



**North Shore
Keep Well Society**

parc
retirement
living

*Exclusive Sponsor in the
area of Seniors' Housing*

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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

2013/2014 Fiscal Year

MESSAGE FROM THE PRESIDENT

Another year has flown by for the North Shore Keep Well Society. I believe 2013-2014 was a great year with our regular, excellent programs continuing at the sites with some additional enhanced programming for the participants. Our commitment to helping seniors keep well physically, socially and intellectually is reflected in the many activities and events of this past year.

Programs at our seven sites continue to attract participants who benefit from the Program run by our outstanding instructors, site coordinators and volunteers. We have also enhanced our programming with funding from the New Horizons for Seniors Program and the Lower Lonsdale Legacy Fund. This funding supported the development of a new nutrition program, the continuance of our nutrition tastings program and ongoing web site development.

The Health Committee continues to find new ways to distribute the Emergency Medical Cards which are used for recording personal contact information, medical conditions and medications as an aid to first responders, and has organized Massage, CPR and First Aid workshops for our volunteers. The committee (listed at the back of the report) has also worked hard to promote reflective arm bands for Keep Well participants with assistance from the West Vancouver Community Foundation. Look for the bands in the late fall.

I would like to thank and acknowledge our hard working board members whose names are listed in the back of the report. I would especially like to thank a few members who are resigning from the Board for various reasons including Tracy Sacre and Eric Worthy. Carolyn Dykeman, who worked very hard on our Health Committee as a member and chairperson is also leaving us and we thank her for her wonderful efforts over the many years she volunteered for Keep Well. We appreciate all of their efforts on behalf of seniors on the North Shore and wish them all the best. Sadly we have just heard news that a former long-time board member and well-known author, Blanche Howard has passed away. Blanche's contribution to Keep Well was exceptional and she will be missed by all who knew her.

Our Nominating Committee worked very hard to find new members to serve on the board and we are hopeful that the new members will bring great new energy and ideas to our organization. This year I will be stepping down as President, but will stay on the board, volunteering for various activities in fundraising, finance, personnel, policy and procedures and promotion.

Speaking of promotion, this year Keep Well developed a snazzy new brochure and insert. This along with other promotional activities such as the popular talks by Heather and Elinor have served to keep us in the limelight.

I would like to thank our two exceptional staff members for their efforts in supporting our organization. Heather Dunsford, Keep Well's Coordinator who assists the Board and the organization in accomplishing our goals and Andy Demeule who runs the fitness program.

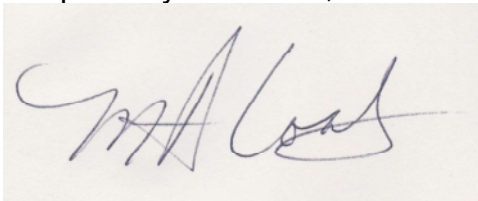
It is important to also acknowledge and thank our funders, both organizations and individuals who make our programs possible. I would also like to thank the organizations (listed on the front page) who allow us space at their sites for our programs. They also provide us with many other supports including volunteers and referrals.

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

I know it's not always great to end a report on a somber note, but I would like to let people know that after next year Keep Well will start to face some challenges in funding. The board, participants and members will need to find creative solutions to finding money to keep us going long into the future.

On a happier note, I would like to thank everyone for the opportunity to serve as your president over the last two years. I wish all the best to members, participants and volunteers for the coming year.

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

COORDINATOR'S REPORT



CELEBRATING OUR SENIORS

2014 marks the 27th year of the start of the Keep Well program on the North Shore and we have much to celebrate. Our volunteers and our participants are the heart of Keep Well and we believe they are second to none.

Roberta Tottle received the Community Volunteer Spirit Award for her exceptional contributions not only to Keep Well but to the North Shore Community.

September 16th – 20th, 2013 was proclaimed Keep Well Week in the City and District of North Vancouver. The Board of Directors provided cakes at each site and Certificates of Appreciation were presented to all of our long time volunteers to thank them and acknowledge their exceptional contribution to Keep Well. As well, Andy conducted a Demonstration Class in Capilano Mall which went very well and once again was attended by many of our enthusiastic participants all wearing their green shirts.



Wrap-up parties in December were a big hit again this year with each site organizing their potluck feasts and many having a seasonal sing-a-long. Unfortunately, the Friday classes at Kiwanis Lynn Manor and Gleneagles had to be cancelled due to a major snowfall.





Hazel Best and Kay Smith are two of our participants who are Keep Well regulars (Hazel at Parkgate and Kay at Neighbourhood House)

Both celebrated milestone birthdays this year.



We are fortunate to have continued financial support from our community partners, our major sponsors, PARC Retirement Living, Vancouver Coastal Health, the Province of British Columbia through their Community Gaming Grant, the Government of Canada – New Horizons for Seniors and most importantly from our Keep Well members and participants.

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 and a privilege for me to work for Keep Well and with so many wonderful people

Best Regards,

Coordinator, North Shore Keep Well Society

HISTORY AND INTRODUCTION OF KEEP WELL

PIONEER KEEP WELL VOLUNTEERS

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



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-seven 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 coordinator and certified fitness leaders, the programs are staffed by approximately 160 volunteers, 40 of whom are retired health care professionals.

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.



Andy
with
Demo
Class

Keep Well Volunteers

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
Jean Lisle
Tracy Sacre
Ted Stokes
Don Warner
Eric Worthy

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

Catherine Cottingham, Chair
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 2013/2014

VANCOUVER COASTAL HEALTH - IPCC

PARC RETIREMENT LIVING

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

WEST VANCOUVER COMMUNITY FOUNDATION

NORTH VANCOUVER KIWANIS FOUNDATION

THE LYNN VALLEY ROYAL CANADIAN LEGION - BRANCH 114

THE LYNN VALLEY LIONS CLUB

SOROPTIMIST INTERNATIONAL OF NORTH AND WEST VANCOUVER

PROOF OF CARE HEALTH AT HOME

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.