

Inside THE CUPBOARD



Happy New Year and welcome to 2022! I hope that you all found some happiness over this past holiday season.

Like many of you, we had a quiet Christmas but feel blessed that we have the technology to connect with family near and far.

As we begin a new calendar year, The Lending Cupboard Board of Directors is taking on some very important strategic work around the sustainability and legacy of The Lending Cupboard. I will be reporting back to the community as that work unfolds.

Raising awareness and keeping the community informed along with the fundraising work are crucial to assuring that the doors stay open, and the lights stay on. To that end we are excited to have two new people join our small but mighty staff. You will read more about that inside this edition.

Another more recent change that people visiting TLC or following us on our social media have begun to see addresses our effort to support people with longer term needs for medical equipment.

Clients will now have the opportunity to purchase some selected pieces from our excess stock. While clients will always be able to borrow medical equipment, we will be making this available to people that also presently have equipment out on loan but find themselves needing items for a prolonged period of time.

Clients can find out more by calling our office.

I hope you enjoy this edition of Inside the Cupboard. Stay tuned for another exciting year!

Dawna Morey,
Executive Director



CLIENTS REMAIN AT THE FOREFRONT

By Mark Weber

There is no doubt that the past couple of years have brought challenges to our 'normal routines' here at The Lending Cupboard – but meeting the needs of each and every client has always remained at the forefront.

Pandemic challenges have affected virtually everyone – particularly those waiting for surgeries. There have been delays or cancellations to any number of operations and procedures – and that takes a toll on both patients and their families.

We at TLC have tried to alleviate any of the impacts of this for our clients.

For our staff, it's primarily about being flexible, as Systems Coordinator Kathy Cole pointed out. For example, many times, clients who have already borrowed equipment are informed at the last minute of surgical cancellation.

“We then ask them at that point to keep the equipment because they don't know when their surgery will be rescheduled and we didn't want them returning it one day and then get notice that their surgery date was set again,” she said.

Cancellations can also lead to prolonged periods of pain and hardship, so the typical six-week loan periods (for some specialized pieces) have been extended to meet the needs of clients, she said.

“Hospital stays have been cut short and many times, people are home right after surgery – so those medical aids also have to be in place,” noted Cole.

Executive Director Dawna Morey agreed the impact of cancelled surgeries has been observed from the start of the pandemic.

“In fact, the most recent months I would say we've had clients who have experienced cancellations, re-bookings, cancellations, re-bookings – and each and every time, we hear the client's anxiety about that, and their concerns about the equipment that they have already taken out.

“We also have clients who are using equipment simply because their mobility is being impacted so much while they wait for those surgeries to happen,” Morey added.

“But it's important for us that we keep our mission front and centre – we are here for our clients and we will accommodate and support them where they need that support.”

MEET OUR CLIENT CASEY!

He stopped by The Lending Cupboard to pick up some equipment to help him recover from upcoming hip surgery, and he's thankful for the help and the assistance that he received from our volunteers today. "I'm going in for my second total hip replacement and this is so convenient for people who need to get this equipment," he said, adding that he picked up a Cryo-cuff. Casey, 28, is undergoing the surgery due to juvenile rheumatoid arthritis, which was diagnosed when he was a youngster. "I had the one hip replaced about six years ago. And now, within the last year or so, this other one has worn out," he explained, adding that he heard about TLC through the hip and knee clinic. "They recommended this place." It's proven to be a positive experience in the midst of a challenging time. "The service is exceptional - everyone is right there to help you right away. You don't have to wait very long."



Take care! Helpful tips on the prevention of falls

While the risk of falls do increase as people age, falls are not considered a normal part of aging. There are actions that can be taken to help older adults avoid falls and stay active and independent. Use the following key messages and supporting tips and tools to help older adults reduce their risk of falling.



Keep Active –

- Promote exercises that build strength and balance, such as resistance training, tai chi or at FindingBalanceAlberta.ca.
- Promote the use of supportive footwear.
- Help older adults to find activities they enjoy at a local seniors' center.

Check Your Vision – Encourage older adults to have a complete annual eye exam

- Encourage older adults to give their eyes time to adjust to light and to pay attention to their surroundings to help prevent falls.
- Changes to vision may increase the risk of falling. Remind older adults that Alberta Health Care covers the cost of an annual eye exam for adults aged 65 and older. Some seniors may also be eligible for limited reimbursement for prescription eyeglasses.

