

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



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

Good morning,

Welcome to this week's edition of Coffee with the Cupboard. Thank you for taking time out of your day to sit, relax, enjoy a warm beverage to learn more about what is happening here at TLC.

This week, I am so incredibly pleased to share the story of one of our staff team members, Kathy, our Systems Coordinator. Kathy is a vital part of the work that happens here, and you may have already met her when visiting TLC. Thank you, Kathy for sharing your "why" with us.

Did you know that January is Alzheimer's Awareness Month? Thank you to Laurie from the Alzheimer's Society of Alberta for sharing some important information with us.

Here at TLC, we are always grateful that we can provide medical equipment, and daily living aids to support central Albertans in their journey. Sometimes that support comes in the form of a listening ear as well. We have such a dedicated group of staff and volunteers here to help you when YOU need it.

If you have any questions, give us a call at 403-356-1678. Until next week, have a wonderful, healthy week and...

Take care,

**Lori Shatto**

*What's happening at the*

# Cupboard!



## Meet our Systems Coordinator Kathy Cole

This past year, our awesome Systems Coordinator Kathy Cole was honoured for her 10 years of employment with us!

Each day, Kathy shows her amazing commitment to TLC on so many levels - from assisting our clients, taking care of her many other administrative responsibilities and baking the tastiest muffins and other delectable treats imaginable. She really looks after us and is such an important and loved member of our TLC family.

On the day-to-day front, Kathy's duties run the gamut from managing the client and donation databases, providing support to staff and volunteers on those programs, running reports and serving as bookkeeper to assisting with clients when it gets hectic out front.

"I also help with our computer programs through training, troubleshooting, and providing updates. I assist with fundraisers and with our clients, plus I work with our volunteers as well."

When she first started with us, she covered data entry and worked directly with our clients and volunteers.

"From there, the extra duties of accounts payable and accounts receivable and

computer program monitoring were added. I was transitioned into an office (more for privacy and storing records) and helped in the front when needed."

Looking back, her own awareness about TLC came about when her husband's health started to fail, and he needed a rollator.

"Prior to that I had no idea that The Lending Cupboard existed," she said.

As she learned more about the service, she explained how she became increasingly aware of what was available in the medical equipment field. She also learned more about the health services field in general, and it all helped with her husband's needs and care.

Those firsthand experiences have helped with her role here at TLC, too.

"I was able to pass along this knowledge to our clients as well. After my husband's death, I was also able to donate his used equipment to The Lending Cupboard in order to help us provide equipment for other people to use."

Through the years, Kathy has seen plenty of changes here at TLC, but she is quick to add there have been lots of improvements as well.

"We are always trying to make sure we are doing our best to help our clients," she said. "We know that people can 'fall between the cracks' and we try to be aware of that and will make exceptions where and when we can in order to accommodate what these people need."

There is no question Kathy finds her roles here at TLC personally fulfilling.

"I appreciate the fact that we are always trying to improve what we do," she said.

**"I also like that we work as a team to get things done,  
and that we appreciate each other and what  
we all bring to the team."**

Kathy added that she also appreciates how active the TLC team is in our community through such initiatives as Green Deer, preparing meals at Ronald McDonald House plus special projects such as baking or purchasing delicious cupcakes for the SPCA.

Kathy also feels strongly about TLC's commitment to work with other local non-profit organizations.

"I like that we are always trying to help other non-profits such as the Red Deer Food Bank, the Adopt a Senior program at the Salvation Army, and the Christmas Bureau."

It is also a joy to help at such exciting events like the Canadian Finals Rodeo where we sold programs - a terrific fundraiser for TLC and an important means of bolstering awareness about our mission.

Looking into a New Year, Kathy said she is eager to help with our up coming fundraisers, and to just continuing to serve central Albertans as best we can.

"My heart is definitely here with our team and our clients and what we do," she

said. "I know we are making a difference!"

## January marks Alzheimer's Awareness Month



January is Alzheimer's Awareness Month, and it marks an ideal time to bolster awareness both about the disease and about the many supports that are available to folks right here in our community.

Alzheimer's disease is a chronic neurodegenerative disease that destroys brain cells, causing memory and the ability to think to deteriorate over time. Alzheimer's is the most common form of dementia.

"We offer support, education and information for people who live with dementia as well as their care partners," said Laurie Grande, client services, team manager – south – Alzheimer Society of Alberta and Northwest Territories.

"Many people think that we only address Alzheimer's disease, but we do address all of the dementias. We have information and support for people who have any one of them," she explained.

"We have support groups, individual support and family support. We also have an educational series, and we have information nights that really go through the ABC's of dementia, and help to explain why they are seeing particular symptoms and behaviours as a result of the disease process."

The local office also helps to facilitate support groups across central Alberta, she said.

**"Many times, with a support group, people just want to talk and discover that they are not alone. That's a big thing. With a lot of people, I've asked them what is the most beneficial thing**



they've gotten from a (support) group, and they will say that it's learning they are not alone on this journey."

Grande said the Society has also partnered with the Red Deer Pottery Club, which now offers a pottery program for people with dementia and their care partners. It is these types of programs that promote a dementia-inclusive community, she added.

"We also have a walking group that meets at the Collicutt Centre regularly, where people can exercise together and support one another," she said.

"I really want people to know that there is help out there, that support makes a big difference and that we, as a community, can also make a big difference for people who have dementia."

According to the Society's First Link referral program, it is all about connection.

"We make that initial connection with people, and then we follow them every six months to see how they are managing. We can again provide that information, education, and support along the way," she said, adding that folks are also always welcome to drop by the Red Deer office to find help and support as well. They are located at 5550 - 45 St. (unit G2).

As for building awareness through the month of January, Grande said it's important for folks to not only learn more about the complexities of dementia but to also find out what is happening in their own communities.

The City of Red Deer is acknowledging Alzheimer's Awareness Month officially on Jan. 14 by lighting up the evergreen tree in front of City Hall in blue.

"It will help to bring a focus and attention to all of the people in our community who do live well with dementia, as well as just raising awareness locally. The more awareness we can bring to our communities, the easier it is for people to manage."

For more about the services, support groups and programs available to central Albertans, contact the local Alzheimer Society office at 403-342-0448 or visit [www.alzheimer.ca](http://www.alzheimer.ca).

*We always appreciate your support so very much!*

*It's YOUR generosity that enables us to carry on with our mission here at TLC!*



**DONATE NOW**



SCAN ME

Or go online to  
[www.lendingcupboard.ca/donation](http://www.lendingcupboard.ca/donation)

*We are selling excess medical equipment!*  
Call us at 403-356-1678 Ext. 201 or email  
[contact@lendingcupboard.ca](mailto:contact@lendingcupboard.ca) to find out what is available!

A collage of three photographs showcasing medical equipment for sale. The top photo shows a red motorized scooter with a 'For Sale' sign listing '2010 Pride Victory 19 Power Seat Lift New Batteries \$1199.00'. The bottom-left photo shows a red and black walker. The bottom-right photo shows a black wheelchair with an orange price tag of '\$75.00'.

*Thank You For Your Support!*



The Lending Cupboard Society of Alberta | #1, 7803 50 Avenue, Red Deer, T4P 1M8 Canada

[Unsubscribe ed@lendingcupboard.ca](mailto:unsubscribe@lendingcupboard.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [ed@lendingcupboard.ca](mailto:ed@lendingcupboard.ca) in collaboration  
with



Try email marketing for free today!