

Site Profile - Keep Well at West Vancouver Seniors' Activity Centre

The West Vancouver Keep Well drop-in site began in early 1988, making it the 3rd drop-in of the Keep Well program. Lynn Cove was the Program Coordinator at that time with Varick Ernst being the first Site Coordinator and Fitness Instructor. Andy Demeule became the Fitness Instructor when Varick retired and Maureen Sherman became the new Fitness Instructor approximately four years ago.

Our 25-year history at the West Vancouver Seniors' Centre has paid off in that Keep Well is now the only outside program allowed at the Centre, which needs all its other space for in-house programs. Because of space limitations we are not able to have speakers or monthly parties, so the parties in December and June are very important events that are particularly well attended.

Our set-up is quite different from most other Keep Well sites in that the parts of our program take place in two separate rooms. The room for exercise is some distance away from the room used for Hands-On, which results in having not as many of our participants take part in both sections of the program. This arrangement has some disadvantages, but there are advantages as well, as some participants come to Hands-On after taking part in non-Keep Well exercise groups in the Centre such as yoga classes.

In spite of our space restrictions, our Hands-On component attracts a lot of people. In addition to offering blood pressure testing and nutrition demonstrations, we are very fortunate to have great volunteers who offer hand, shoulder and foot massage each week. Our Keep Well Program at the West Vancouver Seniors' Activity Centre averages 30 participants per week.

Presently, the responsibilities of the site coordination are shared by Barbara Gillingham, Shirley Friend and Laura DeGrave, a combination which all agree works very well.

We have 12-15 volunteers weekly who share the different activities in the very popular 'Hands-On' part of the program. Everyone enjoys the time spent on Thursday mornings and the best part is that we continue to meet all the wonderful new people who cross our doorstep! It's a great way to start a Thursday. We hope to see you here one day.



Volunteers Margaret Charles and her granddaughter Jenny Charles give foot massages at West Van

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 - Secretary

Elinor Ames
Tracy Sacre
Don Warner

Jean Lisle
Ted Stokes
Catherine Cottingham
Ric Worthy



Keep Well Staff

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

Editorial Committee

Heather Dunsford
heather@keepwellsociety.ca
Margaret Coates
margaret@dixoncoates.com

Elinor Ames - Director

Produced By

Michael Maguire
Lan Wide Communications

In the boxes, which are placed throughout this issue, we have reprinted useful items from the Canada Food Guide Recommendations and items about falls prevention found at www.health.gov.bc.ca/prevention.

BOARD PROFILE – Carolyn Dykeman

As Vice-President and Chair of the Health Committee, Carolyn plays a central role in Keep Well's operation. She and her fellow committee members have been responsible for creating Medical Alert Packages and organizing CPR/First Aid workshops, a massage workshop, and a Food Safe workshop, all designed to keep Keep Well volunteers up to date on the best practices for their roles.



Carolyn's life journey has taken her from one coast of Canada to the other. Born in the Annapolis Valley, she completed her R.N. in Halifax, then moved with her husband, Dr. Larry Gray, to Calgary, where she continued her nursing career in a medical clinic and he was a military dentist. They later moved to Vancouver, but after a while decided that Penticton would be a better place to raise their son and daughter. While in Penticton Carolyn served as manager of the family's dental clinic. Further moves took them to New Westminster and finally North Vancouver.

After the passing of her husband, Carolyn served on the Eldercollege board, where she met her second husband, former District of North Vancouver Mayor Murray Dykeman. She was also an active member of the Keep Well board, but stepped down after 6 years due to family illness. Sadly, Murray passed away in 2008. Luckily for all of us, Carolyn was persuaded to rejoin the Board in 2010, and Keep Well has benefited greatly from her decision.

In addition to Keep Well, Carolyn stays involved with her children and four grandchildren, enjoys a wide network of friends, belongs to a book club, practices yoga, is an excellent cook, and has travelled widely--to the Caribbean, the Mediterranean, Alaska, and Panama. Her kind and gracious manner is one of the Board's greatest assets. Thank you, Carolyn.

Submitted by Elinor Ames

Hats off to Pacific Arbour

Our newsletters provide an opportunity for Keep Well to highlight our volunteers, our various sites, board members, staff and participants who have shone light on the many benefits of our programs and who support our services.

