

KEEP WELL'S BIG ADVENTURE

The month of June was a busy and fun time for Keep Well. Gearing up for this year's Keep Well Week, 25th Anniversary Celebrations, Volunteer Tea and Annual General Meeting kept us all on our toes.

We were able to switch the regular September Keep Well Week to the 3rd week in June to coincide with our Volunteer Tea and AGM. Pacific Arbour Retirement Communities donated 400 t-shirts and tote bags for all of our participants and the sea of lime green made for a very colourful display at our kick-off Demonstration Class at Capilano Mall. 25th Anniversary cakes, balloons and t-shirts were delivered throughout the week to each of our seven sites.



Nothing like good conversation and great food to cap off another wonderful year!

Be safe and Keep Well!

Awesome green shirts!



The Volunteer Tea at Silver Harbour was a great success with outgoing President Elinor Ames along with site coordinators and former Program Directors Elise Shepherd and Roberta

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**NEWSLETTER MADE POSSIBLE
WITH FUNDING FROM**

**PACIFIC
ARBOUR**
RETIREMENT COMMUNITIES



Who We Are

North Shore Keep Well is a registered society in British Columbia and a federally registered Charity.

Goal

To encourage and help older adults to keep well by leading active and independent lives.

Objectives

To provide drop-in programs in which older adults can learn and practice regular keep well activities;

To expand and enrich such programs as appropriate;

To develop programs by which people needing special help can be counselled and referred to competent community resources;

To arrange and publicize workshops and health fairs which will increase general awareness of community health resources and promote the Keep Well Program;

To collaborate with all other personnel and agencies whose programs complement and strengthen the Keep Well Program.

What We Do

Keep Well is an exercise and wellness program for mobile seniors.

Programs take place at seven community centres from Deep Cove to Horseshoe Bay.

1 hour of mild exercise is followed by blood pressure checks, health coaching, shoulder, hand and foot massage, speakers, and social times.

Keep Well is free, open and inclusive to participants.

Directors

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

Elinor Ames
 Tracy Sacre
 Don Warner

Jean Lisle
 Ted Stokes
 Frank Storey
 Byron Hatt



Keep Well Staff

Heather Dunsford – Administrator
 heather@keepwellsociety.ca
 Andy Demeule – Fitness Instructor
 Mary Kill – Bookkeeper

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Elinor Ames - Director

Produced By

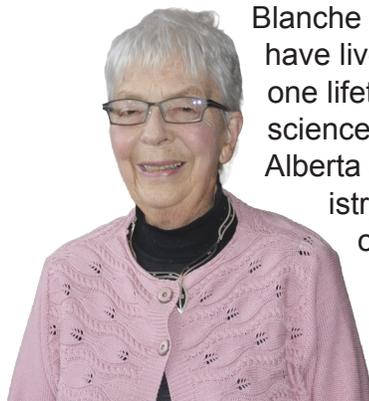
Michael Maguire
 Lan Wide Communications

Tips throughout the newsletter taken from BCIT Seniors Kit on Mobility.

Safety Tips !

Remove throw rugs and scatter mats to prevent a tripping hazard – especially in the bathroom and hallways.

BOARD PROFILE – BLANCHE HOWARD



Blanche Howard seems to have lived several lives in one lifetime. She studied science at the University of Alberta and taught chemistry at the University of Toronto while her husband, Bruce Howard, went to university after serving in World War II.

After the Howards settled in Penticton and raised 3 children, Blanche got a degree in Accounting through the Outreach program at Queen's and worked as a Chartered Accountant for 10 years. During this period she began more than 50 years of writing, which has produced short stories, essays, newspaper columns, speeches, plays, and novels. It was not till 1968, when her husband was elected to Parliament, that she began to write as her primary vocation.

Blanche is best known for her seven novels, the earliest of which won the Canadian Booksellers' Award and the latest of which has appeared as an e-book. Another novel is currently in the hands of her agent, and her computer houses one that is underway.

