

# Inside THE CUPBOARD

## SEASONS OF CHANGE



Well it certainly was a busy summer Movin' On Up, renovations to the new building, the move itself and finally, the Grand

**Opening on September 10th; all while we continued to serve our clients.**

I've said this before but going through this summer and fall I saw further evidence of the incredible commitment of our staff and volunteers. Beyond the access to medical equipment, these people are what makes TLC the real gem in our community. I am thankful and feel blessed to lead such a team.

As we settle into our new site, we have successfully reached the halfway point in our capital campaign but there is still some work to be done to complete our project. This includes getting the necessary furnishings (ie. shelving & racking) as well as raising the funds over the next 100 days to "Lose Our Loan" and finish our capital campaign.

Moving forward, we will continue to raise awareness of our services to the community; including the rural communities throughout Central Alberta. We will also continue to work with AHS to address the growing need for equipment and the adequate support to TLC that is necessary to increase our sustainability. Following our AGM on October 15, 2018 the Board of Directors will do a review of our strategic plan and explore what the next steps will be moving forward.

I hope you find our newsletter informative and enjoyable.

*Dawna Morey*

Dawna Morey,  
Executive Director

## MINISTER'S SENIORS SERVICE AWARDS

**The Lending Cupboard (TLC) is truly honoured to have been the recipient of both the 2018 Minister's Seniors Service nomination and award. We are truly grateful for all the work that our volunteers and staff provide to us so that we can enrich the lives of Central Albertans by ensuring that they have access to medical equipment and daily living aids when they need it.**

It was our pleasure to join with our friends and other nominees on August 9th at the Golden Circle Senior Resource Centre for a day of celebration and acknowledgement of all the good work that is happening in our community for Seniors.

In August, we were notified that The Lending Cupboard(TLC) was selected for a 2018 Minister's Seniors Service award in the Organization category. It was our honour to accept this award on October 1st. Our mission continues to be providing equipment to enhance the lives of Central Albertans by maintaining their mobility, independence and dignity and we will continue to strive and provide dedication and commitment through our services.

An exciting moment in our story – receiving the 2018 Minister's Seniors Service Award in Edmonton.



Minister's Senior Services Award: Honourable Minister Lori Sigurdson, Dawna Morey Executive Director TLC, MLA Kim Schreiner

## LIFE CHANGES

**Imagine for a moment... you are young, energetic, great career which affords a comfortable lifestyle and living in the South Pacific enjoying every moment of your life! Beautiful isn't it – you can almost hear the waves crashing against the shoreline.**

This was Linda's life – she was embracing all that life was offering her and starting to reap some of the rewards of working so hard. She had the career with the six-figure income, the dream job and was loving the tropical environment that was now her home.

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## Red Deer & District Chamber of Commerce NON-PROFIT OF THE YEAR BUSINESS OF THE YEAR - FINALIST 2018 Awards 2018

**On October 17th, The Lending Cupboard will be attending the Red Deer & District's Chamber of Commerce 2018 Business of the Year Awards as a Finalist in the Non-Profit category.**

We are so thankful each and every day for the dedicated and knowledgeable staff members and volunteers that we get to work with and who are passionate about what we do to enrich the lives of those who live in Central Alberta. Of course, we could not get to do what we do without the help of our donors and community partners – THANK YOU!

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Linda was enjoying a life that most people dreamt of; things were going well until she started experiencing severe migraines. They were so severe that she was convinced that she had a brain tumor. In 2008, she flew back to Canada to seek some answers. A series of tests including an MRI were done to rule out any tumors. She did get answers but not the ones she was expecting; her headaches were caused by a food allergy – Coconut to be exact! That was not all she found out. Because of her insistence to have an MRI her doctors discovered that she had 1 of 17 possible brain diseases. Further testing would be required, she will never forget that day – her knees giving out as she was trying to comprehend the news.

