

# Inside THE CUPBOARD

## SEASONS OF GRATITUDE



**My goodness December has arrived. With the move and our Grand Opening behind us, we are winding down our very successful capital campaign.**

We are truly appreciative of the tremendous response we received from the community and province in the way of grants, donations and in-kind support. We are pleased to thank them in this newsletter. There are still some items needed and work to be completed but we are pleased to say that much of the necessary funds have been secured.

Our clients have told us they are thrilled with the new site. People are beginning to realize that we are now in the north end. We certainly have continued to see increased traffic and as the landscape continues to change in the community, we anticipate becoming even busier.

We anticipate our delivery service, especially to our rural clients, will see a definite increase as we have more conversations with rural partners and explore ways to make sure those most desperately in need of support and are homebound, are not forgotten.

Lastly, in addition to our day-to-day services, the Board, Fundraising Committee and staff are very excited about the launch of some new programs and fundraising initiatives that you will read about in this newsletter.

As the holiday season approaches, on behalf of our Board of Directors, Staff and myself, we would like to wish you and your family Happy Holidays, a very Merry Christmas and a Happy, Healthy New Year!

*Dawna Morey*

Dawna Morey,  
Executive Director

## TLC'S 1<sup>ST</sup> ANNUAL WINTER LUNCHEON

**The Lending Cupboard is thrilled to announce a new fundraising venture. On January 28th, 2019, we will be holding our 1st ever Annual Winter Luncheon and we are so excited to be hosting Jann Arden as our guest speaker.**

Jann Arden is a renowned musician and bestselling author who can bring a hall full of people to tears through song, only to have them, moments later, rolling in the aisles from her off-the-cuff comedy. Whether she's performing her music, hosting an event, or telling her deeply personal and affecting stories, Jann Arden's wisdom and wit shine in everything she does.

### Why Jann Arden?

Jann's story will resonate with anyone who may have a family member suffering dementia. She is open about her Mother's journey with Alzheimer's. At The Lending Cupboard we meet clients, their families and caregivers impacted by this disease. We realize that each situation is unique and requires various forms of support. We are here to help with the medical equipment that an individual often needs. Our team of staff and volunteers are passionate about our clients and their well-being.

So, when you are looking for the perfect gift for that special person in your life, consider giving them tickets to this event. It promises to be an uplifting and enjoyable luncheon in the midst of a Canadian Winter. Your gift will also touch even more lives as it also enables The Lending Cupboard to continue to serve persons within central Alberta communities with the gift of mobility, independence and dignity in the coming years.

**Tickets can be purchased for \$100 at The Black Knight Ticket Office 403.755.6626 or [www.tickets.blackknightinn.ca](http://www.tickets.blackknightinn.ca). The first 25 table purchases (a table of 8 tickets) will receive a reduced rate of \$750. Don't delay – get your tickets today and pay it forward!**



*Buy a ticket as a  
Christmas gift!*

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## FALL PREVENTION

**Did you know that November was fall prevention month? According to *Finding Balance Alberta* falls are the leading cause of injuries among seniors. As we head into the winter season, our environments can change.**

Our sidewalks, roads and steps, etc. can become very icy and snow-covered. Weather conditions can change very quickly, so it is important to be prepared to prevent falls and the injuries associated with falls. Here are two tips that can help with fall prevention.

### Stay active

Try to get at least 30 minutes of physical activity 5 times a week. This is a great way to increase your muscle strength and balance. There are many ways to get those 30 minutes of activity in. Join a walking group, go swimming or take in a Tai Chi class. You could also visit your local gym. All great ways to enjoy the company of friends and make new acquaintances.

### Be aware of your surroundings

When you are out and about remember to be on the lookout for snow-covered and icy conditions. Give yourself extra time. Dress for the weather, which includes proper footwear that will give your proper control when walking on slippery surfaces. Don't forget – the penguin shuffle is a great way to walk from point A to point B safely.

