

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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

JULY 1ST: CANADA DAY

>>> **HAPPY BIRTHDAY CANADA**

This year we celebrate Canada's 158th Birthday! Birthday is used as an informal and simplified term, in this case. This holiday actually celebrates the anniversary of Canadian Confederation which occurred on July 1, 1867. Technically, we didn't sever the vestiges of legal dependence on the Parliament of the United Kingdom until 1982, when Dominion Day was renamed Canada Day. Let us take a moment to acknowledge and honor our beautiful country and all that it naturally provides for us!

HEAT & SUN SAFETY <<<

It's that time of year again! We all wish for summer but there are some dangers from the sun and heat that can be prevented by taking the proper precautions. Heat Stroke and Heat Exhaustion are preventable and we have some tips for you to stay safe and healthy during heat waves. Continued on last page...

SUMMER 2025: BEAT THE HEAT

INTERNATIONAL SELF-CARE DAY

SELF-CARE IS THE CORNERSTONE OF WELLNESS

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>>> SELF-CARE IS HEALTHCARE

Self-care is a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed. – **Global Self-Care Federation**

Self-Care isn't something that comes easy to everyone. Caring for others seems to be so much more rewarding but the truth is, if you don't take care of yourself, you won't be able to care for others. So do what you need to do to care for yourself!

>>> 7 PILLARS OF SELF-CARE

- 1. Knowledge & Health Literacy** - ability of individuals to gain access to, understand, and use information in ways to promote and maintain good health
- 2. Self Awareness & Mental Well-being** - personal, practical application of an individual's health knowledge to their own health situation
- 3. Physical Activity** - essential to good health, regular exercise can reduce the risk of many non-communicable diseases
- 4. Healthy Eating** - the role that diet plays in self-care, maintaining health, and reducing the risk of diet-related non-communicable diseases
- 5. Risk Avoidance & Mitigation** - steps that individuals can take to reduce their own personal risk of avoidable morbidity and mortality
- 6. Good Hygiene** - actions and behaviors that contribute to good hygiene and the prevention of communicable diseases and illnesses
- 7. Responsible use of Products & Services** - knowledgeable, safe, and effective use of health products and services by individuals in order to better manage their own health



>>> 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

»» PREVENTING HEAT STROKE & EXHAUSTION

STAY COOL - If you don't have air conditioning, keep curtains and blinds closed during the day and open your windows at night (try using fans in front of your windows to pull cooler air in from outside). Cool off with water: have a cold shower or bath, put your feet in a tub of cold water or use cold towels on your neck, forehead, armpits and/or feet. If you are able, go somewhere with air conditioning like a local community center or the mall. **STAY HYDRATED** -

Drink plenty of water to replace fluid loss from sweat and heat. Avoid alcohol, coffee, pop and other sugary drink which cause dehydration. **BE SUN SMART** - Apply sunscreen 20 minutes before sun exposure, reapply every 2 hours or wear loose-fitting, light-weight and light-coloured clothing. Wear a hat that covers your neck and sunglasses to protect your eyes. Seek shade!

CHECK IN - Check on your loved ones to make sure they have access to , and the ability to, stay cool and hydrated. Seniors, children, outdoor workers and those with health conditions are most vulnerable.

»» STAFF ANNIVERSARY

On July 13th we celebrate Jordyn St. Martin's 5 year anniversary as a staff member for our charity! Jordyn came to us less than a month after graduating high school, when we were in desperate need of help during covid. She has stayed and grown with us and is now the Distribution Coordinator with her own assistant! We are grateful for her dedication and look forward to seeing what the future has in store for her. Thank you Jordyn!

JUNE STATS:

Meals Delivered:

1,745

Lunches

Delivered:

841

Clients Served:

107

Volunteers

Delivering:

182

Kilometers Driven:

3,528.3

\$500 DONATION