In this edition, we would like to acknowledge Pacific Arbour Retirement Communities for their continued support of our programs and thank them for their strong commitment to seniors in general on the North Shore and elsewhere.

Pacific Arbour has four Metro-Vancouver retirement residences: The Summerhill, The Mulberry, Cedar Springs and The Westerleigh Retirement Residence. Pacific Arbour is committed to making their residences great places to live by building stronger communities — from the inside out.

We are proud to be associated with and supported by an organization whose goals are so closely affiliated with those of Keep Well.



Cedar Springs Rendering

Sound Bites

Some sugary drinks contain as many calories as a whole meal.

President's Report

Welcome to our Fall/Winter newsletter. As I predicted in the last newsletter, we expected a busy summer and it certainly proved to be the case, notwithstanding the gorgeous weather as well. We held our Annual General Meeting and the ever popular Volunteer Tea. We held Keep Well fitness sessions at five sites in July and two sites in August, keeping some of our program going through the summer. Guided by a newly formed Steering Committee, we also got our new Nutrition Project off the ground (see the Health Committee report for more about the project).

At the Annual General Meeting, in addition to those board members who are continuing to serve their three year terms, we elected three board members: Catherine Cottingham whom I introduced in our last newsletter, our vice-president Carolyn Dykeman for another term and Eric (Ric) Worthy. Ric is a retired "computer guy". In his most recent work life he was the department head in computing science at BCIT. More recently he has been consulting and volunteering for organizations and individuals in their process for developing on-line presences. He is very excited to join our board as he has a keen interest in wellness for himself and others.

Also at the AGM we honoured two long-time members who are stepping down, Frank Storey and Byron Hatt. We presented them with gifts and gave our appreciation for their support of Keep Well over the many years that they served on the board.

Thanks to Silver Harbour's volunteers and kitchen staff, our Volunteer Tea was a hit again. At the Tea, Roberta Tottle was honoured by North Shore Community Resources Society with one of their Community Volunteer Spirit Awards. MLAs Naomi Yamamoto and Jane Thornthwaite honoured us with their presence, as did the mayors

FALL PREVENTION TIPS

Never rush up and down the stairs, it is a major cause for falls. Remember to remove your reading glasses when you go up and down the stairs

of the District and City of North Vancouver, Richard Walton and Darrell Mussatto. For a great pictorial representation of the Tea, see the home page of the Keep Well site at [www:keepwellsociety@telus.net](http://www.keepwellsociety@telus.net).

In September we begin a new cycle of our programs at the seven sites and we will also hold Keep Well Week from September 16th to the 20th. The date and place for the Keep Well Week demonstration program will be Wednesday, September 18th at Capilano Mall. Hope to see you there.

We have profiled Carolyn Dykeman one of our long-serving Board members in this edition of the Newsletter. In the last year, she has been a great support to me in her role as the Vice President. In addition to a board profile, we have profiled a site, West Vancouver Seniors Activity Centre, a staff member Heather Dunsford and a volunteer, Heather Prochuk.

We hope you enjoy this edition of the newsletter and again we invite you to submit articles that you feel would be of interest to our readers.

On behalf of the board, I wish you all a great fall and winter, and hope to see everyone at the programs and winter events (can you believe it, Christmas is coming).

Submitted by
Margaret Coates



Staff Profile – Heather Dunsford

Whether answering the office phone with a cheery “Keep Well--Heather speaking” or giving Power-Point presentations to community groups, our Administrator Heather Dunsford is often the public’s first introduction to Keep Well, and we are lucky to have her as the first contact because of her history of community involvement. Heather seems to know almost everyone on the North Shore, and almost everyone knows her.

Heather first became involved with Keep Well in 2002 when she was recruited to the Board of Directors by Carolyn Dykeman. As a former Councillor for the District of North Vancouver, Heather’s awareness of community organizations had been heightened significantly and she was always impressed with Keep Well and its importance to North Shore seniors.

During her tenure as a board member for Keep Well, Heather also served on the Board of Directors for North Shore Restorative Justice, the Seymour Art Gallery, the Coho Society of the North Shore and Family Court and Youth Justice.

She served on the Keep Well Board until 2011 when she stepped down from her position as President to take responsibility for the operations of Keep Well when the organization was suddenly faced with the loss of 80% of its operating budget.

