

Inside THE CUPBOARD

**THE LENDING
CUPBOARD**
We lend Medical Equipment.

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Read Lennyn's Story
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REFLECTIONS AND HOPES FOR THE FUTURE

For our Executive Director Lori Shatto, who started with us in September, it's been an amazing season with tremendous growth at TLC and several new, exciting ways of connecting to the community.

"Time has flown by! The entire team – the board, staff, and volunteers – have been so welcoming. Seeing all the incredible work that is happening to support our community is amazing."

We were also thrilled to host a very special 'happy retirement' party in October for our former Executive Director Dawna Morey! Lots of touching tributes, good wishes, tears and laughter at this very memorable event. Dawna announced her retirement last June, marking seven years of leadership here at TLC. We wish her the very best.

In May, we hosted our annual Ladies Luncheon at the Cambridge Hotel. The popular event – which appropriately enough falls right before Mother's Day – was supported by Side Street Fashion, Great Strides, and an amazing group of ladies who walked the runway showcasing some eye-catching fashions.

In June, we were excited to host the first-ever 'Evening with The Lending Cupboard,' which featured special guests Dr. Hayley Wickenheiser and Ryan Straschnitzki. It was a wonderful time of bringing the community together, and our guests provided our audience with inspiring messages of resilience, hope, and perseverance.

Wickenheiser shared about her journey to Olympic women's hockey gold, and then she invited Straschnitzki to join her onstage to discuss his experiences since the Humboldt bus crash of April 6, 2018. In doing so he shared about his medical equipment needs, easily connecting to TLC's mission.

In a stunning move of generosity, they also donated \$10,000 back to TLC.

In September, we launched our 'Gas & Grub' fundraiser – a fun way to raise support while also bolstering awareness about TLC across the region. "It's also a partnership with Central Alberta Co-op," explained Shatto. "It was a good fundraiser for us, and lots of fun to see who won. From that we went directly into the Canadian Finals Rodeo in early November."

This hugely popular event presented TLC with an opportunity to sell programs, with a portion of the proceeds coming to us.

"What an incredible week! We certainly have some dedicated volunteers and staff who came out to help bring awareness to The Lending Cupboard," Shatto said, adding it's also an excellent, ongoing partnership with Westerner Park, for which we are always grateful.

"It's an incredible collaboration happening within our community," Shatto said that ultimately, a key aspect of these events is about building those invaluable partnerships.

Next up - the Lacombe-based Cow Patti Theatre Company generously donated a portion of their ticket proceeds to TLC during our benefit



performance of 'Hurry Hard', which was held on November 26th.

This is yet another example of a very positive partnership that TLC has been so fortunate to be a part of over the years.

"What a fabulous day for folks to come out and support The Lending Cupboard! (Cow Patti Director) AnnaMarie Lea and her team are such dedicated and talented actors – it was so much fun to be there and to see the support from our community. It was a wonderful day," said Shatto.

Rounding out the year was our first-ever Giving Tuesday campaign – which turned out to far surpass our expectations.

"It was a huge success! I am truly overwhelmed by the response that we received. It told me that this community values us and the work that we do. They are saying, 'We trust you to keep on providing medical equipment and daily living aids to Central Albertans.'"

In reflection, it was a successful and fulfilling year indeed. "For 2023, I'm excited to see what's going to happen here at The Lending Cupboard!"

GAS & GRUB, COW PATTI AND CFR THANK YOU

We had a lot of fun with our Gas & Grub fundraiser last fall, and it was a joy to hand out gift cards from Central Alberta Co-op to the lucky winning teams - the 'Whatcha-Ma-Call-It's, Team Pivotal and Team Lacombe/Blackfalds Physio! Thanks also to our amazing community for your continued support.

Also, a huge thanks to Cow Patti Theatre Company for their support! Proceeds from their November 26 performance support our ongoing work here at TLC. We are so grateful for this ongoing partnership and look forward to their next production this spring, happening on March 25. Watch for further details coming soon.

Lastly, we had a blast volunteering at the annual CFR at Westerner Park in November as well. Some of the proceeds from each program sold came to TLC. A special thanks to CFR and the folks at Westerner Park for this continued partnership.



SUPPORTING ALL AGES



Meet our young client Lennyn, who came to see us with her mom Jaycee. Lennyn, 6, recently broke her leg, so borrowing a wheelchair was an important step for her recovery.

