


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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

SUMMER 2024: BEAT THE HEAT

>>> HEAT & SUN SAFETY

As summer continues, we wanted to remind you all of our key safety tips to prevent heat stroke and heat exhaustion. Stay Hydrated: drink plenty of water, avoid sugary liquids. Be Sun Smart: apply sunscreen 20 minutes prior to exposure, seek shade. Stay Cool: use air conditioning, let cool air in at night, go to a public facility with air conditioning, if you are able. Most importantly, Check-In on your loved ones to ensure their safety and health!

NATIONAL NON-PROFIT DAY <<<

National Nonprofit Day is a day to recognize the ongoing efforts of these organizations, to serve their communities. Nonprofits throughout the country work to offer assistance to individuals who otherwise would not be able to afford what they offer. The activities of these organizations contribute to the shaping of our society and provide hope for a brighter future.

AUG 17TH: NON PROFIT DAY

DANCING THROUGH THE DECADES

CHARITY FUNDRAISER FOR SPONSOR A SENIOR

1

➤➤➤ TICKETS ON SALE NOW! VOLUNTEERS NEEDED!

Our fundraising committee has been working hard to plan this event and to search for resources, sponsors, and donors to help make our new annual event a success.

Dancing through the Decades will directly benefit the community by providing support to seniors, disabled, health-compromised & homebound low-income residents. All proceeds from the event will be used to fund our meal subsidy program, Sponsor a Senior. This program allows us to provide desperately needed meals at a lower cost for those individuals that are struggling with financial insecurities! This is a much-needed service in our community with the rising costs of living, which is leaving many residents in need of our service without money for food after paying rent or mortgage.

Purchase tickets with credit card using the QR code or email us, sndmow@gmail.com, to purchase tickets by cheque, cash or e-transfer.

With 160 tickets available, we are hoping for a large crowd. We need volunteers to commit to helping with set-up and take down, manning booths, greeting guests, coat checkers, oversee silent auction, take pictures at the selfie booth, and miscellaneous tasks. Let us know if you are able to volunteer, donate or sponsor this event by email: sndmow@gmail.com

GET YOUR
TICKETS
ONLINE OR
EMAIL TO
ARRANGE
PURCHASE!



NOW SERVING
SOUTH SURREY
& WHITE ROCK

➤➤➤ SOUTH SURREY & WHITE ROCK

Do you know a senior, disabled, homebound or health compromised individual in the districts of South Surrey and White Rock that are in need of our service? Let them know we are here to help! We are delivering fresh, nutritious meals 5 days a week to the residents in these districts. Registration can be done on our website, www.sndmow.com or by email, sndmow@gmail.com, or give us a call 778-590-1433. We are happy to help!

➤➤➤ 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!

THE SCOOP AT SNDMOW

SHARING ALL THE LATEST NEWS WITH YOU

»»» ANNOUNCEMENTS

We are feeling very welcomed in the South Surrey and White Rock communities. We have been invited and attended 2 expos in the spring and last week we received a generous donation from the White Rock Legion! We are also so grateful for the Aspira Peninsula Retirement home for donating desserts to our clients every last Thursday of the month. Our clients enjoy the extra treat and it helps them feel more included in the community.

Reminder to our volunteers, we will be holding our annual Summer Celebration & Appreciation Potluck on August 23rd at 4pm at the home of Lorna & John Hoare.

»»» DRIVERS NEEDED

Are you looking for a rewarding volunteer opportunity? Do you have a valid Canadian driver's license and access to a vehicle?

We need volunteer drivers to commit to driving a weekly route. We have openings for drivers on Wednesdays and Thursdays right now, with circumstances changing often. We know that gas prices, as well as the cost of living, is high that's why we pay \$0.80 per km driven while doing deliveries for our charity! Apply on our website

www.sndmow.com or inquire by email sndmow@gmail.com.

»»» VOLUNTEER ANNIVERSARY

On August 17th, Greg Hernandez will be celebrating his 1 year anniversary as a volunteer for our charity. Greg has put in a lot of time and effort for our service in the past year driving multiple times a week, attending expos and advocating on our behalf. Thank you Greg for making a difference in our community! To all our volunteers, we want you all to know that without your service and dedication, we would not be able to operate our charity!

JULY STATS:

Meals Delivered:

2,271

Lunches Delivered:

956

Clients Served:

175

Volunteers Delivering:

110

Kilometers Driven:

3,791.5



POTLUCK

Appreciation

SUMMER CELEBRATION &





SURREY-NORTH DELTA
MEALS ON WHEELS

Dancing Through the Decades

CHARITY

FUNDRAISER

Saturday, November 2, 2024

Doors open at 5:30pm, please arrive by 6pm

SULLIVAN HALL ~ 6306 - 152 STREET

A unique twist on the traditional gala, this fun-filled event will include hourly hors d'oeuvres, drinks, music & dancing, a Dress to your Decade contest and so much more!

\$75 per ticket:

1 Drink, Food & Entertainment

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



SCAN ME TO
PURCHASE
TICKETS!

