated by Committee Members, Our Board of Directors and several local businesses including in no particular order: **Frontier Bus Lines Gift Certificate, Servus CU, Mary Browns, Babycakes Cupcakes, Central Alberta Co-op, Smith Iron Earthworks and Burgcon Crafts, Troubled Monk, Earls, Side Street Fashion, Red Deer Symphony tickets, Brian and Lynn Wilson, Bradley & Maureen Williams & Nyman Trophy Awards Ltd. and Messinger Meats.**

Your generosity truly helped make this year's event a huge success. Thank you so very much!



## THANK YOU FOR YOUR DONATIONS



The **Silver Select Hockey** Team donated \$1,000.



**UCT** (United Commercial Travelers ) once again steps forward to support TLC, Thank you to President, Les Vasseur who dropped in with another donation from the club.



RED DEER & DISTRICT  
COMMUNITY  
FOUNDATION  
all for community.

Thank you to both the **Red Deer & District Community Foundation** (RDDCF) and the **Sylvan Lake Endowment Fund Grants** that will support our Marketing/Fund Development Project and RDDCF who are recognized as SUPPORTERS of our Capital Campaign!



## HOURS OF OPERATION

Our hours are:  
Mon/ Wed/ Fri  
9:00 am – 4:30 pm

## STAY TUNED

Want to learn more about The Lending Cupboard? Visit our website at [www.lendingcupboard.ca](http://www.lendingcupboard.ca). Want to receive our newsletter electronically? Send us an email to [contact@lendingcupboard.ca](mailto:contact@lendingcupboard.ca) and we'll put you on the list.