


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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

**SEPT 5TH:
DAY OF
CHARITY**

>>> INTERNATIONAL DAY OF CHARITY

Charity, when rooted in equity and ethics, is more than generosity: it's a powerful act of global responsibility. It connects people across borders to confront poverty, uplift communities, and build a more inclusive and sustainable world for everyone. This day honors the work of charitable organizations and individuals who contribute selflessly to their communities. It also serves as a call to action, encouraging people to support charitable causes, engage in volunteer work, and advocate for justice and equity.

55 YEARS OF SERVICE! <<<

This month we are celebrating 55 years of service to the residents of Surrey! We are proud to be a part of our community, serving those who cannot prepare meals for themselves, and giving residents a volunteer opportunity to make a difference in the lives of others. We have survived many challenges over the years, and even though things may look different now, our mission remains the same: helping seniors (& others) remain safe and healthy in their own homes!

**SEPT 29TH:
OUR 55TH
ANNIVERSARY**

DAY FOR TRUTH & RECONCILIATION

NATIONAL RECOGNITION OF THE EFFECT OF RESIDENTIAL SCHOOLS

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>>> ORANGE SHIRT DAY

Orange Shirt Day is an Indigenous-led movement that seeks to honour and remember the children who were lost to the residential school system, its survivors, and their families and communities. Starting in the 1880s, government-funded residential schools were created to assimilate Indigenous children into the Euro-Canadian society under the guise of education. Children were taken from their homes, forced to attend the said residential schools. There, the children experienced physical and mental abuse. They were isolated from their families and communities, and their Indigenous identities were stripped from them. September 30th

marks the day for Truth & Reconciliation across our great Nation. This day allows Canadians the time and resources to learn about Canada's history in the spirit of truth and reflect on the legacy of residential schools and take action towards reconciliation.



Orange Shirt Day seeks to open dialogue and build awareness about the plight of the residential school survivors and victims.

It's about remembering what happened, honoring and acknowledging their experiences, and witnessing their healing journey.



National Day
for Truth and
Reconciliation

>>> ALZHEIMER'S MONTH

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition affecting the parts of the brain that control thoughts, memory and language. Dementia is not a normal part of aging and you should talk to your doctor if you are experiencing symptoms of dementia. About 5% of Canadians over 65 will be affected by Alzheimer's Disease.

Reduce your risk of developing Dementia by: following a healthy diet, engaging in daily physical activity, taking care of your heart, engaging in social activities and challenging your brain.

Watch for warning signs of Dementia: memory loss affecting daily abilities, difficulty completing familiar tasks, with words/language & solving problems, misplacing items, confusion with time & location, changes in mood, behavior & personality, withdrawal from socializing or lost interest in activities.

>>> 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!

www.worldalzmonth.org
@AlzDisInt

Ask about
dementia

Ask about
Alzheimer's



WORLD
ALZHEIMER'S
MONTH

#AskAboutDementia
#AskAboutAlzheimers
#WorldAlzMonth

THE SCOOP AT SNDMOW

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SHARING ALL THE LATEST NEWS WITH YOU

»»» ANNUAL VOLUNTEER POTLUCK

We want to extend our thanks to John and Lorna Hoare for opening their home to our volunteers, again, and hosting our Annual Volunteer Appreciation Potluck event! We had about 15 individuals present, not even half of our membership, we hope for more next year.

Congratulations to our Volunteer of the Year, Cassy Docheff! Your dedication and willingness to go above and beyond for our clients and our charity is admirable and we were happy to recognize your efforts with a Certificate and Gift Basket full of goodies!



»»» VOLUNTEER ANNIVERSARIES

Cassy Docheff and Kirsty Hermiston are celebrating their 5 year anniversary as our

volunteer drivers on September 14th. Amy St. Martin, our Grant & Marketing Manager, is celebrating her 6 year anniversary as a staff member with us on September 17th. On the 27th of September, Peter Swift celebrates his 2 year anniversary as a volunteer driver. We are so grateful to have these members on our team, each bringing their own talents and helping us to achieve our mission. Thank you for your dedication to our organization and our clients!

AUGUST STATS:

Meals Delivered:

1,839

Lunches

Delivered:

955

Clients Served:

111

Volunteers

Delivering:

160

Kilometers Driven:

3,527.6