

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



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

Good morning,

I trust that this past week has gone well for you.

This coming week we celebrate Valentine's Day! A day to celebrate love and kindness. We are so fortunate that here at TLC, we see and do examples of love and kindness every day by showing up and providing central Albertans with medical equipment and daily living aids. Thank YOU for being a part of that love!

This coming week, I am putting a challenge out to you for Valentine's Day. Let's all try to do one act of kindness. I encourage you to share your random acts of kindness with us through our social media outlets. Watch our social media feeds for more details.

In this week's edition of the newsletter, we share the story of two of our volunteers, who volunteer together as a couple. We have a few couples here at TLC that volunteer - it is so sweet to see them spending time together and sharing it with us.

Speaking of sweet things... enjoy the fudge recipe below from our Systems Coordinator Kathy. We all had the chance to try it at Christmastime - it was so yummy. If you would like to be able to sample treats like this, consider volunteering here at The Lending Cupboard - we would love to have you.

We hope to see you out and around in the community, but until next Friday, have a great week, and take care of yourself and your loved ones.

Take care,

Lori Shatto

What's happening at the Cupboard!

Treat your valentine to a delicious fudge treat!

Enjoy this amazing recipe from our Systems Coordinator Kathy Cole



Two cups semi sweet chocolate chips
One can Eagle Brand milk
One tsp. vanilla
A pinch of salt

First, spray a nine-inch pan with vegetable spray and line with parchment paper.
Melt the chocolate chips in your microwave and stir until smooth. Add Eagle Brand milk, vanilla and salt and stir well.
Pour the mixture into a prepared pan and spread it out to the corners, and then chill until set.
The fudge should be kept in the fridge.

Celebrating Valentine's Day with our volunteers Steve and Lorraine!



Meet our dedicated volunteers Steve and Lorraine, who have been a part of our amazing team for about five years now.

This is one incredible couple - and in honour of Valentine's Day, we wanted to hear more about their history as a couple!

First of all, they have known each other for 39 years and tied the knot back on Dec. 24, 2001.

"Each summer, on one weekend in August we would go to our friends' cottage in Ontario, where a group of us would get together," recalled Lorraine.

"We have been doing that since 1996." During one of those visits, Lorraine proposed to Steve in the middle of Georgian Bay on a sunny afternoon aboard their friends' boat.

Steve recalls coming up out of the galley as he had ventured down to get a beverage.

"Lorraine said, 'I think we should get married!' I looked at the shoreline and it was a long ways away, and then I looked at the depth finder and it said 120 feet - so I said, okay," he said with a laugh.

Steve remembers being surprised at Lorraine's proposal - but pleasantly so, of course. "We'd been together for 17 years at that point. And the other two couples we were with weren't married either, and we had all said we're never getting married again."

But Steve and Lorraine's decision to make it official caused an overall change of heart.

"We are all married now!"

To this day, their friend who owns the boat can take them out to the exact spot on Georgian Bay where Lorraine proposed. That makes a sweet memory that much sweeter.

"He saved it on his GPS all of these years," said Steve.

Meanwhile, the happy couple are sure enjoying their volunteering stint at TLC.

"We enjoy volunteering together at The Lending Cupboard since we have retired and moved from Ontario to Red Deer," she said.

During their working years, they owned and operated a janitorial service, so volunteering in TLC's cleaning department proved a natural fit as well.

"Working with your spouse can sometimes be trying, but with us - that just isn't the case."

Steve agreed. "In our business, we worked together in the evenings and it was fine - we always got along! There was never a dull moment, that's for sure," he added with a laugh. "I'm enjoying it - it's a pleasure!"

A closer look at the many benefits of a bath lift



TLC's Volunteer Coordinator Brenda Radu demonstrates how a bath lift works.

As we have so much medical equipment available for our clients to borrow, it's important to zero in on particular items that can make a profound difference in a client's day-to-day life.

Take the bath lift - something that can help make taking a bath a safer experience for a person dealing with a particular injury or mobility issue.

A bath lift is a powered device connected to a domestic bathtub. Bath lifts elevate and lower the user in and out of the bath.

As mentioned, bath lifts are most often used by individuals or caregivers to help a person with limited mobility when it comes to using their bath.

"Hydraulic bath lifts are made for those who have issues getting in and out of the tub," explained Brenda Radu, TLC's volunteer coordinator.

First off, the device is simply placed in the tub - and they are adaptable to most bathtubs, she said.

"They kind of work like a scissor lift. You charge up the battery and push the button (to start the rising motion). It will rise up to the level of the tub, and then you just sit down on it and it lowers you into the water," said Brenda, adding that a requisition from a physician is necessary for a client to borrow a bath lift.

"This is a piece of equipment that we consider to be specialized," she said. "They are just so handy for seniors or for anybody that has any kind of a mobility issue."

The lifts, which can also be relatively pricey to purchase, also have a reclining feature to provide a bit more comfort as well.

"We have between 15 to 20 available to borrow at any given time. And they are in high demand. Those who borrow them want to keep them forever because they are such a great thing!"

For more about bath lifts or any of our inventory of medical equipment, call us at 403-356-1678 or email contact@lendingcupboard.ca.

*HAPPY
Valentine's Day!*



From your friends at The Lending Cupboard!



**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. 14 (noon to 5 p.m.)
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

Lottery License # 626541

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!

Lottery License # 626541

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.

*Your generous donations enable
us to carry on with our mission
at TLC!*

Scan below or visit
www.lendingcupboard.ca/donation



SCAN ME



Thank You For Your Support!



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