



600 WEST QUEENS AVENUE  
NORTH VANCOUVER, BC.  
V7N 2L3

Telephone: 988-7115, ext. 27

Email: [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net)

Website: [www.keepwellsociety.ca](http://www.keepwellsociety.ca)

DELBROOK RECREATION CENTRE

GLENEAGLES COMMUNITY CENTRE

KIWANIS LYNN MANOR

NORTH SHORE NEIGHBOURHOOD HOUSE

PARKGATE COMMUNITY CENTRE

SILVER HARBOUR SENIORS' ACTIVITY CENTRE

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

**Annual Report**

2011/2012 Fiscal Year

## A Message from the Board of Directors

In its 25<sup>th</sup> year of operation Keep Well has continued its long tradition of finding ways to help seniors keep themselves well.

Regular monthly nutrition tastings joined Andy's nutrition mini-talks as a staple of the Keep Well program. A CPR and First Aid workshop for volunteers was attended by 20 people. As a fundraiser, Keep Well produced its own Emergency Medical Cards for recording personal contact information, medical conditions and medications as an aid to emergency first-responders. More than 150 kits containing cards have been sold so far.

Our Newsletter was revamped to include more health tips, nutritious recipes, and profiles of Keep Well participants, volunteers and sites.

Our 25<sup>th</sup> Anniversary has also helped to increase Keep Well's public profile. To help educate the North Shore community about Keep Well, we have presented a PowerPoint talk to many different groups, including a seniors' group at the North Vancouver City Library, the Soroptimist Club and Kiwanis, Legions and Rotary meetings. Most people at these presentations were unacquainted with Keep Well, but after learning about it expressed their interest and support, with some of the groups even inviting Keep Well to apply to them for funds. Grants and donations become more likely when foundations, governments, the private sector and service clubs are acquainted with our program and its accomplishments.



This year Keep Well is proud to have been recognized with the Active North Shore's Healthy Community Hero Award.

Our work, as always, is accomplished by a very small staff and many volunteers. Our popular Fitness Director, Andy Demeule and his helpers continue to conduct an excellent exercise program. Work at the Keep Well office is coordinated by our capable administrator, Heather Dunsford, who has been especially diligent and successful in presenting our case to funders. Special thanks are due to all our sponsors for keeping us going, especially to the Keep Well participants who make donations at the sites each week.

Most of all we appreciate the efforts of our volunteers, many of whom have given years of service. They are the true backbone of Keep Well. Sincere thanks to retiring Board members Carole Badgley, who has helped greatly with publicity and fundraising, and Blanche Howard, who has devoted many years to serving as Co-Secretary and providing us with wise counsel. We wish them well in their new activities, but we will miss them.

Now, on to the next 25!

Respectfully submitted,

*Elinor W. Ames*

Elinor Ames, President



## ADMINISTRATOR'S REPORT

This past year Keep Well has taken advantage of our 25<sup>th</sup> Anniversary and put a significant effort into raising awareness of our Programs and all of the benefits that result from exercise and a healthy lifestyle.

In lieu of an advertising process, we asked various service organizations if they would be interested in hearing about Keep Well. Several of them said 'Yes' and invited us to make a presentation at one of their monthly meetings. The response to our "travelling road show" has been very gratifying with lots of interest and some invitations to submit a request for funding.

Keep Well was also nominated for the Active North Shore Network's annual 'Healthy Community Hero Award'. Happily, we were selected, along with two North Shore individuals to receive the award at the Lonsdale Spring Celebration in May. From left to right in the photograph is Helen Yeung, presenter from Vancouver Coastal Health, Vice-President Margaret Coates, President Elinor Ames, and Directors Jean Lisle and Carolyn Dykeman.



This year our annual “Keep Well Week” was moved from September to June in order to coincide with our Volunteer Tea and Annual General Meeting. Pacific Arbour Retirement Communities contributed 25<sup>th</sup> Anniversary t-shirts to all of the Keep Well participants, a demonstration class was conducted by Andy Demeule at Capilano Mall and each site received a celebratory cake and a small gift of appreciation for our wonderful site coordinators.

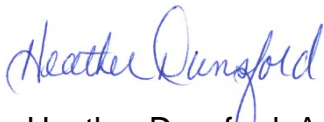
This past year has seen a significant improvement in our visibility in the communities we serve and in increased awareness of the benefits that flow from the Keep Well programs and a healthy lifestyle for North Shore seniors.

We are fortunate to have continued financial support from our program participants, our community partners and our major sponsors, Pacific Arbour Retirement Communities, Vancouver Coastal Health and the Province of British Columbia through their Community Gaming Grant.

Keep Well continues to maintain and enhance our programs through the efforts of all of our dedicated and hard-working volunteers including our volunteer Board of Directors.

It has been my pleasure to work with such a fine group of people and I anticipate an even better year for 2012/2013.

Best Regards,



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-five 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.

Sessions at seven sites, from Deep Cove to Gleneagles, enable adults ranging in age from 55 to 103, to participate in a variety of activities, including mild exercise, 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.



North Shore Keep Well Society Annual Report 2011/2012

## 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**

June 18<sup>th</sup> – 22<sup>nd</sup>, 2012



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 Raimondo  
and Anne Fiddler



Foot Massage at Keep Well Class  
Merle 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  
Byron Hatt  
Jean Lisle  
Ted Stokes  
Frank Storey  
Don Warner

## **BOARD COMMITTEES**

### **Budget & Finance**

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

### **Health Committee**

Carolyn Dykeman, Chair  
Jean Lisle, Don Warner

### **Nominating Committee**

Libby Kelley, Chair  
Carolyn Dykeman, Carole Badgley

### **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 financial challenges Keep Well has 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 2011/2012.

**VANCOUVER COASTAL HEALTH – INTEGRATED HEALTH  
NETWORK**

**PACIFIC ARBOUR RETIREMENT COMMUNITIES**

**GOVERNMENT OF CANADA  
NEW HORIZONS FOR SENIORS**

**PROVINCE OF BRITISH COLUMBIA**

**THE CITY OF NORTH VANCOUVER**

**THE DISTRICT OF NORTH VANCOUVER**

**THE DISTRICT OF WEST VANCOUVER**

**THE NORTH 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 sessions continue.**