



&gt;&gt;&gt; SNDMOW NEWSLETTER &lt;&lt;&lt;

# THE BRIGHT SIDE



## TOP NEWS OF THE MONTH

### JUNE 1ST-7TH: SENIORS WEEK

#### >>> WE LOVE SENIORS

Over a million seniors live in BC and, in most cases, they spent their lives helping to build this province. Seniors continue to contribute and enrich our communities long after they retire. Seniors' Week is not only for recognizing seniors' contributions to society, but also to ensure their voices are heard. Canadian seniors face many pressing issues, from negative stereotypes and ageism to isolation. How can you help seniors be heard and overcome obstacles? *Continued on next page...*

#### HAPPY FATHER'S DAY <<<

We wish all our Dads, Grandpas, Step-Dads, Fur-Baby Dads, and single moms a very happy Father's Day! We hope you are able to celebrate this day with your loved ones, doing something that makes you happy. We want you to know that we appreciate you and celebrate you everyday!

### JUNE 15TH: FATHER'S DAY

# WORLD ELDER ABUSE AWARENESS DAY

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PHYSICAL, EMOTIONAL, FINANCIAL AND NEGLECT

## WE ALL HAVE A ROLE TO PLAY TO PREVENT IT

June 15, 2025 is Elder Abuse Awareness Day. 1 in 6 people over the age of 60 experience elder abuse worldwide. The root causes of elder abuse run deep. Ageist attitudes are a factor in abusive situations because they allow people to think it's acceptable to ignore or control older people. Ageism (how we think, feel and act towards people based strictly on their age) is a violation of human rights. By letting ageism dictate our ways of thinking, policies and programs, we are missing out on endless talent, experience, creativity and economic participation that people can offer as they age. Mindset matters to build a society where older people are truly valued, supported and live free from ageism, abuse and neglect.

It's time to change how we think, feel and act about aging. We all deserve to lead happy and healthy lives free from abuse as we age. We can all get involved to create meaningful and lasting local changes!



Older people deserve to be heard and included in our communities

#BeBold #AgeWithAttitude #WEAAD2025

**SENIORS  
ARE THE  
TOP  
VOLUNTEERS  
IN  
CANADA!**

## HOW YOU CAN HELP SENIORS

- Help a senior gain access to community resources
- Teach a senior to use a computer and email
- Take a senior to appointments, to run errands or on an outing
- Bring a senior things they need but can't get themselves
- Help a senior with house or yard work
- Check-in with and visit isolated seniors in your community
- Help a senior find proper and affordable housing
- Volunteer for, or Donate to, an organization that serves seniors
- Be an advocate for seniors and the issues they face
- Ask a senior questions about their life - they have stories to tell and you will likely learn from them too

## 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

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SHARING ALL THE LATEST NEWS WITH YOU

## »»» ANNOUNCEMENTS

The Board of Directors has accepted our Administrator's resignation. Christine will be retiring as of December 31, 2025 after 14 years of service to our organization, first as a volunteer in December 2011 and became a staff member in February 2015. We are so grateful for Christine's dedication, not only to our charity, but to our clients as well. She has gone above and beyond the call of duty on many occasions, driving routes, dropping off a missed meal on her way home, picking up donations for our clients and much more! We are sad to see her go but wish her the best in retirement! Thank you, Christine, for everything! Our Administrator will be leaving her job in the very capable hands of our Grant & Marketing Manager, Amy.

## »»» VOLUNTEER ANNIVERSARIES

On June 7<sup>th</sup>, we celebrate Tim Broder's 2 year anniversary as a volunteer with our charity. Tim is a relief driver, which we are grateful for his ability to step in when others are away. On June 27<sup>th</sup>, we celebrate Jagroop Rai's 3 year as a volunteer with our charity. Jagroop works with the disabled for the Semiahmoo House and they come as a

group to deliver meals to our clients. On June 29<sup>th</sup>, we celebrate Luz Nicar's 19th year as our volunteer driver! Almost 2 decades of service to our charity and still going strong. We are so grateful for all the time Luz has committed not only to our organization but also to our clients. Thank you all for your efforts and dedication. Without you we cannot operate our important community service!

### MAY STATS:

Meals Delivered:

**1,966**

Lunches

Delivered:

**1051**

Clients Served:

**111**

Volunteers

Delivering:

**214**

Kilometers Driven:

**4,417.4**