

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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

JULY 1ST: CANADA DAY

>>> **HAPPY CANADA DAY!**

This year we celebrated Canada's 159th Anniversary! This holiday celebrates the anniversary of Canadian Confederation which occurred on July 1, 1867. It is celebrated nationwide with parades, concerts, barbecues, and fireworks. Many local communities host family events featuring fairs, performances and food trucks. It is an important time to acknowledge and honor our beautiful country and all that it naturally provides for us!

HAPPY INTL SELF-CARE DAY <<<

The Global Self-Care Federation defines self-care as: a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

JULY 24TH: SELF-CARE DAY

SELF-CARE IS HEALTH CARE

THE CORNERSTONE OF WELLNESS & A LIFE-LONG HABIT

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>>> 7 PILLARS OF SELF-CARE

- 1. Knowledge & Health Literacy** - ability of individuals to gain access to, understand, and use information in ways to promote and maintain good health
- 2. Self Awareness & Mental Well-being** - personal, practical application of an individual's health knowledge to their own health situation
- 3. Physical Activity** - essential to good health, regular exercise can reduce the risk of many non-communicable diseases
- 4. Healthy Eating** - the role that diet plays in self-care, maintaining health, and reducing the risk of diet-related non-communicable diseases
- 5. Risk Avoidance & Mitigation** - steps that individuals can take to reduce their own personal risk of avoidable morbidity and mortality
- 6. Good Hygiene** - actions and behaviors that contribute to good hygiene and the prevention of communicable diseases and illnesses
- 7. Responsible use of Products & Services** - knowledgeable, safe, and effective use of health products and services by individuals in order to better manage their own health!

CHECK IN -

Check on your loved ones to make sure they have access to, and the ability to, stay cool and hydrated.

Seniors, children, outdoor workers and those with health conditions are most vulnerable.

>>> HEAT & SUN SAFETY

Summer is a beautiful season here in BC but there are some dangers from the sun and heat that can be prevented. Here are some tips to prevent heat exhasution & heat stroke:

STAY COOL - cool off with water: have a cold shower or bath, put your feet in a tub of cold water or use cold towels on your neck, forehead, armpits and/or feet. If you are able, go somewhere with air conditioning.

STAY HYDRATED - Drink plenty of water throughout the day to replace fluid loss to sweat and heat. Avoid liquids that cause dehydration. Offer water to those in your care frequently.

BE SUN SMART - use sunscreen or wear loose-fitting, light-weight, light-coloured clothing. Wear a hat that covers your neck and sunglasses to protect your eyes. Seek shade!

>>> 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!



THE SCOOP AT SNDMOW

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SHARING ALL THE LATEST NEWS WITH YOU

➤➤➤ GRANTS APPROVED!!

Good news from the First West Foundation - our grant application has been approved and we have been awarded \$15,000 for our Peace of Mind Project which supports our Volunteer Mileage Fund! We are so grateful for the generosity the First West Foundation has shown our charity over the years. Their continued support allows us to provide mileage reimbursement for our volunteers. As we keep saying, we cannot operate our important community service without our team of dedicated volunteer drivers! We were also awarded \$8,000 from the City of Delta Community Grant and another \$4,000 from the City of Surrey Community Grant for this project! That is \$27,000 to allow us to offer mileage reimbursement, which is vital to the recruitment and retention of volunteers. This large expense, of \$38,000 per year, is not covered by our funding and requires the support of the community.

➤➤➤ VOLUNTEER OPPORTUNITIES

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 need drivers to commit to driving a weekly route, although relief drivers are also appreciated. 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

JUNE STATS:

Meals Delivered:

2,676

Lunches
Delivered:

1,160

Clients Served:

121

Volunteers
Delivering:

188

Kilometers Driven:

4,093

envision
FINANCIAL
COMMUNITY ENDOWMENT

15,000

"First West Foundation is proud to provide grants through
the Envision Financial Community Endowment"

