


 >>> **SNDMOW NEWSLETTER** <<<

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

**GIVING
THANKS:
TO YOU**

>>> **THANKSGIVING DAY**

We are giving thanks to you - our clients, our volunteers, our donors - for all the support you give us year round! Without our dedicated volunteers and donors, we would be unable to operate our important community service.

We are also grateful to Chartwell Imperial Place for the monthly treats and Aspira Peninsula for providing desserts once a month !

SNDMOW'S 53RD ANNIVERSARY <<<

The North Surrey community established Surrey-North Delta Meals on Wheels as not only a nutritional and therapeutic service, but as a preventative service as well. We are proud to continue providing the residents of Surrey and North Delta with the nutritious meals they need to remain healthy and safe in their own homes!

**SEPTEMBER 29TH:
OUR 53RD
ANNIVERSARY**

NATIONAL SENIORS DAY - OCTOBER 1ST

1

CELEBRATING SENIORS AND THEIR CONTRIBUTIONS,
RAISING AWARENESS FOR THE CHALLENGES THEY ARE
FACING AND ADVOCATING FOR THEIR QUALITY OF LIFE!

OVER A MILLION SENIORS LIVE IN BC AND, IN MOST CASES, THEY SPENT THEIR LIVES HELPING TO BUILD THIS PROVINCE. SENIORS CONTINUE TO CONTRIBUTE AND ENRICH OUR COMMUNITIES LONG AFTER THEY RETIRE.

»» SENIORS CONTRIBUTIONS

- Top Volunteers in Canada
- Generous Givers to Charities
- Teach us History and How to Foster Values and Build Communities
- Help Family, Friends and Neighbours in Need
- Care for Spouse and/or Grandchildren
- Use Services & Pay Taxes

»» SENIORS CHALLENGES

- Ageism - 63% of seniors report being treated unfairly due to their age
- Isolation & Loneliness - due to living alone, outliving family/ friends, and/or health complications
- Financial & Food Insecurities - due to low incomes and high costs of living
- Financial Abuse - misuse or exploitation of financial assets without proper consent
- Elder Abuse - physical or mental abuse & neglect

»» YOU CAN HELP

- Help a senior gain access to community resources
- Teach a senior to use a computer and email
- Take a senior to appointments, to run errands or on an outing
- Bring a senior things they need but can't get themselves
- Help a senior with house or yard work
- Check-in with and visit isolated seniors in your community
- Help a senior find proper and affordable housing
- Volunteer for, or Donate to, an organization that serves seniors
- Be an advocate for seniors and the issues they face
- Ask a senior questions about their life - they have stories to tell and you will likely learn from them too



»» CONNECT WITH US

We invite you, as well as your family and friends, to join us on social media, if you are able. You can find us on Facebook, Twitter and Linked In @sndmow or on Instagram @sndmow2021. We also would love to hear your feedback on Google.. Leave us a review on our business page: Surrey-North Delta Meals on Wheels!

THE SCOOP AT SNDMOW

SHARING ALL THE LATEST NEWS WITH YOU

»» FUNDS & STUFF

We know many people are struggling to house and feed themselves due to the rising costs of living. With the funding, previously mentioned, from Food Banks BC running low, we are facing the hard reality of having to raise our meal prices. As we do not want any seniors going hungry or to cause any hardships, we continue to pursue every avenue to keep bringing our clients the meals they need without raising the cost of our meals. Behind the scenes, Amy, our Grant & Marketing Manager, has applied for several grants to cover various operational costs so that we are able to focus on our clients and their needs. All charities struggle with finances and deficits and our charity is no different. Operating at a deficit means we are not financially stable but we will not give up on our mission to serve the vulnerable members of our community with proper nutrition. As you may know, White Rock Meals on Wheels was forced to shut down last year due to rising operational costs. We are working towards expanding our service to the South Surrey and White Rock communities. With more municipal districts involved, we hope to receive more funding for our program. We will be renegotiating our contract with Fraser Health early next year and hope that they consider our rising food and operational costs.

SEPTEMBER STATS:

Meals Delivered:
1,445

Lunches Delivered:
314

Clients Served:
103

Volunteers Delivering:
148

Kilometers Driven:
3,500

»» VOLUNTEER ANNIVERSARIES

Martin Fieldhouse is celebrating his 7th year as our volunteer on October 20th. Martin is also serves as a member of the Board of Directors. Thank you for your service!