

Inside THE CUPBOARD



Spring brings fresh buds blooming, animals awakening and the earth seems to come to life again. It

is the season of new beginnings.

It always amazes me how excited we always are to walk about our neighbourhoods saying hello to many we haven't seen over the long cold winter. I think most of us are welcoming this spring with greater anticipation of seeing our lives return to a closer sense of normal.

It has been a long year of holding back and holding off from so many things that were such a part of our daily lives. I for one have anxiously been waiting to hug my children and grandchildren, entertain friends over a special meal and travel to see family.

That being said I am so incredibly proud of the work of the team here at TLC. We have stayed the course and continued to be here for so many central Albertans. Need for medical equipment didn't stop because of COVID-19 if anything it became more critical for many. As AHS anticipates ramping up surgeries we expect we shall be busier and we are prepared to respond!

Dawna Morey,
Executive Director

OUR CLIENTS - Mary Budd

For over a decade my mother, Mary Budd, has benefitted from a number of medical supplies she has borrowed from The Lending Cupboard in Red Deer. We first learned about this wonderful organization in November 2010 when mom had a hip replacement surgery. We needed a cane, a shower bench for her bathtub and a bedrail to ease her movements in and out of bed. Someone recommended we call The Lending Cupboard which at that time was located just west of the hospital.

My family was and still is so impressed with the friendly and efficient manner in which staff and volunteers listened to our requests and met my mom's needs. Occasionally we receive a call to see if we are still in need of the equipment we have borrowed. We understand that it is important that equipment that belongs to The Lending Cupboard not get misplaced or accidentally stored as there are others who may be in great need of it. Never have we felt pressured to relinquish equipment still in use. Just recently, we borrowed a second bedrail and a Roho cushion as mom fractured her pelvis in November 2020. Very recently, we borrowed a transport wheelchair to help us get mom to her first COVID-19 vaccine appointment! Since The Lending Cupboard relies heavily on the goodwill of others, we have also been happy to donate any purchased equipment that turned out not to be suitable or no longer needed.

The Lending Cupboard, has provided equipment that has helped my mom to be comfortable and stay in her own home. We are very grateful to all the staff and volunteers and feel very fortunate to have such an amazing organization in our community.



Mary and her daughter Evelyn. 92 years young!



Celebrating Mary's birthday while maintaining social distancing!

Spring Is Here!

Getting out and about is very important for all of us! There are many activities one can do that doesn't require a lot of physical activity. Whether you are able take a stroll on your own or with the assistance of a four wheeled walker or perhaps you can have a companion push you in a wheelchair, you need to enjoy the fresh air and sunshine. Venture a stroll around your neighbourhood or take a trip around the Gaetz Lake Sanctuary at Kerry Wood Nature Centre for some bird watching, perhaps you will spot some wildlife at Mckenzie Trails Recreation Area or try your hand at photography around Bower Ponds or Heritage Ranch. All of these trail systems offer paved trails for anyone to navigate through. If you are living with limitations it can be very isolating; perhaps equipment from TLC can enhance your mobility.

We can benefit and improve our health in multiple ways from spending time in the great outdoors enjoying nature. The sunshine is a boost to our Vitamin D, which can lift our spirits, help us sleep, and give us an energy jolt. Getting outdoors is a wonderful way to interact socially with other people, spend time with friends and loved ones while adhering to Covid-19 guidelines for gatherings. Go get some Vitamin D!



For the Rugged Adventurer!

Did you know that TLC has a trailrider? The TrailRider can take people with mobility issues or disabilities through virtually any terrain –from gentle walking paths to rugged mountain trails. The TrailRider is extremely comfortable and adaptable making it an excellent piece of equipment for almost any need.

The TrailRider is a lightweight, single-wheeled, environmentally friendly access wheelchair designed to allow individuals living with physical disabilities to explore and enjoy the outdoors. Supported by 2–6 “sherpas” this unit provides opportunities for participants to access and explore terrain and trails that might otherwise be beyond their limits. Book it for a few day or longer give us a call for more information.



Photo Courtesy Alberta Parks

Impact of COVID on TLC

In many ways The Lending Cupboard has fared better than many. It was able to react quickly in identifying what needed to be done so that it could continue to be present to support central Albertans in need. To that end since March 2020 we have had in excess of 8,500 client visits and processed over 18,000 pieces of medical equipment.

Having a safe, clean, caring environment has always been important to us at TLC but the pandemic heightened that awareness for us and we quickly recognized that we had to make a dramatic shift in the way we delivered our service, addressing the protocols laid out by our government while at the same time maintaining the values and culture of our organization.



Thanks to the **Government of Canada** through **Community Foundations of Canada** and the **Red Deer & District Community Foundations** we have been able to make some necessary upgrades to our facility. Some of those changes are quickly seen by the community in the way of our new returns end and storefront greeting counter whilst other upgrades like our phones are less visible but have made a huge difference in the efficiencies and delivery of service.

Staff and Volunteers have embraced the changes and in some cases wondered how we managed before. The one thing that has continued to be a challenge for the team is the very social, emotional part of being part of TLC. They would love to have more time for clients and they would love to gather as whole team like we usually do at Christmas time and team meetings. But hopefully, possibly, in time for a summer BBQ!

