

WHAT'S BEEN HAPPENING AT KEEP WELL?

Our annual Volunteer Appreciation Event was held on June 17 at Silver Harbour. It just seems to get better and better every year with a continued show of support from many of our elected representatives and sponsors. This year Nancy Hollstedt from North Shore Community Resources Society presented a beautiful plaque and fitting tribute to our wonderful hard-working Site Coordinators who received the 2015 Community Volunteer Spirit Award. It is rare that a group of 14 would be the recipients of this award as it is typically given to individuals. These impressive individuals, collectively, have given over 179 years of volunteer service and over 26,850 hours to the community.



In the photograph from right to left are: Jean Lisle, Del Dimock, Joy Gardiner, Ruth Sherwood, Laura DeGrave (behind Ruth), Elise Shepherd, Barb Gillingham, Ted Stokes (behind Barb), Lise Pitt, Shirley Friend (behind Lise), Fay Thomson, Roberta Tottle (behind Fay) and Pat Turner. Marjorie Spani was unable to attend the event.

Once again Posy, a boutique flower shop in Lynn Valley provided beautiful potted plants for everyone and Silver Harbour's Chef Zoltan prepared his signature lunch while a team of Silver Harbour volunteers set the tables, served the food and poured tea and coffee.

Our Annual General Meeting followed the event and we said goodbye to outgoing board members, Elinor Ames, Margaret Coates and Don Warner and welcomed five new members to the board (see their bios on page 4). Two retirees will be staying on committees (can't get enough of Keep Well).

Margaret will join the Communications Committee and Don will stay on the Health Committee.

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KEEP WELL WEEK

Keep Well Week will be celebrated from October 5th to the 9th this year with our usual demo class scheduled for Wednesday, October 7th at Capilano Mall.

WEBSITE AND NEWSLETTER MADE
POSSIBLE WITH FUNDING FROM

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retirement
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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 six community centres from Deep Cove to Dundarave.

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. Donations are welcome.

Directors

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

Dorothy Brown	Raye Lee
Vary Cartmill	Jean Lisle
Gerald Chan	Gordon Skoog
Cheryl Cowan	Georgette Torry
Laura DeGrave	

Keep Well Staff

Heather Dunsford – Coordinator
keepwellsociety@telus.net

Andy Demeule – Fitness Instructor

Mary Kill – Bookkeeper

Editorial Committee

Heather Dunsford
keepwellsociety@telus.net

Margaret Coates
margaret@dixoncoates.com

Linda Skoog - volunteer

Dorothy Brown – board director

Produced By

Michael Maguire
Lan Wide Communications

MIM (Muffin in a minute)

¼ ground whole flax seed

½ tsp. baking powder

1 tsp. Splenda (or sugar to taste)

1 tsp. cinnamon, 1 large egg, and 1 tsp. butter

Put the dry ingredients into a coffee mug. Stir. Add the egg and butter, mix well. Microwave on high for 1 minute (or more). Makes 1 muffin.

(<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=540150>)



PRESIDENT'S REPORT

Welcome everyone to this edition of the newsletter and to the beginning of our Keep Well autumn and winter programs.

and in October, part of the regular Board meeting will be devoted to reviewing the responsibilities of Directors. We're in the lucky position where every new director has valuable background experience, and is active at one or more sites. (see article at the bottom of the page.)

Until fairly recently, Keep Well would stop during the summer. In recent years, exercise-only sessions have been held at several sites in July and August and they've been very well attended. The fall brings the resumption of the full programs, including massage, blood pressure testing, talks, social time, nutrition talks and speakers.

Keep Well's coordinator, Heather Dunsford, made short presentations to all three North Shore Municipal councils this spring. They were very well received, and gave new councillors a chance to learn more about this popular program. Moreover, as a result of one of her talks a valuable new volunteer offered her services to assist in the office.

In recent years, Keep Well has researched a variety of issues that help us evaluate and plan our programs. Results of five interesting recent studies are now on our website at www.keepwellsociety.ca/about/research.

On the issue of Board Governance, in the last year we conducted a survey of Keep Well's Directors to see how they felt the Board was doing. Responses were generally very positive,

We're also in the process of distributing Policy and Procedure Manuals to all the Directors and to each of the sites, so basic information about Keep Well and how it operates will be readily available in one binder. Thanks go to the dedication and hard work of the Governance Committee for the work they put into creating the manual.

Welcome back and thanks again to all the hard working and reliable Keep Well volunteers. This fall, Keep Well has a number of non-directors to draw on to assist in the Board's committee work, including Dr. Don Warner (Health Committee), Margaret Coates (Communications Committee) and Linda Skoog (Communications Committee). Dorothy Brown, a new director will also serve on the Communications Committee. Also, in this edition of the newsletter, we have concentrated on volunteer participation with articles on a site coordinator and a long-time volunteer at Keep Well. It can't be said enough that all volunteer contributions are very much appreciated.

