

Inside THE CUPBOARD

LEADERSHIP



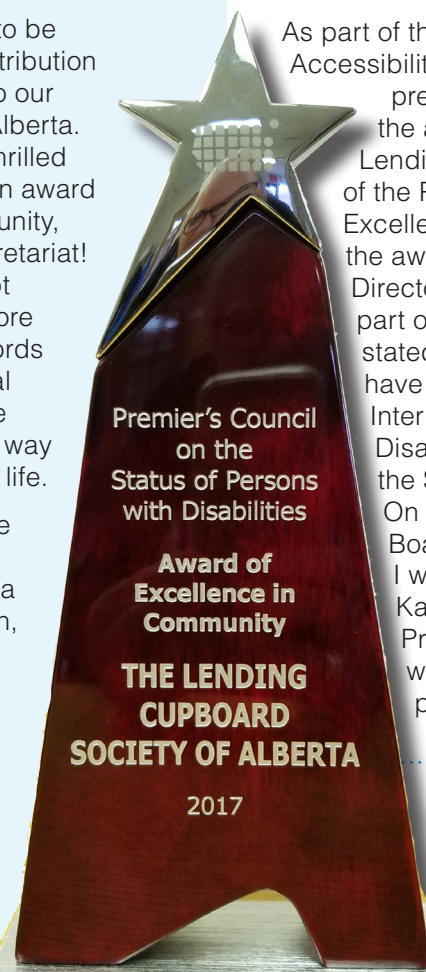
Fall seemed to fly by but not before we held our AGM and reported on a successful year that saw growth all around.

We did bid farewell to a few wonderful gentlemen who had sat on our Board for a number of years. We thank them for their support and feel fortunate knowing that they will continue to be with us in house serving clients and continuing to help the team. We also were thrilled to welcome three new talented women who bring a wealth of knowledge and experience that will lend well with the future direction. See page 3 for information on our AGM and of our new board.

It is always an honour to be recognized for the contribution and impact we make to our community of central Alberta. We are humbled and thrilled this month to receive an award of excellence in community, from the Premier's Secretariat! We are proud to accept the award but even more thankful for the kind words of the special individual who nominated us. We hope we have in some way impacted this person's life.

As we begin this festive and giving season, I want to wish everyone a blessed holiday season, Merry Christmas and Happy New Year.

Dawna Morey,
Executive Director



Excellence in Community

PREMIER'S COUNCIL AWARDS THE LENDING CUPBOARD

Each year, on December 3rd, The United Nations recognizes International Day of Persons with Disabilities (IDPD). On this date, The Alberta Premier's Council on the Status of Persons with Disabilities Awards are given out to honour and publicly acknowledge the efforts and accomplishments of individuals, groups, businesses and organizations that demonstrate outstanding achievement and leadership in making positive changes that create inclusive, barrier-free communities where persons with disabilities can fully participate.

This year IDPD was celebrated in Red Deer on December 1 at Lindsay Thurber High School. Councilor Buck Buchanan delivered the City of Red Deer's proclamation supporting IDPD. In addition, Lindsay Thurber students captured the essence of the lives a number local people living with disabilities through art and music.

As part of the event, Red Deer Inclusion and Accessibility Network local awards were presented. One of the highlights of the award presentations, was The Lending Cupboard being the recipient of the Premier's Council "Award of Excellence in Community".

Accepting the award was Dawna Morey, Executive Director of The Lending Cupboard. As part of her acceptance speech, Morey stated "It is our incredible honour to have been recognized during the International Day for Persons With Disabilities by the Premier's Council on the Status of Persons with Disabilities. On behalf of The Lending Cupboard Board of Director, Staff & Volunteers, I wish to thank the Premier's Council for today's award. Thank you to Karol Luciani for the nomination and to Ann Nicol representing the Premier's Council. This award validates the incredible passionate work that all the Volunteers, Staff & Board dedicate to supporting the people throughout Central Alberta."



Dawna Morey, accepting the Award of Excellence in the Community.



From left to right: Chris Hume – Bd Sec., Ann Nicol – Premier's Council, Joyce Scott – Bd Member, Karol Luciani – Award Nominator, Bradley Williams – Bd Vice Chair, Shirley Thomas – Bd Member, Dawna Morey – ED, Gary Pottage – Board Chair.

