



»»» SNDMOW NEWSLETTER «««

# THE BRIGHT SIDE



## TOP NEWS OF THE MONTH

### JAN 1ST: NEW YEARS DAY

#### »»» HAPPY NEW YEAR!

We hope you all enjoyed the holiday season! This new year, we wish you all a happy and healthy year with an abundance of love, peace, and joy. We are looking forward to a new year with new challenges and opportunities. We will continue to serve our clients to the best of our ability this year, with our amazing team of volunteers and generous support from the community!

#### TAKE A MOMENT FOR MENTAL HEALTH «««

Bell Let's Talk Day is encouraging Canadians to prioritize mental health and to give mental health the moment it deserves! Take a moment to take care of and be in tune with your mental health. Take a moment to reach out to those around you, caring for their mental health. Take moments to recognize the societal importance of mental health by learning, listening, and sharing personal stories. Mental health is as important as physical health. Self-care is good way to prioritize and nurture your mental health!

### JAN 21ST: BELL LET'S TALK DAY

# NATIONAL ALZHEIMER'S AWARENESS

CANADA'S ALZHEIMER'S AWARENESS MONTH

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## »»» DEMENTIA IS NOT A NORMAL PART OF AGING

Canadian Alzheimer's Awareness Month is January. An opportunity for Canadians to learn more about dementia including Alzheimer's disease, its impacts, and ways to reduce the risk of developing the condition. This year, the Alzheimer's societies across Canada are using the Forget Me Not flower as a sign to FORGET NO ONE - because no one should have to face Dementia alone!

Roughly 771,000 people are living with diagnosed dementia in Canada. As our population ages, the number of Canadians affected by dementia is expected to grow. While the risk of dementia increases with age, it is not an inevitable part of aging. Some lifestyle behaviors linked to a reduced risk of dementia include eating a healthy balanced diet, engaging in daily physical activity and in social activities, managing chronic health conditions such as hypertension and

diabetes, and maintaining a healthy weight. Common warning signs of dementia are memory loss, difficulty with words, language and completing familiar tasks, mood and behavior changes, confusion with time or location and misplacing items.

## Behind the Forget Me Not

The Alzheimer Society uses the Forget Me Not flower as a symbol to represent memory loss, one of the symptoms of Alzheimer's disease.

The Forget Me Not is also a reminder to remember people with Alzheimer's disease and other dementias, as well as their caregivers.



## »»» VOLUNTEER COMMITTEE

We love our team of volunteers and are understanding of how much time they dedicate to our service. That being said, we are in desperate need of a Volunteer Committee that can oversee our involvement within the community. There are several events we are invited to attend throughout the year, and we are in need of a group that can plan and organize our participation. The role of the committee would be to register for the events, recruit volunteers to man booths, gather supplies for events, and carry out the event. 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](mailto: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 ADMINISTRATOR

Our Administrator, Amy, had her first full week in her new position, last week. She would like to share that her in office hours are 9am-12pm, Monday through Friday. As our bookkeeper, she will be available for any questions or concerns regarding invoices and payments by phone during these hours and by email during office hours, Monday to Friday, 8am-3pm. She looks forward to serving our community in this new capacity! We would also like to send a heartfelt thank you to the Klien family, who delivered our meals to our clients on Christmas Eve. It was thoughtful & appreciated!

## ➤➤➤ VOLUNTEER ANNIVERSARIES

We have several volunteer anniversaries this month - On January 9th, we celebrate Gail Kyle's 6 year anniversary as our volunteer! On January 17<sup>th</sup>, we celebrate Tom Orr's 3<sup>rd</sup> year anniversary as a volunteer driver. Karen & Shawn Ewing are celebrating their 4 year anniversary as volunteer drivers on January 18<sup>th</sup>. Natalie Dunn has her 1 year anniversary on January 23<sup>rd</sup>. On January 30<sup>th</sup>, Pat Smith will celebrate her 6 year anniversary as a volunteer driver. We want to express our thanks to each of these volunteers for their dedication to our mission and our clients! Our clients depend on your commitment and we are so grateful to have you on our team. Without you, and the entire team of volunteers, our community service that keeps seniors safe and healthy in their own homes, would not be possible!

## DECEMBER STATS:

Meals Delivered:  
**1,938**

Lunches  
Delivered:  
**1,071**

Clients Served:  
**99**

Volunteers  
Delivering:  
**180**

Kilometers Driven:  
**4,852**

