



>>> SNDMOW NEWSLETTER <<<

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

JUNE 2-8: SENIORS' WEEK

>>> **WE LOVE SENIORS!**

Seniors' Week is a great time to celebrate seniors and their many contributions to our everyday lives. Seniors continue to contribute to and enrich our communities long after they retire. Seniors are the top volunteers in Canada, they are generous givers to charity, they help care for their grandchildren and teach us many great things like history, how to foster values and build communities.

HAPPY FATHER'S DAY <<<

We wish all our Dads, Grandpas, Step-Dads, and Fur-Baby Dads a very happy Father's Day! "A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way."-Unknown. We hope you were able to celebrate this day with your loved ones, and know that we appreciate and celebrate you everyday!

JUNE 16TH: FATHER'S DAY

ELDER ABUSE AWARENESS

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WE ALL HAVE A ROLE TO PLAY TO PREVENT IT

PHYSICAL, EMOTIONAL, FINANCIAL AND NEGLECT

June 15, 2024 was Elder Abuse Awareness Day. 1 in 6 people over the age of 60 experience elder abuse worldwide. The root causes of elder abuse run deep. Ageist attitudes are a factor in abusive situations because they allow people to think it's acceptable to ignore or control older people. Ageism (how we think, feel and act towards people based strictly on their age) is a violation of human rights. By letting ageism dictate our ways of thinking, policies and programs, we are missing out on endless talent, experience, creativity and economic participation that people can offer as they age. Mindset matters to build a society where older people are truly valued, supported and live free from ageism, abuse and neglect. Social Isolation is a major risk factor for elder abuse and neglect, but it can be fought with a little help from all of us. It's time to change how we think, feel and act about aging. We all deserve to lead happy and healthy lives free from abuse as we age. We can all get involved to create meaningful and lasting local changes!



Let's build safe and respectful communities for people of all ages

#AgeWithAttitude

bOLD & respected

#WEAAD2024

SOUTH SURREY & WHITE ROCK

We are on our third week of serving our new districts and the route(s) are steadily growing. We added 3 new routes to our daily service and require more volunteers to commit to driving a route once a week. If you're interested in volunteering, please connect with us via email sndmow@gmail.com or fill out the application form on our website www.sndmow.com. We are so happy to be of service to a whole new community of seniors, disabled, homebound and health-compromised individuals!

**SUPPORTING THE
NEEDS OF OUR
COMMUNITY, ONE
MEAL AT A TIME!**

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 would also love to hear your feedback on Google.. Leave us a review on our business page: Surrey-North Delta Meals on Wheels!

»»» ANNOUNCEMENTS

Shout out to Chartwell Camellia for hosting an appreciation bbq for our volunteers on June 20th! Thank you for helping us show our volunteers how much they matter to us and the seniors in our communities. We were in attendance at 2 Seniors' Expo's in the South Surrey and White Rock communities this month. We met new people, made connections with the community and spread the word that we are here to serve. Thank you to Trevor Halford and Aspira Peninsula for inviting us to have a booth at both events! Tickets for our Fall Fundraiser, Dancing through the Decades, are on sale now! They can be purchased online with Credit Card, through the office by phone or email using cheque, cash or e-transfer for payment. All proceeds will be used to fund our meal subsidy program, Sponsor a Senior. November 2nd will be a night to remember and we hope you can be part of it!

<https://www.canadahelps.org/en/charities/sndmow/events/dtttd/>

»»» VOLUNTEER ANNIVERSARIES

On June 7th, we celebrate Kathy Dolezal's 4th year as our volunteer driver. Kathy is a nurse who has been a dedicated volunteer of ours since Covid first started. Kathy is starting a new life on the island this month and we are sad to see

her go but wish her all the best! On June 29th, we celebrate Luz Nicar's 18th year as our volunteer driver! Almost 2 decades of service to our charity and still going strong. We are so grateful for all the time Luz has committed not only to our organization but also to our clients. We don't want to be greedy but we hope to have her around for many more years to come! Thank you both for your efforts and dedication!

MAY STATS:

Meals Delivered:

2,282

Lunches Delivered:

1058

Clients Served:

113

Volunteers Delivering:

166

Kilometers Driven:

3,695.5