Heather is inspired by ‘good causes’ and worked as a fundraiser in the infamous downtown eastside for a number of years. Now semi-retired, she is enjoying the ‘Keep Well Cause’ as well as boating and golfing with her husband Peter and friends, spending time with her grand-kids and going on some great trips, most recently to Costa Rica, and now looking forward to her upcoming trip to the Vezere Valley in the South of France.



Heather on deck at her Deep Cove home

Sound Bites It is better to eat calories than to drink them. Calories from drinks don’t fill us up.

Influenza vaccine

Fall is soon upon us and with it another flu season. Flu vaccine will be available in October. The rate of flu infection is reduced by 75% in immunized individuals. The larger the population that is immunized the lower the incidence of infections, including serious complications and fatalities. It is recommended that everyone over the age of 6 months receive this vaccine. In people over 65 years of age or having other systemic illnesses (e.g., heart disease, diabetes, cancer, or

respiratory illnesses), flu can be very severe and require hospitalization.

Safety of the vaccine is well established. Occasionally mild upper respiratory symptoms result, and there is some concern in people with milk allergy, but the side effects of flu shots are generally mild and infrequent. You owe it to yourself and to those you love to get this protection.

Submitted by Dr. Don Warner

NORTH SHORE BETTER AT HOME

Better at Home is a new program which provides basic, non-medical services to North Shore seniors (it is funded by the provincial government and managed by the United Way). The program is currently providing subsidized light housekeeping to eligible clients and will be expanding to include volunteer-assisted grocery shopping and transportation to social activities in the near future. The housekeeping service has already seen significant demand with very limited advertisement and it seems like there is a real need for this type of service on the North Shore. Below are a few facts about the program.

The North Shore Better at Home Program:

- New not-for-profit service which supports the independence of local seniors (65+) by providing them with basic, non-medical services to help them remain in their homes.
- Funded by the Government of British Columbia, managed by the United Way of the Lower Mainland, and delivered by North Shore Community Resources.

The North Shore Better at Home Program provides the following services to North Shore seniors (65+):

- Assisted Grocery Shopping.
- Light Housekeeping.
- Transportation to Social Events.
- Referrals to Other Services.

Eligibility:

- The North Shore Better at Home Program is available to persons residing on the North Shore who are over the age of 65; however, those receiving similar or identical services from other not-for-profit service providers (such as Veterans Affairs) may not be eligible and will be assessed on a case-by-case basis.

Fall Prevention Tips

If you have good balance, use a stable step stool with a safety rail for reaching high places – otherwise ask for help. Do not stand on chairs or other unstable furniture.

Costs:

- The fees associated with the Better at Home program are based on the client's income and their ability to pay. A sliding scale is used to determine subsidy levels. Persons who request a subsidized rate will be asked to show proof of income in the form of their most recent tax assessment or landing papers.
- Clients who are not fully subsidized will be asked to pay up-front for services and will receive vouchers which can be used to pay service providers.
- Tax receipts will be provided to those who make cash donations to the Better at Home Program.

As the North Shore Better at Home program develops we have added a new service directed at Keep Well participants in the Parkgate Community Centre area. We are offering transportation to the Keep Well program on Tuesday mornings. This service is by donation and is designed to assist those who would otherwise have difficulty attending. Trips will be made using the North Shore Neighbourhood House bus. For more information about this particular initiative and the overall program please contact:

Josh Cook , Service Coordinator at North Shore Community Resources Society

Phone: (604) 982-3313 www.nscr.bc.ca

Fall Prevention Tips

Blood pressure drops when you sleep, and may make you dizzy. Sit on the edge of your bed for a minute before getting up after a rest.

HEALTH COMMITTEE REPORT

The Health Committee has been active in providing information about updated health practices and instituting new programs for our volunteers and participants.

The popular CPR/First Aid course was re-offered and well attended. The course is given by a gifted paramedic who delivers his material in an understandable and upbeat fashion. A Food Safe workshop was given this spring by a Food Services Manager for volunteers. Attendees learned techniques of safe food handling that will be used by those serving food at all Keep Well sites.

This fall the Health Committee will review the tracking of referral forms used by Keep Well to refer participants to physicians or other agencies. Plans for a Blood Pressure workshop are being discussed, and Medical Alert Packages and Exercise DVDs are for sale at all sites.