Also active in volunteer work, Blanche has served on the board of the Vanier Institute of the Family and on the North Shore Arts Commission. This June she retired after 9 years on the Keep Well board, most recently as one of its Co-Secretaries. Even though we understand, respect and applaud Blanche's wish to focus on her writing, we will all deeply miss her careful preparation of minutes, accounting expertise, clear thinking, judicious questioning of procedures, and sense of humour. Thank you, and best of luck, Blanche. We're looking forward eagerly to the next novel.

Elinor Ames

Safety Tips !

Increase or add additional lighting to improve visibility. Put in solar nightlights in bedrooms, bathrooms, hallways.

Welcome to our new Board Member

Tracy Sacré is a Registered Nurse, passionate entrepreneur and visionary in senior health and care. As a former Intensive Care Unit nurse and mother of two, Tracy has an intimate knowledge and understanding of how to care for those who, through the course of time or events are unable to care for themselves.

As an Instructor of Nursing at Vancouver Community College, she has an extensive knowledge about the latest research and advancements in nursing. Tracy's RN background as well as her time working in Neurology and Stroke Research gives her valuable insight in to what might be happening to our loved ones.

Tracy has recently started an exceptional senior home health care company called Proof of Care. Proof of Care exists to support and restore dignity, to advocate, but foremost to preserve the sparkle in aged eyes. Keep Wells purpose aligns with both Tracy's personal and professional goals, values and mission in senior health.

Tracy's legacy is to change the way we care for our seniors, to add value to those who gave us values.

Her warm, welcoming, approachable personality puts anyone who meets her instantly at ease... not to mention the way her laugh fills a room.

Tracy was born and raised in North Vancouver, where she currently lives with her husband and two daughters. She is thrilled to have the opportunity to sit on the Board of Directors of the North Shore Keep Well Society and is looking forward to the wonderful year ahead.



Presidents Report



As this is my first term as your President I wanted a chance to talk to all you folks who participate in Keep Well programs, volunteer at these wonderful programs and who generally support us including, board, funders, organizations, members, individuals and others.

After two very productive years, Elinor Ames has stepped down as President and I hope I can fill her shoes. Carolyn Dykeman has come on board as the Vice Chair, a position I held for 2 years and already I'm seeing her doing a great job supporting the organization. We welcome back the board members, listed on page 2 of the newsletter, who have assisted us over the last year and before. We also say hello to our new board member, and goodbye to Blanche Howard and Carole Badgley who are stepping down. (See references to these "comings and goings" throughout the newsletter).

A couple of exciting developments occurred over the last few years. The first was the production and distribution of our Medical Alert Cards a project taken on by the Health Committee. We have written up a short report which you can read on page 10 of the newsletter.

Another project revolves around our ongoing attempts to provide nutritional information to our participants. Through volunteer time and minimal resources, we began informally giving nutrition talks, tastings, and sharing what we know with handouts and so forth. Lise Pitt, a volunteer whom we profiled in our Spring/Summer Newsletter, has agreed to be Keep Well's Volunteer Nutrition Coordinator, offering help to the site nutrition volunteers who request it, and planning



a Nutrition section on our web site so we can share our knowledge and also build our knowledge resource base. Lise worked with

our web site developer (Newsletter producer, Michael Maguire) to get this underway.

www.keepwellsociety.ca/nutrition

Safety Tips !

The Mayo Clinic has on its website an article on "Relaxation techniques: Try these steps to reduce stress", which includes safe things people can do on their own, without training. www.mayoclinic.com/health/relaxation-technique/SR00007

Membership Drive:

In the fall please look out for our membership drive which we will hold at the seven sites. A team of dedicated volunteers headed up by Libby Kelley and Ted Stokes will sign everyone up as a member. Membership is \$5.00 and offers you a chance to support our organization, vote at meetings and run for our board of directors. Remember, however, you don't have to be a member to participate as it is Keep Well's intent to continue to offer programs for free. See you at the membership tables hosted by our intrepid volunteers.