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MOBILITY, INDEPENDENCE AND DIGNITY FOR PEOPLE WITH PARKINSON'S

Parkinson's Disease (PD), the cause of which is unknown, is a neurodegenerative disorder that affects motor and non-motor functions, due to lack of dopamine in the brain. Although the average age of diagnosis is 58, PD can strike people in their 40s, 30s, or even younger.

According to Sharron Matthewman, Client Services Coordinator for the Red Deer PD office, there are three primary markers of PD:

1. Tremors/shaking of the hands and arms
2. Slowness of movement
3. Muscle stiffness (including facial muscles, which may lead to a flat affect)

Other symptoms can include loss of balance, loss of sense of smell, nerve pain, burning hands and feet, constipation, swelling, sleep problems, anxiety or depression, and muscle cramps or spasms.

If you live with Parkinson's, here are some tips the PD Association offers for managing your disease and getting the most out of life:

Develop a strong support network

Family, friends, and caregivers can all play an important role in helping you have a good quality of life, helping navigate your care plan, and supporting you emotionally;

Keep your appointments

Although it can be hard to work up the energy when mobility is diminishing, and discouragement sets in, diligently working your care plan is important for optimal health and wellness;

Stay active

Exercising can definitely be a challenge with the complications of Parkinson's, but activity can help you stay limber and actually keep you mobile longer, as the disease progresses;

Ask for help

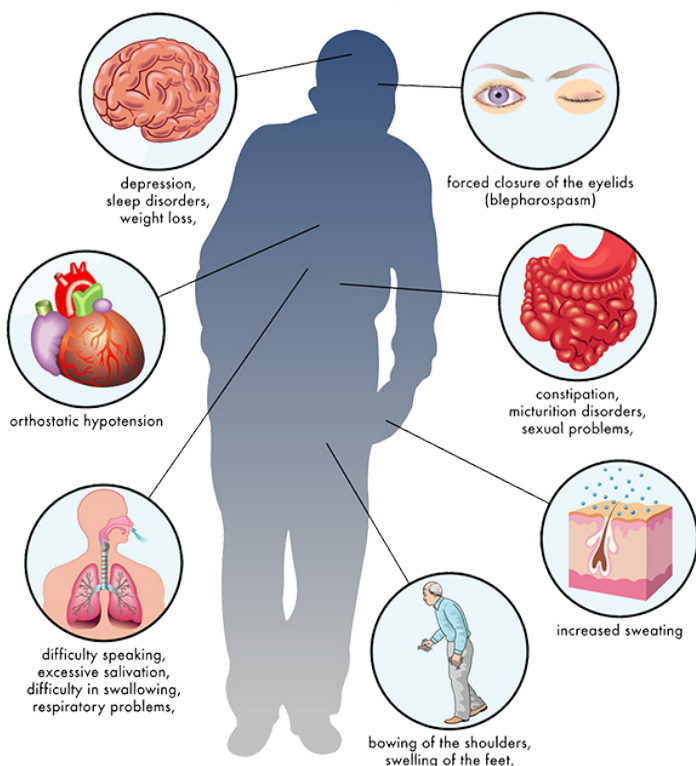
Everyone gets by with a little help from their friends. You're not giving up your independence when someone gives you a hand; in fact, getting support from family and friends can help you keep your independence longer.

Since one of the first noticeable issues at onset is a change in gait, the risk of falling is high for people suffering from PD. As such, mobility aids are important tools, including tripod canes, walkers and rollators, and assistance bars in showers and bathrooms. The Lending Cupboard lends all of these daily living aids to people with PD or any mobility challenges.

For more information on Parkinson's Disease, call 1-877-243-9992 or visit www.parkinsonalberta.ca

Please consider donating to The Lending Cupboard so that we can continue to support mobility, independence and dignity for people living with Parkinson's and other degenerative diseases.

Parkinson's disease non-motor disorders caused by Parkinson's disease



CALLING FOR VOLUNTEERS

1 shift—4 hours ...you'll be amazed at what we can accomplish in a week with your help!

