


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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

OCTOBER 14TH: THANKSGIVING

>>> **HAPPY THANKSGIVING**

The season of giving begins with thanks! We want to take this opportunity to express our thanks for our volunteers, our staff, our food provider, our Board of Directors, our donors and our clients! We are so grateful for all who work tirelessly to ensure our operations run smoothly and allow us to make a difference in the community. We are beyond appreciative and look forward to continuing to grow, to reach even more residents in need of nutritious meals.

HAPPY HALLOWEEN <<<

Halloween is a much anticipated time of year for many! Seeing the leaves change and fall, promises new growth in the Spring. The decorations, spooky settings and all the kids running around getting candy from their neighbours, dressed in all kinds of costumes is nostalgic. We hope you get a chance to enjoy the season! Be aware, be safe, and give the children candy no matter what their age!

OCTOBER 31ST: HALLOWEEN

BREAST CANCER AWARENESS MONTH

1

PINK OCTOBER

➤➤➤ EARLY DETECTION SAVES LIVES!

Breast cancer is the most common cancer among Canadian women. It is the 2nd leading cause of death from cancer in Canadian women. Breast cancer can also occur in men, but it is not common. 1 in 8 woman will develop breast cancer in their lifetime and 1 in 36 will die from it. It is estimated that in 2024:

- On average, 84 Canadian women will be diagnosed with breast cancer every day.
- On average, 15 Canadian women will die from breast cancer every day.
- 290 Canadian men will be diagnosed with breast cancer and 60 will die from breast cancer.

Leading a healthy lifestyle which includes a balanced diet and consistent exercise, can reduce your chances of developing breast cancer. Always remember to check yourself regularly, early detection can save your life!



TICKETS ARE LIMITED! GET YOURS NOW!



➤➤➤ DANCING THROUGH THE DECADES

Our Dancing through the Decades fundraiser on November 2nd 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

Our menu change is coming and we have sent out a survey to all our clients to find out if there are any meals they would like to have on the menu. We want to hear from you! Fill out the survey and send it back to the office with the volunteers. If you need help filling it out, ask one of our friendly volunteers for assistance.

Are you struggling with to make ends meet with the high costs of living? Are you having trouble paying for your meals? You may be eligible for assistance through our meal subsidy program, Sponsor a Senior! All you need to do is fill out our questionnaire to determine your eligibility and the level of support you require. Talk to our staff today to see if you qualify! Call: 778-590-1433 or Email: sndmow@gmail.com or request the form through a volunteer.

We had to say goodbye to our newest staff member this month, Ali, our Distribution Assistant. We are so grateful for his service to the community while on staff. Thank you Ali and best wishes for the future. New staff member to be introduced next month!

»»» 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 every day of the week, Monday through Friday, 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.

SEPTEMBER STATS:

Meals Delivered:
1,984

Lunches Delivered:
916

Clients Served:
151

Volunteers Delivering:
164

Kilometers Driven:
4,152.5

FUNDRAISER

Saturday, November 2, 2024

CHARITY