

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

# THE BRIGHT SIDE



**August**

## TOP NEWS OF THE MONTH

### **AUGUST 17TH: NON-PROFIT DAY**

#### >>> **HAPPY NON-PROFIT DAY**

National Nonprofit Day is a day to celebrate and honor the organizations that work every day to build stronger, healthier, and more connected communities. It also serves as a chance to recognize the people behind the work, including staff, volunteers, and donors whose generosity and dedication make a positive impact in our communities. Nonprofits inspire people to come together to create meaningful change!

#### **CELEBRATING 3 YEARS** <<<

We wanted to take a moment to thank Aspira Retirement Living - Peninsula Residence - for their contributions to our service. Since August 2023, they have been generously donating delicious cakes for our clients on the last Thursday of every month. The consideration for our clients, and their lives, is admirable. Thank you Aspira Peninsula, we are so grateful for our partnership!

**AUGUST 2026:  
THANKS  
ASPIRA**

# ABOUT SURREY-NORTH DELTA MOW

## OUR MEALS ON WHEELS PROGRAM

1

### >>> OUR MISSION & GOALS

Surrey-North Delta Meals on Wheels is a volunteer community service that provides and delivers nutritious meals to anyone who, by reason of age, physical or mental handicap or illness, cannot prepare adequate meals for themselves. In addition to providing a fresh nutritious meal, our volunteers also offer the comfort and reassurance of a daily informal visit and check-in on the safety and well-being of all our meal recipients.

Over 120 people – seniors, people with disabilities, homebound and health-compromised individuals, and people recuperating from surgeries – rely on us to deliver fresh meals each weekday. The short visit provided by our volunteers is as important as the nutritious meal since our volunteers may be the only people our clients see all day.

At SNDMOW, we believe in the availability of nutritious meals for all people, regardless of their financial situation. Many of those in need of our service are unable to afford it due to living on pensions, disability, and other fixed low-incomes. We continuously apply for funding to offer a subsidized meal program for those struggling with food and financial insecurities.

#### OUR GOALS:

**maintaining physical & mental health through proper nutrition**

**preventing strain on medical & emergency services**

**providing relief from isolation & loneliness**

### >>> QUICK FACTS ABOUT US

- Over 3000 meals delivered every month
- Approximately 125 meal recipients
- Meals are made fresh daily by Canuel Caterers
- We can accommodate most dietary requirements
- 45+ Volunteer Drivers deliver meals Monday to Friday
- Meals are delivered between 10:00am and 1:00pm
- We have 5 routes serving Surrey and North Delta
- Drivers are reimbursed for mileage, \$0.80/km
- We have 2 full-time Staff Members
- We are a Registered Charity overseen by a Board of Directors

### >>> 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!



# Helping seniors stay safe and healthy in their own homes since 1970!



## THE SCOOP AT SNDMOW

SHARING ALL THE LATEST NEWS WITH YOU

2

### >>> NEEDS OF THE COMMUNITY

Our service is **MORE THAN JUST A MEAL!**

Our service is meeting the needs of Surrey residents by addressing these issues:

1. **Hunger & Nutrition** - the people we serve are typically unable to cook or shop for themselves. In many cases they are also unable to afford to eat adequate meals.
2. **Safety & Well-Being** - our clients are often seniors or disabled individuals who live alone and are typically homebound due to medical conditions.
3. **Maintenance & Prevention** - without proper nutrition, the health of our clients will rapidly decline, especially those with serious health conditions. Many of them will end up in the hospital and will require full-time care.

### >>> VOLUNTEER & STAFF ANNIVERSARIES

On August 5<sup>th</sup>, we celebrated Sam's one year anniversary as a staff member on the SNDMOW team. Sam has proven to be an excellent team member, enjoys the work and finds it very fulfilling to be working for a charity. We are happy to have her with us!

On August 17<sup>th</sup>, Greg Hernandez will be celebrating his 3 year anniversary as a volunteer for our

charity. Greg has put in a lot of time and effort for our service during his time with us. He delivers our meals to our clients multiple times a week, sometimes doing 2 routes in one day. Most recently, Greg has joined the Board of Directors, and we are looking forward to his contributions in this new position. Thank you Greg for all you have done and continue to do for our charity!

### JULY STATS:

Meals Delivered:  
**2,395**

Lunches  
Delivered:  
**926**

Clients Served:  
**122**

Volunteers  
Delivering:  
**176**

Kilometers Driven:  
**3,793**