



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

# **THE BRIGHT SIDE**

*Happy New Year*

We hope this new year brings you good health,  
new adventures and healthy connections.  
Best wishes for the year ahead!

## **TOP NEWS OF THE MONTH**

### **JANUARY 1ST: HAPPY NEW YEAR**

#### **>>> HAPPY NEW YEAR!**

A new year has arrived! We are looking forward to a new year with new challenges, opportunities and achievements! We will continue to serve our clients to the best of our ability this year and that cannot be done without our amazing team of volunteers and generous donors in our communities. We wish you all a happy and healthy new year with an abundance of love, peace, and joy!

#### **APPRECIATION & GRATITUDE <<<**

We want to send heart-felt thank you to all of our donors that donated goodies and treats for our clients this holiday season. As many of our clients are isolated with little to no family and friends, these extra gifts helps us to spread the holiday cheer and remind our clients that they are not alone, there is a whole community thinking of them! Thank you for your support in this manner!

### **DEC 2024: THANKS TO DONORS**

# ALZHEIMER'S AWARENESS MONTH

JANUARY IS CANADA'S ALZHEIMER'S AWARENESS MONTH

## »»» DEMENTIA IS NOT A NORMAL PART OF AGING

Canadian Alzheimer's Awareness Month is January. An opportunity for Canadians to learn more about dementia including Alzheimer's disease, its impacts, and ways to reduce the risk of developing the condition. Almost 487,000 people aged 65 years and older are living with diagnosed dementia in Canada. As our population ages, the number of Canadians affected by dementia is expected to grow.

While the risk of dementia increases with age, it is not an inevitable part of aging. Some lifestyle behaviors linked to a reduced risk of dementia include eating a healthy balanced diet, engaging in daily physical activity and in social activities, managing chronic health conditions such as hypertension and diabetes, and maintaining a healthy weight.

Common warning signs of dementia are memory loss, difficulty with words, language and completing familiar tasks, mood and behavior changes, confusion with time or location and misplacing items.



**THIS  
MARCH,  
MAKE IT  
MONTHLY!**

## »»» PLEDGE50 FOR FOOD SECURITY

Every year in March, CanadaHelps.org runs their "Make It Monthly" campaign to help charities cultivate new monthly donations. So this March, #MakeItMonthly with our Pledge50 Monthly Giving campaign! Pledges made go directly to our Sponsor a Senior fund, which is our Meal Subsidy program. Our Sponsor a Senior fund allows us to offer our meals at a reduced cost for those living off pensions, disabilities or other sources of low-income. So, by making a Pledge50, you are supporting those in desperate need of our service that are unable to afford our meals on their own!  
<https://www.canadahelps.org/en/charities/sndmow/campaign/pledge50/?version=2>

## »»» 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!

"MOW allows me to have a meal that tastes home cooked, and is nutritious. Plus, it's nice to have some human interaction, even briefly, since I am isolated at home most of the day."

# THE SCOOP AT SNDMOW

SHARING ALL THE LATEST NEWS WITH YOU

## »»» ANNOUNCEMENTS

We hope you all enjoyed the holiday season and got to spend it with people you love, doing the things that you love! We received an unexpected donation from a local business this week and we are so grateful for the communities contributions. Thank you Liuna Local 1611, you are helping to make a difference in our communities!

This year is looking much brighter than the last few years. We have, mostly, secured enough funding to continue operating our service and are prepared for continued growth as needed in the community. Although our expansion to South Surrey and White Rock has been slower than we anticipated, it has been successful. Now, we just need to recruit new volunteers and Board members!

## »»» VOLUNTEER ANNIVERSARIES

We have several volunteer anniversaries this month - On January 9th, we celebrate Gail Kyle's 5 year anniversary as our volunteer! On January 17th, we celebrate Tom Orr's 2 year anniversary as a volunteer driver. Karen & Shawn Ewing are celebrating their 3 year anniversary as volunteer drivers on January 18th. On January 30th, Pat Smith will celebrate her 5 year anniversary as a volunteer driver.

We want to express our thanks to each of these volunteers for their dedication to our mission and our clients! Our clients depend on your commitment and we are so grateful to have you on our team. Without you, and the entire team of volunteers, our community service that keeps seniors safe and healthy in their own homes, would not be possible!

## DECEMBER STATS:

Meals Delivered:  
**2,381**

Lunches Delivered:  
**1,052**

Clients Served:  
**151**

Volunteers Delivering:  
**187**

Kilometers Driven:  
**4,407**