Issue 29 | Summer 2022

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Inside THE CUPBOARD



The seasons have changed, and summer is upon us. With this comes new blossoms and an abundance of colour. That sense of 'new beginnings' is here at TLC as well, along with an excitement about what

lies ahead. But first a bit of reflection.

The last six months have been busy ones for TLC including for our Board of Directors and myself as we worked on a project reviewing and exploring strategies to address longterm sustainability.

This initial work guided us as we set the strategic plan for the next three years.

This is some of the most important work of the Board. Current members and those who have served over the last seven years have taken this very seriously and the results of those efforts are evident in the growth and success of TLC.

It is time to set the steps to assure the legacy of this organization into the future.

To that end, the strategic plan for 2023-2025 is both exciting and ambitious and will continue to build on the magnificent work of staff and volunteers.

In closing, it is after a great deal of thought and with mixed feelings I have made the decision that my time has come to retire from my role as Executive Director.

I have been humbled and honoured to have had the opportunity to lead this amazing organization and I will always be an ambassador for TLC. Moving forward, I will work closely with the Board during this stage and following the AGM in October, I will step aside knowing that the organization is in good hands.

I am not going far; Red Deer will continue to be my home but I will begin to fulfill some of those other dreams on my bucket list and spend time with my family and friends.

The Lending Cupboard Society of Alberta

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Produced by

Dawna Morey, Executive Director

BUILDING A LEGACY

Building a legacy means working with the community. Consistent community support is all the more critical these days to The Lending Cupboard's success in serving the Central Alberta region.



"The sustainability of an organization is addressed on different levels," explained Dawna Morey, TLC's Executive Director. "The Board has taken a critical look at all levels from our staffing to our volunteers to the financial side of our organization," she added. "We recognize that funding and granting opportunities are declining and so how does The Lending Cupboard respond to that and continue to fulfill its mission to enhance the quality of people's lives by providing medical equipment at no cost? The most recent sustainability study and 2023-2025 strategic plan will provide that guidance and direction going forward."

"As a charity, we rely on personal and corporate donations to help us. Fundraising activities and events are also an important component of that but must be measured in terms of the efforts that go into them versus the return in dollars."

Speaking of fundraisers, 2022 has shown great promise.

"We've been fortunate to have hosted two amazing events (see pg. 3) that invited the community to come out, celebrate this new season and to support The Lending Cupboard," said Morey.

And as she pointed out, it's also that sense of 'community collaboration' that will spell ongoing success for TLC, too. "This is an agency that will have a strong future and a legacy in this community – with the community's help."



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SUMMER TIPS FOR US ALL

Let's get out and enjoy the beautiful weather!

Whether you're a senior, caregiver, or family member make sure you and your loved ones have a fun and safe summer by following the tips below.

SUNSCREEN & HATS – Don't forget that sunscreen and those hats when heading outdoors. Even on a cloudy day the sun can be intense. Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea.

PUT SHADES ON - Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

DRINK PLENTY OF WATER – We all need to stay hydrated - particularly on those hot days! Seniors are even more susceptible to dehydration because they lose their ability to conserve water as they age. Drink up!

DRESS RIGHT - Natural fabrics (such as cotton) can be cooler than synthetic fibers. You want the skin to be able to breath!

STAY COOL - Shopping malls, movie theaters and libraries provide cool spaces to take a break from the heat especially if your own home isn't air-conditioned.

JOIN OUR BOARD TEAM!

RECRUITING BOARD MEMBERS FOR THE FALL

Are you a caring, compassionate individual that is looking to become involved with an organization that makes a significant impact in the lives of thousands of central Albertans every year? The Lending Cupboard is looking for you! The Board meets monthly with members choosing 1 of 4 standing committees to sit on.

If you want to learn more contact Dawna Morey, Executive Director via email or at 403-356-1678 extension 202 or submit a letter of interest along with your resume to our Executive Director at

executivedirector@lendingcupboard.ca

Our Nominating Committee will be reviewing resumes and contact individuals for interviews.







TYPES OF PROTECTION FROM THE SUN







WEAR PROTECTIVE CLOTHING



DRINK MORE WATER



SEEK SHADE

JOIN OUR VOLUNTEER TEAM!





OUR SUCCESSFUL SPRING FUNDRAISERS!

"An Evening with The Lending Cupboard"



'An Evening with The Lending Cupboard', held on June 16th at the Cambridge Hotel, proved to be an exciting, inspiring event featuring DR. HAYLEY WICKENHEISER and RYAN STRASCHNITZKI.

"When I was contacted to come and do this, it was a no-brainer given what I do now in medicine," explained Wickenheiser. "This is a brilliant idea. I don't know why we aren't doing this across the country – it makes a lot of sense! Wickenheiser then invited Straschnitzki to join her to share some of his journey since the Humboldt bus crash of April 6, 2018. In doing so he shared his equipment needs and easily connected those to TLC's mission. "It's such a great idea, and it benefits so many people," he noted. "The more the word can be spread about it, there's even more of an impact that can be made." Executive Director Dawna Morey commented on how thankful she was for how the event unfolded. "I'm humbled that (Ryan and Hayley) joined us, and I'm also humbled by their incredible generosity – having donated \$10,000 back to The Lending Cupboard." Amanda Blair, TLC's Board Chair, said she was blown away by the generosity of all the attendees. "Everyone there was also super enthusiastic about it – I think a lot of people learned more about The Lending Cupboard, which is also what we are trying to do."



at the Cambridge Hotel. "The Ladies' Luncheon was supported by Side Street Fashion, Great Strides and an amazing group of ladies that walked the runway! We also had the ability to share time with friends – their support was greatly appreciated through their donations and the draws that we had, too," said Executive Director Dawna Morey. "It's a wonderful, traditional event that was started by TLC volunteers." Visit our website at **www.lendingcupboard.ca**







THANK YOU TO OUR GENEROUS COMMUNITY FOR SUPPORTING US!



Kris Hedlund of **Unifor Local 815** dropped by with a very generous donation of \$500! "We have an employee who recently had ankle fusion surgery for the second time. He borrowed some equipment from The Lending Cupboard, and we (as staff) felt that this is a great cause, and it's great work that you do here!" We are so grateful for the fabulous support!





We are thrilled to have received a very generous donation of \$1,000 from the Silver Selects Hockey Club! Tom Peyton and Kevin Hanrahan stopped by to make the presentation. We are beyond grateful for their support! "This is astounding to me – how bright, shiny, clean and open it is. When you learn of the benefits that the community gets from it, it's very impressive!



So grateful for the ongoing support from **Associated Canadian Travellers** (Red Deer Club) for their recent donation of \$500. Thank you so much for helping us continue to provide medical equipment to our region!

A big thanks to the **Red Deer Community Foundation** for their support for Client Care IT Upgrades at TLC. These upgrades were made possible through a grant from the Foundation, 'In recognition of our efforts to strengthen the quality of life for Central Albertans'.





Make a Bigger Difference

Support The Lending Cupboard yearround. Reliable

funding makes it easier to plan ahead, and focus on the organization's long-term impact.

NUMBER NUGGETS March - June 2022

4,414	Clients served
5,153	Equipment on Loan
4,718	Equipment Returns
963	Equipment Donated
250	Recycled / Scrapped



Congratuations

Our volunteers were honoured on June 23rd at the City of Red Deer's Mayor's Recognition Awards in the Community Builder category! So proud of this very dedicated and hardworking group! Congratulations to you all!



Just a few of our 61 volunteers along with Mayor - Ken Johnston, Volunteer Coordinator - Brenda Radu and Executive Director - Dawna Morey