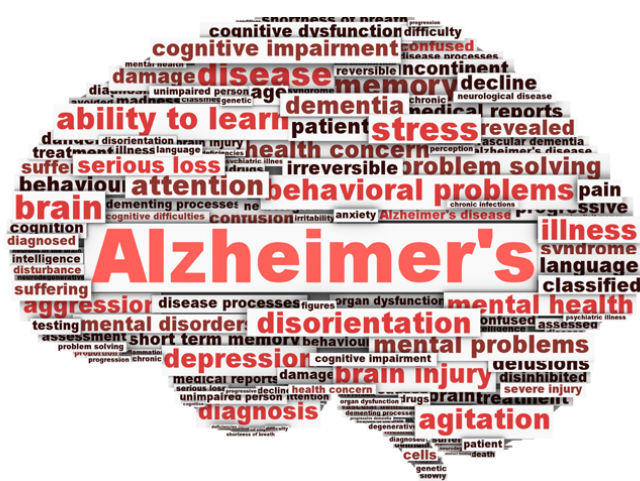


For more resources, including some exercises that can be done sitting or standing, check out [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

## WHAT IS ALZHEIMER'S?

**“Alzheimer’s is a type of dementia that affects memory, thinking and behaviour.” Did you know that there are various forms of dementia?**

Alzheimer’s is the most common. Most of us know someone that has been affected by this disease – whether it be a family friend or close family member such as our parents – as in Jann’s case.



It is important to note that Alzheimer’s is not the normal memory loss that accompanies us as we age, such as trying to remember an acquaintance’s name. We have all had those moments where we can’t remember someone’s name that we met at the grocery store, or walking into a room and forgetting what we came into the room to get.

With Alzheimer’s we are referring to the ability to remember the names of those closest to us – our spouse or partner, our children, etc. Those that we love and are very dear to our hearts. It is not always just older adults. This disease can also become a part of someone’s life at an early age which is known as early – onset Alzheimer’s.

Alzheimer’s is a progressive disease that worsens over time. In the beginning, it may be mild memory loss but as the disease progresses it can affect an individual’s ability to complete basic day to day tasks such as mobility and bathing. It is important to seek help and have conversations with your family doctor.

**Remember, there is help available here in Central Alberta, we have local resources that can be found at <http://alzheimer.ca/en/ab> or by calling 403.342.0448.**

Normal Aging	Dementia
Not being able to remember details of a conversation or event that took place a year ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things or events more frequently
Occasionally have difficulty finding words	Frequent pauses and substitutions when finding words
You are worried about your memory but your relatives are not	Your relatives are worried about your memory, but you are not aware of any problems



## Capital Campaign THANK YOU TO ALL OUR SUPPORTERS

The Lending Cupboard launched its capital campaign back on May 1, 2018 with a goal to cover our leasehold improvements, equipment and furnishings.

Eight months later and we are pleased with the results. With just a few final touches to be installed we are ready to close the campaign but not without first acknowledging and thanking our supporters. Our supporters have helped make our move possible without putting pressure on our daily operating budget.

### KEYSTONE



### CORNERSTONE



### SUSTAINER



### ADVOCATOR

**Bowes and Herron Ltd.**  
**Nossack Fine Meats Ltd.**  
**Printing Place Print & Design Inc.**

### SUPPORTER

Dawna Morey and Gary McCaskill  
Red Deer & District Community Foundation  
The Bill's 3 Club Tournament  
Nellie Watson  
Alfio Truant  
Todayville

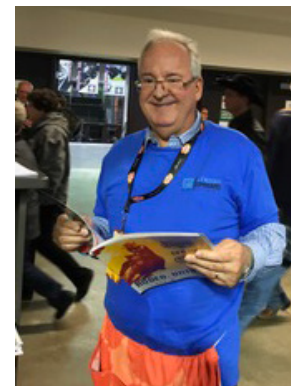
### FRIENDS

Alglo Holdings Ltd.	Christina Bardes
Battery Boss	Dr. Lance Bredo
Cloverdale Paint	Allan Douglas
Mary Hunt	Ronald Kent & Judy Dorland
Collins Barrow (RSM)	Joe & Nancy Yamnuik
Joan Joberty	Spruce View & District Lions Club
Family First Chiropractic Clinic	
Red Deer Lodge # 1639 Loyal Order of Moose	

## FUN AT CANADIAN FINALS RODEO!

CFR came to town Oct 30th – Nov 4th. It was an exciting experience for Red Deer and a new fundraiser for The Lending Cupboard selling programs and daily updates – we had a fabulous time!

