

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



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

*What's happening at the
Cupboard!*

Good morning and Happy New Year!

I hope that your holiday season was an opportunity for you to spend time with family and friends. A time to rejuvenate and reflect on 2022. Looking forward to 2023!

Here at TLC, our staff and volunteers had an opportunity to do just that, and we thank you so much for your patience during our closure last week.

2023 is a brand new chapter, awaiting to be designed and developed. Here at TLC, we are very excited about what this new year will bring.

There are lots of new opportunities already in the planning stage. So, please keep watching our social media, website, and our newsletters for all things happening at The Lending Cupboard. Of course, we would love to see or hear from you, please stop by on Monday, Wednesday, and Friday from 9:00 am to 4:30 pm.

Or give us a call at 403-356-1678. Our dedicated team is always available to answer your questions and help with any medical equipment or daily living aid needs you or someone close to you may have.

Wishing you a happy, healthy new year!

Take care,

Lori Shatto

What's happening at the Cupboard!



Our volunteer Elva

Finding friends, fulfillment and community through volunteering here at TLC

Volunteers at The Lending Cupboard are indeed second to none – showing plenty of compassion and empathy while discovering the joy of ‘paying it forward’ on a continual basis.

“It’s better to give than to receive – I’ve lived by that, even when I was working full-time and raising two kids as a single parent,” explained our volunteer Elva who works in the maintenance and cleaning department.

“I would volunteer a minimum of two places a year. And it’s not that I was brought up with volunteerism, because I wasn’t. So I’m not sure what it is,” she added with a laugh. “But since I was in my 20s, I’ve had to give back to my community.”

After an amazing nursing career that topped 40 years, TLC seemed like an ideal fit for her in considering a stream of volunteering options.

"Here at TLC, you can just give and give and give – and it's fun," she added with a smile.

The personal benefits are also plentiful. "You are contributing to the community, to your own well-being and you are providing a service."

She simply cannot imagine her life without the joy and richness that volunteering brings.

Beyond that, Elva doesn't feel it's optional. "I think we have an obligation to volunteer – it's also a responsibility to yourself – to make yourself a better person, and it's a responsibility to others so that you can do what you can to help them," she said.

"I was given so many gifts. And to receive all of that and not give back? Volunteerism provides everything – it provides something to do, and it also provides purpose and learning opportunities because you are learning each and every time that you are there," she said. "It also gives you friendships and support – people who volunteer are wonderful, kind people. Why wouldn't you want to be around that?"

As to her ongoing passion for TLC, Elva notes that the service we provide is critical as medical equipment can be a costly medical expense.

"I have yet to see someone leave here unhappy or not helped. They are also sometimes helped in a way they didn't even think they would be."

"We are providing a much-needed and unique service. The people that volunteer here – it's so nice to be around like-minded people. How often do you get to be around a whole building of like-minded people? And everybody is happy here!"

Our volunteer coordinator Brenda Radu finds plenty of joy working with such a dedicated team. "The amount of equipment that we go through, and the number of clients that we serve - there is no way a staff of seven people could manage that," she said.

"Our volunteers are also passionate about helping our clients – many of them are here to volunteer because someone they knew has used this service, and so they understand the need," she said. "They also love helping".

"The need out there is great, and people's lives are often turned upside down when they come to us. So for the volunteers, it makes them feel good to help – it fills their cup because they have helped our clients."

Providing a positive and supportive space for our volunteers is the goal. Ensuring that they also feel sincerely appreciated is key to having them stay on board with us for several years. Some have been on the TLC team for up to 15 years.

"We try to keep it as positive as possible; we strive to keep them engaged and informed and make them feel like they are part of a team, because they are valued," she said.

"I think volunteering just makes you feel good, that you have given back to the community," she said. "You are helping people, and you understand that the need is there."

It's also a fun, and very socially-rich environment here at TLC.

"They become friends – it's very social. For me, to also watch them welcome a new volunteer into the group, take them under their wing and see them become a part of

the family is wonderful."

