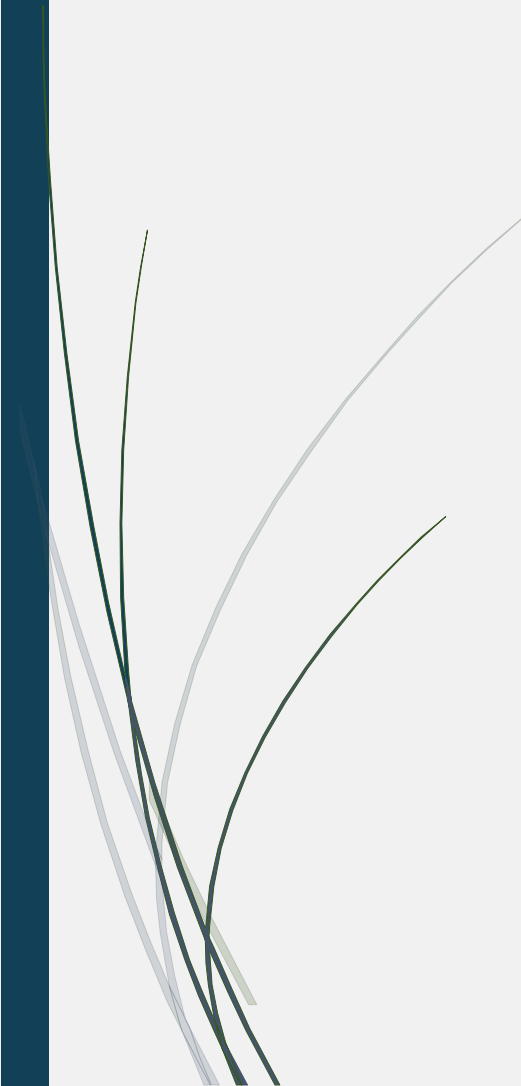




Annual Report

2014/2015 Fiscal Year





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OUR SITES

DELBROOK RECREATION CENTRE
KIWANIS LYNN MANOR

NORTH SHORE NEIGHBOURHOOD
HOUSE

PARKGATE COMMUNITY CENTRE

SILVER HARBOUR SENIORS' ACTIVITY
CENTRE

WEST VANCOUVER SENIORS' ACTIVITY
CENTRE

Message from the President

It's been my privilege to be President of Keep Well's Board of Directors this past year.

It's been a pleasure to work with Heather, Andy, our volunteer Board and the many Keep Well site volunteers.

The overall number of Keep Well participants is slightly up over last year, and there's no doubt Keep Well is viewed very positively across the North Shore. Unfortunately the Board had to make the difficult decision to close our Gleneagles site this year because of light attendance, but the other six sites are active, including the West Vancouver Seniors Activity Centre site.

Work done by the Board committees this past year include the obtaining and distribution of the reflective arm bands to participants, the ongoing popular nutrition presentations, course offerings such as CPR/First Aid, and the completion of a comprehensive policy and procedure Manual which will help both the Board and the Site Coordinators make sure things run relatively painlessly. The sites continue to offer interesting and information-packed talks after many of the exercise sessions.

There will be some changes on the Board as we go into a new Keep Well year this June. Long term Board members Elinor Ames and Margaret Coates, both past presidents, are retiring, as is Dr. Don Warner. All three plan to stay involved with Keep Well, via either committee work or site involvement. All three have given invaluable contributions to Keep Well. We'll be greeting approximately five new Board members, all of whom bring special expertise and knowledge of how Keep Well operates.

Funding, always a bit of a worry, has been pretty solid this year, and the immediate future looks good. While attendance at Keep Well programs is always free, participant donations are welcomed and form a significant part of our budget. We are grateful to other important donors like Vancouver Coastal Health and PARC Retirement Living, as well as service clubs and North Shore foundations.

Recently, Keep Well was asked to enter into a partnership with BCIT's Bachelor of Science in Nursing program. The students have been spending some time at the Silver Harbour and Parkgate sites to learn about community nursing and pass on their new knowledge through presentations, and hope to branch out to other sites this next year. The reports are very positive on both sides!

Besides our wonderful award-winning site coordinators and the hard-working Board Members, Keep Well has many unsung heroes, including participants who help out regularly.

Thanks to you all, Keep Well has over 250 North Shore seniors exercising and having fun every week!

Libby Kelley, President



COORDINATOR'S REPORT

A VERY GOOD YEAR

2015 marks the 28th year since the start of the Keep Well program on the North Shore and we have much to celebrate. During our Annual Membership Drive in November we were able to offer two reflective armbands for every member which resulted in 300 participants either renewing their membership or signing on as a new member. This special offer was made available to Keep Well through a generous grant from the West Vancouver Community Foundation who have continued to support our Keep Well programs several years in a row. We also received support for this initiative from the Mount Seymour Lions Club.

