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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

2012/2013 Fiscal Year

A Message from the Board of Directors

Welcome to the 2012/2013 edition of the North Shore Keep Well Society's Annual Report. As you will note, over the last year Keep Well has kept up and increased its quality programming for seniors on the North Shore. We are committed to helping seniors keep well, physically, socially and intellectually.

Our Health Committee has done great work in the last year. Guided by its chairperson Carolyn Dykeman, it has organized the continuing distribution of the Emergency Medical Cards for recording personal contact information, medical conditions and medications as an aid to first responders and it has organized CPR and First Aid workshops as well as a new food safety workshop. The committee has also assisted in slowly building our nutrition program with nutrition tastings, mini-talks and the web site development.

With funding from New Horizons for Seniors, and under the guidance of a newly formed steering committee, we hope to further the aims of our budding nutrition program with the development of workshops on nutrition to be delivered at the sites and with the upgrade of the nutrition portion of the Keep Well web site (which by the way is www.keepwellsociety.ca). Lise Pitt, one of our volunteers who is very knowledgeable about nutrition for seniors, has joined that committee.

One of the refrains we often hear is "Keep Well is one of the best kept secrets on the North Shore". With that in mind, we have embarked on doing more marketing and promotion. Over the last few years, Elinor Ames and Heather Dunsford have given talks to groups all over the North Shore, including service clubs, churches, foundations and government (see Administrator Heather Dunsford's report for more on this topic). These talks are well received and sometimes result in some funding, but the major goal is to get Keep Well in the limelight.

We have found ourselves in the local newspapers a number of times as they have run pictures of our events such as Keep Well Week and the ever popular Volunteer Tea. They have also run stories such as the profile of our able Fitness Instructor Andy Demeule. All these articles and pictures can be found on our web site.

In addition to the marketing and promotional efforts and achievements noted above, we have begun to develop a new committee whose main purpose is to promote Keep Well in the community. The committee members are listed in the back of this report, but we could still use some more members who have a yen for these activities.

As in former years, our members continue to win awards. These include Roberta Tottle for the Community Spirit Award and Bette Rumble for the Queen's Diamond Jubilee Medal. Congratulations to both of you for your efforts on behalf of others in the community. We would like to thank and acknowledge our hard working board which is also listed in the back. We'd especially like to thank two members whose terms are up, and who are moving on. Frank Storey and Byron Hatt have been long time board members and assisted the organization in many ways. We appreciate their efforts on behalf of seniors on the North Shore and wish them all the best.

To our two staff go our thanks for your continuing and exemplary efforts on the organization's behalf. Our thanks go to Heather Dunsford, our Administrator who assists the Board and the organization to accomplish its goals and to Andy Demeule, who runs the fitness program.

I'd also like to acknowledge and thank our funders, both organizations and individuals who make our programs possible. A comprehensive list can be found at the end of this report.

Keep Well has found many ways to support its programs. One of these is the support of all seven facilities where programs are held. We'd like to thank these organizations (listed on the front page of this report) for the space, volunteers and organizational support we receive.

Keep Well could also not accomplish its invaluable work without the unwavering participation of Volunteers who offer weekly support to our programs. They coordinate the sites, give massages, take blood pressures, collect donations, assist the participants and much, much more. Thanks each and every one of you.

As our Past President last year said "now on to our next 25 years", and I think we have done very well in this first year of our second 25.

Respectfully submitted,

A handwritten signature in blue ink on a light-colored background. The signature is cursive and appears to read 'M Coates'.

Margaret Coates, President



ADMINISTRATOR'S REPORT

Our Focus on People and Communications

Following up on our 25th Anniversary events and celebrations of last year, we have continued to focus on raising awareness of our programs. In order to do this, we have asked to meet with various groups on the North Shore and talk about Keep Well and our focus on exercise and a healthy lifestyle. In some cases, organizations have contacted us to request a presentation, which is a good sign that our awareness campaign is working.

