Issue #39

SURREY-NORTH DELTA MEALS ON WHEELS

Nov 2026

>>> SNDMOW NEWSLETTER <<<

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

NOV 6-10TH: DIWALI

>>> HAPPY DIWALI

Diwali, the Festival of Lights, is a five day festival, with the main day being on Nov 8th in 2026. Diwali marks new beginnings and the triumph of light over darkness. It's a time to clean and decorate homes, exchange gifts, light diyas, share sweets and attend colourful festivals. In Canada, Diwali has become a national celebration of cultural diversity. Many Canadians, regardless of background, take part in local Diwali festivals and events.

VETERAN'S WEEK ~ NOV 5-11 <<<

Veterans' Week is a chance for all Canadians to recognize our Veterans and remember those who died to protect our freedom. Remembrance Day commemorates the sacrifices of people in all armed conflicts. This day marks the date and time when armies stopped fighting World War I ~ on November 11th at 11am in 1918.

Canada is the country it is today thanks to Veterans. Our job is to remember. Thank a Veteran. Wear a poppy. Attend a ceremony. Share the history with others!

NOV 11TH: REMEMBRANCE DAY

HOLIDAY GIFTS OF COMFORT

HELP US SHOW OUR CLIENTS THE MAGIC OF THE SEASON

SPREADING CHEER & COMFORT THIS CHRISTMAS



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!

MEN'S HEALTH AWARENESS MONTH

Movember is a global movement to raise awareness for men's health issues. Sporting a mustache and not shaving for the month of November is the most common way to show support for the cause. The Movember Institute of Men's Health unites global experts, and men, to tackle the toughest health challenges men and boys face. They put evidence into action to improve health outcomes, challenge outdated norms, strengthen connections, and help men receive the care that actually works. Every minute, somewhere in the world a man takes his own life. If you notice a man going through a hard time, use the **ALEC** guide to assist him - **A**sk, **L**isten, **E**ncourage action, **C**heck in!



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

SHARING ALL THE LATEST NEWS WITH YOU

ANNOUNCEMENTS

With Winter just around the corner, we want to remind our clients and their families that we are unable to deliver meals during bad weather. If it is too icy or snowy, it is too dangerous for our volunteers to deliver meals. Please make sure you have some extra food on hand incase we are unable to get our meals to you. All meal recipients will receive a call the morning of a day that we cannot deliver. Are you struggling to pay for your meals? You may be eligible for assistance through our meal subsidy program, Sponsor a Senior! All you need to do is fill out our eligibility form. Talk to our staff today to see if you qualify.

VOLUNTEER ANNIVERSARIES

On the 1st of this month, both Bob Turpin & Bev Clarke celebrated 4 years as volunteers for our charity. Bob also serves as a valuable member of the Board of Directors. Grace Cheng celebrated her 3rd year as our volunteer on Nov 2nd. Thank you Bob, Beverly and Grace for your dedication to our service and to our clients! Lorna and John Hoare are celebrating their 19th year as our volunteers on Nov 7th. Lorna continues to serve as our Chairperson on the Board of Directors and John is also a member of the Board. Lorna can often be found advocating for our charity and her fellow seniors. She recruits volunteers and shares our mission with her social groups. Thank you Lorna & John for your many years of dedication! On the 20th of November, Ken Oliver will be celebrating his 1 year anniversary as our volunteer. Ken is always smiling and spreading cheer making him a great addition to our team. We are so grateful for each of you and your contributions to our charity!

OCTOBER STATS:

Meals Delivered:
2,083

Lunches Delivered:
916

Clients Served:
107

Volunteers Delivering:
166

Kilometers Driven:
3,706

FALL PREVENTION MONTH

MOST FALLS ARE PREVENTABLE

MOVE, IMPROVE, REMOVE

1. **MOVE your body:**
- Build your balance, strength and flexibility with regular physical activity
- Enhance your stability and coordination with activities such as walking, swimming or Tai Chi
- Increase the intensity of your physical activity over time to build stronger muscles

2. **IMPROVE your health:**
- Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- Keep up your social activities
- Routinely clean your teeth and gums so you can eat a nutritious diet
- Check your eyesight and hearing regularly

3. **REMOVE hazards:**
- Keep your floors clutter free
- Install grab bars in the bathroom
- Use handrails and turn on lights on all staircases
- Wear well-fitting and supportive footwear inside and outside

PREVENTING FALLS AT HOME

50% of all falls causing hospitalization happen at home and can result in chronic pain, reduced mobility, loss of independence and even death. **5 ways to prevent falls at home:**

1. **Minimize Clutter** - be sure paths are wide and clear walkways are maintained
2. **Secure & Repair Flooring** - repair loose, broken or uneven flooring; secure or remove loose rugs; wear proper foot wear
3. **Install Handrails, Grab Bars, Non-Slip Mats -** handrails and grab bars should be installed in bathrooms, in hallways and staircases; use non-slip mats and rugs
4. **Improve Lighting & Accessibility** - adequate lighting is necessary in frequently navigated areas
5. **Regular Check-Ins & Smart Technology** - have regularly scheduled check-ins, use smart home assistants

Falls are the leading cause of injury among aging adults in Canada. Prevent Falls, Save Lives!