They found the ideal chair, and Jaycee said the process here at TLC went smoothly. She had been aware of our services, and was very pleased to be able to find exactly what Lennyn needed. "It was great – no complaints at all." Best wishes for a speedy recovery, Lennyn!

MEET OUR CLIENT SHANDA



Our client Shanda certainly knows about the profound difference medical equipment can make in terms of recovery.

"I've had three hip replacements – and every time I've come in and picked up things from The Lending Cupboard. It's been absolutely a lifesaver for me – I've received so many different things, too," she said, adding that the financial savings of being able to borrow the equipment have been really significant too.

"I bought a walker as well for about one-fifth of what it would normally cost, too."

"I was just telling the volunteers that if I wasn't moving to Ontario, I'd be volunteering here because it's such a worthwhile service. The process is easy and quick, and they are always kind. It's wonderful."



DONT FORGET ABOUT OUR DELIVERY SERVICE



Besides having a huge spectrum of medical equipment in tip-top condition available to be picked up at our facility, we also offer a delivery service.

Thanks to the generosity of our friends at **Lacombe and Drayton Valley Ford**, we have had a van that our volunteer drivers use to take medical equipment all across Central Alberta.

It can make a world of difference for those in need of equipment who just wouldn't have access to it any other way.

Our receptionist Genene Rybicky knows firsthand how helpful our delivery service is. She noted that there are many folks who simply cannot come to our facility to pick up the equipment they so desperately need.

"It's absolutely a key service, because a lot of people don't have family to help them out. Also, a lot of our seniors don't drive. I once had a lovely couple who contacted us, and he was severely blind, so they were struggling with trying to maintain their independence in the community. They needed this equipment so that they could keep thriving in their home."

Enter the delivery service. Rybicky said that when clients discover that we offer a delivery service, they are amazed.

One of our volunteer drivers, Ron, said seeing the smiles when he makes a delivery is extremely fulfilling.

"They are appreciative at that point already, because accessing the equipment at times is tough," he explains. "Some of them say it's a lifesaver. One lady told me, 'If it wasn't for you guys, I would never get out. I wouldn't know where to go, and I don't have the money to purchase it'.

For Ron, knowing the delivery service is having that kind of amazing impact makes it that much more worthwhile -

adding to the joy of volunteering at TLC.

And what does he love most about getting the equipment to those who need it? "I just enjoy being with the people, helping and doing what I can do behind the scenes."

The Lending Cupboard is most grateful to Lacombe and Drayton Valley Ford for their continued support over the years. It has certainly made a lasting impact to the clients that we were able to deliver medical equipment to.

We are currently looking for sponsorship of a delivery van. If you or someone you know is interested, please reach out to our Executive Director, Lori Shatto at ed@lendingcupboard.ca

If you would like to learn more about our delivery service, call us at 403-356-1678 or email contact@lendingcupboard.ca



MEET OUR FUNDRAISING/DONOR RELATIONS COORDINATOR



Kristin Mountain knows firsthand the importance of the availability of medical equipment in her own family.

"My mom was diagnosed with terminal cancer in 2016. She was fine until early 2018, but by then it had metastasized, and she was in hospital. We wanted her to come home, so we needed all of the necessary medical equipment."

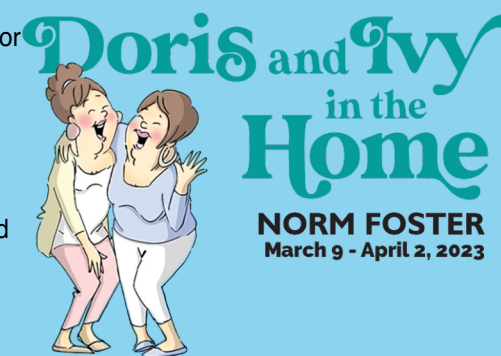
Kristin's dad purchased and borrowed several pieces of medical equipment in Calgary, but sadly, her mom was only able to be home for one week before returning to the hospital. The family later had to decide what to do

with the equipment that had been purchased and that's where the concept of The Lending Cupboard's mission really hit home. Kristin knew how much other people could be helped via such an organization.

"I experienced firsthand the benefit of, and the need for, this kind of service. So, when I saw this position open at The Lending Cupboard, I thought, it's such a great cause and it's a terrific fit. Some people need to work in a place where they know that they are making a difference - I'm one of those people. So, to see it happen right outside my office door is really fulfilling."

