>>> SNDMOW NEWSLETTER <<<

# THE BRIGHT SIDE



#### TOP NEWS OF THE MONTH

# NOVEMBER: FALL PREVENTION MONTH

### >>> WE ALL HAVE A ROLE TO PLAY

1 in 3 Canadians over the age of 65 fall every year. The top 5 causes of falls are: impaired vision, medications, home hazards, chronic conditions, and weakness/low balance. Senior's are brought to the emergency room everyday for a fall that was preventable. Requesting support and assistance to prevent falls from friends, family or neighbours may be the best prevention of all! Learn more about the prevention of falls on page 3...

#### LEST WE FORGET **<<<**

On this Remembrance Day, we would like to express our heartfelt gratitude to all the families of the fallen soldiers who sacrificed their sons and daughters for the sake of our country. Thank you for giving us liberty, freedom and life. Take this opportunity to thank a Veteran, listen to their story, and learn more about those who have served Canada in uniform, at home and abroad! To all the ones who sacrificed for us to be here, you will never be forgotten.

## NOV 11TH: REMEMBRANCE DAY

# MEN'S HEALTH AWARENESS MONTH

PROSTATE & TESTICULAR CANCER, MENTAL HEALTH & SUICIDE

#### >>> MOVEMBER - GROW A MO IN SUPPORT

Movember is a global movement to raise awareness for men's health issues. Sporting a mustache and not shaving for the month of November is the most common way to show support for the cause. The Movember Institute of Men's Health unites global experts, and men, to tackle the toughest health challenges men and boys face. They put evidence into action to improve health outcomes, challenge outdated norms, strengthen connections, and help men receive the care that actually works.



Prostate cancer is the 2nd most common cancer in men worldwide. Testicular cancer is the most common cancer in men aged 15-40. More than 2 in 5 (44%) Canadian men will die prematurely, before they are 75 years old. Every minute, somewhere in the world a man takes his own life. If you notice a man going through a hard time, use the **ALEC** guide to assist him - **A**sk, **L**isten, **E**ncourage action, **C**heck in!



#### >>> GIVINGTUESDAY - DEC 2ND

GivingTuesday is a global movement unleashing the power of people and organizations to transform their communities. Every year, SNDMOW distributes gifts & 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. This year, we will run another GivingTuesday

campaign to raise funds to continue this tradition. To contribute to this project, please visit our website homepage and follow the instructions to either donate or raise funds for our campaign or scan QR code! https://sndmow.com/

### >>> 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

SHARING ALL THE LATEST NEWS WITH YOU

### >>> ANNOUNCEMENTS

With Winter just around the corner, we want to remind our clients and their families that we are unable to deliver meals during bad weather. If it is too icy or snowy, it is too dangerous for our volunteers to deliver meals. Please make sure you have some extra food on hand incase we are unable to get our meals to you. All meal recipients will receive a call the morning of a

day that we cannot deliver.

### >>> VOLUNTEERS

On the 1st of this month, both Bob Turpin & Beverly Clarke celebrated 3rd year volunteers for as our charity. Bob also serves as a member of the Board of Directors. Grace Cheng celebrated her 2nd year as our volunteer on the 2<sup>nd</sup> Thank you Bob, Beverly and Grace for vour dedication to our service and to our clients! Lorna John Hoare and are celebrating their 18th year volunteers as our November 7th. Lorna currently serves as our Chairperson on the Board John is of Directors and also a member of the Board. We often use Lorna as our spokesperson when

### **OCTOBER STATS:**

Meals Delivered:

**2,106** Lunches

Delivered:

1,214

Clients Served:

102

Volunteers

Delivering:

177

Kilometers Driven:

3,820.2

dealing with the press or other public speaking. She is always advocating for our charity and her fellow seniors. She recruits volunteers and shares our mission with her social groups. Thank you Lorna & John for your many years of dedication!

We are so grateful for each of you and your contributions to our service!

# FALL PREVENTION MONTH

#### MOST FALLS ARE PREVENTABLE

### >>> MOVE, IMPROVE, REMOVE

#### 1. MOVE your body:

- Build your balance, strength and flexibility with regular physical activity
- Enhance your stability and coordination with activities such as walking, swimming or Tai Chi
- Increase the intensity of your physical activity over time to build stronger muscles

#### 2. IMPROVE your health:

- Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- Keep up your social activities
- Routinely clean your teeth and gums so you can eat a nutritious diet
- Check your eyesight and hearing regularly

#### 3. REMOVE hazards:

- Keep your floors clutter free
- Install grab bars in the bathroom
- Use handrails and turn on lights on all staircases
- Wear well-fitting and supportive footwear inside and outside

### >>> PREVENTING FALLS AT HOME

50% of all falls causing hospitalization happen at home and can result in chronic pain, reduced mobility, loss of independence and even death. **5 ways to prevent falls at home:** 

- 1. **Minimize Clutter** be sure paths are wide and clear walkways are maintained
- 2. **Secure & Repair Flooring** repair loose, broken or uneven flooring; secure or remove loose rugs; wear proper foot wear
- 3. Install Handrails, Grab Bars, Non-Slip Mats handrails and grab bars should be installed in bathrooms, in hallways and staircases; use non-slip mats and rugs
- 4. Improve Lighting & Accessibility adequate lighting is necessary in frequently navigated areas
- 5. Regular Check-Ins & Smart Technology have regularly scheduled check-ins, use smart home assistants

Falls are the leading cause of injury among aging adults in Canada. Prevent Falls, Save Lives!