VOLUNTEER WEEK

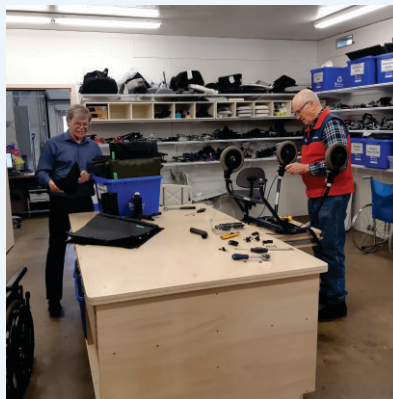
This year's volunteer week theme "**The Value of One, The Power of Many**" totally describes our TLC culture and team of volunteers. Many of our volunteers have either used our service; or had an ill family member who used our service. The compassion and understanding they received from one of our volunteers in their time of need is often the reason they want to give back and become a volunteer. They bring compassion for the clients as well as their co-volunteers. They are dedicated to our cause and work as part of a team to ensure that TLC succeeds.

Before the pandemic in 2020, we had a volunteer base of around 70 dedicated individuals and these volunteers are the backbone for our operation. This was made very clear when the world went into lockdown and TLC staff continued to provide this essential service to its clients for a period of about four months without the support of our volunteers.

The service we provide has not diminished during the pandemic in fact we have seen an increase over the past year. We couldn't be more grateful for the help and support that our dedicated team of volunteers provides to not only the staff, but to all our clients.

It is our hope that one day soon we will be welcoming back all of our 70 volunteers, but in the meantime a huge Thank You to those who are back with us, because we can't do this job without you!

Brenda Radu
Volunteer Coordinator



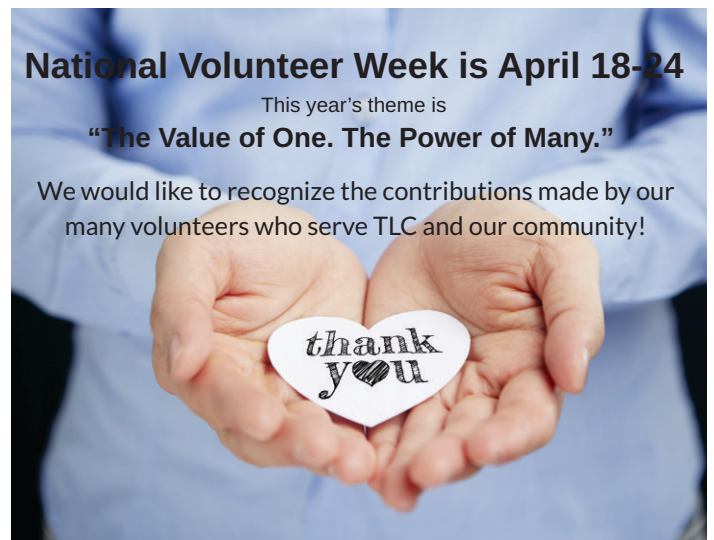
Watch for this symbol in your email from TLC, in our efforts to be better communicators and keep you engaged in what we are up to at The Cupboard. We will be using this platform to get our quarterly newsletter to you as well as keeping you informed about current fundraisers and special events. We realize that not everyone does Facebook, Instagram or Twitter so we have added this as an additional tool for those who keep current through email. If you currently are not receiving communication from us through Constant Contact we ask that you sign up now!

Sign up right on our website
www.lendingcupboard.ca/contact

National Volunteer Week is April 18-24

This year's theme is
"**The Value of One. The Power of Many.**"

We would like to recognize the contributions made by our many volunteers who serve TLC and our community!



TLC FACEMASK!

STAY SAFE with this 4 layer heavy duty cotton safety mask. It has adjustable ear loops and an adjustable nose bridge. Help support and promote TLC! Masks are \$5 and available at The Lending Cupboard.



\$5

4 layer heavy duty cotton safety mask has adjustable ear loops and an adjustable nose bridge

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

NUMBER NUGGETS

Jan - Mar 2021 during COVID-19

2,689 Clients served

2,787 Equipment on Loan

2,749 Equipment Returns

376 Equipment Donated

96 Recycled / Scrapped

THANK YOU

TLC receives support in many ways but without a doubt we would not have been able to respond to the necessary change without the support of the following organization. From building a new entrance to upgrading out IT and phone systems thank you again for your part in sustaining the legacy.

We would like to thank and acknowledge the many contributors who have anonymously made in-kind donation.



Canada



HELP US FILL OUR "POT OF GOLD"

The Lending Cupboard meets a vital community need! We serve people recovering from illness, surgery, or injury and those in need of end of life care. Your donation helps TLC reach its goal to eliminate barriers and provide all central Albertans access to medical equipment at no cost. You can support The Lending Cupboard in a number of ways; cash, cheque, e-transfer.

Visit our website at www.lendingcupboard.ca/paying-it-forward to choose the best option that fits you.



No donation is too small. Together even our Loonies and Toonies grow!



TLC has been serving Central Albertans for a number of years, and while times have changed our commitments to service excellence has remained the same. Choosing to redesign our website, we're committing to providing our clients and partners with the best user experience possible - whether it be on their desktop computer, tablet or mobile device. We hope you take a minute to check it out at www.lendingcupboard.ca

If we have helped you with your mobility, independence or dignity please share your story with us by contacting Janice at marketing@lendingcupboard.ca or by phone at 403-356-1678, we would love to hear from you!