


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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

FEB 14TH: VALENTINE'S DAY

>>> **HAPPY VALENTINE'S DAY**

Saint Valentine's Day is a day to recognize the compassion and love you share with all those around you. Whether it's a friend, a neighbour, a family member, or a mentor, tell them you love them and you are grateful to have them in your life! Remember what Martin Luther King, Jr. said, "Hate cannot drive out hate; only love can do that." Spread the love this Valentine's Day!

HAPPY FAMILY DAY <<<

Family day is one of the newest statutory holidays in British Columbia. The first one was recognized and celebrated in February 2013. For 13 years, we have been provided with a holiday that celebrates FAMILY at it's core! We hope you are able to use this day as it was intended, spending time actively bonding with family and friends. We wish you a very happy and fun-filled Family Day!

FEB 16TH: FAMILY DAY

WORLD CANCER DAY - FEB 4TH

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1 IN 5 PEOPLE WILL DEVELOP CANCER IN THEIR LIFETIME

➤➤➤ 2025-2027 THEME: UNITED BY UNIQUE

The World Cancer Day theme “United by Unique” places people at the center of care and their stories at the heart of the conversation. This day is a reminder to come together to take action against cancer. Cancer is a long-term condition, affecting not just physical health but also mental, social, and economic well-being. Traditional cancer care often focuses only on biology and symptoms, overlooking key social and environmental factors - income, support systems, & living conditions - which play a crucial role in how people experience and recover from cancer. People-centred care is an approach that focuses on the needs, values, and active participation of individuals, families, & communities in the planning, delivery, and evaluation of care. This approach represents a fundamental shift in how health and cancer services are designed and delivered, placing those impacted by cancer at the heart of health systems. Behind every cancer diagnosis is a unique human story - stories of resilience, grief, hope, and healing. People-centred care means seeing the whole person and meeting their unique needs with compassion and empathy. So, share your story, support those affected, and advocate for people-centred care. Your voice can inspire change!



**JOIN THE
VOLUNTEER
COMMITTEE!**

➤➤➤ VOLUNTEER COMMITTEE

The role of the committee would be to register for the events, recruit volunteers to man booths, gather supplies for events, and carry out events. We do have a dedicated staff member that will work with the committee to share opportunities that we have and ensure everything that is needed is available. If you are interested in joining or working with the committee, please express your interest by email: sndmow@gmail.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

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SHARING ALL THE LATEST NEWS WITH YOU

➤➤➤ NEW YEAR, NEW CHALLENGES

As we are well into the new year now, we are preparing for our Annual General Meeting at the end of our fiscal year, which runs April 1st to March 31st. We recently met with our team at Fraser Health regarding our funding. For the 2025/2026 fiscal year, we were awarded some extra funding while we explored increasing our contract funding with Fraser Health. This was desperately needed as we had to hire a part-time staff member to train, to ensure we were ready for our Administrator to retire. We have now been informed that due to a large deficit, no extra funding will be supplied for the upcoming fiscal year. This will be forefront in our minds as we prepare this coming year's budget. With that being said, we have applied for several grants to help us cover the cost of Volunteer Mileage Reimbursement, our Peace of Mind Project. This is a large expense for our charity, typically around \$40k per year, and is not covered by our funding.

We continue to provide meals to the Surrey Memorial Hospital Transitional Housing Project at George Point Inn. It has been over 2 years now since we began serving this project, providing around 50 meals per day.

JANUARY STATS:

Meals Delivered:

1,954

Lunches

Delivered:

1,091

Clients Served:

98

Volunteers

Delivering:

178

Kilometers Driven:

3,769

➤➤➤ JOIN THE BOARD OF DIRECTORS!

Would you like to be more involved in our charity? With the AGM coming in April, we are looking for new members to join our Board of Directors. Help us make decisions, budget our funding and guide our charity's future. We need you and your skillset! Please express your interest by email: sndmow@gmail.com