It was October 2008, a spinal tap confirmed her diagnosis – Linda had Multiple Sclerosis. What was even more shocking was that she was not showing any of the signs associated with MS. Her doctor said that she would be in a wheelchair in 5 years! Having to digest all this, and knowing the fact that heat can worsen MS symptoms, Linda made the very tough decision to move back to Canada. She was feeling angry that her life was now being turned upside down, she was losing her friends, income and position, her husband and her body to this terrible disease. Within the first year of diagnosis the symptoms started; loss of bodily functions, the crushing fatigue and depression, bed ridden for 2 years. But she never gave up,

she had a good support system in her life that was there to remind her to keep going – meet Tim. He was there to help her with this new journey that was now her life, making different nutrition choices, adapting to all the changes that would be necessary to move forward. She was beginning to see how she would cope with this new way of living and that MS did not have to define who she was.

Linda was starting to experience weakness in her legs, and by May of 2017 she was needing the assistance of a wheelchair. She was not ready - but knew this was needed as the MS was progressing. She was not aware of where she could go, and the hospital did not say anything about a place that she could go to borrow one. Her Neurologist at the time was not prepared to give her a prescription for a wheelchair in order to go through the normal process of applying to Alberta Aids for Daily Living for assistance. She wished she knew about The Lending Cupboard as it would have helped her bridge that gap between when she first needed a wheelchair to when she received her own through AADL. The falls caused by instability and poor balance could possibly have been avoided.

Linda has now been to The Lending Cupboard and is very grateful for the ability to borrow a rollator and “test” it out – that ability to borrow it for a short time was beneficial in knowing which rollator was best for her condition. She got to try it on before having to buy!

**Multiple Sclerosis** can be very harsh and life-changing but there are things that can be done to manage the symptoms.

Check out the following websites for more information:

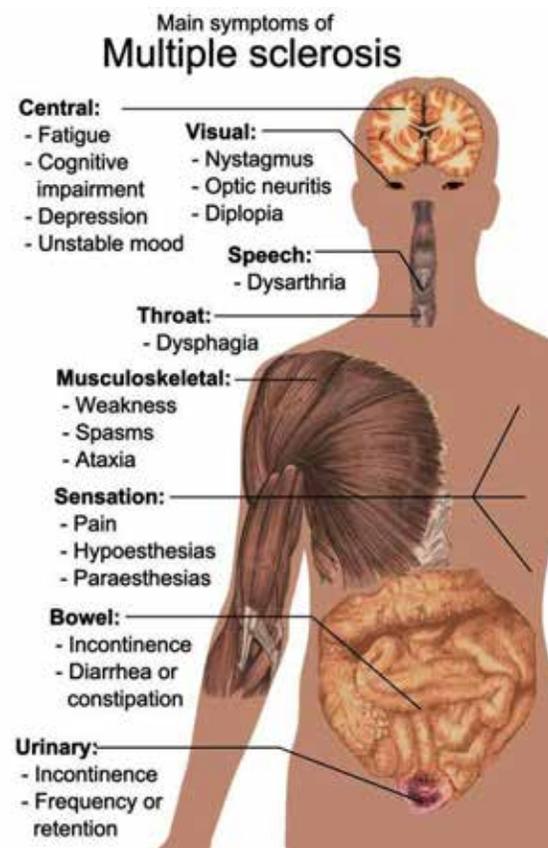
**MS Society of Canada**  
[www.mssociety.ca](http://www.mssociety.ca)

**National Multiple Sclerosis Society**  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

Contact the local MS office at 403.346.0290 or email them at: [info.centralalberta@mssociety.ca](mailto:info.centralalberta@mssociety.ca)

One of the most impressive things that she noticed was our volunteers, noting the fact that our “volunteers are so helpful, kind, very knowledgeable and welcoming.” They make the transition into mobility aids so much better and easier. She was blown away by the selection of walkers and wheelchairs and very glad to know that this service is in Central Alberta for those that need it so that they can maintain their mobility, independence and dignity!

*We would like to thank Linda B. for her willingness to share her story about her journey with MS and this new season in her life.*



# Get your team together - the Wine Survivor Challenge is back!

We are excited to bring back this fundraiser again this fall and can't wait to see the creative team names and varieties of wine. It runs from Monday, October 1st until Friday, November 2nd, 2018.

