

Enjoy a....
*A Cup of Coffee with the
Cupboard!*



*From the desk of our
Executive Director
Lori Shatto....*

Good morning!

I hope that you are all doing well and staying warm! The weather sure took a dip in temperatures this week, but here at TLC our hearts are warm with gratitude and genuine appreciation for each of you.

What an incredible day we had here at TLC for GivingTuesday - thank you so much for your generosity and supporting us! Our mail out donations are still arriving so we will provide an update to our goal in the coming weeks. So far, we have surpassed 50% and we are still climbing!

We are thankful to be a part of this amazing community, to be able to give back to you in service - helping to ensure access to medical equipment and daily living aids by way of a loans system. We are here when you need it!

As you busy yourself getting ready for the holiday season, please remember to take a moment to enjoy the beauty of this time of year all around you - the lights, pretty displays and most importantly the people in your life.

Thank you for being a part of our lives here at TLC.

Lori Shatto

*What's happening at the
Cupboard!*

Our clients - the *heart and soul* of our mission at TLC





It is so fulfilling to serve our clients - hearing their stories, helping them find the very best equipment to meet their needs, and seeing them leave TLC feeling much better about their often very challenging circumstances.

Our goal is to make sure **EVERYONE** leaves here feeling like they have been supported, listened to and well-served.

Logan (pictured above) came in to borrow crutches as he was preparing for knee surgery. "I know that equipment is expensive, and I didn't know anyone who had crutches that I could borrow. I heard about TLC, so it was the best place to come to."

Logan said the borrowing process went very well, too. "The volunteers were super friendly. They adjusted the crutches for me right on the spot, and gave me the information I needed." Best wishes for a speedy recovery, Logan!

We are also so pleased to support clients who borrow equipment for other reasons - such as in a teaching setting. Cathy stopped in to borrow several pieces of equipment for one such session on aspects of ageing she was leading at Living Stones Church.

"One of the modules I teach is how to help seniors as they age, and the

different things that they encounter,” she said.

Utilizing the equipment directly helps the students better understand what it’s really like to deal with a range of mobility issues, for example. “They can also get a better understanding of where they may be in 10, 20 or 30 years.”

Other times, folks borrow equipment on behalf of friends or loved ones, and again, it's wonderful to see them leave with the assurance that they have exactly what they need to provide the best support in terms of medical equipment.

Rebecca came in to borrow equipment for her mom who had suffered a series of strokes. She said her family came to realize that TLC offers so much – everything from bathtub supports, walkers, and canes to mobility scooters and blood pressure monitors. It was a comfort for Rebecca to know that we had what the family needed in such a trying time.

“I came down and picked up these much-needed items from these wonderful people who are so nice and so willing to help,” she said, referring to our volunteer team. “Everyone is so welcoming – they are so friendly. It’s a wonderful feeling to come in here – it’s warm, it’s friendly and it almost relaxes you with what you are going through.

“You need these items and most everyone is probably stressed – but everyone here is just so genuine. It really helps with the whole situation. It’s really appreciated.”

How can we help you? Call us at 403-356-1678 or email contact@lendingcupboard.ca.



Fall prevention - a reminder to stay

safe *all year long!*

November was Falls Prevention Month, but it's certainly an important message all the year through.

According to Alberta Health Services, falls are the leading cause of injury and can affect individuals across all age groups, leading to serious harm.

One in three Albertans over age 65 will fall at least once a year. While the risk of falls increases as people age, falls are not a normal part of aging. Here are a few ways to prevent falls:

Keep Active to maintain strength and balance. Regular physical activity can help prevent injury and enhance independence, improving your overall quality of life. Talk to your healthcare provider before beginning a new physical activity, and do activities that challenge strength, balance, endurance and flexibility.

Use supportive footwear and consider staying active with a friend/exercise partner for safety and socialization. Also, watch for ice and slippery surfaces during colder weather.

It's also important to allow your eyes time to adjust to light. Pay attention to surroundings to help prevent falls.

Changes to your vision may increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults aged 65 and older. Some older adults may also be eligible for compensation for prescription eyeglasses.

Reduce falls in the home

Keep floors and pathways clear of furniture, cords and clutter and use non-slip mats on slippery surfaces like bathroom floors, kitchens and entry ways. Remove items you can trip over.

Move furniture and electrical cords out of walking paths and keep your home well-lit.

Check in with your loved ones who may experience physical limitations as they age. Help clear away snow and ice along driveways to prevent falls outside the home.

Giving Tuesday - we are so grateful for our community's support!

A huge THANK YOU to our community for your amazing support on Giving Tuesday!

It's the first time we have run a campaign on this very special day, and we were blown away by your generous response! We appreciate your support.

A hearty thank-you for your fabulous support on

Giving Tuesday!

We couldn't fulfill our mission here at TLC without your

AMAZING support!

*Thank
You*



Looking to volunteer?
TLC offers a warm, welcoming place to
pay it forward

Are you looking for a way to GIVE BACK to our community? Consider volunteering at TLC! There are several ways to lend a helping hand, from helping clients directly, to assisting in our maintenance and sanitization departments.

Enjoy a warm and welcoming team, endless snacks, lots of laughs and know that you are making a PROFOUND DIFFERENCE in many people's lives. For details, call Brenda at 403-356-1678 ext. 203 or email volunteer@lendingcupboard.ca.



IT REALLY DOES TAKE A TEAM!

Join our volunteer team **today** by calling Brenda at
403-356-1678 or
email volunteer@lendingcupboard.ca.



Your continued support really does make *all of the difference* here at TLC

We can never say it enough - we simply couldn't do what we do here at TLC without the SUPPORT OF OUR COMMUNITY. We very much appreciate it during this special 'season of giving' and we certainly appreciate it all year through, too!

You can also rest assured your donations go a very long way to ensuring our clients receive the medical equipment they need.

Your support means **the world** to us!

It's your generosity that enables us to carry on with our mission here at TLC!

Go online to www.lendingcupboard.ca/donations

OR SCAN HERE!



SCAN ME



Thank You For Your Support!



THE LENDING CUPBOARD

We lend Medical Equipment.



The Lending Cupboard Society of Alberta | #1, 7803 50 Avenue, Red Deer, T4P 1M8 Canada

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