


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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

NOV 11TH: REMEMBRANCE DAY

>>> **LEST WE FORGET**

Overseas, or here at home, Canadians have stepped up when we needed them most. On Remembrance Day, take the opportunity to thank a Veteran, listen to their story, and learn more about those who have served Canada in uniform, at home and abroad! We hope you all had a good long weekend and had the opportunity to spend some time honouring those who sacrificed their lives for our freedom.

AWARENESS FOR MEN'S HEALTH <<<

November is a global movement to raise awareness for men's health issues. Sporting a mustache and not shaving for the month of November is the most common way to show support for the cause. Prostate cancer is the 2nd most common cancer in men worldwide. Testicular cancer is the most common cancer in men aged 15-40. Every minute, somewhere in the world a man takes his own life.

NOVEMBER: MOVEMBER

FALL PREVENTION MONTH

1

MOST FALLS ARE PREVENTABLE AND WE ALL HAVE A ROLE TO PLAY

➤➤➤ MOVE, IMPROVE, REMOVE

1. MOVE your body

- Build your balance, strength and flexibility with regular physical activity
- Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- Increase the intensity of your physical activity over time to build stronger muscles

2. IMPROVE your health

- Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- Keep up your social activities
- Routinely clean your teeth and gums so you can eat a nutritious diet
- Check your eyesight and hearing regularly

3. REMOVE hazards

- Keep your floors clutter free
- Install grab bars in the bathroom
- Use handrails and turn on lights on all staircases
- Wear well-fitting and supportive footwear inside and outside

You are

2.5 times

more likely to be injured falling in a bathroom than in any other part of your home



TICKETS ARE LIMITED! GET YOURS NOW!



➤➤➤ DANCING THROUGH THE DECADES

Unfortunately, due to unforeseen circumstances, our Dancing through the Decades fundraiser has been postponed and will now take place on March 29, 2025.

All proceeds from this 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. Poster on last page.

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

We would like to introduce our newest staff member and give her a warm welcome to our team. Miranda has stepped in as the Distribution Assistant and is catching on quickly. You may see her around the office, if you are a volunteer picking up meals or on the road, filling in to do deliveries. We feel fortunate to have Miranda on our team!

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.

»»» VOLUNTEER ANNIVERSARIES

On the 1st of this month, both Bob Turpin & Beverly Clarke celebrated 2 years as our volunteers. Bob also serves as a member of the Board of Directors. Grace Cheng celebrated her 1 year anniversary as our volunteer on the 2nd. Lorna and John Hoare celebrated their 17th year as our volunteers on November 7th. Lorna currently serves as our President on the Board of Directors and John is also a member of the Board. We often use Lorna as our spokesperson when dealing with the press or other public speaking. She is always advocating for our charity and her fellow seniors. She recruits volunteers and shares our mission with her social groups. Thank you Lorna & John for your many years of dedication! We are so grateful for each of you and your contributions to our service!

OCTOBER STATS:

Meals Delivered:
2,316

Lunches Delivered:
1,143

Clients Served:
157

Volunteers Delivering:
212

Kilometers Driven:
4,753.3

VOLUNTEERS

NEEDED!

DANCING THROUGH THE DECADES

ANNUAL CHARITY FUNDRAISER COMING SPRING 2025

SPONSOR
A
SENIOR



Dancing Through the Decades

CHARITY

FUNDRAISER

Saturday, March 29, 2025

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 decade appropriate hors d'oeuvres, drinks, music from the 60's through the 90's, a dance floor, a Dress to your Decade contest and so much more!

\$75 per ticket:

1 Drink, Food & Entertainment



SCAN ME TO
PURCHASE
TICKETS!

