

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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

SEPT 5TH: DAY OF CHARITY

>>> INTERNATIONAL DAY OF CHARITY

Charity connects people across borders to confront poverty, uplift communities, and build a more inclusive and sustainable world for everyone. This day honors the work of organizations and individuals who contribute selflessly to their communities. It also serves as a call to action, encouraging people to support charitable causes, engage in volunteer work, and advocate for justice and equity.

HAPPY ORANGE SHIRT DAY <<<

September 30th marks the day for Truth & Reconciliation across our great Nation. Orange Shirt Day, which is an Indigenous-led movement that started in 2013 which seeks to honour the children, the survivors, their families and communities that were affected by the residential school system. Orange Shirt Day provides the visual symbol "Every Child Matters", while the National Day for Truth and Reconciliation provides official recognition of this movement.

SEPT 30TH: TRUTH & RECONCILIATION

CELEBRATING 56 YEARS OF SERVICE

SEPTEMBER 29, 1970 - FIRST DELIVERIES BY SNDMOW

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>>> PROUDLY SERVING SURREY RESIDENTS

Our organization was started as not only a nutritional and therapeutic service, but as a preventative service as well. In addition to providing nutritious, well-balanced and home delivered meals, our volunteers provide a daily informal check-in on the health and safety of these vulnerable members of our community.

We are proud to provide adequate nutrition, accommodating the complicated diets of our clientele, and relief from isolation and loneliness to 120+ seniors, disabled, homebound, & health-compromised residents. Without our important community service, including proper nutrition and daily check-ins, the health of these residents would decline, which would place even more stress on our medical and emergency services and the expense for their care would be far greater than the funding we receive. We have survived many challenges over the years, and even though things look different now, our mission remains the same ~ helping seniors remain safe and healthy in their own homes!



>>> ALZHEIMER'S AWARENESS MONTH

Know the 10 Warning Signs or Symptoms of Alzheimer's Disease:

1. Memory loss that affects day-to-day abilities
2. Difficulty completing familiar tasks
3. Difficulty with words/problems with language
4. Confusion with time and location
5. Impaired judgement that affects day-to-day abilities
6. Difficulty solving problems
7. Misplacing items/putting things in strange places
8. Changes in mood and behaviour/mood swings
9. Changes in personality/acting out of character
10. Withdrawal from social activities/loss of interest



>>> 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

➤➤➤ ANNUAL VOLUNTEER POTLUCK

Shout out & thanks to John and Lorna Hoare for opening their home to our volunteers, again, and hosting our Annual Volunteer Appreciation Potluck event! We had about 12 individuals present, only a quarter of our membership, we hope more members are able to join us next summer.

Congratulations to our Volunteer of the Year, Greg Hernandez! Over the last 3 years, Greg has put in a lot of time and effort for our charity. He delivers our meals to our clients multiple times a week, sometimes doing 2 routes in one day. He has volunteered at events to help share our mission. Your dedication to our charity and our clients is admirable and we were happy to recognize your efforts with a Certificate of Appreciation and Gift Basket!



➤➤➤ VOLUNTEER & STAFF ANNIVERSARIES

Cassy Docheff & Kirsty Hermiston are celebrating their 6 year anniversary as our volunteer drivers on September 14th.

Amy St. Martin, our Administrator, is celebrating her 7 year anniversary as a staff member with us on September 17th. On the 27th of September, Peter Swift celebrates his 3 year anniversary as a volunteer driver.

We are so grateful to have these members on our team, each bringing their own talents and helping us to achieve our mission. Thank you for your dedication to our clients!

AUGUST STATS:

Meals Delivered:
2,002

Lunches
Delivered:
864

Clients Served:
128

Volunteers
Delivering:
159

Kilometers Driven:
3,464



HOLIDAY GIFTS OF COMFORT

SPREADING CHEER & LOVE DURING THE HOLIDAY SEASON

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»»» OUR COMFORT GIFTS CAMPAIGN

For the last few years we have held an online fundraiser to raise money to cover the costs of our annual Gifts of Comfort for our clients and Appreciation Gifts for our volunteers, without much success.

Many of our clients do not have family or friends to celebrate the holiday season with. They will not have a traditional family dinner or celebration. They may not receive phone calls or any acknowledgement of the magic of the holiday season. A small gift from us, cheerfully delivered, may be the only gift they receive. Currently, we have 100 active clients and 25 active volunteers.



Gifts of Comfort

HELP US SHOW OUR CLIENTS THE
MAGIC OF THE HOLIDAY SEASON!

Make a contribution of:

GOODS - crosswords, scarves,
colouring books, ornaments,
tea, hot chocolate, etc

TREATS - cookies, chocolates,
candies, etc

GIFT CARDS

DONATIONS that can be
used for purchasing goods

Comfort Gifts

”
It really perks me up as so
many of my friends & family
are gone now!
~ B.P. client for 5 years

”
Very nice change to my daily
routine. It gives me smile & helps
my mood during the shorter &
darker days this time of year!
~ J.G. client for 3 years

”
The gifts make a GOOD
impact on my mood and
attitude!
~ B.G. client for 15 years



This year, we are doing things a little different for our annual Holiday Gifts campaign.

We are imploring the community to give goods, gifts, treats, gift cards, or any other offerings. If you, your company, your friends or family are interested in contributing to help us show our clients that we, as well as the community, wish them all the comforts of the holiday season, please reach out to the office by phone 778-590-1433 or email sndmow@gmail.com. Gather your people and start a fundraiser for us at your workplace or at home. We appreciate any and all contributions to this campaign!