Review Your Medications –

- Encourage older adults to ask to learn about side effects, interactions, and proper dosing when starting a new medication by asking questions.
- Encourage older adults to have at home and in their wallet a list of their medications.
- Encourage older adults to speak with their doctor if they experience dizziness and to learn about managing blood pressure.

OVERSTOCK ITEMS FOR SALE

We at The Lending Cupboard are always very grateful for the tremendous community support we receive from residents across the Central Alberta region.

That support has led to an unusual situation – we actually have too much stock at our facility these days. To that end, we are featuring several valuable pieces of medical equipment for sale.

The purpose is two-fold – to decrease our current inventory and make way for all kinds of items that our community truly needs, but also to provide important and much-needed devices at extremely reasonable rates.



Examples of items for sale run the gamut from bath stools (\$29.50 including GST), bath transfer benches (\$84 including GST) and various walkers/rollators (\$36.75 including GST).

"First of all, we always want the community to know that loans of equipment will always continue – people will always be able to borrow equipment when they need it," explained Dawna Morey, executive director of The Lending Cupboard. "Our primary goal is to remove barriers to receiving that equipment.

"In the meantime, we have also found ourselves overstocked – as a result of excess equipment that has come back to us through either generous donations from the community or perhaps because of loved ones who have passed on.

"We also understand that there are people who need equipment over the longer term. They may need it for more than six months, or for more than a year. So we would like to make that equipment available to them on a permanent basis by offering them the ability to purchase it at a reduced cost," she said.

"Prices have been set at a fair market value, and information about that can be obtained through our office."

WHAT'S HAPPENING AT THE CUPBOARD

Meet our new Marketing/Communications Coordinator Mark Weber!



I can clearly remember when The Lending Cupboard first set up shop here in Red Deer back in 2006. At the time, I was working as a reporter for the Red Deer Express – and I had always had a passion for community news – particularly for organizations and non-profits that truly made a difference in our city and the

surrounding region. Something about this new start-up instantly struck a chord with me, and I ventured over to chat with the founder Jacqui Joys.

We hit it off right from the start, and from there, I followed the organization closely – writing several news stories and features over the years as the Cupboard grew and broadened both its reach and impact across Central Alberta. I loved chatting with the folks at the helm, and when Dawna Morey became executive director back in 2015, I was of course very happy for her and pleased to know that the vision and the mandates of the Cupboard would continue to be carefully watched over.

Fast forward to today. Today's Cupboard is a thriving operation that I am now so proud to be able to say I have officially joined as Marketing and

Communications Coordinator!

What a joy! I'm grateful for this opportunity to apply my skill set as a former editor/journalist to the non-profit world, and specifically The Lending Cupboard – an organization that I have followed with such interest since the start and also one that I truly support and believe in. The staff and volunteers are wonderful, warm and really caring people who have welcomed me and made me feel so at home.

Time and again I hear our clients say things like, 'Thank you so much' or 'This is great!' or 'What a difference this will make – I'm so pleased'.

Looking ahead, it's my goal and passion to continue to spread the word about the extraordinary impact this fabulous organization has on the lives of those who need our services.

Meet our new Fundraising/Donor Coordinator Corrine Ruth-Irvine!



Having spent the past 15 years at Hunting Hills High School as an office manager as well as an awards/grad coordinator, Corrine Ruth-Irvine eventually felt it was time to pursue change and a fresh challenge in her community.

"I've heard good things about The Lending Cupboard, and in my interview I said that what motivates me is my desire to help people," she explained.

"I have good friends who also work in this sector, so I understand the kinds of

support that are needed here, and I'm eager to learn!"

Corrine said she's really looking forward to interacting with clients and seeing the potential for tremendous growth across the various facets of the organization. Looking back, she noted that she has been aware of The Lending Cupboard for several years now, and has even referred folks to the facility.

"I had been in the former location, and now to see this spot is amazing! And the branding – I see it all the time on the social media feeds. I'm really anxious to see where I can be of service and help to promote it," she explained.

