

Enjoy a....
*Cup of Coffee with the
Cupboard!*



*From the desk of our
Executive Director
Lori Shatto....*

Good afternoon,

As the last long weekend of summer begins, I can't help but feel a mix of excitement and nervousness for the start of the new school year and regular routines resuming next week. It's always a bittersweet feeling to say goodbye to lazy summer days and hello to a structured routine.

One of my favourite memories of starting school was in grade 2. I was all set for a brand-new year with all the supplies I could ever need, and I was excited to see all of my friends again but a little nervous to meet my new teacher and new classmates. In the end, everything worked out beautifully, with lots of incredible lessons learned and new friends gained. Sometimes, those unknowns create the most fear or nervousness.

That fear or nervousness is an emotion we see here at The Lending Cupboard™ often. Individuals who come through our doors might be facing these same emotions as they prepare for an upcoming surgery, recover from an accident, or wondering what they need to age in place in their own homes. We hope that when you come into The Lending Cupboard™, we help to calm some of those feelings by providing compassion, kindness and a listening ear during your visit. We probably won't know all the answers, but if we have it, we will provide you with the medical equipment you need in a compassionate and kind environment.

This work is done through our caring, dedicated and kind staff, volunteers, and fantastic community support. Thank you for being on this journey with us and enhancing the quality of life for central Albertans through medical equipment and daily living aid loans.

I wish you all a wonderful long weekend with friends, family and those special in your

life. If we can be of assistance, please reach out.

With sincere gratitude,

Lori Shatto

What's Happening at the Cupboard



**HARVEST
GALA**

September 22 | 5 pm - 10 pm
River Valley Wedding Venue

Get Your Tickets Today!



5 Reasons Why You Shouldn't Miss the Inaugural Harvest Gala!

All-White Affair: Held at the stunning River Valley Wedding Venue on Friday, September

22, this is the perfect opportunity to showcase your finest white attire and stand out in style!

Sip and Savor: Sample some of the best craft beers and liquor, all produced by local breweries and distilleries, including Hansen Distillery, Sawback Brewing Co., and Snake Lake Brewing Company.

Foodie Heaven: From mouth-watering strawberry spinach salad to tender AAA Roast Beef and apple crisp with vanilla-bean ice cream - it's nothing short of a foodie's paradise! (Vegetarian and gluten-free options included)

A Night For a Cause: It's not just about the fun; it's about making a difference! All proceeds from the Gala go towards supporting our mission - to provide medical equipment and daily living aids that enhance the quality of life, supporting mobility, independence, and dignity. Here's your chance to party and contribute to an important cause.

Incredible Company: This is an excellent opportunity to mingle with like-minded individuals who believe in the power of community. Who knows, you might find your next best friend or business partner!

So why wait? Secure your seat for a night you will remember. Tickets can be purchased at our office or by completing our [online form](#).

Remember, every seed of charity we sow today yields a bountiful harvest of hope tomorrow.

See you at the gala.

Wheelchair vs. Transport Chair: Understanding the Differences



Wheelchairs and transport chairs are two commonly used pieces of medical equipment that facilitate the transportation and movement of those who have limited mobility. While these terms are often used interchangeably, it is important to recognize and understand the differences.

Wheelchairs are one of the most common and well-known mobility aids. They come in various designs, including manual and power options. Manual wheelchairs require users to propel themselves or be pushed by others, while power wheelchairs are electrically powered and offer independent movement. Wheelchairs can be customized with options like folding or rigid frames, lightweight or heavy-duty construction, and adjustable sizes.

On the other hand, transport chairs, often referred to as companion chairs, are lightweight and compact. They are primarily intended for short-term use during transportation or when temporary assistance is required. Unlike wheelchairs, transport chairs are typically pushed by a caregiver or attendant, as they have smaller rear wheels. Transport chairs offer maneuverability in small spaces and are easily foldable for portability.

Understanding the differences between wheelchairs and transport chairs is crucial in selecting the appropriate mobility solution. At The Lending Cupboard, we are here to help you in choosing the best mobility aid to meet your unique needs or those of your loved ones.



WE ARE CLOSED

Monday, Sept. 4th for the Labour Day holiday!

Regular hours resume
Wednesday, Sept. 6th
9 am - 4:30 pm



Key Lime Poke Cake

This cake is a favourite here at The Lending Cupboard. If you like a hint of zest in your dessert, we highly recommend you try this recipe!

Ingredients

- 1/2 cup key lime, bottled juice
- 1 lime
- 1/2 cup powdered sugar
- 1 tsp vanilla extract
- 1 box white cake mix
- 1 (14 oz) can of sweetened condensed milk
- 2 1/4 cups whipping cream

Preparation:

Prepare and bake the cake according to package instructions in a 9x13-inch baking pan. Let cool for 5 minutes, then poke holes all over the cake with the handle of a wooden spoon. Don't don't poke through to the bottom. Set aside.

For the filling, add sweetened condensed milk, whipping cream and lime zest to a medium bowl. Whisk to combine. Add lime juice and, once again, whisk to combine. It will start to thicken quickly; pour over the cake, spreading with a spatula to encourage it to fill in holes. Chill for at least 1 hour and up to overnight.

While the cake chills, make the topping. In a medium bowl, add whipping cream and vanilla extract. Beat with an electric mixer until it begins to thicken, then gradually add powdered sugar and continue beating until stiff peaks form.

Spread over cake and garnish with sliced limes and lime zest, if desired. Enjoy!

[Recipe by 12 Tomatoes](#)



Image Credit: 12 Tomatoes

Thank You For Your Support!



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