Libby Kelley, President

KEEP WELL SAYS HELLO TO OUR NEW BOARD MEMBERS

In the last year a few board members left the organization after several combined years of participation. After an exhaustive search, the Nominations Committee chaired by Elinor Ames found the following five replacements and their bios are listed below. Many thanks go to the outgoing board for all their work, and to our new members for joining our ranks.

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Continued from page 3 - NEW BOARD MEMBERS

DOROTHY BROWN

Dorothy served on the Board of Directors of Minoru Senior Centre in Richmond for 7 years. She was assistant to the Marketing Manager at the Buy & Sell in Richmond and New Westminster, where she organized and staffed booths at major trade shows in the Lower Mainland. As a longtime member of the Langley Drama Club, Dorothy gained experience in all aspects of live theatre--executive, backstage, on stage, and fundraising. For the past 3 years she has attended Keep Well regularly at Parkgate, Silver Harbour, and Lynn Valley, and after attending a Keep Well massage workshop, has been a massage volunteer at all 3 sites.

GERALD CHAN

Gerald graduated from UBC in Business Administration, and went on to become both a Chartered Accountant and a Certified General Accountant. He articulated in a large accounting firm, then moved to the Income Tax Department, and after that set up his own practice. Gerry has been a Director and Executive of several corporations, and has volunteered with the Vancouver Symphony, the Vancouver Playhouse, the Vancouver Arts Club, and Park and Tilford Gardens, as well as having been treasurer of the Capilano Garden Club, and Bridge Director at Silver Harbour. He and his wife participate in Keep Well at Delbrook Community Centre.

CHERYL COWAN

Cheryl graduated from Nursing School in Saskatchewan, and shortly afterwards moved to B.C., where she worked at Lion's Gate Hospital, did some Industrial Nursing, and worked in a Doctor's clinic. When her children entered university, she also went to UBC and got a degree in Psychology with a certificate in Peer Counselling. She has been a volunteer with the Junior League of Greater Vancouver, acting as their representative on the Board of North Shore Community Services. Cheryl served for a while as a Coordinator of Glen Eagles Keep Well, and is now a Keep Well blood pressure volunteer at West Van Seniors Centre.

LAURA DeGRAVE

Laura is a Certified General Accountant who built up her own practice, which she sold in 2000. She has been Treasurer of the Canadian Section of Amnesty International; Treasurer of ElderCollege and a member of its Curriculum Committee; and a member of the Ethics Committee of the Certified General Accountants Association, as well as serving on several other non-governmental associations. Laura is currently Treasurer of both her Strata Council and Amnesty International Group 17. She has volunteered at Keep Well's Silver Harbour, Parkgate and West Van sites, and for the past 7 years has been one of the Site Coordinators at West Van Seniors Centre.

GEORGETTE TORRY

Georgette lived in Alberta, Saskatchewan and Manitoba before moving to the North Shore in 1990. Shortly after her arrival Elise Shepherd enlisted her as a volunteer at West Van Keep Well, where she served on the Registration desk and became an assistant to the Site Coordinator. Between 1991 and 2011 Georgette worked in several administrative assistant positions at the Seaview Alcohol and Drug Clinic and at ICBC. When she retired she returned to volunteering with Keep Well on the registration desks at West Vancouver Seniors' Activity Centre and occasionally at Silver Harbour. She also contributed to the LINKS Program for 2 years, designing their information and statistics sheets.



OUR NEW BOARD

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Keep Well Week will be celebrated from October 5th to the 9th this year with our usual Demo Class scheduled for Wednesday, October 7th at Capilano Mall. The purpose of the Keep Well Week is to provide an opportunity to raise awareness about our great programs and hopefully encourage more seniors to join us, exercise and keep healthy.



THANK YOU ELINOR



THANK YOU MARGARET



THANK YOU DON



VOLUNTEER APPRECIATION EVENT

Both the City and District of North Vancouver have agreed once again to officially proclaim a North Shore Keep Well Week. The District of West Vancouver has a policy of no proclamations but they always recognize Keep Well Week at one of their Monday Council Meetings.

Throughout the week there will be celebrations at each of the sites. The nature of the celebrations will be determined by the organizing committee, who always come up with some fun ideas. The demonstration class brings more and more people each year and is another great way to bring attention to the benefits of staying fit and active. Our major sponsor, PARC Retirement Living, will be bringing along new t-shirts for everyone, so be sure to come by and help us all look good.

