

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

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

OCT 12TH: THANKSGIVING DAY

>>> **HAPPY THANKSGIVING**

The season of giving begins with thanks! We are beyond grateful for this opportunity to express our thanks to our volunteers, our staff, our meal provider, our Board of Directors, and our donors! We are so appreciative to all who work tirelessly to ensure our operations run smoothly and allow us to continue making a positive impact in our community. Thank you all for your time, efforts, consideration and dedication to our charity and our clients!

HAPPY HALLOWEEN <<<

Halloween is a much anticipated time of year for many. Seeing the leaves change and fall, promises new growth in the Spring. The decorations, spooky settings and all the trick-or-treaters running around getting candy from their neighbours, dressed in all kinds of costumes. We hope you get a chance to enjoy the season. Be aware, drive slow, and be safe. Also, no person is too old to trick-or-treat ~ give them a treat for their efforts!

OCT 31ST: HALLOWEEN

NATIONAL SENIORS DAY

CELEBRATING 15 YEARS ON OCTOBER 1ST 2026

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CELEBRATING SENIORS & THEIR CONTRIBUTIONS



Seniors day is for celebrating seniors and their contributions, raising awareness for the challenges they are facing and advocating for their quality of life. Over a million seniors live in BC! Seniors continue to contribute and enrich our communities long after they retire. Seniors are the top volunteers in Canada, they are generous givers to charities and they can teach us history, and how to foster values and build communities. Thank you seniors for all your efforts and wisdom!

Help us celebrate by making a donation to our Sponsor a Senior fund using the QR Code or use DONATE NOW button on our website!



Help us celebrate Seniors Day by making a donation to our Sponsor A Senior fund, our Meal Subsidy Program - help someone that is in desperate need of our meals but unable to afford them due to low-incomes and financial insecurities. Use the DONATE TODAY button on our website: <https://sndmow.com/>

BREAST CANCER AWARENESS

Breast Cancer Awareness Month doesn't mean the same thing to everyone. For some, it is 31 days of Pink Ribbon reminders of a disease that changed their lives forever. For others, it is a way to show support to the over 2 million women that will be diagnosed with cancer each year, worldwide. Breast cancer is the most common cancer among Canadian women. 1 in 8 woman will develop breast cancer in their lifetime and 1 in 36 will die from it. Leading a healthy lifestyle, including a balanced diet and consistent exercise, can reduce your chances of developing breast cancer. Always remember to check yourself regularly, early detection can save your life!



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

THANKING THE COMMUNITY

Shout out & thanks to the Surrey Fire Fighters Charitable Society for their generous support of our important community service. Our heartfelt appreciation to your organization for supporting our charity, as well as many others in our community! It was a pleasure to meet the Board members of the SFFCS and we were grateful for the photo opportunity. Without the support of organizations like this, we cannot offer our volunteers mileage reimbursement or our meal subsidy program, Sponsor a Senior, for those with financial insecurities. Both are vital programs for our charity and are not covered by our funding.

Are you hoping for a menu change? We hear you! Our new menu starts November 2nd on Week 2. We are planning many changes to the menu, bringing you a new variety of delicious and comforting meals for the Fall and Winter seasons!

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. Currently, we need volunteers for relief driving as many of our regular drivers are on holidays. We also welcome drivers who would like to commit to driving a weekly route, as our circumstances change frequently. We know that gas prices are high, that's why we pay \$0.80 per km driven while doing deliveries for our charity. Apply on our website: sndmow.com.

SEPTEMBER STATS:

Meals Delivered:

1,965

Lunches
Delivered:

906

Clients Served:

111

Volunteers
Delivering:

160

Kilometers Driven:

3,257



HOLIDAY GIFTS OF COMFORT

SPREADING CHEER & LOVE DURING THE HOLIDAY SEASON

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»»» OUR COMFORT GIFTS CAMPAIGN

Every year, SNDMOW distributes gifts and treats to all of our clients to give them extra comfort during, what can be, the most lonely holiday of the year. We also take this time to show our volunteers how much we appreciate them. We know this act of giving is anticipated and greatly appreciated!

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.

This year, 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!



SURREY-NORTH DELTA
MEALS ON WHEELS

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

