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NORTH SHORE NEIGHBOURHOOD HOUSE
DELBROOK RECREATION CENTRE
PARKGATE COMMUNITY CENTRE
JOHN BRAITHWAITE COMMUNITY CENTRE
SILVER HARBOUR CENTRE
WEST VANCOUVER SENIORS' CENTRE
KIWANIS LYNN MANOR
GLENEAGLES COMMUNITY CENTRE

Annual Report
Annual Report

2009/2010 Fiscal Year

A Message from the Board of Directors

There have been challenges, and changes for the Keep Well Society in the past year. Our challenges have been mainly related to a loss of funding due to cutbacks experienced by Vancouver Coastal Health. We have however, stayed afloat and enjoyed tremendous support from our members and the community. We would like to thank all of our supporters and our many, many Keep Well members for their generous donations. We are very pleased that we have been able to keep our doors open at all eight sites and we sincerely hope, that with good stewardship and financial support we will continue to do so in the future.

There have also been several changes in the Keep Well office. In September, Diane Pegoraro, our administrator, retired after many years of dedicated service. And due to the shortfall in funding, we were unable to maintain our office staff. Pam Baxter, Hilary Hannigan and Diane worked hard at running the office and coordinating the programs; we miss each of them and wish them well in their new endeavours.

For the past few months, Board members have rolled up their sleeves and worked hard to manage the day-to-day operations and to fill in the gap left by the staff. We are now pleased to announce that, thanks to a generous donation from The Integrated Health Network, we are in a position to hire Heather Dunsford to assist us in managing the office. While we are sad to see Heather leave her role as President of the Board, we will certainly benefit having her in her new role.

We also owe a big thank you to all of our volunteers who have worked so hard for us. Site co-coordinators, and their assistants, massage volunteers and blood pressure nurses, have all been working hard to ensure that the programs keep going and to keep those donations rolling in. It has been such an honour getting to know and to work alongside so many long standing and very dedicated volunteers.

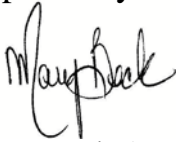
We have also had much to celebrate at Keep Well. Last June, we held an appreciation tea for all of our volunteers and honoured many who had dedicated more than twenty years of service to the Society.

In September, we celebrated “Keep Well Week” across the North Shore. We hosted events at several sites to raise awareness of the benefits and opportunities that Keep Well offers to seniors on the North Shore.

And, in February, our fitness instructor Andy Demeule was an official Olympic torch bearer. Many got out to cheer Andy on and for those who couldn’t make the event, Andy brought his torch for a show-and-tell at each of the sites. His enthusiasm was infectious and Andy has been a great asset in raising the awareness of Keep Well in our community.

In the coming year, we are looking forward to more fund raising opportunities and to ensuring the success of our programs so seniors across the North Shore have the opportunity to enjoy the health benefits of regular exercise and wellness initiatives.

Respectfully submitted by:



Mary Beck (acting chair)
North Shore Keep Well Society
June 2010



ADMINISTRATOR'S REPORT

This past year has been fraught with unexpected challenges and surprises - some good, some not so good. As of November, 2009 Keep Well saw the last of our funding from Vancouver Coastal Health, or so we thought. We were then faced with the unfortunate task of having to bid a fond farewell to our Program Director, Pamela Baxter and Administrator, Hilary Hannigan at which time, the Board of Directors rolled up their collective sleeves and each took on a share of the administrative duties.

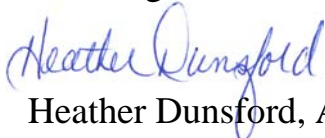
In December, Keep Well was advised of possible funding from the Integrated Health Network, which we applied for and were successful in attaining. These funds enabled us to hire a part-time staff person and alleviate some of the pressure on our Board members and provide more stability to our programmes.

In March, I stepped down from my position as President of the Board of Directors and assumed the administrative duties of the Keep Well office. It proved to be a relatively easy transition as, over the past few months, I and all of the other Board members, had become very familiar with what was required to keep everything running as smoothly as possible.

We have experienced tremendous support and encouragement within the community, from existing and prospective funders, colleagues in affiliated organizations and of course our members, who have continued to send in donations each week.

Despite the financial setbacks of this past year, Keep Well has emerged stronger, wiser and determined to maintain the programs that are so loved and so critical to the health of our North Shore seniors.

Best Regards,



Heather Dunsford, Administrator

STATISTICS REPORT

Keep Well volunteers at each site keep records of the numbers of participants, volunteers, and activities every week. Monthly summaries of these numbers are used to tell ourselves and others (especially our financial sponsors) how much and how well we are doing. For example, by comparing September 2009 through April 2010 with the same period the year before, we found that the number of visits by participants has remained steady during this difficult year, while the number of visits by volunteers actually increased by 7%. This assures both Keep Well and its funders that support for the program remains high.

Evaluations of how well specific parts of the program are serving their purpose have also been checked. A survey about Andy's nutrition talks found that participants wanted the talks to continue, with almost 40% reporting that they had changed their eating or shopping behavior because of the talks. Unfortunately, the talks have been stopped because of funding cuts, but we hope they may be reinstated when funding permits.

