

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



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

Good morning,

Happy Senior's Week! I hope that you have had an opportunity to get outside and enjoy this beautiful weather we have been having. We have been busy meeting our clients and community members at events.

Here at The Lending Cupboard™, we love collaborating with our community partners. You will read below about how in the last couple of weeks, we have been able to support the Jigger Foundation in their 'Chair Aware' fundraiser. We also had an opportunity to meet business partners at a Red Deer and District Chamber of Commerce, Business After Hours.

Today, our team is attending the Senior's Information Fair at the Golden Circle. We encourage you to go and check it out. They are there on site until 1:00 pm and have lots of useful information for you and your loved ones.

Collaboration is essential to any successful project or initiative, including our work at The Lending Cupboard™. Individuals and community partners can pool their skills, knowledge, and resources by working together to achieve a common goal.

The benefits of collaboration are numerous, and extend beyond the immediate project or task at hand. When individuals from different backgrounds and disciplines come together, they bring unique perspectives and ideas. By sharing these, they can generate new and innovative solutions that may not have been possible otherwise, bringing more support to our community.

When individuals work together towards a common goal, they develop a sense of camaraderie and shared purpose. This is very evident here at The Lending Cupboard™. It is always a joy to come into the office and experience the camaraderie amongst our staff and volunteers. This joy is then spread to our clients. We can achieve more by working together and fostering a sense of community and connection.

All of this is to say that we are very grateful for our community partners, donors, volunteers, staff and businesses that continue to support the work of The Lending Cupboard™ - THANK YOU!

Until next time, take care of yourselves and your loved ones. If you need a piece of medical equipment, please reach out. We are here to help.

Take care,

Lori Shatto

What's happening at the Cupboard



Pictured here is TLC Executive Director Lori Shatto and Jason Lunn, founder of the Team Jigger Foundation.

Local partnerships help build a more accessible community

There's nothing quite like joining with other non-profits to fuel momentum for remarkable change in a community.

Each spring, The Lending Cupboard™ supports the Lacombe-based Team Jigger Foundation for the 'Chair Aware' event.

Team members sign up to experience two to three hours in a wheelchair and are encouraged to attempt everyday activities, such as fueling their vehicle, grocery shopping,

or grabbing a quick coffee.

It's quite the eye-opener to how tough it really can be to navigate the comings and goings of daily life when one has to deal with mobility challenges.

Ultimately, it's a superb fundraiser but also a powerful means of bolstering awareness, explained the Foundation's founder Jason Lunn, adding that TLC has been a solid supporter from day one. "I come and pick up the chairs from you guys – it's been a great partnership and hopefully we can expand it and make it even bigger next year! I do think we can branch it out and make it bigger," he said.

This year, we loaned out 20 wheelchairs for use in Chair Aware, and Lunn said that goes a long way to helping bring the issue of providing greater accessibility to the forefront.

It's certainly timely, too. "It just so happens that this is National Physiotherapy Month and this week is National AccessAbility Week!"

Meanwhile, Chair Aware is, as noted, all about creating awareness about the daily challenges faced by those with mobility issues.

"While they are taking part, they are seeing all of the accessibility issues that are there – for those with walkers and canes, too. People with all these mobility issues face the same things, like heavy doors and curb cut-outs, for example."

Even automatic doors that open with a press of a button can present challenges.

"If you put the button four feet away, by the time the person pushes the button and then starts heading to the door, the door will be shutting," he said. "Me being in a power chair, I can drive with one hand and use the other hand to open it. But if you are in a manual chair, you need both hands!"

Lunn also pointed out how the emphasis is on making Chair Aware a fun event, too.

"If you present this all in a positive way, things get done." Present the accessibility issue negatively, and progress can grind to a halt.

"There are a lot of business out there that have made these changes because it was presented to them in a positive way."

**Check out the TrailRider - the key to exploring
the outdoors in the summer sunshine!**



Our volunteers Rod, Wanda and Gerry demonstrate how the TrailRider works.

Enjoy the great outdoors with a slick and convenient TrailRider!

Summer, with its endless array of opportunities that make being outside so much fun, is just around the corner!

At TLC, we love providing medical equipment to help folks get out and enjoy all the splendid things that summer has to offer.

One piece of equipment that many might not be aware of is a TrailRider, described as a unique mobility device that offers fantastic accessibility to wilderness areas, according to the B.C. Mobility Opportunities Society.

Two people help to 'power' the device, enabling a person with a physical disability to participate in hikes and excursions – enjoying the wonders of nature as part of an inclusive and supportive team.

The advantages are striking – the TrailRider can easily navigate narrow trails, travel over rocks and roots without tipping side-to-side, stay level on side-slopes, and the soft tires roll smoothly over terrain.

They are used worldwide and in the most exotic locales, from helping people explore the wonders of the Grand Canyon, to top the summit of Mt. Kilimanjaro and even to reach Everest Base Camp and many other remarkable parts of the world.

They have also opened up many sprawling parks and trails in dozens of communities here at home – which can be just as inaccessible when you have a disability.

According to Alberta Parks, “Everyone needs time in nature! A TrailRider is comfortable for the rider and simple to operate.”

If you would like more information about our TrailRider, give us a call at 403-356-1678 or email contact@lendingcupboard.ca



It's seniors' Week!

We appreciate each
and every one of you,
and your amazing
contributions to our
community!



Why volunteer?

“I love it here!
It’s the people,
being able to do
something for
others. The
gratitude that we
get for helping
them is amazing.”

Edie

Thank You For Your Support!



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

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