

Inside THE CUPBOARD

SUMMER TIME



I look at my perennial gardens, planted many years ago now and year-after-year they continue to produce some of the most beautiful flowers. Much like my garden The Lending Cupboard was planted and has grown great roots that year-after-year provide a great service.

As we close another fiscal year at TLC, we acknowledge and celebrate our successes but like my gardens that are continually fertilized and nurtured, so is the case at TLC. To that end the Board of Directors and Executive Director undertook our next strategic planning process to identify and set goals for 2019 - 2022.

The last few years have been very focused on structural and operational needs such as the move into a new facility, improving operating systems, and building a comprehensive marketing campaign. Going forward we will continue to work with our community so central Albertans have access to equipment and our clients' needs are being met. We will also work to make sure that the team at TLC is strong and prepared for whatever the future brings us.

Identifying our core values and being purposeful about the work we do are our guiding principles. This ensures we set appropriate goals, have strong succession planning and sustainability, in a welcoming inclusive environment.

TLC has some exciting events scheduled in the coming months. In the meantime, I hope you have a wonderful summer and take time to enjoy your gardens.

Dawna Morey
Dawna Morey,
Executive Director

Distinguished Voluntary Service MAYOR'S RECOGNITION AWARDS

Four of our volunteers received the Mayor's Recognition Award for Distinguished Voluntary Service. Congratulations to Harvey Jackson, Ken & Phyllis Whitehead and Connie Wiseman.

On Thursday, June 6th staff and volunteers of The Lending Cupboard had the privilege to gather together at the Cambridge Red Deer Hotel and Conference Centre to recognize the dedication and hard work of our volunteers.

Our volunteers join us for many reasons. Harvey is not a man of a lot of words but enjoys contributing to a worthy cause. For Connie it keeps her connected to the community that she has been a part of most of her life, giving her a sense of fulfillment while contributing to the well-being of others.

Phyllis says she volunteers because, "it gives me an opportunity to share my time, interests, and skills with anyone who may need a little assistance or encouragement thus resulting in a more joyful life". While Ken, her husband feels it is a way of showing appreciation for the many volunteers that have made a difference in their family's lives on their journey with a son who has special needs. He sums it up with a phrase from his grandson – "it feels good to do good".

Harvey, Ken, Phyllis and Connie, along with all of our volunteers are instrumental in the exceptional caring and compassionate work that we do! Their gifts and services range anywhere from customer service in the storefront, repairing, cleaning, sanitizing our equipment to making decorations, and cakes for fundraising events.

Looking to pay it forward in your community, consider volunteering with The Lending Cupboard. There is something for everyone here at TLC and we appreciate the many talents! For more information please contact our Volunteer Coordinator at volunteer@lendingcupboard.ca



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SUMMER CARE FOR SENIORS



Summer is upon us – what a beautiful season! The vibrant colours, the smell of flowers, BBQ’s and long days to enjoy the company of family and friends.

Even with all the beauty that the summer season brings, there are still things to keep in mind to ensure you enjoy the season to the fullest and keep safe.

3 Summer Tips for Seniors

1. Most importantly - stay cool!! Ensure that you are hydrating. This may be easier said than done. If you don't enjoy water, try infusing it with some of your favorite fruits. Freeze your own popsicles or try your hand at cold teas! Remember to dress for the weather and always be sure to have a hat and sunglasses when out in the sun!
2. Discuss the potential side effects of sun/heat with your doctor or pharmacist. Some medications don't metabolize the same in warm temperatures OR can cause additional sensitivity to the sun. "Knowledge is Power" – Sir Francis Bacon.
3. Keep in touch with friends/loved ones/neighbors! Establish a check-in procedure with your people so that everyone is kept safe!

Enjoy this season and remember to be aware of changing weather and environments, respond accordingly. For more summer tips for seniors, check out <https://www.care.com/c/stories/5444/12-summer-safety-tips-for-seniors/>

Special thanks to Jessica Holmes for her contribution to this article. Jessica is the Regional Manager – Chief Financial Officer at Helping Hands Home Support Services Ltd. in Red Deer, AB.

COMMUNITY COLLABORATION

The word collaborate is defined as “to work jointly on an activity, especially to produce or create something.” That something for The Lending Cupboard and many of our partners is to ensure our citizens are living the best quality of life in a healthy, happy, engaged community.

We partner with media such as Access Media Inc. to produce a documentary telling our story. We work with RDC in their nursing program. We work closely with health care professionals such as hospital staff, occupational therapists, home care workers to ensure we can get the right medical equipment and daily living aids to those who need it. We also partner with organizations and service clubs such as Westerner Park and Rotary at local events which helps us get our message and profile out through major events in the city.

