

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

THE BRIGHT SIDE



Happy
THANKSGIVING

TOP NEWS OF THE MONTH

OCTOBER 1ST: SENIORS DAY

>>> **NATIONAL SENIORS DAY**

Seniors day is for celebrating seniors and their contributions, raising awareness for the challenges they are facing and advocating for their quality of life! Over a million seniors live in BC. Seniors continue to contribute and enrich our communities long after they retire. Seniors are the top volunteers in Canada, they are generous givers to charities and they can teach us history, and how to foster values and build communities. Thank you seniors for all you do!

HAPPY THANKSGIVING <<<

The season of giving begins with thanks! We want to take this opportunity to express our thanks for our volunteers, our staff, our food provider, our Board of Directors, our donors and our clients! We are so grateful for all who work tirelessly to ensure our operations run smoothly and allow us to make a difference in the community. Thank you all for your time, efforts, consideration and dedication to our charity and our clients!

OCTOBER 13TH: THANKSGIVING DAY

BREAST CANCER AWARENESS MONTH

EVERY STORY IS UNIQUE, EVERY JOURNEY MATTERS

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>>> REGULAR SCREENING = EARLY DETECTION

Breast Cancer Awareness Month doesn't mean the same thing to everyone. For some, it is 31 days of Pink Ribbon reminders of a disease that changed their lives forever. For others, it is a way to show support to the over 2 million women that will be diagnosed with cancer each year, worldwide. Breast cancer is the most common cancer among Canadian women. It is the 2nd leading cause of death from cancer in Canadian women. Breast cancer can also occur in men, but it is not common. 1 in 8 woman will develop breast cancer in their lifetime and 1 in 36 will die from it. It was estimated that in 2024: On average, 84 Canadian women will be diagnosed with breast cancer and 15 will die from it, every day. 290 Canadian men will be diagnosed with breast cancer and 60 will die from it. Leading a healthy lifestyle which includes a balanced diet and consistent exercise, can reduce your chances of developing breast cancer. Always remember to check yourself regularly, early detection can save your life!



>>> HAPPY HALLOWEEN

Halloween is here again! Halloween is a much anticipated time of year for many.

Seeing the leaves of trees change colours and fall, promising new growth in the Spring.

The decorations, spooky settings, carved pumpkins, and all the kids running around getting candy from their neighbours, dressed in all kinds of costumes... it is nostalgic!

We hope you get a chance to enjoy the season in whatever way suits you. Be aware, be safe, and give the children candy no matter their age!

>>> 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

»»» GIVING TUESDAY

Another season of giving is coming up fast. This year we will run another GivingTuesday Campaign to raise funds to continue our tradition of distributing Christmas treats to our clients and volunteers. Every year, SNDMOW distributes gifts and treats to all of our clients to give them extra comfort during, what can be, the most lonely holiday of the year. We also take this time to show our volunteers how much we appreciate them. We know this act of giving is anticipated and greatly appreciated. More info on where and how to donate to this campaign will be shared soon!

»»» VOLUNTEER OPPORTUNITIES

We have a URGENT NEED for volunteer drivers!

Are you looking for a rewarding volunteer opportunity? Do you have a valid Canadian driver's license and access to a vehicle? As a volunteer driver for Meals on Wheels, you would be responsible for: the pick up of meals from our location, the delivery of meals to our clients as well as a wellness check in, and the return of delivery supplies to our location. Volunteers are needed Monday to Friday from 9:30am to

12:30pm. We have openings for drivers every day of the week, with circumstances changing often. We need volunteer drivers to commit to driving a weekly route, although relief drivers are also appreciated. We know that the cost of living, is high that's why we pay \$0.80 per km driven while doing deliveries for our charity! Apply on our website or send us an email: sndmow.com, sndmow@gmail.com

SEPT STATS:

Meals Delivered:

1,857

Lunches

Delivered:

1005

Clients Served:

129

Volunteers

Delivering:

177

Kilometers Driven:

3,685

Celebrate
**National
Seniors
Day**