Five Dollars! That's a steal!

A Short History of Lynn Valley Keep Well Site: K.L.M



Twenty five years ago the North Shore Keep Well Society began at the North Shore Neighbourhood House. In 1994, a government grant enabled two more sites to open; one in Deep Cove and one in Lynn Valley. Audrey Henry volunteered as site coordinator for the Lynn Valley site that year and permission was given to use the Karen Magnussen Eagle Ridge Room rent free. Soon after, Andy Dumeule began to work with Keep Well as Director of Fitness.

Under Audrey's direction and with the popularity of Andy's classes and his music repertoire, membership grew and more volunteers came on board. By 1997 there was a need for a larger facility. The Lynn Valley Senior's Association granted permission for Keep Well to begin using the Kiwanis Lynn Manor (KLM) and Kirsten McCorquodale became the site coordinator in 1997. Kirsten's enthusiasm, efficiency and caring manner did much to enhance and grow the program until she retired due to ill health in 2011.

Presently, the duties of site coordinator are shared by Marjorie Spani, myself, Del Dimock, and Roberta Tottle along with other volunteers that step forward. We have all enjoyed our time volunteering with Keep Well, meeting interesting people and participating in the activities. It is a fun place to be and definitely lives up to its name in helping us "keep well". We love you all and hope you continue to be a part of Keep Well. We need you and you need us.

Submitted by Del Dimock

VOLUNTEER PROFILE – AIDAN BUTTERFIELD

Each Thursday at the West Van Seniors Centre several participants patiently wait their turn to get a massage from Aidan Butterfield, saying it's well worth the wait. Aidan learned massage 50 years ago from a healer and various chiropractors he consulted. Now, his combination of friendliness, kindness, and experience has created a very loyal following.

As Aidan's early work in banking became less and less meaningful to him, he switched careers in midlife, becoming a Notary in West Vancouver "to be of help to both the people and the community". And a help he certainly has been, both in his profession and in retirement. Beside serving as the "Secretaries' secretary" for the B.C. branch of the Institute of Chartered Secretaries and Administrators, he was also editor of the B.C. Notary magazine for 10 years, served as a Director of the Society of Notaries, and became one of the Founding Governors of the Notary Foundation.

Aidan's retirement 18 years ago did nothing to disrupt his pattern of community involvement.

He has served on both the Program Committee and the Advisory Board of the West Van Seniors Centre. His interest in writing has continued, and he's now creating a book of memories and postcards from the Okanagan and Vancouver for his daughter and her children. He also continues a lifelong interest of collecting and dealing stamps, but his self-described "most rewarding retirement activity" is massage. For the past 10 years there's always been that lineup of Keep Well participants waiting for his skilled neck, shoulder, and back massage. Aaaaah...that's great, Aidan.

Safety Tips !

Ensure there are hand rails on both sides of staircases. Bare walls can't help you if you miss a step! Remove clutter and recycling cans off of the steps. Mark the stair edges with a contrasting paint or reflective tape.

HEALTH COMMITTEE REPORT

The new project for the Health Committee this fall will be a massage training course and recruitment of volunteers from the participants at all sites. Everyone enjoys a gentle neck, shoulder or hand massage so why not volunteer for this course and in turn be a recipient of a wonderful relaxing massage from one of your friends at your site? A registered massage therapist will guide you in the proper techniques. We will need 10-12 participants willing to take this FREE course and do massage at a site at least once a month.

Ongoing endeavors of the Health Committee will be the continued sale of the Medical Alert Packages and Exercise DVDs . These make wonderful Christmas gifts and are a fundraising activity of Keep Well.

See you all at a site soon.

Carolyn Dykeman
Chair, Health Committee

Pneumococca

S pneumonia is a bacterium that causes a number of serious illnesses, notably pneumonia, meningitis, septicemia and otitis media. The overall incidence is fourteen cases per 100,000 population per year. The incidence is considerably higher in the senior and infant populations. Certain groups have reduced resistance to this bacterium, notably patients with certain malignancies, those with absent spleens and people with reduced immunity due illnesses such as AIDS. Certain racial groups are more susceptible also.

