

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



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

Good morning,

I trust that you have had a great couple of weeks and are now enjoying the beautiful weather of the past couple of days. For as much rain as we did receive, it was wonderful to see it come down. Hopefully, it helps with some of the forest fires and crops in the fields.

Things have been busy here at TLC and we continue to be grateful that we can serve our community with their medical equipment needs. Please remember, if you need clarification on our hours, location and what types of equipment we have, please reach out. We would love to chat with you. You can reach us on our website at www.lendingcupboard.ca, by calling us at 403-356-1678, or by email at contact@lendingcupboard.ca.

Today, we are also saying "goodbye" and best wishes to our Marketing and Communications Coordinator, Mark Weber. Mark has been with the organization for the past year and a half. He has worked diligently behind the scenes on our social media posts, newsletters and this bi-weekly Coffee with the Cupboard. Thank you, Mark, for always sharing our stories and your dedication and work for The Lending Cupboard. You will be missed and we wish you the best in your next adventure.

Until next time, take care of yourself and your loved ones. And... Happy Summer!
Take care,

Lori Shatto

*What's happening at the
Cupboard*

TLC volunteering couple are recipients of Mayor's Recognition Award



Meet Steve and Lorraine – TLC volunteers who were recently acknowledged with a City of Red Deer Mayor's Recognition Award in the Distinguished Voluntary Service category!

"I'm thankful and humbled," said Steve, adding with a laugh that it's not the reason they serve. "But it is nice to be recognized!"

Lorraine agreed. "I was surprised! I do this because I love it. I didn't expect any special recognition for it. "But I do feel honoured!"

The couple signed up with us about six years ago.

For Steve, a passion for volunteering was sparked early on. His dad took great joy in serving the community; that priority wasn't lost on Steve. "My Dad was one of those guys who was just really likable – he always was volunteering somewhere in some way."

In time, Steve grew to discover the rewards of volunteering, too.

"In my 20s, I joined the Kinsmen Club, which grew from there." Later, he explained that he was part of the Shriners, an arm of the Masons that really taps into community service.

"They say that the Shriners are the 'fun part' of Masonry," he added with a laugh, pointing out how members get to march in parades, play in bands and such, plus make those unique connections with so many local organizations.

After settling in Red Deer, they were eager to get involved.

"We happened to see an ad for The Lending Cupboard in the paper, and we thought, 'What in the world is a lending cupboard'" he recalled. "It sounded interesting!" They signed up to help clean equipment and have really enjoyed the flexibility, the fun – and the fulfillment – that comes with being part of our dedicated team.

“There is that feeling of doing good for somebody,” said Steve, adding that they enjoy those ‘good news stories when folks bring back the equipment they no longer need and express their gratitude for the service.

Lorraine pointed out that the other volunteers and the staff also make volunteering at TLC much more pleasant. She also loves chatting with clients about what has brought them to us. “It’s been delightful.”

Meanwhile, Steve has an encouraging message for those looking to volunteer but are still deciding.

“It’s like anything else – just give it a try. You don’t know how it will be until you try it.” Plus, it’s a happy set of people to be surrounded by from shift to shift. “People are here because they want to be here.”

For Lorraine, she recalls that when she and Steve retired, they knew they had to retire ‘to something.’

“I find I can give back to the community,” she said. “When I see these people come in after surgery, for example, they are so thankful. Many people can’t afford to buy this equipment. Others also donate it to us, so they are ‘paying it forward,’” she said.

Ultimately, there is camaraderie amongst our fantastic team.

“It’s a fun group. You become like a family. You enjoy coming here because you know you are amongst friends.”





Enjoy summer to the max with these safety tips

Summer is a time for those fun family road trips, outdoor adventures in the sunshine and, hopefully, lots of superb weather.

It's also a season where a few simple tips for staying healthy are essential to keep in mind. Public Safety Canada says staying cool in the heat is at the top. Stay hydrated and reduce your time in the intense sunlight between 11 a.m. and 4 p.m.

On those hot days, drink plenty of water, find shade, visit cool buildings, slow down, bathe in cool water and wear light-coloured clothing. Also, never leave children or pets inside a parked vehicle.

This is critical to remember because when the outside air temperature is 23C, the temperature inside a vehicle can soar to more than 50C.

Should the weather turn bad, it's good to remember, 'When thunder roars, go indoors.'

Take shelter in a sturdy, fully enclosed building with wiring and plumbing. And if no solid

building is available, you can take shelter in a metal-roofed vehicle. If strong winds, hail, or a tornado are developing while camping in a tent or tent trailer, move to the closest building or a hard-topped vehicle. Make every effort to get to a suitable shelter.

If no shelter is available, seek refuge deep in a thick stand of trees in the lowest-lying area.

Of course, being outside means we are also accessible to those pesky little critters – bugs of all kinds, including ticks which can wreak health havoc.

Remember that ticks are often found along trail edges, mostly in wooded areas or tall grass.

Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily. Registered repellents containing DEET can be used safely when applied as directed.

And as to those road trips – for starters, Canada has nearly 900,000 kilometres of road — enough to circle the globe 22 times!

Keep your family safe! Ensure your children are always buckled-up properly while in the car, even for short trips.

Finally, before venturing out, remember to do what you can to keep things safe on the home front.

It would help if you didn't mention going away on vacation in your social networking updates.

You may also want to delete messages from friends who mention these things to avoid the possibility of someone robbing your home while you're away.

Also, avoid geotagging photos. Most smartphones and many digital cameras attach the exact location where a photo was taken – and when you share it online, the geotag can give away your address or let criminals know that you're on vacation, which could make your home a target for a break-in.



Did you know?

We have selected pieces of medical equipment available for purchase. Call us for details!

Looking to lend a helping hand?

Join our amazing team of volunteers!

Thank You For Your Support!



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