



600 WEST QUEENS AVENUE
NORTH VANCOUVER, BC.
V7N 2L3
Telephone: 988-7115, ext. 27
Email: keepwellsociety@telus.net

NORTH SHORE NEIGHBOURHOOD HOUSE

DELBROOK RECREATION CENTRE

PARKGATE COMMUNITY CENTRE

SILVER HARBOUR CENTRE

WEST VANCOUVER SENIORS' CENTRE

KIWANIS LYNN MANOR

GLENEAGLES COMMUNITY CENTRE

Annual Report
Annual Report

2010/2011 Fiscal Year

A Message from the Board of Directors

In mid-2009 Keep Well was thrown into financial emergency when we received sudden notice that we would be losing 85% of our funding. This meant we had to lose our Program Director and Program Assistant, and the Board of Directors had to step forward to fill their shoes. Much as we have missed the great support we used to have, we have learned over time that not all the effects of hardship are bad. Board members have become much more knowledgeable about the day-to-day responsibilities of Keep Well, which has resulted in the streamlining of its operation.

In addition, a more broadly based funding model has been developed, one that will protect us better against precipitous financial loss in the future. With granting agencies, foundations, municipalities, service clubs, and businesses stepping forward to support projects, we have been able to establish a website, improve our newsletter, update our office equipment, reinstitute Andy's nutrition talks, and continue to have an annual Volunteer Appreciation Event. We have also reorganized our membership lists, revised the Constitution and By-Laws, and conducted a successful drive for donations from Keep Well participants and friends.

We have even been able to institute some new program initiatives. This year a nutrition tasting program in which participants were given the chance to taste and receive nutritional information about foods, was tried. An ongoing evaluation of its effectiveness will help us improve it in the future. Keep Well Emergency Medical Cards were given to each participant and were enthusiastically received. Our hope for the coming year is to produce more such cards for sale to those outside Keep Well, in order to raise Keep Well's profile and help raise funds for our core expenses.

In spite of the closure of our John Braithwaite site, the other seven sites have continued to prosper, and the total numbers of Keep Well participants and volunteers have remained as before. Special thanks are due to Fitness Director, Andy Demeule, part-time Administrator, Heather Dunsford and all our sponsors for keeping our programs going.

Surrounding them are the faithful volunteers at the sites and at the Board table, who are the true backbone of our organization.

Our sincere thanks to Frances Gray, who is retiring from the Board this year as its longest-serving member. We will miss Frances's leadership in running membership drives and helping us find candidates for the Board; however, we know that her devotion to Keep Well never wavers and that her advice will continue to aid us in years to come.

We look forward to our 25th year, knowing that there will be problems but that, buoyed by the experience we have gained during a difficult period in Keep Well's growth, together we can and will find ways to deal with those problems.

Respectfully submitted,

Elinor W. Ames

Elinor Ames, President



ADMINISTRATOR'S REPORT

This September, 2010 we celebrated the 3rd Annual North Shore Keep Well Week as proclaimed by the City and District of North Vancouver and supported by the District of West Vancouver. Andy conducted a demonstration class in Capilano Mall throughout the day on September 15th and attracted loads of attention. A lot of mall shoppers stopped by to watch the class in progress, ask questions and pick up information handouts. Having a Keep Well Week is designed to let people know about the program and encourage them to join in and feel good and it certainly has that effect. The North Shore News and the North Shore Outlook covered the event and had a photo printed in their respective newspapers.



The Keep Well program remains a model for promoting a healthy and active

lifestyle for seniors. Our most senior participant attends the Keep Well class at North Shore Neighbourhood House on a regular basis. Ivy Todd will be celebrating her 103rd birthday in August and is still exercising.



The administration of the responsibilities of the Society is limited to what can be accomplished in 18 hours each week. It is a relatively small amount of time to achieve all that was done in the past and a good percentage of that time is dedicated to raising funds to keep the programs going. However, we have been able to keep our heads above water so far with the assistance of our wonderful volunteers and supporters of the Keep Well program. Everyone involved in Keep Well recognizes the significant contribution of our program in nurturing a healthy and active senior population.

Each year that I am involved with the Society brings more awareness of our incredible strength and the good that is accomplished through our existence. It has been a pleasure to work on your behalf and I look forward to another rewarding year in 2011/2012.

Best Regards,

A handwritten signature in blue ink that reads "Heather Dunsford". The signature is written in a cursive style.

Heather Dunsford, Administrator

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-four 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 seven sites, from Deep Cove to Gleneagles, enable adults ranging in age from 55 to 102, 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.

KEEP WELL PIONEERS

From Left to Right, Nancy Milley, Helen Nesbit, Varick Ernst, Elise Shepherd, Mary Turland and seated Dorothy Stewart. Mary, Dorothy, Helen and Varick were on Keep Well's first Board of Directors.



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, 2010



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

President, Elinor Ames
Vice-President, Margaret Coates
Treasurer, Deanna Charlton
Co-Secretaries, Libby Kelley and Blanche Howard

DIRECTORS

Carole Badgely
Carolyn Dykeman
Frances Gray
Byron Hatt
Jean Lisle
Ted Stokes
Frank Storey
Don Warner

BOARD COMMITTEES

Budget & Finance

Frank Storey and Byron Hatt, Co-Chairs
Deanna Charlton, Blanche Howard, Ted Stokes

Health Committee

Jean Lisle, Chair
Carolyn Dykeman, Dr. Don Warner

Nominating Committee

Libby Kelley, Chair
Carolyn Dykeman, Frances Gray

Personnel Committee

Margaret Coates, Chair
Blanche Howard, Jean Lisle, Deanna Charlton,
Frank Storey, Libby Kelly

Fundraising

Margaret Coates, Chair
Carole Badgely
Heather Dunsford

**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 2010/2011.

**VANCOUVER COASTAL HEALTH – INTEGRATED HEALTH
NETWORK**

PACIFIC ARBOUR RETIREMENT COMMUNITIES

**GOVERNMENT OF CANADA
NEW HORIZONS FOR SENIORS**

BAYSHORE HOME HEALTH

THE CITY OF NORTH VANCOUVER

THE DISTRICT OF NORTH VANCOUVER

THE DISTRICT OF WEST VANCOUVER

THE WEST VANCOUVER COMMUNITY FOUNDATION

THE LYNN VALLEY ROYAL CANADIAN LEGION – BRANCH 114

THE LYNN VALLEY LIONS CLUB

THE MOUNT SEYMOUR LIONS CLUB

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 have remained as determined as we are to ensure the Keep Well classes continue.