

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



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

Good morning!

Welcome to another edition of "Coffee with the Cupboard", we are delighted to have you join us each week. It is a time for us to connect and to share the happenings of TLC!

Over the next couple of weeks leading up to the holiday season, we will be sharing some holiday traditions and memories from our staff and volunteers. Things are beginning to look festive around here. Our tree is up and the decorations are hung, in anticipation of the joyous season.

As we share some of our holiday traditions and memories, we find that a lot of them are centered on food and special treats. This week's edition featuring our volunteer Frances includes a recipe that is important in her family.

As we have often mentioned in our newsletters and social media posts, you know food is an important aspect of our time here at The Lending Cupboard. There is always food around and just like the holidays in our personal lives - food brings us together to share and create new memories!

I hope that you are all doing well and please remember, we are here to help. If you are needing some medical equipment or a daily living aid, please call or stop by. If you are not sure if we have what you need, just call us at 403-356-1678. We would love to speak with you.

Take care,

Lori Shatto



*What's happening at the
Cupboard!*



Christmas Reflections...

Merry Christmas everyone! It's Mark here.

Christmastime - I can honestly say this is my favourite time of the year!

I'm one of those people who just can't resist digging out the Christmas music in, well, mid-October. I can't help it - I love the season and all of its charm. Music essentially mirrors what it's all about, and it helps me settle into the Christmas spirit.

Ultimately, the word that comes to mind when I think of Christmas is 'warmth'. And it's a time for reflection as well. When I think back to when I was a kid, my parents made every holiday season special, memorable, and as fun as possible. I have nothing but a collection of wonderful memories of childhood Christmases.

I don't have so much a specific year in mind that stands out in terms of Christmas, it's more like looking through a big book of memories packed with photos, mementos, cards and such - all kinds of moments come to mind.

The living room of our Eastview home here in Red Deer, was always decorated in fine holiday tradition. As a child, I recall my favourite moments being in the evening when the lights on the tree would be glowing and making the room appear much more magical.

Another favourite memory is recalling how we would pile into the frozen car on Christmas Eve to attend the 11 p.m. service at Gaetz United Church. I can still remember the effects of the flickering candles on the stained-glass windows, the carols that were sung and the true meaning of Christmas being shared through a simple message and scripture readings.

Another local highlight for me as a boy was visiting City Hall Park, which at the time featured a nativity scene complete with Mary, Joseph, the wise men and of course the baby Jesus. Nestled in the midst of a brightly lit park with strings of lights decorating the nearby trees, it was a powerful site to behold.

As I've grown older, my Christmases have grown quieter. My beloved parents have both passed on now, and some family has relocated to B.C. So it's different.

But it's just as special. My church marks the season through the observance of Advent - a simple but profound tradition of settling down from the 'busyness' of the season to remember what it's about - the birth of Christ.

Ultimately, Christmas is a time of celebration. It's a time of reflection, and also a time to think of others more, give more, and move forward into the New Year with a fresh perspective of what really matters.



For our volunteer Frances, the season also brings many warm memories of family - Christmases of yesterday and the joys of celebrating the holiday season with loved ones now.

"I love Christmas - I love all of the decorating and I love the giving of gifts. I really think it's better to give than to receive. I don't want anyone to give me anything because I really don't need anything," she added with a laugh. "I also have grandchildren, so it's wonderful to experience all of that fun."

Frances recalled how when she was a youngster, her family - which included six children - would do a march down the stairs to the gifts starting with her dad, then her mom, then her oldest sister all the way down to the youngest.

"That was a really favourite thing we did when I was growing up."

For Frances, it's also important to keep the season from becoming a stressful, overwhelming time. "I try to be ahead of the game - I shop year-round."

And for food, this year the family will also keep things a bit simpler by enjoying a tasty charcuterie. But the treats don't stop there. "For Christmas morning, I always make Schwarties (a delectable breakfast dish)."

Music is also a big part of the season - Frances purchases a new Christmas recording every year to add to her collection.

Again, many of the warm memories spring from childhood. "My grandma would give us all pajamas - we would get to open those on Christmas Eve. We also always had an orange in our stockings. Mom and dad would also always get a real tree, too," she recalled. "It was like a 'Charlie Brown' kind of tree, but we loved it!"

"When we were younger, we also went to Mass - and then when we were older we went to midnight mass," she said. "I now like to do that with my own children and grandchildren - to help teach them the real meaning of Christmas."

Even as she and her siblings grew older, they would typically venture home for Christmas. "For years and years, we would have dinner at (my parents). Even later on, as we became older, we would do some of the cooking - but my mom always wanted to host it."

Ultimately, Frances treasures the feeling of the season.

"I love this time of year because people embrace generosity and kindness," she said. "It's such a feel-good season for me!"



Here is Frances' recipe for Schwarties - a Christmas morning family tradition!



2 lbs frozen hash browns
1, 500 mL carton of sour cream
2 tins of mushroom soup
1/2 cup of melted butter
grated onion and salt to taste
Parmesan cheese

Thaw potatoes slightly for easier mixing. Mix the first six ingredients and put into a 9X13 inch pan. Sprinkle Parmesan cheese on top, and bake at 350 degrees for 1 to 1.5 hours. Enjoy!



Thinking of those last-minute donations for 2022?

Tis the time for giving!

And if you are considering topping up your 2022 charitable donations, here are some handy tips to think over from Canada Helps. And don't forget - we are always greatly appreciative of your generous support!

It's important to make the most out of your charitable tax credits!

Not only is giving to charity a great way to make a difference to your favourite cause, but when you claim your charitable tax credits you can also take advantage of federal and provincial government tax incentives.

Federal and provincial tax incentives add up for charitable donations!



Just a friendly reminder....

We will be closed from **Dec. 24** through to **Jan. 1**
inclusive for the holidays

Regular hours resume **Jan. 2**

MERRY *Christmas*



THE LENDING CUPBOARD
We lend Medical Equipment.

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.



Looking to volunteer?

Make friends, enjoy GREAT snacks and know you are helping make a HUGE difference in people's lives!

Call Brenda at 403-356-1678 Ext. 203
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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!

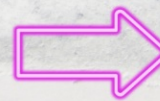
You can also rest assured your donations go a very long way to ensuring our clients receive the medical equipment they need.

Looking to top up your 2022 giving?

Consider The Lending Cupboard!

Visit www.lendingcupboard.ca/donation

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