Training is an ongoing part of the roles at The Lending Cupboard. Our team is fun loving, energetic and dedicated and they share their knowledge to provide the best customer experience. Contact the Volunteer Coordinator to apply by calling: 403.356.1678



PAYING IT FORWARD: GROWING PHILANTHROPY

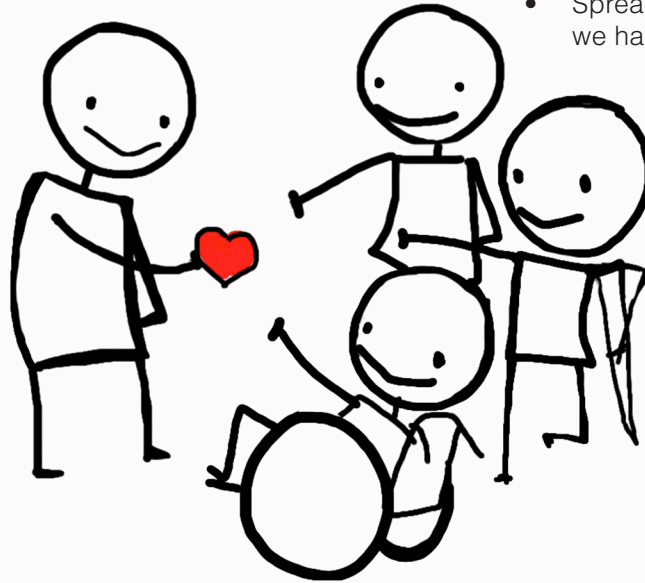
The concept of ‘pay it forward’ has been around for generations. The concept centres around the idea that, when you can’t repay a kindness directly to the person who issued it to you, you can ‘pay it forward’ by doing something good for someone else, repaying the good deed to others instead of to the original benefactor.

The Lending Cupboard operates largely based on community donations, and there are many ways to give. Everyone who comes in to The Cupboard to borrow equipment has the opportunity to ‘pay it forward’ as does the community as a whole.

If we have helped you or your family, you may wish to consider paying it forward.

Here are the ways you can contribute:

- Make a cash donation (we accept cash, debit, cheque, Visa/MC)
- Commit to be a monthly donor
- Make an equipment donation
- Name The Lending Cupboard as the recipient of Memorial Donations made in the name of your loved ones
- Name The Lending Cupboard in your will or insurance policy
- Spread the word about the impact we have made on your lives



When you think about paying it forward this holiday season, and throughout the year, please consider helping The Lending Cupboard continue to support people in need of medical equipment to improve their mobility, maintain their independence, and live with dignity.

2017 AGM - FAREWELL TO SOME AND WELCOME TO OTHERS

As we took a look back over the year at our recent Annual General Meeting, our Board Chair, Gary Pottage, acknowledged the numerous changes that have happened over the last year and the efficiencies that have been incorporated.

Our financial report shows that we had a healthy year, and as the organization grows, so does the budget. We are pleased to report to our funders and donors that, as they expect, things are being managed in a very fiscally responsible manner. That oversight is the responsibility of our Board of Directors & Executive Director.

At this AGM, we bid farewell to John West and Gerry Campbell, who have contributed their expertise on our board for 5 years. Though they have stepped down from the board, they continue to volunteer for the organization, so will not be strangers. We also welcomed Amanda Blair, Maureen McMurtrie and Jessica Skretting to the Board. All three bring great skills and experience to the team, and have jumped right into the thick of things already. Jessica will serve as our Treasurer, as Bradley Williams moves into the role of Vice Chair. Gary Pottage serves as our Board Chair for one more year. The executive team is rounded out with Chris Hume as our Secretary, and we have seven additional Directors. (See picture)

The Lending Cupboard has committees that all board members sit on, guiding and supporting the overall organization. At present there is a finance committee, fundraising committee, Policy committee, as well as two ad-hoc committees: Building Committee and Capital Campaign. Certainly in the case of the capital campaign, which is chaired by Bradley Williams, we welcome the support and involvement of community members.



