

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



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

Good morning,

Well, it's almost the end of another busy, but terrific week here at The Lending Cupboard! As we near the end of January, we also want to say a huge thank you to everyone who has purchased tickets for our Winter 50/50 Raffle!

We are thrilled with the amazing support we have already seen for this exciting new fundraiser!

And by the way, we will have volunteers at Parkland Mall selling raffle tickets tomorrow from 11 a.m. to 5 p.m. - stop by and say hi! If you would prefer to purchase tickets online, please visit www.lendingcupboard.ca/winter-raffle. Each purchase helps support our mission here at TLC, and you could also win up to \$10,000!

In this week's Cup of Coffee with the Cupboard, check out our feature on our volunteer Charlotte, who has been generously giving her time to TLC for 14 years now!

We are so very grateful for each member of our volunteer team, and I hope that you will find Charlotte's story inspiring, and maybe consider joining our fabulous team yourself!

We also take a look at two pieces of equipment that some folks may not know too much about - cryo cuffs and knee scooters. It's amazing how much of a difference these pieces of equipment can make for anyone dealing with chronic pain and/or recovery from surgery.

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.

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!

Meet our volunteer Charlotte!



When reflecting on what has kept her inspired to serve at TLC, our volunteer Charlotte always comes back to people.

That includes our very valued clients and of course our dedicated team of volunteers who help to make such a profound difference in so many lives during each and every shift.

Charlotte's first introduction to TLC came about after she suffered a serious

injury herself 14 years ago and needed to borrow some equipment.

"When we returned it, we saw all of the equipment and the need for it - and so three months later, I started to volunteer," she recalled. "It's been extremely rewarding." She started on the floor directly assisting our clients, and then headed to the back to help out with administrative-type duties. But she eventually ventured to being a part of our frontline team again, and it's been an ideal and natural fit.

"I learned compassion. People come in here, and they are hurting. I also became a good listener," she explained.

"I love the volunteers - and the joy that we have here. Everyone is just so helpful and they are all so compassionate."

She added that learning the ins and outs of our wide range of equipment has been an incredible learning experience as well.

"Someone once asked me if I was depressed at the end of the day after hearing some (sad stories), and I'm not. I just feel that I've also helped people by listening to them and by encouraging them," she added.

There are many folks she's met over the years who have inspired her, including one lady who came in for some equipment following an arm amputation. Charlotte was struck by the woman's sunny sense of optimism - in spite of her struggles which included a diagnosis of cancer.

Their chat was enriching to say the least, and it's those kinds of talks that only make volunteering here at TLC that much more fulfilling.

Looking back, Charlotte said volunteering wasn't something she really did through her growing up years. But these days, it's an integral part of her life. There's the great chats, the assistance provided to our clients, and the fellowship and formation of some very special friendships over the years as well.

"I look forward to coming here," she said. "We get to socialize (as volunteers) and we meet wonderful people coming in. They are so happy when they leave - they are settled. It's very rewarding."

If you are interested in joining our dedicated and dynamic team of volunteers, give Brenda a call at 403-356-1678 Ext. 203 or email volunteer@lendingcupboard.ca.

**A closer look at medical equipment that
can make a *tremendous* difference!**



Kathy Cole, TLC's Systems Coordinator, demonstrates how a cryo cuff would fit to help with pain management and a speedier healing process.

Here at The Lending Cupboard, we are so pleased to see our clients leave with equipment that will make a huge difference when it comes to reducing pain while ensuring a speedier healing process.

One piece of equipment that many folks maybe don't know much about - but one that can be useful in alleviating discomfort - is the cryo cuff.

Cryo cuffs are described as inflatable, anatomically-designed pads that are designed to apply cold and compression to an injury, and to also pave the way to faster healing as well.

Cryo cuffs are also designed to fit a variety of areas of the body including the knee, shoulder, elbow, back, hip, foot, and wrist.

"Cryo cuffs basically numb the sore area and help with swelling," explains Kathy Cole, TLC's Systems Coordinator. "It uses cold water in order to do that.

"Sometimes, people need them prior to surgery and others need them just after surgery. Typically that is when we lend them out."

Kathy said that basically, the device looks like a small cooler. "You put ice water in or you can take water bottles, remove the labels, fill them part way, and put them in the freezer. You then set four or five of them in (the compartment) and add water up to the recommended fill line depending on the machine.

"Then it circulates cold water to a pad that you have placed on your sore area," she said.

An example where a cryo cuff could help would be for a client waiting for knee surgery.

"If you are awaiting knee surgery, you are probably dealing with pain and swelling," she said. "So prior to surgery, you could use it to help with that, and then after, you are definitely going to have pain and swelling to deal with."

To borrow a cryo cuff, a requisition is required because a physician will know for sure if the device is precisely what is needed or not. They are also available for a six-week loan, but that can be extended if necessary.

Knee scooters are also a very handy means of bolstering one's mobility when dealing with an injury. They also require a requisition, because, like the cryo cuff, they might not be the best 'fit' for a client.

"We've had people ride it out the door, turn around and ride it right back in again and say, 'I don't want this'. And then others are zooming everywhere on them!"

Knee scooters allow folks to take the weight off an injured leg by resting it on a padded knee support while using their uninjured foot to 'scoot' around.

They can help out prior to ankle surgery, and then with recovery from ankle surgery, as well as recovery from a torn Achilles tendon or while healing from a specific foot injury, for example.

"They help you to get out and about. Some people may have used crutches in the past, which - if they aren't fitted properly - can cause issues themselves."

For more about these pieces of equipment or our inventory of equipment in general, call us at 403-356-1678 or email contact@lendingcupboard.ca.

Don't miss out!



WINTER 50/50 RAFFLE

JANUARY 15 - MARCH 31, 2023

ENTER FOR A CHANCE TO WIN UP TO

\$10,000

IN CASH

Lottery License # 626541



Visit www.lendingcupboard.ca/winter-raffle

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!



COW PATTI
professional comedy dinner theatre

*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

[Unsubscribe ed@lendingcupboard.ca](mailto:unsubscribe@lendingcupboard.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by ed@lendingcupboard.ca in collaboration
with



Try email marketing for free today!