

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



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

Good morning,

Welcome to another Coffee with the Cupboard. Things have been busy around the Cupboard, with folks stopping by to get much-needed equipment and others who stop by to support our fundraisers - thank you! We are always so grateful that we can be here to support our community with medical equipment and daily living aids.

This week, we had the pleasure to welcome back some of our alumni volunteers. It was so wonderful to see them again to catch up and for them too to reconnect with both new and long-standing TLC volunteers. If you are an alumni volunteer of TLC, we look forward to seeing you at next month's Coffee.

Our Volunteer Coordinator will send an email for February's coffee time in the next couple of weeks. Watch your email, we would love to see you.

This week we share some information as we kick off "heart" month - thank you for continuing to share your heart with us through your financial gifts, volunteer time, and spreading words and acts of kindness to us here at TLC! We are also delighted to highlight one of our staff members, Mark. Mark, our communication coordinator is a vital part of our team here at TLC as he is often behind the scenes sharing "what's happening" at the Cupboard. Sharing the TLC story!

Always remember that we are here to help. We have a large inventory of medical equipment, and we may just have what you are looking for. Please feel free to reach out to us anytime.

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!



February is Heart Month! *Tips to keep your ticker in top form*

Every February, we are reminded of the critical importance of maintaining healthy heart habits during 'heart health' month.

According to the Heart & Stroke Foundation, up to 80 percent of premature heart disease and stroke can be prevented through positive life habits, such as eating a healthy diet and being physically active.

There are many other ways to help keep your heart healthy and happy as well.

First off, remember to 'move' more. Bolstering one's level of physical activity can dramatically lower your risk of heart disease and stroke by reducing blood pressure, and cholesterol levels.

It also makes a huge dent in your stress levels - another risk factor for heart disease, according to the Foundation.

"You cannot control all parts of your life, but you can control your response to stress and keep a positive attitude. Identify your 'thought habits' that can make stress worse (most of us have a least one)."

The Foundation offers these helpful tips to change your thinking and cut stress levels. First, figure out your emotional reactions to stress and talk about them.

-Feeling physically stressed? Try deep breathing and relaxation exercises.

-And maybe you can directly change your circumstances.

-Ultimately, just take action and do it while keeping up your healthy habits. That also includes spending time with friends and family and taking the time for activities that bring calm and rejuvenate you.

Diet clearly plays a very significant role in maintaining heart health.

By avoiding overly fatty, salty, sugary, and heavily processed foods and sustaining a healthy weight, everything is improved from cholesterol and blood pressure to more stable blood sugar levels. Select more veggies, whole grains, proteins,

Making simple changes to your lifestyle can make a profound difference.

For more about heart health, visit www.heartandstroke.ca.

**Get your tickets for our first-ever
Winter 50/50 Raffle!**

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

Timberlands Co-op

Feb. 4 (11 a.m. to 5 p.m.)

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-raffle>
or call us at 403-356-1678!

Meet TLC's
Marketing/Communications Coordinator
Mark Weber



Pictured here is Marketing/Communications Coordinator Mark Weber with one of our valued clients - who also happened to be a neighbour here in Red Deer when he was a kid!

I can clearly remember when The Lending Cupboard first set up shop here in Red Deer back in 2006.

I was struck immediately by the uniqueness of this groundbreaking venture - who had ever heard of such a service? The 'lending' of much-needed medical equipment. What a wonderful way to help people who are already undergoing stressful and trying situations.

And lucky for me at the time, I was a reporter at a local newspaper so I had the privilege of being able to write about TLC and let our community know that this valued service was being set up in our very own community.

Over the years, I would return time and again to catch up with TLC - both at the former and much smaller location down on 43 St. to our current, spacious location. There was a consistent theme all the way through - one of incredible growth. There was and is such a

need for what we are able to provide here at TLC - and what a joy to be a direct part of it now!

The best thing for me is that I am still able to write extensively about the Cupboard as I did back in those earlier years, but these days, it's in a much more direct, 'up-close manner' as communications coordinator.

My responsibilities run the gamut from producing material for this weekly newsletter, and our quarterly newsletter and writing press releases to keep our valued clients, donors, and amazing volunteers up to date.

My goal is to spread the word about what we are 'all about' here at TLC, and that message is best conveyed through the experiences of the folks that come to borrow equipment. Our dedicated staff and volunteers take such good care of them from the moment they walk through our doors.

On a personal note, there is so much that I have learned since starting here in November of 2021. I've learned so much more about TLC and the amazing impact our services can make in individual lives. My professional skills have been broadened significantly for which I'm very grateful. I've also been really inspired by the caring people I work with. I've never known a more warm and dedicated staff team - who have also become like family to me. It's been a blessing, to say the least.

There is also nothing quite like seeing folks come to us with heavy hearts only to leave a bit later with those burdens lifted to a significant degree because they have found the equipment they very much needed - and have also been spared the added burden of expense.

Time and again I hear our clients say things like, 'Thank you so much' or 'This is great!' or 'What a difference this will make - I'm so pleased'.

Looking ahead, it's my goal and passion to continue to spread the word about the extraordinary impact this fabulous organization has on the lives of those who need our services.

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!



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

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