

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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

SUMMER 2024: BEAT THE HEAT

>>> **HEAT & SUN SAFETY**

It's that time of year again! We all wish for summer but there are some dangers from the sun and heat that can be prevented by taking the proper precautions. Heat Stroke and Heat Exhaustion are preventable and we have some tips for you to stay safe and healthy during heat waves. We also have a list of local public buildings that you can go to, if you are able, to escape the heat. Continued on the next page...

INTERNATIONAL SELF CARE DAY <<<

Self Care isn't something that comes easy to everyone. Caring for others seems to be so much more rewarding but the truth is, if you don't take care of yourself, you won't be able to care for others. So do what you need to do to care for yourself. Pamper yourself, learn something new, eat healthy and exercise, do whatever makes you feel good! Steps to making a self care jar on page 2.

**JULY 24TH:
SELF CARE DAY**

BEAT THE HEAT: SAFETY & TIPS

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STAYING HEALTHY DURING HEAT WAVES

➤➤➤ PREVENTING HEAT STROKE & EXHAUSTION

STAY COOL - If you don't have air conditioning, keep curtains and blinds closed during the day and open your windows at night (try using fans in front of your windows to pull cooler air in from outside). Cool off with water: have a cold shower or bath to bring down your body temperature, put your feet in a tub of cold water or use cold towels on your neck, forehead, armpits and/or feet. If you are able, go somewhere with air conditioning like a local community centre, the mall, or a friends home. See pg3 for a list of local public buildings.

STAY HYDRATED - Drink plenty of water throughout the day to replace fluid loss to sweat and heat. Avoid alcohol, coffee, pop and other sugary liquids that cause dehydration. Offer water to those in your care frequently.

BE SUN SMART - Apply sunscreen 20 minutes before sun exposure, reapply every 2 hours or wear loose-fitting, light-weight, light-coloured clothing. Wear a hat that covers your neck and sunglasses to protect your eyes against UV rays. Seek shade!

CHECK IN - Check on your loved ones to make sure they have access to, and the ability to, stay cool and hydrated. Seniors, children, outdoor workers and those with health conditions are most vulnerable.

CHECK IN ON YOUR LOVED ONES!

SENIORS, THE
DISABLED, AND THE
CHRONICALLY ILL
ARE AT HIGH RISK OF
HEAT ILLNESS!

➤➤➤ SIGNS OF HEAT ILLNESS

Heat Exhaustion:

- Headache
- Muscle Cramps
- Dizziness or Fainting
- Nausea or Vomiting
- Heavy Sweating & Extreme Thirst
- Dark Urine or decreased urination
- Rapid Breathing & Heartbeat
-

Heat Stroke:

- Very High Body Temperature
- Confusion or Lack of Coordination
- Very Hot Skin, may be red (Not Sweating)

➤➤➤ 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!

»»» FUNDING ANNOUNCEMENTS

Our expansion to South Surrey & White Rock, Seniors Support Extension, would not have been possible without the funding received in part from the Government of Canada's New Horizons for Seniors and the Peace Arch Hospital Foundation Healthy Community Grant. This project not only provides nutritious meals to residents in new districts but also provides opportunities for more seniors to engage in their communities by volunteering to deliver our meals. We are thrilled to be helping more Surrey residents receive the informal check-in and

nutritious meals they need to stay safe and healthy in their own homes for longer. We are so grateful for the support of our communities for this project!

We are also grateful to receive funding from the First West Foundation that will allow us to continue to serve our clients at our current price despite our increased costs. A large sum of this grant will be placed in our Sponsor a Senior fund which allows us to offer meals at a reduced rate for those living on low-incomes. Thank you for supporting our mission and for contributing to our communities! "First West Foundation is proud to provide grants through the Envision Financial Community Endowment"

»»» STAFF ANNIVERSARY

Jordyn St. Martin is celebrating her 4 year anniversary as our staff member on July 13th! Jordyn, our Distribution Manager, works hard everyday to make sure our volunteers have everything they need to successfully deliver our meals to our clients and ensure our clients are getting the correct meals prepared just the way they require. Thank you Jordyn for all you do to keep our operations running smoothly!

JUNE STATS:

Meals Delivered:

2,052

Lunches Delivered:

938

Clients Served:

123

Volunteers Delivering:

247

Kilometers Driven:

4,128.5

3 Whenever you're feeling down, stressed out, or drained – pull out a strip of paper and then do that activity

1 Get an empty jar

2 Write down your favorite self-care ideas on strips of paper.

ESCAPE THE HEAT & STAY SAFE

A LIST OF LOCAL PUBLIC BUILDINGS TO COOL OFF AT

BEAT THE HEAT

Extreme Heat & Smoke Relief Locations

- **Newton Recreation Centre**
13730 - 72 Avenue | 604-501-5540
- **Newton Library**
13795 - 70 Avenue | 604-598-7400
- **Strawberry Hill Library**
7399 - 122 Street | 604-501-5836
- **Chuck Bailey Recreation Centre**
13458 - 107A Avenue | 604-598-5898
- **City Centre Library**
10350 University Drive | 604-598-7420
- **Kennedy Seniors Recreation Centre**
11760 - 88 Avenue | 604-594-2717
- **Sungod Recreation Centre**
7815 - 112 Street | 604-952-3075
- **North Delta Recreation Centre**
11415 - 84 Avenue | 604-952-3045
- **George Mackie Library**
8440 - 112 Street | 604-594-8155
- **South Surrey Recreation Centre**
14601 - 20 Avenue | 604-592-6970
- **White Rock Community Centre**
15154 Russell Ave | 604-541-2199
- **Cloverdale Recreation Centre**
6188 - 176 Street | 604-598-7960
- **Clayton Community Centre**
7155 - 187A Street | 604-502-6300
- **Cloverdale Library**
5642 - 176A Street | 604-598-7320
- **Museum of Surrey**
17710 - 56A Avenue | 604-592-6956
- **Surrey Sport & Leisure Complex**
#100 - 16555 Fraser Hwy | 604-501-5950
- **Fleetwood Library**
15996 - 84 Avenue | 604-598-7340
- **Fraser Heights Recreation Centre**
10588 - 160 Street | 604-592-6920
- **Guildford Recreation Centre**
15105 - 105 Avenue | 604-502-6360



If you are unable to get to any of these places during a heat wave, make sure you let someone know that you are home alone and consider following our safety tips listed on page 2. BC Hydro also offers free air conditioners to households with a low income, if you don't already own one. Stay safe and healthy everyone!