Thank you to **Rotary Club of Red Deer East, World Finance and of course our very own TLC staff and volunteers**. We had a lot of fun and raised awareness of TLC. Thank you to **Westerner Park** for allowing us to be a part of this event!



### Capital Campaign Sponsorship Levels

KEYSTONE	\$ 50,000 and up
CORNERSTONE	\$ 20,001 - \$49,999
SUSTAINER	\$ 10,001 - \$20,000
ADVOCATOR	\$ 5,001 - \$10,000
SUPPORTER	\$1,001 - \$5,000
FRIENDS	\$ 500 - \$1,000



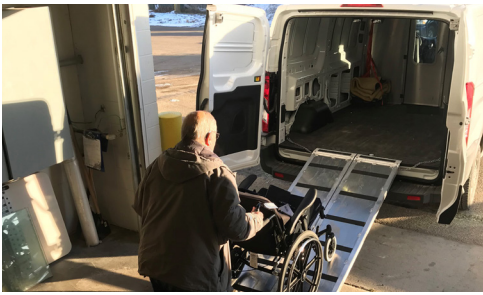
## DELIVERY SERVICE

Were you aware that TLC has a delivery service?

Thanks to Lacombe Ford who donated a larger van, we are able to help those individuals who just lack resources or ability to visit us and need equipment.

For a small fee to cover cost of operating the van, we offer this **service Monday, Wednesday and Friday mornings.**

For more information contact our office.



## NUMBER NUGGETS

July – November 2018

**4,137** Clients Served

**3,497** Equipment on Loan

**3,073** Equipment Returns

**715** Equipment Donated

**145** Recycled/Scrapped

## WANT TO GET INVOLVED?

If you have a special interest in Special Events, Fundraising or wish to volunteer in client services, cleaning/sanitizing, or repairs contact our Volunteer Coordinator at [volunteer@lendingcupboard.ca](mailto:volunteer@lendingcupboard.ca) or call us at 403-356-1678

## COW PATTI - THANK YOU

Once again this year we are thankful to be chosen as one of the charities for the Cow Patti production in Lacombe.

This year's production on December 8th was "The Odd Couple" - our event was a brunch performance and as always it was a beautiful day spent with friends and family enjoying excellent theatre and good food. Thank you to the Cow Patti for their continued support and also to our wonderful supporters that provide us with Silent Auction items each year and this year was no exception.



"I always have fun tweaking our silent auction items. I love the variety of donations we get and enjoy contributing to the success."  
*Connie W.*

## WINE SURVIVOR

The biggest winner of TLC's recent Wine Survivor was ultimately The Lending Cupboard!

With a total of **56 teams** we were able to raise **\$6,720** to be used to continue our good work of ensuring that central Albertans have access to medical equipment. Thank you for your continued support and we hope that you had fun putting all your teams together. Staff here at TLC certainly enjoyed meeting each of your team captains and reading your fabulous team names. Such creativity!

Even though we consider ourselves to be the big winners as we received the **gift of our community's generosity**, our winners of the Wine Survivor were announced on Friday, November 16th.

Keep watching our social media accounts and our website for future fundraising events. If you would like to host a fundraising event supporting TLC, please contact our Marketing/Fund Development Coordinator, Lori Shatto.

We would be pleased to have this conversation with you.



## STAY TUNED

Want to learn more about The Lending Cupboard? Visit our website at [www.lendingcupboard.ca](http://www.lendingcupboard.ca). Want to receive our newsletter electronically? Send us an email to [contact@lendingcupboard.ca](mailto:contact@lendingcupboard.ca), and we'll put you on the list.