

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.

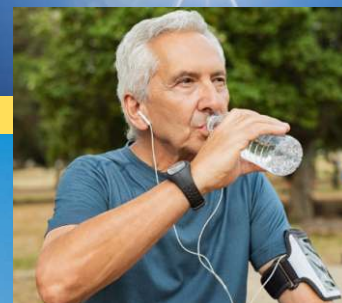
SUNSCREEN & HATS – Don't forget that sunscreen and those hats when heading outdoors. Even on a cloudy day the sun can be intense. Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea.

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.



TYPES OF PROTECTION FROM THE SUN



WEAR HAT, SUNGLASSES



WEAR PROTECTIVE CLOTHING



USE SUNSCREEN



DRINK MORE WATER



AVOID DIRECT SUNLIGHT



SEEK SHADE

JOIN OUR BOARD TEAM!

RECRUITING BOARD MEMBERS FOR THE FALL

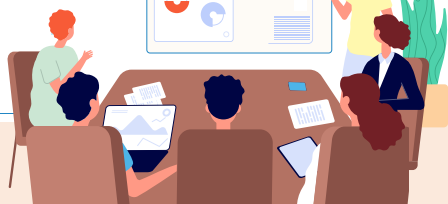
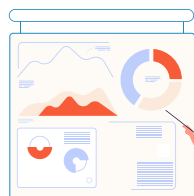
Are you a caring, compassionate individual that is looking to become involved with an organization that makes a significant impact in the lives of thousands of central Albertans every year? The Lending Cupboard is looking for you! The Board meets monthly with members choosing 1 of 4 standing committees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



Paying it Forward -
Enhancing Mobility,
Independence & Dignity!



JOIN OUR VOLUNTEER TEAM!

WANT TO BE A PART OF A FUN, ENERGETIC AND DEDICATED TEAM?

VOLUNTEERS NEEDED IN OUR STOREFRONT, RETURNS & SANITIZING AREAS.

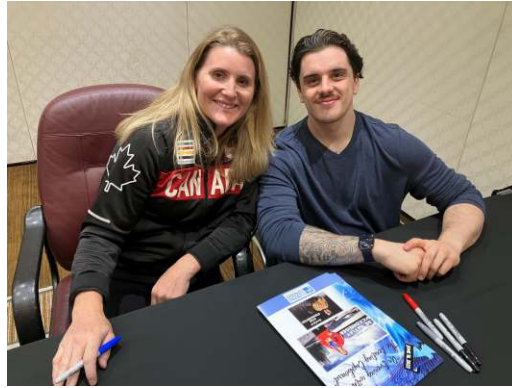
Call Brenda at
403-356-1678 ext. 203
or by email
volunteer@lendingcupboard.ca



Paying it Forward -
Enhancing Mobility,
Independence & Dignity!

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."



11th ANNUAL *Ladies Luncheon!* Friendship ♥ Fashion ♥ Fun



It was a very exciting day on May 5th when The Lending Cupboard hosted the Ladies' Luncheon 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 year-round. Reliable funding makes it easier to plan ahead, and focus on the organization's long-term impact.



Congratulations

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 hard-working group! Congratulations to you all!

NUMBER NUGGETS

March - June 2022

4,414 Clients served

5,153 Equipment on Loan

4,718 Equipment Returns

963 Equipment Donated

250 Recycled / Scrapped



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