Corrine certainly had a terrific first day on Jan. 5, as that was the day staff drew the winning entries for the annual Cash Calendar campaign.

She spent a few hours calling these lucky folks to pass on the good news.

"It was awesome – my first day was the best because I got to tell people they had won something," she added with a

laugh. "What could be better than that?"

Executive Director Dawna Morey is certainly pleased with the ongoing building of staff at TLC.

"I am excited about this next phase and coming year at TLC," she said.

"With Mark Weber joining us back in November, he brought his passion for TLC and incredible writing and storytelling talent to the team.

"People can expect to read a lot more about the organization, its people and our clients," she said. "And joining us just on January 5th and geared up to work closely with Mark and the rest of the team at TLC, Corrine Ruth-Irvine brings her enthusiasm and love for our services, the community and the talents for fundraising," added Morey.

"These two individuals help to round out the incredible team that I am humbled to work with and lead. Central Alberta is fortunate to have this much talent in one organization."



Considering the on and off again situation that Cow Patti Theatre Company faced over the last few years they presented another stellar dinner theatre production called Sugar Road late last year,



with generous support for The Lending Cupboard coming from the Nov. 27 matinee show! As mentioned, it was a delight - and so great to hear the audience's laughter! We are so grateful to Cow Patti for their ongoing support, the meal was also fabulous thanks to HT Catering & Meats. All in all, it was another very successful event and we look so forward to our next partnership in March!



NUMBER NUGGETS

July 2021 - December 2021

5,366 Clients served

6,279 Equipment on Loan

5,742 Equipment Returns

725 Equipment Donated

536 Recycled / Scrapped

THANK YOU TO OUR GENEROUS COMMUNITY FOR SUPPORTING US BY PURCHASING OUR CASH CALENDAR!

January 5th also marked an exciting day at The Lending Cupboard as prize draws were made for our Cash Calendar fundraiser – a key component to helping us continue to fulfill our mandate of providing medical equipment at no charge to Central Albertans.

Gloria Beck of Parkland Garden Centre and Mercedes Messinger of Messinger Meats were on hand to help with draws. Messinger noted that The Lending Cupboard is personally important to her because she and her family have utilized its services over the years.

“When you have a place where you can go and find all of the equipment you need to help you recover, and you can borrow it without any financial burden, it's incredible,” she said, adding that she's been a supporter of TLC from its start back in 2006.

Beck also emphasized that she's had family and friends who have utilized



Two of our sponsors **Mercedes Messinger** of Messinger Meats & **Gloria Beck** of Parkland Garden Centre were onhand for the Cash Calendar fundraiser draw on Jan. 5.

services at The Lending Cupboard over the years as well.

“What also compels me to be connected to the Cupboard is seeing how we need those connections to help one another,” she said. “If we can help other people by helping them to get better, we are all better because of that. I really enjoy working with the team here, and I have a real soft spot for it.

“The concept is incredible.”

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 or call us at **403.356.1678**

TLC CASH CALENDAR

Many thanks to everyone who supported The Lending Cupboard by purchasing a calendar! Our only wish is that everyone could have won a prize, please know that your contribution counts for so many!

A big thank you to the following sponsors who provided the cash or prizes, ensuring that we received 100% of the proceeds.

Earls	Junk Drawer Wizards
Kipp Scott	Cambridge Hotel & Conference Centre
Nossack Food Group	Tommy Gun's
Bo's	Messinger Meats
Milano for Men	True-Line Designer-BUILDER
Snake Lake Brewing Co.	Safari Spa & Salon
Parkland Garden Centre	Glover Trucks
Revera Retirement Living	Maggie Textile Co.
Side Street Fashions	Mr. Mikes
Martha Winchell and Marlyne Adams	Lacomb Blackfalds Physiotherapy
Pivotal	

Help us to keep Paying It Forward - Enhancing Mobility, Independence & Dignity!



WE ALSO WISH TO THANK EVERYONE WHO DONATED TO US OVER THE HOLIDAY SEASON

The Season of Giving is always a time when many people think of making their annual donations and we are so grateful for many people that think of TLC. Thank you for your support! Rene's gift is just one example of the many generous donations given during the Season of Giving. "I think there is a need for something like this," said Rene, a retired veterinarian. "I want to give back - it's a great cause, and it's time to share!"