In a second evaluation, participants were asked the month and year they last had their blood pressure checked. It was found that 89% had their BP checked within the previous 3 months, and 97% had it checked within the past 6 months, while only 3% had their last check between 6 months and one year ago. It was concluded that participants are doing a good job of monitoring their blood pressures, either at Keep Well (thanks to our BP volunteers) or elsewhere.

Let's face it. Statistics are a headache to everyone—to participants who have to use sign-in sheets and sometimes fill out questionnaires, to site coordinators and volunteers who record and report the numbers, and to those who summarize and analyze them. But the efforts of all these people are what let us know how well we are doing, and tell funders why they should support our work. Thanks to everyone who helps with these important tasks.

Elinor W. Ames

Elinor Ames, Director and Statistics Analyst

HISTORY AND INTRODUCTION OF KEEP WELL

The North Shore Keep Well Society is a community based wellness program working with and for seniors across the 3 North Shore municipalities (City of North Vancouver, District of North Vancouver and District of West Vancouver). The program began twenty-three years ago as an initiative of Lions Gate Hospital and was incorporated as a society on March 14, 1991.

The goal of the Society is to help seniors to take responsibility for their own well-being by offering programs that encourage healthy living and opportunities to remain active in the community for as long as possible.

Session at eight sites, from Deep Cove to Gleneagles, enable adults ranging in age from 55 to 101, to participate in a variety of activities, including mild exercise, walking, group discussions, massage, nutrition counseling, blood pressure monitoring and socializing. With the exception of a part-time administrator and certified fitness leaders, the programs are staffed by approximately 160 volunteers, 40 of whom are retired health care professionals.



Volunteer Appreciation Lunch 2009
At the Holiday Inn Hotel and Suites



Mavis Morris and Jean Wyman
North Shore Neighbourhood House
Social times after exercise are an important part of the Keep Well program.

MISSION STATEMENT

North Shore Keep Well Society

We *believe* in Seniors.

We *believe* that Seniors represent a rich resource to themselves and to the Community.

We *believe* that when Seniors are given the opportunity to discover and develop their strengths, they can become powerful agents of change.

We *believe* that wellness is for everyone and that choosing to keep well is fun.

We *believe* that when we choose to exercise, relax, eat well, laugh, love, do those things we enjoy doing most, help and support each other and become actively involved in the community, our lives take on a special quality.

The North Shore Keep Well Program is designed to provide opportunities for seniors to choose to learn, to grow and to expand their experience of well-being.

Keep Well Week

September 14 – 18th, 2009



Exercising with
Coach Andy Demeule

NORTH SHORE KEEP WELL SOCIETY

Purpose

- To promote the health and well being of older adults living on the North Shore.
- To encourage seniors to help themselves and each other, to live in better health, to learn, and to expand their experiences of well-being.
- To increase awareness of community resources.
- To promote the Keep Well program in the community.



Hand Massage with Sheila Raimendo and Anne Fiddler



Foot Massage at Keep Well Class
Meryl Hindley and Kay Smith

OFFICERS

Acting President, Mary Beck
Treasurer, Byron Hatt
Secretary, Libby Kelley

DIRECTORS

Elinor Ames
Deanna Charlton
Margaret Coates
Carolyn Dykeman
Frances Gray
Blanche Howard
Jean Lisle
Ted Stokes
Frank Storey

BOARD COMMITTEES

Budget & Finance

Frank Storey, Chair
Deanna Charlton, Blanche Howard, Ted Stokes, Byron Hatt

Health Committee

Mary Beck, Chair
Jean Lisle, Elise Shepherd, Jack Gillis, Vivian Himbeault

Nominating Committee

Libby Kelley, Chair
Carolyn Dykeman, Frances Gray

Personnel Committee

Deanna Charlton, Chair
Blanche Howard, Jean Lisle

Fundraising

Margaret Coates, Chair
Heather Dunsford



BOARD MEMBERS (not shown, Frances Gray and Heather Dunsford)

Keep Well's fitness instructor Andy Demeule was invited to be an official Olympic torch bearer in February recognizing his contribution to sports and encouraging a healthy lifestyle for seniors on the North Shore. Many of us were there to share in this once-in-a-lifetime event with Andy, but for those who couldn't make it, Andy brought his torch for a show-and-tell at each of the sites.



**SPECIAL THANKS TO SPONSORS, SUPPORTERS AND FRIENDS
OF KEEP WELL**



Along with the extraordinary financial challenges Keep Well faced this past year, came a renewed strength and an acute awareness of how much support we have within the North Shore Communities. We are proud to acknowledge our generous sponsors for 2009/2010.

Integrated Health Network -Vancouver Coastal Health

New Horizons for Seniors

Churchill House Retirement Community

The City of North Vancouver

The District of North Vancouver

The District of West Vancouver

The West Vancouver Community Foundation

The North Vancouver Community Foundation

The Lynn Valley Royal Canadian Legion – Branch 114

The Lynn Valley Lions Club

Mount Seymour Lions Club

Ambleside TiddlyCove Lions Club of West Vancouver

Bayshore Home Health

Pacific Harbour Retirement Communities

Special Kudos as well to our wonderful team of volunteers who are the backbone and spirit of Keep Well and to our members who generously came to our aid and were as determined as we were to ensure the Keep Well classes continued.