Departing Board Members - Gerry Campbell & John West



Board of Directors Front row: Amanda Blair, Jessica Shretting - Treasurer, Joyce Scott

Back row: Shirley Thomas, Maureen McMurtrie, Chris Hume – Secretary, Gary Pottage- Chair, Doris Kibermanis, Bradley Williams – Vice Chair, Kevin Schropfer Missing; Marilyn Rehman

LEADING THROUGH CHANGE AUMA SUPPORTS THE LENDING CUPBOARD

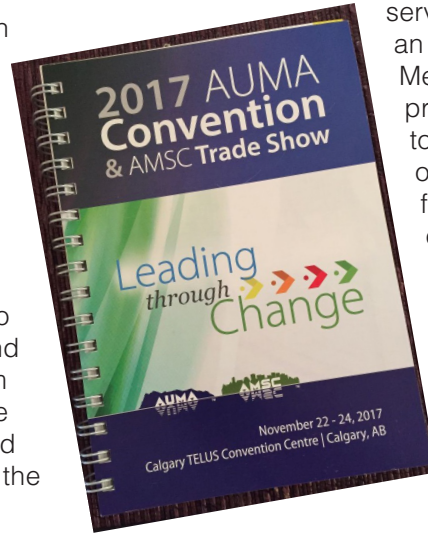
With a vote of more than 92%, the Alberta Urban Municipalities Association (AUMA) supported The Lending Cupboard and like organizations through a policy resolution, put forward by Red Deer City Councilor Buck Buchanan, and seconded by Wetaskiwin City Councilor Patricia MacQuarrie.

The resolution asks the AUMA to advocate to the provincial government to encourage:

- That AHS increase funding support
- That AB Seniors & Housing & PDD also support all organizations such as The Lending Cupboard and

- That these government ministries support municipalities and communities across AB to develop local medical equipment lending initiatives.

Council Buchanan put it this way; "I have seen what they do at The Cupboard and the growth they have faced. They impact people's lives. What is the cost to our community and healthcare system not to support The Lending Cupboard and like? It is just the right thing to do."



Councilor MacQuarrie from Wetaskiwin shared that it was important to her to second the motion because, "I am passionate about supporting initiatives in our communities that provide services to individuals who are at an economic disadvantage. The Medi-Lend in Wetaskiwin has provided medical equipment to individuals who would otherwise have excessive financial burden placed on them, we have seen an increase in the quality of life to these patients."

We thank these municipalities for supporting our important work and pressing the Province for increased support.



HOURS OF OPERATION

Our hours are:
Mon/ Wed/ Fri: 9:00 am – 4:30 pm

NUMBER NUGGETS

July 1, 2017 – October 31, 2017

3,336 Clients Served

2,600 Equipment on Loan

2,512 Equipment Returns

862 Equipment Donated

WANT TO GET INVOLVED?

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

THANK YOU TO OUR SPONSORS

Troubled Monk

Some fundraising events take months of planning, but in the case of the Bike-A-Thon done by Troubled Monk, owner, Charlie Bredo says things were really very grass roots. They thought 'let's do a bike ride, how about trying to raise a few dollars and let's give it to The Lending Cupboard!' The riders showed up with their donations, and The Lending Cupboard was thrilled to be the recipient of just over \$6,400.

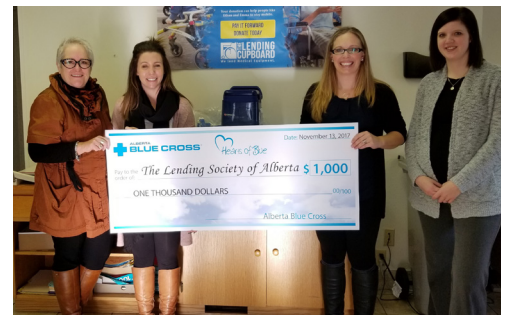


Board Chair Gary Pottage & Executive Director Dawna Morey accept cheque of \$6,400 from Troubled Monk Owner Charlie Bredo.

Red Deer Blue Cross

The staff at the Red Deer Blue Cross are an example of another great group of people that have chosen to support The Lending Cupboard. The \$1,000 donation from them enabled the Cupboard to order some special cryo-cuff packs (cooling systems) that assist clients with hip or knee post-operative recuperation.

This is philanthropy in its purest sense, people supporting people!



Dawna Morey, ED TLC, Jen Holmen, Teresa Soloway and Danielle Yaschuk

STAY TUNED

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