Sound Bites

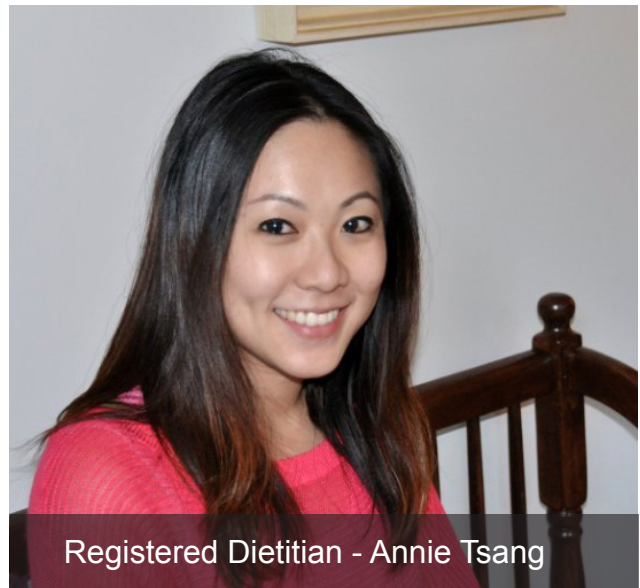
Reading Labels. Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium. Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Sound Bites

Healthy adults need only 1500 mg of sodium per day which equals less than a teaspoon of salt.

Thanks to funding from grants from the federal New Horizons for Seniors Program and the Lower Lonsdale Legacy Fund, Keep Well is able to expand its nutrition program. A steering committee to oversee these grants was formed, consisting of Carolyn Dykeman (Chair), Lise Pitt, Elinor Ames, Margaret Coates, and Heather Dunsford. A Registered Dietitian, Annie Tsang, has been hired on a ten-month contract. Annie is reviewing and improving the written material used thus far in our nutrition tastings and will be developing, delivering and evaluating PowerPoint presentations on nutrition, to be given in future by Keep Well volunteers. We are excited about this program, which we are confident will help our participants to improve their health through better nutrition. Please talk to your Site Coordinator if you would be willing to learn to help present nutrition information to our participants.

Submitted by Carolyn Dykeman,
Chair of the Health Committee



Registered Dietitian - Annie Tsang

VOLUNTEER PROFILE - HEATHER PROCHUK

Heather moved to B.C. from Saskatchewan as a teenager, and at age 18 started nurses' training at St. Paul's Hospital. After working in hospital and community nursing for 10 years, she entered UBC and received her B.Sc. in Nursing. Over her work years she acquired wide experience in health education and administration, culminating in being Director of Staff Development and Quality Assurance at St. Mary's Hospital.

After retiring in 2000, Heather tried different volunteer opportunities and finally decided she should use her professional experience to "do what I know". She started monitoring blood pressures for Keep Well at Silver Harbour Senior's Activity Centre 11 years ago, and still considers Roberta Tottle her volunteerism mentor. Heather is a Keep Well booster, especially praising its social component and inclusiveness as well as its more traditional preventive health aspects.

As a volunteer Heather presented workshops for the University of Victoria's program on Self-management of Chronic Diseases and for the B.C. Centre for Elder Advocacy and Support. After she and her husband bought property in a Mexican village, however, year-long commitments became more difficult. Heather now takes blood pressures whenever she is not in Mexico, and does time-limited projects for Silver Harbour Seniors' Activity Centre. She organized the Silver Harbour float for the 2012 Canada Day parade (first prize) and the 2013 Lynn Valley Days parade (again, first prize!), was Silver Harbour's representative for the Seniors Flash Mob and named the Mob's "Super Duper Volunteer", and is now working on Silver Harbour's 40th anniversary celebrations.

Sound Bites

Dial 8-1-1 to speak to a dietitian toll-free.

And what does this enthusiastic, cheery, and ultra-energetic volunteer do in her spare time? How about line-dancing, doing a 5K run to support WAVAW (Women against Violence against Women), spending time with lots of friends, and traveling widely—to Europe, China, Russia, and most recently, India. Talk about keeping well by keeping active!



Heather - Canada Day 2011

An Invitation to Mollie Nye House's 100th Birthday Celebration

Mollie Nye House has been a prominent part of the Lynn Valley community since its completion in 1913 and it will be soon be celebrating its 100th birthday. The Lynn Valley Services Society (LVSS) is planning a community party with an Old-Fashioned Country Fair on Saturday September 21, 2013. The celebration runs at Mollie Nye House from 11 am to 3 pm with tours of the house, vintage costumes, a model train display, children's games and activities from a bygone era and much more.