Looking ahead, Kristin can't wait to further engage with the community through fundraisers and lots of special events. "I'm really looking forward to connecting more and more with community members and supporters. I'm also looking forward to further educating people about The Lending Cupboard - I just don't think you can do that enough."

We are excited to be teaming up again with our friends at the Cow Patti Theatre Company for a benefit performance of their upcoming production – Doris and Ivy in the Home.



The performance slated to benefit The Lending Cupboard is set for March 25 – with a portion of the proceeds from this show supporting our ongoing mission here at TLC!

Doris and Ivy in the Home is described as a fresh story focusing on three fascinating characters. Retired prison guard Doris Mooney has just moved into Paradise Village retirement home in Canmore. She quickly becomes friends with Ivy Hoffbauer, a former champion skier who is taken aback by Doris's cheery brashness.

"One of the exciting aspects of any theatre's season is producing a show never before seen onstage," said AnnaMarie Lea, Cow Patti's artistic director. "And when it's a new show, by audience favourite comic master Norm Foster, it's even more exciting!"

For tickets, contact us here at TLC by calling 403-356-1678 Ext. 207 or by emailing fundraising@lendingcupboard.ca.

Rounding out this fun and engaging trio is dapper Arthur Beech who has designs on Ivy. The show is replete with love, gossip and loads of shenanigans!

NUMBER NUGGETS

July - December 2022

6,494 Clients Served

7,619 Equipment on Loan

6,494 Equipment Returns

793 Equipment Donated

307 Recycled

COMBATING THE 'WINTER BLUES'

Our chilly winter months can bring about feelings of isolation and loneliness in anyone, and seniors can be even more vulnerable during this season.

The local branch of the Canadian Mental Health Association offers plenty of programming designed specifically for seniors, explained Monica Davis, program supervisor.

But the scope of their programming goes beyond those challenges – reaching to a range of topics that can really help to make a positive difference.

“We have a ‘Seniors Coping with Change’ course that is a single session,” Davis said. “It’s all about strategies and tools to help cope with changes in your life as you age – when there are some big transitions. We will also facilitate that program anywhere in the community.”

Davis said other services include helping connect seniors with the help they need, including the challenges of tackling paperwork, and navigating bureaucracy to access support.

“A lot of it’s about navigating those complex systems and those big applications to do things like switch your income over, etc. It’s completely free – just give us a call and we will help you.”

As for the basics of managing feelings of isolation that winter can bring, Davis recommends that folks try to get outside even just once a day. She also encourages people to simply pick up the phone and ask for help – something many are reluctant to do out of fear of ‘being a bother’.



“It really helps us feel better, especially at this time of year,” she said. “It’s a tough season for a lot of people.”

She also noted that some seniors have a tougher time expressing how they are feeling when things aren’t going well. “When you don’t know what to call it, how do you ask for help or support?”

Depression is the most common mental health illness for older adults and has deep negative impacts on all aspects of their lives, not to mention the impact on family and community, according to the Canadian Coalition for Seniors Mental Health.

“My biggest advice is just to call – we will figure it out together,” she said. “We want more people to know about all of these services because we are here to help!”

Here at TLC, we are also working to help our volunteer team deal with feelings of isolation, and part of that comes from creating community.

“One way that we are working to reduce any sense of isolation or loneliness is by launching a coffee time here at TLC for former volunteers to drop by for a visit,” explained Volunteer Coordinator Brenda Radu.

Come on down and have a coffee with us and see your old friends here at TLC.

“It’s about connection. A lot of them are also friends with other current volunteers, who they may not be seeing anymore.”

For more information on how the Canadian Mental Health Association can be of assistance, call 403-342-2266 or visit www.cmhareddeer.ca.

For more about TLC’s coffee group, call us at 403-356-1678 or email Brenda Radu at volunteer@lendingcupboard.ca.



CELEBRATING OUR NEW VOLUNTEERS

We are always so pleased when people join our volunteer team, and we wanted to take this opportunity to introduce you to these very fine folks who recently signed on to help us fulfill our mission here at TLC.

Noreen joined us in November and is really enjoying her experience. “I’ve known about it since it started,” she recalled of the organization. She even spoke at one of our Ladies’ Luncheons, sharing how TLC had been of great assistance in her own life.

