

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



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

Happy Friday, Everyone!

and...happy Friday of a long weekend!

it's the first one of 2023 and what a special one it is. Family Day! I hope that it is a day filled with fun, memories, and much love. When I think of families, I often think back to the many people in my life that I consider family, even though we may not be "related". Family takes on many forms and I am so incredibly grateful for all those individuals in my life - including my TLC family! They have provided much support, and encouragement and are an integral part of the values that shape who I am.

In this week's edition, I am pleased to share a bit of a family affair that is happening here at The Lending Cupboard. Check out Kathy and James' story below.

Remember, we are here to support your medical equipment and daily living needs. If you are unsure if we have something, please reach out.

Until next week, have a wonderful long weekend and week ahead!

Take care,

Lori Shatto

*What's happening at the
Cupboard!*

Happy Family Day to you!



Our Systems Coordinator Kathy Cole chats about working alongside son James here at TLC.

For us here at TLC, on many levels it really is all about 'family'. And with Family Day coming up, we wanted to focus on the connection of that sense of family to what we do here each and every day.

First off, our staff and volunteers essentially feel like family. It's not only a dedicated team of folks, there is a sense of belonging that brings to mind that sense of family as well.

We also have a mother and son who are an integral part of our operation - our Systems Coordinator, Kathy Cole, and her son James, who alongside his mom keeps our facility clean.

"I like working at TLC because it feels like I'm contributing to something that does actual good for the people around me," said James. "I like the business because it does good things. I also like the volunteers/staff that show up at extra things – they're all nice."

James also really appreciates the opportunity to work with his mom in a setting that has come to mean so much on a personal level, too. Plus, they make a great team!

"My Mom and I work well together doing the cleaning, and we volunteer to help

where we can with events or extra work that needs to be done around TLC (painting, cleaning, and re-organizing the upstairs)."

Kathy agreed.

"I appreciate that my son wanted to work for TLC. He told me that he knows we make a difference in the community and that we help people.

"He has also told me he really enjoys coming in and he loves having conversations with Lori (our Executive Director) when she's here. She is very good at listening to his suggestions and open to trying them out."

Kathy noted that her son is also very environmentally-conscious, and is always checking to make sure we are recycling our paper, cardboard, and plastics properly.

"This goes so well with our recycling/reusing equipment and reducing the impact on our environment."

For both Kathy and James, there is a strong personal connection to TLC as well that also fuels their inspiration to assist the organization in so many ways.

"My husband had used TLC services in the past (before I worked here) and my son and I are aware of the help they provided when he needed it," she said. "So I love the fact that my son is getting involved in a service that he knows is beneficial to so many and that he appreciates what we do here at TLC.

"Clearly my heart is here at TLC and I am happy to see that my son's heart is as well."

A closer look at the huge advantages of rollators and walkers



Our Volunteer Coordinator Brenda Radu shows examples of the rollators and walkers we have available here at TLC.

For those dealing with a range of mobility issues, a walker or a rollator can make a world of difference. Here at TLC, we offer both rollators (which have wheels) and also what are called 'frame walkers'.

"If you are just getting out of the hospital and you have some mobility issues, you will want one of these," said our Volunteer Coordinator Brenda Radu, referring to the frame walkers.

These are ideal for when a person is recovering from hip or knee surgery,

"You don't want wheels if you are a bit unsteady, because rollators - with the wheels - can slip from (your grip) and you could fall," she explained.

"Rollators are very popular for people who have mobility but maybe get tired when they are walking and need to sit down and have a rest," she said.

Both the frame walkers and the rollators come equipped with baskets and requisitions aren't required for either.

The simpler, older-style models of the rollators are offered for sale through The Lending Cupboard for just \$50 each. They are thoroughly checked over prior to being sold so clients can be assured they are heading home with a top-quality piece of equipment.

"Sometimes if we have an excess amount of frame walkers, they can also be available for purchase," she said, adding that with all rollators and frame walkers, complete instructions on safe usage of both are always provided.

As mentioned, rollators are very similar to an ordinary walker, except they have wheels and brakes for easier movement.

According to mobilitymedicalsupply.com, rollators and walkers increase the ability to walk further and are safer for those who find it difficult to walk without a mobility device.

They can also reduce the risk of falling.

"Falling as we get older gets dangerous. Bones become less strong and if we fall we have a much higher chance of breaking our bones. There are many reasons seniors can fall and falling is one of the most dangerous things that can happen to a senior.

"Walkers (for example) are designed to give excellent stability and balance when using them. Their wide frames allow for a lot of weight to be distributed on them to keep you upright while walking. They are also a significant help if a person has lost strength."

It is natural to lose muscle mass and strength as we age and if you feel unsure about walking because of a lack of strength a walking aid is recommended.

And for those who have had an injury or surgery and find it difficult to walk without support, a walker or rollator may be just the thing until they feel strong enough to walk on their own.

For more about our selection of rollators and walkers, feel free to call us at 403-356-1678 or email contact@lendingcupboard.ca.

**Get your tickets for our first-ever
Winter 50/50 Raffle!
See below for where we will be over
the next while!**

WE WILL BE SELLING TICKETS TO OUR WINTER 50/50 RAFFLE!

Timberlands Co-op
Feb. 25 (11 a.m. to 5 p.m.)

Parkland Mall
Feb. 24 (11 a.m. to 5 p.m.)
March 18 (11 a.m. to 5 p.m.)



WINTER 50/50 RAFFLE

JANUARY 15 - MARCH 31, 2023

ENTER FOR A CHANCE TO WIN UP TO

\$10,000

IN CASH

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The lucky winner could win up to \$10,000!
There are several ticket bundles available for purchase – 1 for \$5, 5 for \$20,
and 20 for \$60. This is a limited print, so be sure to grab your tickets right
away!

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Visit <https://www.lendingcupboard.ca/winter-affle>
or call us at 403-356-1678!

Join us for Cow Patti's next dinner theatre production!

The March 25 performance benefits The Lending Cupboard!

Doris and Ivy in the Home



NORM FOSTER
March 9 - April 2, 2023

Our second show will be the Western Canadian premier of Norm Foster's hit comedy *Doris and Ivy in the Home*. Far from just a gender-reversed retelling of the earlier play, *Jonas in Barry in the Home*, from our 25th season, *Doris and Ivy* is a

fresh story with three fascinating characters. Retired prison guard Doris Mooney has just moved into Paradise Village retirement home in Canmore, Alberta. She quickly befriends Ivy Hoffbauer, a former champion skier who's taken aback by Doris' cheerful brashness. Rounding out the trio is dapper Arthur Beech who has designs on Ivy. Love, gossip, and shenanigans behind the compost heap result in Foster at his hilarious best. Be the first audience in Western Canada ever to enjoy it!

Terrific entertainment!

Delicious meal!

Fun with friends!



DON'T MISS OUT! Cow Patti Theatre Company's newest show 'Doris and Ivy in the Home' is coming up and the benefit performance for The Lending Cupboard is March 25 – a portion of the proceeds will support our mission here at TLC!

For tickets, contact TLC by calling 403-356-1678 Ext. 207 or by emailing fundraising@lendingcupboard.ca.

We always appreciate your support so very much!

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



DONATE NOW



SCAN ME

Or go online to
www.lendingcupboard.ca/donation

Thank You For Your Support!



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