"I also think we have the best volunteers! They really believe in what we do."


If you would like more information about volunteering at TLC, call Brenda at 403-356-1678 Ext. 203 or email volunteer@lendingcupboard.ca.



 *Looking to volunteer?* 

Join our team!

Make NEW friends, enjoy GREAT snacks and know you are helping to make a HUGE difference in people's lives!

 Call Brenda at 403-356-1678 Ext. 203

 or email

 volunteer@lendingcupboard.ca 



Happy New Year!

Let's aim for a healthy life, and a healthier lifestyle!



Well, another Christmas season has come and gone!

Which means it's that time of year again when folks sign up for fitness programs or pledge to get rid of a bunch of bad habits – all in the name of New Year's Resolutions.

According to Wikipedia, the most popular resolutions are plans to lose weight, pay off debts, save money, get a better job, get fit, eat right, get a better education, drink less, quit smoking, reduce stress, take a trip or volunteer more.

Indeed, resolutions run the gamut from bolstering one's personal health to making a difference in the world at large.

But unfortunately, most people, regardless of their specific New Year's resolutions, see plans fall flat by February.

When January dawns, people are fed up with rich food and feeling lethargic. It's easy to shell out the cash for the gym membership, for example. But appetites for unhealthy foods, and unhealthy lifestyle choices often resurface. So resolutions tend to get pushed further ahead.

But human nature being what it is, our behaviour isn't likely to change much when the weather warms up. So why do people ditch resolutions?

The changes are just too big to swallow. The answer?

First, examine your motivation for change.

Secondly, set realistic goals and focus on behavioural change more than the

goal. It's also important to allow for imperfection. And whatever your plans, put them into motion now — don't put off strategies for a changed lifestyle any longer.

There are lots of small, manageable changes we can make that can blend right in to long-term, even lifelong habits. According to Healthline.com, these run the gamut from choosing to eat more whole foods, sitting less and moving more and being more 'mindful'.

And speaking of moving, exercise doesn't have to be overly arduous, nor should it be. Find something you love and simply stick with it. Also, start small - remember, that your lack of being in shape didn't happen overnight, and your journey to better health and fitness won't be super quick, either.

Other excellent 'resolutions'?

Take a bit more 'me time' and practice self-care. This isn't a luxury - it's critical for optimal health and well-being - especially in our fast-paced and often demanding world.

Another awesome change to make is to spend more time outdoors. There is nothing quite like even half an hour walking in a peaceful place - preferably in the middle of nature - it's pure tonic for frazzled nerves. That kind of atmosphere complete with sky, trees and birds singing, along with the simple exercise of walking, does wonders for diminishing stress, improving one's mood and bolstering overall mental clarity.

Here's another biggie - spend less time with that beloved phone or computer.

Too many of us feel utterly disconnected from the world around us if we don't have our smartphone 'in reach'. But again according to healthlink.com, too much time on electronic devices - particularly social media - has been linked to depression, anxiety and even a sense of loneliness.

Finally, try a new hobby or tackle a new skill. It's a great way to forget about those pesky day-to-day troubles, surprise yourself with your own creativity and expand your horizons at the same time.

Ultimately, successful changes are all about keeping things achievable - let's adapt changes that are sustainable, and encourage each other along the way as we strive to make these healthy changes a permanent part of our lives.

Continuing to change lives - one client at a time!



It's always so amazing to see the faces of our clients brighten when they find that perfect piece of equipment that can help them in their daily lives.

Take Fritz, who came to TLC with his son Dan to see about purchasing a scooter.

Well, they found one – and Fritz just couldn't be happier.

Our volunteers of course made sure everything went seamlessly, too.

"They are very nice people – very nice staff, too," Dan noted, and Fritz agreed.

"I love it," he said, before trying out the scooter in front of TLC.

He can't wait to be able to get out and about more easily. "It's very good!"

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mission here at
The Lending Cupboard!



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