



»»» **SNDMOW NEWSLETTER** «««

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

SEPT 2024: ARTHRITIS AWARENESS MONTH

»»» **ARTHRITIS AWARENESS**

Arthritis means inflammation of the joint so its no surprise that it is a disease involving any of the joints in the body, often occurring in the weight-bearing joints, but can also affect non-weight-bearing joints. Arthritis is a complex disease with over 100 different forms. More than 6 million Canadians (1 in 5) have arthritis! If you suspect you have arthritis, it is important to talk to your doctor. Untreated joint inflammation can eventually lead to disability.

WORLD ALZHIEMER'S DAY «««

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition affecting the parts of the brain that control thoughts, memory and language. Dementia is not a normal part of aging and you should talk to your doctor if you or a loved is experiencing symptoms of dementia. About 5% of Canadians over 65 will be affected by Alzheimer's Disease. See more on Page 3...

SEPT 21ST: ALZHIEMER'S DAY

ORANGE SHIRT DAY

EVERY CHILD MATTERS

1

»»» NATIONAL DAY FOR TRUTH & RECONCILIATION

September 30th marks the day for Truth & Reconciliation across our great Nation. It is a day chosen to commemorate the experience of residential schools, supporting and honoring the children lost as well as the survivors and their families.

This year, Orange Shirt Day is celebrating it's 10th year as an annual Canada-wide event! This day allows all Canadians the time and resources to learn about Canada's history in the spirit of truth and reconciliation and reflect on the legacy of residential schools and take action towards reconciliation. #OrangeShirtDay #NDTR



TICKETS ARE LIMITED! GET YOURS NOW!



»»» DANCING THROUGH THE DECADES

Our fundraising committee has been working hard to plan this charity fundraising event and has put in a lot of effort searching 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. Purchase tickets with credit card using the QR code or email us, sndmow@gmail.com, to purchase tickets by cheque, cash or e-transfer.

We need volunteers to commit to help with the various tasks. Please let us know if you are able to volunteer, donate or sponsor this event by email.

»»» 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

Shout out to Porte Communities for their generous donation to our Sponsor a Senior program, through their Porte Cares Program. We are thrilled to have more funding for this program so we can offer subsidized meals to those in need of our meals but cannot afford them due to financial insecurities. Thank you for your contribution and support!

Are you hoping for a menu change? Not to worry we are working on a Fall menu now that should be in place for November 2024!

»»» 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 ANNIVERSARIES

Cassy Docheff and Kirsty Hermiston are celebrating their 4 year anniversary as our volunteer drivers on September 14th. Amy St. Martin, our Grant & Marketing Manager, is celebrating her 5 year anniversary as a staff member with us on September 17th. Kathy Handley is celebrating her 3 year anniversary as our driver on September 26th. On the 27th of September, Peter Swift celebrates his 1 year anniversary as a volunteer driver. We are so grateful to have these members on our team, each bringing their own talents and helping us achieve our mission! Thank you for your dedication to our clients!

AUGUST STATS:

Meals Delivered:

2,187

Lunches Delivered:

852

Clients Served:

142

Volunteers Delivering:

187

Kilometers Driven:

2,623.2

Helping seniors stay safe and healthy in their own homes since 1970!

WORLD ALZHEIMER'S AWARENESS MONTH

3

DEMENTIA IS NOT A NORMAL PART OF AGING

➤➤➤ PREVENTION OF ALZHEIMER'S DISEASE

How to reduce your risk of developing Alzheimer's or Dementia:

- Follow a Healthy Diet (reduce salt, fat & sugar intake)
- Engage in Physical Activity (at least 30 mins per day)
- Take care of your Heart (avoid smoking & alcohol)
- Engage in Social Activities (reduce mental health issues)
- Challenge your Brain (read, do crosswords or puzzles)

➤➤➤ 10 WARNING SIGNS OF ALZHEIMER'S

There are 10 Warning Signs or Symptoms of Alzheimer's Disease:

1. Memory loss that affects day-to-day abilities
2. Difficulty completing familiar tasks
3. Difficulty with words/problems with language
4. Confusion with time and location
5. Impaired Judgement that affects day-to-day abilities
6. Difficulty solving problems
7. Misplacing items putting things in strange places
8. Changes in mood and behaviour mood swings
9. Changes in personality acting out of character
10. Withdrawal from social activities/loss of interest in activities

➤➤➤ TIME TO ACT 2024

This year's campaign is centered on the tag lines, Time to Act on Dementia, Time to Act on Alzheimer's! This global awareness raising campaign focuses on attitudes toward dementia and seeks to reduce stigma and discrimination which still exists around this disease. So many people still wrongly believe that Dementia is a normal part of aging, highlighting why a campaign like this is so important. Public awareness days and campaigns, help change perceptions and increase existing public knowledge. If you suspect that you, or someone you know, may have Dementia or Alzheimer's disease, please see your doctor right away.