All teams must be registered with items submitted by Friday, October 26th. You don't want to miss out on this fun event!

For more details contact:

<b>Lori Shatto</b>	<b>marketing@lendingcupboard.ca</b>
<b>Wendy Reimer</b>	<b>volunteer@lendingcupboard.ca</b>
<b>Kathy Cole</b>	<b>systems@lendingcupboard.ca</b>



**Launch Date:**  
Monday, October 1st, 2018

**Final Draw Date:**  
Friday, November 2nd, 2018

## A NEW SEASON

**As we approach another season, (for those that live in Central Alberta and have witnessed our first snowfall of the season – I know... too early) now is a good time to think of ways to ensure you stay healthy and safe during the upcoming seasons.**

As we tuck away into our memories our beautiful and colorful gardens of the summer season, it is time to anticipate the beauty and warmth that the upcoming holiday season will bring. A time of creating new special memories with family and friends and reflecting on the cherished memories of Christmas' past. As you enjoy your time with family and friends, exploring all the activities that the season brings remember that The Lending Cupboard is here to help. Whether you or a loved one you know has mobility issues, staying engaged in our community is still important. So if you need it, and we have it, you can borrow it! Here are a few other ways to stay active and healthy over the coming season;

### Get enough ...

To ensure you stay healthy over the coming months, try to ensure that you drink lots of water and get plenty of fruits and veggies. Check out the selection at your neighbourhood grocery store. Be adventurous and try a new fruit or veggie each week – you will probably be amazed at all the varieties of fruits and veggies there are for you and each of them come full of nutrition. Take a road trip and check out any local farms that are still selling their produce. You will be getting out and enjoying those rays when you can and restoring your vitamin D.

### Take time for you ...

We all know that with Thanksgiving and then Christmas, life gets busy! Festival of Trees will soon be here. City Hall Park will have its usual festive look. Again remember The Lending Cupboard is here to support people so that they can get out and enjoy the season as well.

Remember to take time for you so that you can stay well and enjoy all those special memories that you are creating with your family and friends. It's a good time to check in with yourself and make sure your eating habits are healthy and that you are getting enough rest and exercise. Do something that you enjoy to ensure you stay energized and rejuvenated.

Enjoy this fall season and all the beauty that it can bring.





**Enjoy a fun brunch while supporting the Lending Cupboard. We would like to thank the Cow Patti theatre for once again thinking of us and providing us with support.**

This year's production is **The Odd Couple** and runs from **November 15th through to December 16th – with The Lending Cupboard (TLC) benefiting from the December 8th Brunch** performance. If you want to have an enjoyable afternoon of fun while helping your community – come see **"The Odd Couple"**. The venue is the Lacombe

Golf & Country Club located at 6000 50 Avenue in Lacombe.

**Tickets:** Box Office (403.304.6329 or 403.782.3956) or by contacting The Lending Cupboard (tickets are limited, so contact us soon) at 403.356.1678.



## THANK YOU!

**At our Official Grand Opening we had the opportunity to recognize some of our donors for their support to our Capital Campaign – Movin' On Up!**

Thank you for your continued support as we carry on with the next chapter of The Lending Cupboard's story. We couldn't do this without you! We were also delighted to be presented with the following contributions (pictured below). Your generosity thus far has helped us exceed the half way mark as we continue in these last 100 days to work to "Lose the Loan & Meet our Goal!" Please contact us if you can help. All donations, big and small, will make this campaign a success.



Servus Credit Union (pictured above L to R); Rob Stryker - VP Retail (Servus Credit Union), Dawna Morey - Executive Director TLC, Bradley Williams – Capital Campaign Chair



Royal Purple Elks Lodge #193



Spruce View & District Lions Club

## NUMBER NUGGETS

July 2, 2018 – September 30, 2018

**2,258** Clients Served

**2,016** Equipment on Loan

**1,989** Equipment Returns

**517** Equipment Donated

## WANT TO GET INVOLVED?

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

## DROP BY FOR A VISIT



Have you visited us at our new location yet? Drop by, meet our staff and volunteers and check out how our new space looks.

## 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.