Recently, TLC had the opportunity to lend some of its' medical equipment to Animal Assisted Therapy Alberta – Buff Co. for their training and evaluation. Animal assisted therapy is designed to promote improvement in human physical, social, emotional, or cognitive function. Some of TLC's clients do have the support of a therapy animal and this service is a very important part of their ability to remain engaged and active in their community.

If your organization would like to partner with The Lending Cupboard, please contact us at 403.356.1678.



“Alone we can do so little; together we can do so much.”
– Helen Keller



Thank You 10TH ANNUAL LADIES LUNCHEON

The Ladies Luncheon was a fabulous celebration of ladies gathering together in support of a worthy cause!

On May 9, 2019, a wonderful group of 189 women came together at the Black Knight Inn to celebrate the fundraising achievements of this luncheon and TLC for the last 10 years. In that time, attendees have raised close to \$50,000 along with increasing the profile of TLC.

Throughout the years as TLC continued to grow, there have been changes to both the luncheon and the organization but the cause has remained the same – ensuring that central Albertans have access to medical equipment and daily living aids when the need arises. Luncheon participants have heard from speakers who have been impacted by TLC. For example, the mother of a young child who was able to watch her little toddler gain real freedom as he used a pediatric walker for the first time, or the woman who is able to stay in her home and remain active, independent and engaged in her community. This year's speakers were the very first organizers – Eileen Cole and Marlis McPherson! Their insights were wonderful!

An added feature this year was the Fashion Show. Fashions were provided by Side Street Fashions. Our models had an enjoyable time wearing the latest trends available for any lady, regardless of age, size or body type/limitations.

Of course, some things remain the same such as the draw prizes that are donated by community businesses and individuals. Thank you for partnering with TLC and helping to continue to Pay It Forward – Enhancing Independence, Mobility & Dignity!

Thank you for attending and supporting TLC's Ladies Luncheon 2019 – the next 10 years will be amazing! Maybe we will see you again or for the first time! Mark your calendars for May 7th, 2020, for next year's luncheon.



Spotlight NEW VOLUNTEER COORDINATOR

TLC is very pleased to welcome Brenda Radu to our team as the Volunteer Coordinator.

Brenda brings her positive attitude and a passion to help and support TLC. She shares that passion volunteering at other local organizations including sitting on the Board of Directors at the Red Deer Food Bank. Welcome to the team Brenda!



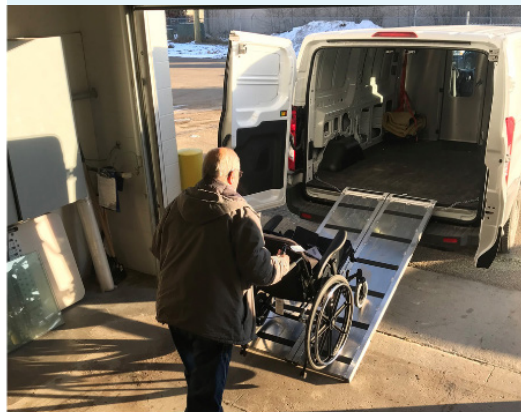
THANK YOU



We are always thankful for the support of Community Service Clubs, pictured above **starting from the top left**, Jim Wing, Ponoka Elks and TLC's Executive Director, Dawna Morey, Jim Merrimin of the Benalto Elks, and it is always a pleasure to greet our friends/donors at The Lending Cupboard. Thank you to Joe and Nancy Yamniuk for their donation and kind words.

DELIVERY SERVICE AVAILABLE

On Monday, Wednesday and Friday mornings, we offer a delivery service for those home bound, unable to make it into our facility.



DID YOU KNOW...

We also accept donations of gently used Power Scooters & Power Wheelchairs.



NUMBER NUGGETS

July 2018 to May 2019

9,974 Clients Served

7,883 Equipment on Loan

7,141 Equipment Returns

1,982 Equipment Donated

492 Recycled/Scrapped

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 or call us at 403.356.1678

STAY TUNED

Want to learn more about The Lending Cupboard? Visit our website at www.lendingcupboard.ca. Want to receive our newsletter electronically? Send us an email to contact@lendingcupboard.ca



The best thing to do with the best things in life is to give them away. — Dorothy Day

Help us celebrate 1 year in our new facility!

1ST ANNIVERSARY

BBQ

AUG. 1ST, 2019

11:00AM - 2:00PM
#1-7803 50 AVENUE

Tour our facility & check out what's happening at The Lending Cupboard
 Grab a smokie, bag of chips & soda for \$5

No rain date