Antibiotics are becoming increasing less effective in treating these infections. Thus, vaccinations offers an effective means of reducing frequency and mortality from these infections.

Pneumococcal vaccine is effective in prevention of pneumococcal disease in 70% of those vaccinated. It is recommended for those 50 years and older. Reactions are generally mild. There is often some

Safety Tips !

Ensure electrical cords are not lying in the path of traffic – again another tripping hazard.



Neck massage anyone!

redness and swelling at the site of injection which is usually short lasting, muscle aches and fatigue may occur. As with other vaccines allergic reactions may occur and must be anticipated and treated at the time of injection.

This vaccination is effective in reducing frequency and morbidity from strep pneumonia infections. It is free. Ask your doctor about it.

Don Warner MD



Safety Tips !

Have chairs placed around your home and yard so you can sit if you feel fatigued, dizzy, etc.

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Tottle providing a historical synopsis of Keep Well. The original Founders and Builders of the Keep Well program were presented with a beautiful red rose and a Certificate of Lifetime Membership acknowledging their long time commitment and contribution to Keep Well. On hand to receive their certificate and rose were Lynne Cove, Varick Ernst, Barbara Gillingham, Thelma Kyle, Helen Nesbit, Elise Shepherd, Dorothy Stewart, Mary Turland and Alan Jones who accepted his Certificate in Memory of his wife Sheila's contribution.

Varick Ernst sent us this message which we felt summarized the feelings of everyone on that day:

"We oldtimers were so thrilled to be recognized! My rose is still dewy fresh, and the pot of roses will go into a special place in the garden. I love the vibrant green tee shirt, and will wear it with pride! Thanks again for everything. It was a beautiful day that will stay in our memories forever."



A few of the "oldtimers" receive their roses and certificates.

The Annual General Meeting followed the Volunteer Tea. Bouquets and heartfelt thanks were presented to directors Carole Badgley and Blanche Howard who we were sad to see resign from the Keep Well board. A warm welcome was extended to our new board member Tracy Sacré.

A new board of directors was elected with, Margaret Coates taking on the President's role (see her report on page 4) and Elinor Ames stepping down after two extremely productive years. Thank you Elinor! At the meeting, Elinor was enthusiastic about franchising Keep Well programs and she will take this under her wing as a future activity.

Profile of Andy Demeule, Fitness Director, Keep Well Society

I first met Andy Demeule by accident – I had gone to North Shore Neighbourhood House for a group that was cancelled and I noticed a fitness class for Seniors so I joined in. I was hooked. Andy's class was fun and Andy, recognizing my slight bewilderment, went out of his way to help. His class was not only good for the body but for the mind. He kept us working, made us laugh, and most importantly for a group of seniors, never in any way talked down to us.

It is eighteen years since Elise Shepherd and Nancy Milley hired Andy, and over those years Andy has brought innovations and structure to the position and even now, with seven sites to manage, he teaches most of the classes himself.

Andy was born in St. Boniface, Manitoba, the seventh of ten children. In high school he met and married Irma, and now forty-six years later and with two children and a grandchild, they are still trying to decide if they made the right move in leaving the cold and snow for rainy Vancouver.

Andy is a Certified Personal Trainer as well as a Strength, Aerobic, Adapted, Aquafit and Senior Fitness Trainer, although he feels that his interests, abilities and personality are best suited for seniors and those requiring

specialized adaptive fitness. In his spare time he has coached sports on the North Shore and for his volunteer efforts has been awarded life-time memberships in hockey and ringette.



We were all mightily proud during the 2010

Olympics when Andy was chosen to run with the torch. Keep Well turned out in force to cheer him on, just as Andy continues to cheer us on with the same enthusiasm that I first enjoyed ten years ago.