Meanwhile, an avid volunteer, Noreen wanted to help here as well. “I’ve volunteered my entire life – it was something my parents did, and it was instilled in us from a very young age. It’s all about people and the connections that you make. I’ve met some of my best friends through volunteering.”

Megan has also been really excited about joining our team.

She has utilized our services in the past, so when it came time to pick up a new volunteering opportunity, TLC came to mind. She was also looking for something really ‘community-minded’ to do.

So why volunteer? “Because people need help. And it doesn’t really matter what you do – it will help in some way. That’s what I want to do – to help people.”

Finally, meet Wanda.

“I work for Spinal Cord Injury Alberta, so we come across TLC’s services quite a bit,” she said. “But what really got me hooked was attending the Gala (last June). It was magic! It was such a fantastic time – great people and when the call to volunteer came out, I thought ‘This is the place.’”

One of her responsibilities in her vocation is to be engaged with the community, so talk about a perfect fit!

If you would like to volunteer here at TLC, we would love to have you.

There are opportunities in our store front, maintenance, sanitization, and return departments. Enjoy a terrific and dedicated team, lots of tasty treats, and the chance to make new friends – there are all kinds of advantages.

For our volunteer coordinator Brenda Radu, working with this fabulous team is always a source of inspiration. “They believe in what we do, and they see the need and value that this equipment adds to people’s lives.”

TLC is currently recruiting additional volunteers, and there are various areas that you can be a part of. Why not consider joining us? Radu says “Come and observe what we do here and see how our volunteers help the public. It fills your cup.”



HAPPY 2023!

As my inaugural message for the quarterly newsletter, I would like to start from a place of gratitude. Thank you from the bottom of my heart for your most gracious welcome as I started in this role in September.

What a joy to come back to a place that holds such an important part of my heart.

The work that is happening here at TLC is so valuable and our team of staff, board members, and volunteers are just amazing! They continue to bring joy, comfort, and peace to those that continue to walk through our doors.

A million handshakes of gratitude as well to our supporters. WOW! In 2022 you really continued to shine so brightly! Thank you for continuing to put your trust in us here at TLC as we work to ensure that people in central Alberta continue to have access to

medical equipment and daily living aids, ensuring they can continue to live with improved mobility, independence, and dignity.

As we dive into 2023, I am confident of great things happening here at TLC. We are in the planning stages of many new and exciting things.

Though things continue to evolve in our lives and here at TLC, there are things that continue to remain or improve. For us at TLC, our commitment is to you, our clients and supporters.

To our clients, we will continue to be a place of providing medical equipment and daily living aids, in a compassionate, respectful, and caring manner.

To our supporters, we will continue to be good stewards of your support, maintaining transparency and



accountability. Continuing to express our gratitude and celebrate successes with you.

Wishing you all a healthy, happy 2023!

Lori Shatto
Executive Director

WINTER 50/50 RAFFLE

We are super excited about the launch of the first-ever 50/50 fundraiser.

The Winter 50/50 Raffle kicked off on January 15 and runs through to the end of March, with the draw for the lucky winner taking place at our office on April 3, 2023. With a fundraising goal of \$20,000, that means our winner could collect up to a whopping \$10,000 as well.

“We have three types of tickets available for sale – one ticket for \$5, five tickets for \$20, and 20 tickets for \$60,” explained Kristin Mountain, our Fundraising/Donor Relations Coordinator.

“It’s also a limited print, so we would definitely encourage people to purchase their tickets early.”

Mountain said staff and volunteers will be attending several community events to sell raffle tickets, so keep an eye out for us in the community and get your tickets!

“People can purchase tickets by phone at 403-356-1678, they can stop by TLC, or they can send us an email at fundraising@lendingcupboard.ca. More details can be found on our website, www.lendingcupboard.ca.

Ultimately, the 50/50 is a tremendous ‘win-win’. Folks can purchase tickets with the hope of landing up to \$10,000 while knowing their contribution goes a long way toward helping us continue to fulfill our mission of providing medical equipment to the residents of Central Alberta.

**WINTER 50/50
RAFFLE**
JANUARY 15 - MARCH 31, 2023
ENTER FOR A CHANCE TO
WIN UP TO
\$10,000
IN CASH

Lottery License #: 626541