Since our last AGM, we have delivered 9 power point presentations to the three North Shore Municipalities, Rotary Club of West Vancouver Sunrise, Kiwanis Capilano, Municipal Pension Retirees, Alpha Iota Society in New Westminister, The Jewish Community Centre of Congregation Har El in West Vancouver and the Academy of Aging, and we are continuing to look for more ways to spread our word.

All of our presentations have been received with much enthusiasm and admiration for the broad scope of our programs and what we are able to achieve on such a modest budget. Our talks highlight the fact that we are able to accomplish all that we do because of our amazing volunteers. For example, one volunteer for every four participants is an enviable position for any non-profit organization and we are very proud to be able to make that statement.

This year our long-time volunteer and former Program Director, Roberta Tottle was awarded the Volunteer Community Spirit Award from North Shore Community Resources. The same award was given to Elise Shepherd 2 years ago. Elise was also a former Program Director and long-time Keep Well volunteer. These accomplished individuals are truly inspirational and an indication of the quality and commitment of our volunteers.

This year Pat Turner retired after 25 years of volunteering as the Site Coordinator at Parkgate Community Centre. Although Pat has stepped aside from the many tasks required of a Site Coordinator, she continues to come to the Parkgate class and help out whenever she can.

We have received some accolades in the North Shore News throughout this past year as well. Here are some photos that accompanied an article that appeared in the News just after our Volunteer Tea where we acknowledged our Founding Members and celebrated 25 years of service to our community.

Sunday, July 22, 2012 - North Shore News - A15

LIVE



NEWS photos: Mike Wakelind



Show of appreciation

THE North Shore Keep Well Society celebrated its 25th anniversary and honoured the efforts of volunteers at a recent luncheon at Silver Harbour Centre. Keep Well is a free exercise and wellness program for seniors offered weekly at seven locations across the North Shore. Sessions include exercise, blood pressure checks, health coaching, massages, speakers and socializing. Info: www.keepwellsociety.ca. Above, president Elinor Ames honours some of the founders and builders of the society, including Varick Ernst, Helen Nesbit, Dorothy Stewart and Mary Turland. Top left, flowers were given out to those in attendance. Lower left, Andy Demeule, a Keep Well fitness instructor, receives a hug.

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 and the Government of Canada – New Horizons for Seniors.

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 is a joy to work for Keep Well and with so many wonderful people

Best Regards,

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

North Shore Keep Well Society Annual Report 2012/2013

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-six 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 98, 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.



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.





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.

Keep Well Volunteers provide a valuable contribution to the well-being of seniors by helping out in many ways. Massage of shoulders, hands and feet, blood pressure checks and arranging for guest speakers at their sites are just some of the many ways they engage and enhance our programs.



Shoulder Massage



Blood Pressure checks

OFFICERS

President, Margaret Coates
Vice-President, Carolyn Dykeman
Treasurer, Deanna Charlton
Secretary, Libby Kelley

DIRECTORS

Elinor Ames
Catherine Cottingham
Byron Hatt
Jean Lisle
Tracy Sacre
Ted Stokes
Frank Storey
Don Warner

BOARD COMMITTEES

Budget & Finance

Deanna Charlton, Chair
Margaret Coates, Ted Stokes

Health Committee

Carolyn Dykeman, Chair
Jean Lisle, Don Warner

Nominating Committee

Libby Kelley, Chair
Elinor Ames, Carolyn Dykeman

Personnel Committee

Deanna Charlton
Libby Kelley, Jean Lisle
Margaret Coates

Fundraising/Marketing/Promotion Committee

Margaret Coates, Elinor Ames, Heather Dunsford,
Tracy Sacre, Catherine Cottingham

Policy & Procedures Committee

Libby Kelley, Chair
Elinor Ames, Margaret Coates
Catherine Cottingham

Membership Committee

Ted Stokes, Chair
Libby Kelley

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



Each year brings a renewed focus and challenge to reach out to the North Shore Community for support. We are proud to acknowledge our generous sponsors for 2012/2013

VANCOUVER COASTAL HEALTH – IPCC

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

KIWANIS 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.

We gratefully acknowledge all others who fund and donate to our program.