Blanche Howard, Board Member, retired.



Safety Tips !

Avoid climbing on stools or chairs to reach items high above. Rearrange your cupboards and closets so the items you use regularly are on low selves. Or use a reaching device that allows you to grab light weight items (found at medical / home device stores).



What's that Andy?



Group hug anyone?

All part of the fun!

Pumpkin Raisin Muffins

Have one of these muffins with fruit and a cooked egg for a tasty, healthy breakfast. The muffins freeze well. Take them out one at a time as you need them.

Ingredients:

1 cup (250 mL) whole wheat flour
 3/4 cup (175mL) all -purpose flour
 1/2 cup (125mL) sugar
 1/2 tsp (2mL) baking soda
 2 tsp (10mL) baking powder
 1 1/2 tsp (7 mL) cinnamon
 1/2 tsp (2mL) nutmeg
 1/2 tsp (2mL) powdered ginger
 3/4 cup (175mL) raisins
 1/2 14oz (200mL) can pumpkin puree (not pie filling)
 1/4 cup (60 mL) vegetable oil
 1 cup (250 mL) buttermilk or sour milk –see below*
 2 eggs



Instructions

Preheat oven to 375 F. In a large bowl, combine flours, sugar, spices, baking powder, baking soda and raisins. In a smaller bowl, beat eggs, add pumpkin, oil and buttermilk. Make a large well in centre of the dry ingredients, and pour the pumpkin mixture into this well. Gently fold wet and dry ingredients together until combined. Do not beat. Spoon batter into paper-lined or lightly greased muffin tins. Bake in preheated oven for 18-20 minutes or until firm to touch.

*To make sour milk, add 2 tsps. vinegar to 1 cup milk and let sit for 5 minutes.

Per Muffin

Calories: 195 Protein:
 4G Fat: 6G Carbs.: 33G
 Fib: 2.3G Sodium: 132
 MGS Calcium: 5 MGS

Makes: 12 muffins

Preparation Time: 25 minutes Baking Time: 20 minutes



Recipe taken from “Healthy Eating for Seniors”

MANGO AND BANANA SHAKE

1/2 ripe mango
 1 small ripe banana, sliced
 5 fluid ounces of semi-skimmed milk
 4 fluid ounces of orange juice
 2 tsp. lime juice
 1 tsp. caster sugar
 2 heaped tbsp. vanilla frozen yogurt

1. Peel the skin from the mango and cut the flesh away from the stone. Chop the flesh and put in the blender with the banana
2. Add the milk, orange juice, lime juice, sugar and frozen yogurt
3. Blend on medium speed for approx. 30 seconds or until smooth and frothy
4. Pour into glass and serve immediately

** Mangoes are high in beta carotene which has many health benefits such as protecting against cardiovascular disease and keeping eyes healthy. Mangoes are also loaded with Vitamin C which helps us absorb another of mangoes benefits (iron). While this juicy fruit may seem like an indulgence, it's easier on the budget than blueberries and pomegranates.





Contents of this Package:
 Two (credit card size) Emergency Alert Cards
 One Personal Information Magnet
 Directions for use inside

The Health Committee of North Shore Keep Well Society with the help of Paramedic Dean Siemens, designed and produced the Medical Alert Packages for all the participants at the 7 Keep Well sites across the North Shore. These medical alert packages contain instructions, a handy fridge magnet which contains important information for the paramedics, and two cards containing other useful information for your wallet.

Medical kit's - Get your's...Don't wait, going fast at \$5.00 each



Volunteer Tea

Great Fun!

A Very Touching Story
 A young man shopping in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore she kept staring at him.

She finally overtook him at the checkout, and she turned to him and said, "I hope I haven't made you feel ill at ease; it's just you look so much like my late son." He answered, "That's okay." "I know it's silly, but if you'd call out 'Goodbye Mom' as I leave the store, it would make me feel so happy."

