



&gt;&gt;&gt; SNDMOW NEWSLETTER &lt;&lt;&lt;

# THE BRIGHT SIDE



Happy  
Holidays

From Surrey-North Delta  
Meals on Wheels

## TOP NEWS OF THE MONTH

### DECEMBER 5TH: INTERNATIONAL VOLUNTEERS DAY

#### >>> HAPPY VOLUNTEERS DAY

Volunteers are the heart of our organization. Without our dedicated team of volunteers our important community service would not be possible. We celebrate you this International Volunteers Day and everyday! Your service to the community, all in the spirit of giving back, is admirable. Thank you so much for being a vital part of our team, helping seniors stay healthy in their own homes!

#### CELEBRATING THE HOLIDAYS <<<

Happy Holidays & Happy New Year! We want to extend our warmest wishes to you all this holiday season. No matter how you celebrate this magical season, we hope that you are blessed with tons of family time, great food and fun-filled activities. We also want to extend our best wishes for the New Year. We look forward to another year of serving our clients!

### DECEMBER 25TH: CHRISTMAS DAY

# HOLIDAY LONELINESS & ISOLATION

## GETTING SENIORS INVOLVED IN HOLIDAY ACTIVITIES

### ➤➤➤ GETTING INTO THE HOLIDAY SPIRIT

Loneliness in seniors can cause depression, malnutrition and other physical and mental health issues. Loneliness significantly increases during this season of giving and sharing for an isolated senior, person with disabilities or immobile/homebound individuals. Here are a few ways you can make them feel included in the festivities:

- *Write and send cards to their family and friends. Sit with them and read the cards they have received;*
- *Bake their favourite holiday treats! If they are living in a care facility, bring a gingerbread house making kit and build it together;*
- *Decorate their home or room in their care facility to get them in the holiday spirit;*
- *Set and decorate their dining table with a theme that makes them feel festive;*
- *Check with their religious organization or community center to see if they offer any holiday social activities and encourage your loved one to attend;*
- *Arrange visits with your loved ones religious leaders, congregants or friends;*
- *MOST IMPORTANTLY, spend time with your loved one! Look at family photos, listen to seasonal music, watch holiday movies or do Christmas crafts.*



**There is nothing more precious than time spent together!**

**JOIN OUR  
FUNDRAISING  
COMMITTEE!**

### ➤➤➤ SHARE YOUR TALENTS

Fundraising events take an army to plan and execute successfully, the staff and Board cannot do it alone. If you are interested in being involved with our first annual event, we would love to have you join the Fundraising Committee! Please reach out to Amy to express your interest at [sndmow@gmail.com](mailto:sndmow@gmail.com) or at 778-590-1433. The first committee meeting will be held in January 2024.

### ➤➤➤ 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

2

SHARING ALL THE LATEST NEWS WITH YOU

## ➤➤➤ HOLIDAY & WINTER ANNOUNCEMENTS

As stated in our notice that was sent out at the end of November, our meal providers will be closed for the holidays, December 25 - 27. Our office will be also be closed for Christmas Day and Boxing Day, so no meals will be provided on December 25th & 26th. As our meals are made the day prior to delivery, we will only be able to provide frozen meals on December 27th. There will also be no bagged lunches available on this day. Our office will be also closed for New Years Day, so no deliveries on January 1, 2024. With winter coming, we want to remind our clients and their families that we are unable to deliver meals during bad weather. If it is icy or snowy, it is too dangerous for our volunteers to deliver meals. Please make sure you have some food on hand in case we are unable to get our meals to you.

## ➤➤➤ VOLUNTEER ANNIVERSARIES

On December 5, 2011, Christine Morettin started volunteering for our organization. Just over 2 years later, Christine began working part-time with us and on January 1, 2015, Christine became a full-time employee at SNDMOW. As our Administrator, Christine runs the office and does deliveries

when a route needs to be filled, even in the worst weather conditions. She is also our talented bookkeeper and doesn't let funding issues interfere with our mission to serve our clients to the best of our ability. We are grateful for all she has done and continues to do for our community. Thank you Christine! Marilyn Hunter & Marilyn Thomas are celebrating their third year as volunteers for us on December 8th. Marilyn Hunter also serves on the Board of Directors. Thank you for your service!

## NOVEMBER STATS:

Meals Delivered:  
**1,588**

Lunches Delivered:  
**356**

Clients Served:  
**101**

Volunteers Delivering:  
**165**

Kilometers Driven:  
**3,882**