

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

# THE BRIGHT SIDE



## TOP NEWS OF THE MONTH

### JUNE 21ST: FATHER'S DAY

#### >>> **HAPPY FATHER'S DAY!**

Hooray for a day that celebrates Dads and all that they contribute to our lives. We wish all our Dads, Grandpas, Step-Dads, Fur-Baby Dads, and single moms a very happy Father's Day! We hope you are able to celebrate this day with your loved ones, doing something that makes you happy. We want you to know that we appreciate you and celebrate you everyday!

#### **HAPPY NIPD 2026** <<<

June 21st is a significant date to have National Indigenous Peoples Day as it coincides with the summer solstice, which holds deep spiritual and cultural meaning for many Indigenous communities. June is also National Indigenous History Month, a time to acknowledge and celebrate the history, cultures, and contributions of First Nations, Inuit, and Métis peoples. It provides a valuable opportunity to deepen our understanding of Indigenous perspectives, histories, and contemporary issues.

### JUNE 21ST: INDIGENOUS PEOPLES DAY

# PROVINCIAL SENIORS WEEK

CELEBRATING & HONORING SENIORS IN OUR COMMUNITY

1

## ➤➤➤ RECOGNITION OF SENIORS CONTRIBUTIONS

This annual, week-long celebration recognizes and honors the invaluable contributions, volunteerism, and lifelong impact older adults make in their local communities. Over a million seniors live in BC and, in most cases, they spent their lives helping to build this province. Seniors continue to contribute and enrich our communities long after they retire. Seniors' Week is not only for recognizing seniors' contributions to society, but also to ensure their voices are heard. Canadian seniors face many pressing issues, from negative stereotypes and ageism to isolation.

### Top Contributions of Seniors:

- ✓ Top Volunteers in Canada
- ✓ Generous Givers to Charities
- ✓ Help Family, Friends & Neighbours
- ✓ Use Services & Pay Taxes
- ✓ Care for Spouse &/or Grandchildren
- ✓ Teach us History, How to Foster Values & Build Communities

### Challenges our Seniors are Facing:

- ✗ Elder Abuse & Neglect
- ✗ Financial Abuse - misuse or exploitation
- ✗ Isolation & Loneliness
- ✗ Ageism - 63% of seniors report being treated unfairly due to their age
- ✗ Financial & Food Insecurities - due to low incomes and high costs of living

**HELP  
SENIORS BE  
HEARD &  
OVERCOME  
OBSTACLES!**

## ➤➤➤ HOW YOU CAN HELP

1. Help a senior gain access to community resources
2. Teach a senior to use a computer and email
3. Take a senior to appointments, to run errands or on an outing
4. Bring a senior things they need but can't get themselves
5. Help a senior with house or yard work
6. Check-in with and visit isolated seniors in your community
7. Help a senior find proper and affordable housing
8. Volunteer for, or Donate to, an organization that serves seniors
9. Be an advocate for seniors and the issues they face
10. Ask a senior questions about their life - they have stories to tell and you will likely learn from them too

## ➤➤➤ CONNECT WITH US

We invite you, as well as your family and friends, to join us on social media. You can find us on Facebook, X and LinkedIn @sndmow or on Instagram @sndmow2021. We would also love to hear your feedback on Google, use the QR Code to the right to leave a review today!



# ELDER ABUSE AWARENESS DAY

TOGETHER WE CAN BUILD SAFER COMMUNITIES

## ➤➤➤ PREVENTING ELDER ABUSE STARTS WITH US

June 15, 2026 is Elder Abuse Awareness Day. 2026 marks the 20th anniversary of this global initiative. The United Nations is focusing on the theme "Beyond Awareness: Making Elder Abuse Prevention Work," with an emphasis on systemic protection and community support. Ageism (how we think, feel and act towards people based strictly on their age) is a violation of basic human rights. By letting ageism dictate our ways of thinking, policies and programs, we are missing out on endless talent, experience, creativity and economic participation that people can offer as they age. Elder abuse remains widely under-recognized and under-reported. It can take many forms, including physical, psychological, and financial abuse, as well as neglect. It often occurs in situations where individuals lack visibility, support, or access to services. Addressing this issue requires more than raising awareness. It calls for stronger systems that can prevent abuse and respond effectively when it happens, while respecting the dignity, independence, and rights of older persons. This day unites communities, organizations, and nations in promoting older adults' right to live with dignity, security, and the opportunity to contribute to their communities. Happy 20<sup>th</sup> anniversary of World Elder Abuse Awareness Day!



June 15

WORLD

**ELDER ABUSE  
AWARENESS  
DAY**



Preventing Elder Abuse starts with you and me,  
TOGETHER we can build safer communities.

#BeBold

#AgeWithAttitude

#WEAAD2026



**Older people deserve to be heard and  
included in our communities.**

#BeBold #AgeWithAttitude #WEAAD2026



**We all deserve to lead happy, safe and healthy lives,  
free from abuse and harm. Help us raise awareness  
and prevent Elder Abuse.**

#BeBold #AgeWithAttitude #WEAAD2026

# THE SCOOP AT SNDMOW

3

SHARING ALL THE LATEST NEWS WITH YOU

## >>> SUMMER WEATHER NOTICES

We want to remind our clients, that due to rising temperatures, we cannot leave meals sitting outside. If you are not going to be home, or you have instructions to leave your meals at the door, please provide a cooler or cooler bag (preferably with an ice pack) that we can leave your meals in. If you do not provide an appropriate place to leave your meal, it will be returned to the office. We are not responsible for covering the cost of meals that have spoiled due to being left outside for a long period of time or for undeliverable meals. We appreciate your understanding and cooperation!

Please remember to drink plenty of water, find a cool place to spend your time and be aware of the dangers of heat stroke during the summer months. Check in on your loved ones! Seniors, disabled and chronically ill individuals are at high risk of heat illness!

## >>> VOLUNTEER ANNIVERSARIES

On June 27, we celebrate Jagroop Rai's 4 year anniversary as a volunteer driver with our charity. Jagroop works with the disabled for the Semiahmoo House and they come as a group to deliver meals to our clients.

On June 29, we celebrate Luz

Nicar's 20th year as our volunteer driver! Two full decades of service to our charity and still going strong. We are so grateful for all the time Luz has committed, not only to our organization, but also to our clients. Thank you all for your efforts and dedication. Without you we cannot operate our important community service!

## MAY STATS:

Meals Delivered:

**2,482**

Lunches

Delivered:

**1,076**

Clients Served:

**123**

Volunteers

Delivering:

**168**

Kilometers Driven:

**3,641**

**National  
Indigenous  
History  
Month**

#NIHM2026