Our wonderful hard-working Site Coordinators were presented with a Community Volunteer Spirit Award at our Annual Volunteer Appreciation Event at Silver Harbour. These impressive individuals collectively have given over 179 years of volunteer service and over 26,850 hours to the community. Their outstanding contribution has been recognized by the North Shore Community Resources to honour their achievement.

Keep Well welcomed a popular new addition to our exercise classes thanks to the generosity of PARC Retirement Living. Thirty balance cushions were purchased and Andy has done a fine job of introducing them to our participants and incorporating them into his exercise classes.

Keep Well Week for 2014 was celebrated with much fanfare during the week of September 15th – 19th when both the City and District of North Vancouver acknowledged Keep Well's contribution to Seniors on the North Shore with an Official Proclamation. Andy conducted a Demonstration Class in Capilano Mall which boasted the best attendance ever. MLAs Jane Thornthwaite and Ralph Sultan joined the class and later presented President Libby Kelley with a plaque from the Government of British Columbia "acknowledging many years of dedication to the health and well being of seniors".



The newly revived Fundraising, Marketing and Promotion Committee has come up with some new proposals for promoting Keep Well. Twitter, Facebook and our updated website will be new tools for us to promote our program and any events we may host. Keep Well has been identified as "the best kept secret on the North Shore" and after 28 years of great programming we are determined to change that and would welcome your ideas and participation in this initiative.

We continue to be acknowledged as an organization that offers tremendous value to our seniors' community with the help of our amazing and dedicated volunteers including our hard-working volunteer Board of Directors.

Keep Well is grateful for the support of our major sponsors, Vancouver Coastal Health and PARC Retirement Living; our Community Partners and Service Clubs; and most importantly we are inspired and very thankful for the generous donations from our Keep Well members and participants. Donations can be made in a variety of ways. For example, on-line credit card at CanadaHelps.org, a cheque made payable to the North Shore Keep Well Society or donations of cash. A thank you letter and tax receipt is issued for donations of \$10.00 or more.

As always, it has been and still is a joy and a privilege for me to work for Keep Well and with so many wonderful people.

Best Regards,

A handwritten signature in black ink that reads "Heather Dunsford". The script is fluid and cursive, with the first name "Heather" and last name "Dunsford" clearly legible.

Coordinator, North Shore Keep Well Society





HISTORY AND INTRODUCTION OF KEEP WELL

PIONEER KEEP WELL VOLUNTEERS

From Left to Right: Mary Turland seated and L.-R. standing, Diane Holbrook, Helen Nesbit, Elise Shepherd, Nancy Milley, Barbara Gillingham and Varick Ernst. Mary, 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-nine 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 activities that encourage healthy living and opportunities to remain active in the community for as long as possible.

Sessions at six sites, from Deep Cove to West Vancouver, enable adults ranging in age from 55 to 99, 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.





**PARC RETIREMENT
PROVINCE OF
THE CITY OF NORTH
THE DISTRICT OF NORTH
THE DISTRICT OF WEST
WEST VANCOUVER
COMMUNITY
FOUNDATION
NORTH VANCOUVER
COMMUNITY
FOUNDATION
NORTH VANCOUVER
KIWANIS FOUNDATION
THE LYNN VALLEY ROYAL
CANADIAN LEGION –
BRANCH 114
THE LYNN VALLEY LIONS
CLUB
MOUNT SEYMOUR LIONS
CLUB
SOROPTIMIST
INTERNATIONAL OF
NORTH AND WEST
VANCOUVER**

OFFICERS
President, Libby Kelley
Vice-President, Ted Stokes
Treasurer, Deanna Charlton
Secretary, Catherine Cottingham

DIRECTORS
Elinor Ames
Mhairi Cartmill
Margaret Coates
Raye Lee
Jean Lisle
Gordon Skoog
Don Warner

BOARD COMMITTEES
Budget & Finance
Deanna Charlton, Margaret Coates,
Raye Lee

Health Committee
Jean Lisle, Don Warner, Mhairi Cartmill
Nutrition Sub-Committee
Mhairi Cartmill, Elinor Ames, Heather
Dunsford

Nominating Committee
Elinor Ames, Jean Lisle

Personnel Committee
Catherine Cottingham, Deanna Charlton
Libby Kelley, Raye Lee

**Fundraising/Marketing/Promotion
Committee**
Margaret Coates, Elinor Ames, Heather
Dunsford, Raye Lee

Statistics
Ted Stokes, Elinor Ames

Policy & Procedures Committee
Libby Kelley, Elinor Ames, Margaret
Coates
Catherine Cottingham

Membership Committee
Ted Stokes, Gordon Skoog

Newsletter Committee
Margaret Coates, Elinor Ames, Heather
Dunsford

**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
2014/2015*

**VANCOUVER
COASTAL HEALTH
LIVING
BRITISH COLUMBIA
VANCOUVER
VANCOUVER
VANCOUVER**



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 Keep Well sessions continue. We gratefully acknowledge all who fund and donate to our program.