A Country Fair would not be complete without the participation of its friends and neighbours so with the spirit of the 1913 era in mind LVSS has invited all Keep Well participants to take part in the Fall Fair Contest, a judged exhibition of local produce, baking and crafts.

Continued page 10

REALLY EASY AND GOOD SALMON PATE

Serve with crackers and your guests will never want to leave. This needs to be refrigerated overnight so make a day ahead. Recipe can be doubled if desired. Also, it freezes well.

Ingredients:

7 ½ ounce can red salmon, drained
 1 ½ tablespoons minced onion
 1 tablespoon fresh lemon juice
 ½ teaspoon finely grated lemon rind
 2 tablespoons mayonnaise
 ½ cup butter, melted
 1 ½ - 2 tablespoons fresh dill or ¼ teaspoon dried dill
 Salt and black pepper

Salmon pate – www.kittencalskitchen.com

Directions:

In a bowl or blender, blend all ingredients until smooth
 Transfer to a glass bowl
 Cover and refrigerate overnight.



CREAMY SPINACH DIP

This light spinach dish made with healthier reduced-fat ingredients will save 84 calories and 10 grams of fat per serving when compared to traditional versions

¼ Cup Serving = 54 calories

Ingredients:

1 small shallot, peeled
 1 5 oz. can water chestnuts, rinsed
 ½ cup reduced-fat cream cheese (Neufchatel)
 ½ cup low-fat cottage cheese
 ¼ cup non-fat plain yogurt
 1 tbsp. lemon juice
 ½ tsp. salt
 Freshly ground pepper to taste
 6 ozs. baby spinach
 2 tbsps. chopped fresh chives



Preparation:

Pulse shallot and water chestnuts in a food processor until coarsely chopped. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Add spinach and chives and pulse until blended well.

Tips:

Can be made ahead. Cover and refrigerate for up to 3 days. Stir before serving.

Spinach dip – www.eatingwell.com

Sound Bites

Drinking water is a calorie and sugar free way to keep fit, hydrated and energized. Add some flavor to water with fresh herbs like basil, mint, rosemary or ginger or add slices of vegetables such as cucumber, lemon or lime.



The ever popular annual Volunteer Tea held at Silver Harbour on June 19th was a great success with wonderful food and delighted participants.

Mollie Nye continued from page 8

Entry is free for all ages and prize ribbons will be awarded to the winners in each category. Full details on each category, entry forms and contest rules can be found at Mollie Nye House, 940 Lynn Valley Road, North Vancouver or online at www.mollienye.com. Contest items will be accepted at Mollie Nye House on September 20th from 4-9 pm. Please note that items requiring refrigeration may be dropped off at 9 am on the day of the Fair, September 21st.

The Lynn Valley Services Society hope you will join them at the Fair. Should you have any questions please contact them by email at www.mollienye.com or phone (604) 987-8342.

Fall Prevention Tips

Behaviours that put you at risk for falling are:

Wearing loose fitting or worn out shoes, or shoes with thick soles

Taking medications without a regular review for fall risk by a physician or pharmacist

Consuming alcohol to the point of impaired judgment and/or balance

Trying to get objects that are out of reach rather than asking for assistance

Carrying heavy, awkward handbags that can affect balance

Not using canes or walkers when needed or using them incorrectly

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 Primary and Community Care - Vancouver Coastal Health
- Government of Canada - New Horizons for Seniors
- Province of British Columbia
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver

Private Sector:

- Pacific Arbour Retirement Communities
- Alpha Iota Sorority of the Chi Zeta Alumnae
- Municipal Pension Retirees Association #17

Service Clubs:

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

We acknowledge the financial support of the Province of British Columbia



September 2013 to May 2014 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 and Social

West Vancouver Seniors Activity Centre
Thursday @ 9:00 – 10:00 Mild Exercise
10:00 – 11:15 Hands on and Social

Kiwanis Lynn Manor
Friday @ 9:30 – 10:30 – Mild Exercise
10:30 – 11:30 Hands on and Social

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

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 : 16 Fall/Winter - 2013

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.