She then went through the checkout, and as she was on her way out of the store, the man called out, "Goodbye, Mom."

The little old lady waved and smiled back at him....

Pleased that he had brought a little sunshine into someone's day, he went to pay for his groceries.

"That comes to \$121.85." said the clerk....

"How come so much? I only bought 5 items."

The clerk replied, "Yeah, but your Mother said you'd be paying for her things too."

We hope you have a good laugh at the joke above!

Remember laughter can be an important part of Keeping Well!

Donations

The North Shore Keep Well Society relies on donations from organizations and individuals to keep our programs running and our seniors healthy and active. You can donate to Keep Well in the following ways:

Bring your donation to any of our 7 locations or to the Keep Well office

On-line by credit card at CanadaHelps.org

If you would like to donate by cheque please make the cheque payable to the North Shore Keep Well Society and send it to 600 West Queens Road, North Vancouver, BC V7N 2L3.

Recognition:

We recognize donations of \$10.00 or more with a thank you letter and tax receipt, and donations over \$500.00 will be acknowledged in a variety of ways in discussion with the donor.

Supporters & Funders

- Keep Well Participants and Members

Grants:

- Integrated Health Network - Vancouver Coastal Health
- Government of Canada - New Horizons for Seniors
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- Lower Lonsdale Legacy Fund

Private Sector:

- Pacific Arbour Retirement Communities
- Bayshore Home Health
- North Shore Credit Union
- Royalty Home Care

Foundations:

- The West Vancouver Community Foundation
- The North Vancouver Community Foundation
- Mackenzie Financial Charitable Fund

Service Clubs:

- The Lynn Valley Royal Canadian Legion – Branch 114
- The Lynn Valley Lions Club
- Mount Seymour Lions Club

September 2011 to May 2012 Schedule

North Shore Neighbourhood House
Monday @ 9:30 – 10:30, Mild Exercise
10:30 – 12:00 Hands on and Social

Delbrook Recreation Centre
Monday @ 11:00 – 12:00, Mild Exercise
12:00 – 1:00 Hands on and Social

Parkgate Community Centre
Tuesday @ 9:30 -10:30 Mild Exercise
10:30 – 11:30 Hands on and Social

Silver Harbour Seniors' Activity Centre
Wednesday @ 9:30 – 10:30 Mild Exercise
10:30 – 11:30 Hands On, etc.

West Vancouver Seniors Activity Centre
Thursday @ 9:00 – 10:00 Mild Exercise
10:00 – 11:15 Hands On, etc.

Kiwanis Lynn Manor
Friday @ 9:30 – 10:30 – Mild Exercise
10:30 – 11:30 Hands on, etc.

Gleneagles Community Centre
Friday @ 11:30 – 12:30 – Mild Exercise
12:30 – 1:15, Hands on, etc.

Ample notice will be provided if any changes are made to the schedule.

Check our web site calendar for events, meetings and changes at.

www.keepwellsociety.ca





Thank-you to Our Funders

Sign Up Forms Volume : 13 Spring/Summer - 2012

VOLUNTEER SIGN UP SHEET

Name: _____

Address: _____

City: _____

Postal Code: _____

Email: _____

Telephone: _____

Please fill in the form and mail to :

North Shore Keep Well Society
600 West Queens Road
North Vancouver, BC, V7N 2L3

NB. Please note that your information will be protected according to our Privacy Statement found on the web site.

I would like to find out more information about the Keep Well Society Programs:

Yes No

MEMBERSHIP FORM:

Name: _____

Address: _____

City: _____

Postal Code: _____

Email: _____

Telephone: _____

Please fill in the form and mail with your \$5.00 membership fee to:

North Shore Keep Well Society
600 West Queens Road
North Vancouver, BC, V7N 2L3

If you wish to donate to the organization please see the donation page on the web site. www.keepwellsociety.ca
Or see **Donations** on page 11 of this newsletter.

NB. Please note that your information will be protected according to our Privacy Statement found on the web site.