Submitted by Heather Dunsford

Helpful Tips for Healthy Eyes

- If you are over the age of 45, have your eyes examined on a regular basis.
- If you suffer from dry eyes (gritty, itchy, or burning), a home humidifier and eye drops may help. In a few serious cases, surgery may be needed to correct the problem.
- If your eyes water, it may be that you are more sensitive to light, wind, or temperature change. Simply shielding your eyes or wearing sunglasses may solve the problem. However, this condition may be the result of an eye infection, eye irritation, or a blocked tear duct, all of which can be treated. See your doctor to find out the exact cause and treatment.
- Turn on the lights. Seeing better can sometimes be as easy as changing a light bulb to one with a higher wattage. Putting 100 or 150 watt bulbs in your lamps can reduce eye strain. Just make sure the fixture is designed for that wattage. Bright light is important in stairways to help prevent falls.
- Don't smoke. Smoking tobacco is a major risk factor in the early onset of age-related macular degeneration.
- Reduce glare as much as possible by using good lampshades, glare shields on computer monitors, and sunglasses. Sunglasses should provide 99 to 100% UV-A and UV-B protection. UV rays can harm your eyes even on a cloudy day.
- Protect your eyes from accidents in your home.
- Put a grease shield over frying foods.
- Make sure spray cans and nozzles are pointed away from you when spraying.
- Wear safety glasses in the workshop and when using chemical products such as ammonia.
- Be careful of a recoil when using bungee cords.
- Eat your carrots. A daily dose of the vitamins and minerals found in melons, citrus fruit, carrots, spinach, and kale may help slow the progress of age-related eye diseases such as macular degeneration, glaucoma, and cataracts.
- Don't drive at night if you have problems with depth perception, glare, or other vision difficulties.

Source: Health Canada

North Vancouver Hosts the 2015 BC Seniors Games

Over 3,300 BC Seniors competed in a variety of sporting events, from lawn bowling and badminton to cribbage and bridge over five days from August 25th-29th. The mission of the BC Seniors Games, which was hosted in the City and District of North Vancouver, is to improve senior's health, image and lifestyle. Keep Well participant Stanley Dzuba, who was profiled in our Spring/Summer newsletter, did very well winning a Gold Medal for the triple jump (also known as the hop step and jump), a Silver Medal for the 200m race and a Bronze for the long jump. When Stanley is not in training he finds time to attend our program at Silver Harbour Seniors' Activity Centre, which also hosted some of the games.



**Submitted by Margaret Coates
and Heather Dunsford**

SITE COORDINATOR - RUTH SHERWOOD

Ruth Sherwood, a Site Coordinator at North Shore Neighbourhood House, was born in Manitoba where she was raised on a farm in southwestern Manitoba until age 12. Ruth's family moved to Winnipeg where she spent her youth and attended the University of Manitoba, graduating in Home Economics. She interned as a dietitian at Henry Ford hospital in Detroit, Michigan. After that Ruth worked as a dietitian in hospitals in London, Ontario, Saskatoon, Saskatchewan and Paddington General Hospital in London England.

Ruth returned to Saskatchewan after 16 months in England. She married in 1963, and had two children, Richard and Gillian. The family moved to North Vancouver in 1970.

Ruth worked for 17 years as dietitian at Surrey Memorial Hospital and her last job was as a nutrition consultant with Burnaby Health Department. She retired in 1999.

Ruth volunteers in various organizations including North Shore Keep Well and Lynn Headwaters Park BC Mills House museum. She is also active in the North Shore Unitarian Church. Ruth stays fit with regular walks and attends circuit training twice a week.



Ruth joined the Board of Keep Well shortly after retiring, in early 2000. When stepping down from the Board she chose to assist Elise Shepherd at Neighbourhood House as assistant coordinator. Her extensive experience and knowledge regarding nutrition combined with a warm and engaging personality has been a true benefit to Keep Well.

Margaret Coates and Heather Dunsford

HEALTH COMMITTEE REPORT

On Wednesday, March 25th, the Health Committee arranged for Greg Hood, Pharmacist at Shoppers Drug Mart in Park Royal South to come to the Capilano Community Room to answer questions regarding both prescription and over the counter drugs. It was a most interesting session with a broad spectrum of questions and concerns expressed. Greg is a very informed and engaging speaker. He was able to answer all the questions raised and offer some very helpful advice. We hope to have Greg speak to us again this year.

The Health Committee is looking forward to a productive year ahead. Plans are being

formalized for a repeat of the popular Blood Pressure workshop led by former Board member, Tracy Sacre, RN, as well as another CPR Workshop in the fall. We are also planning to have a Food Safe session as well as a Massage Workshop in the spring of 2016.

Please share your ideas for any workshops or information sessions you would like to have us consider in the future by contacting the Keep Well office at keepwellsociety@telus.net or by phone at 604-987-7115, ext. 27.

Submitted by Jean Lisle

PHILANTHROPY VIA CRAIGSLIST: AN INNOVATIVE WAY TO DECLUTTER AND MAKE A FINANCIAL CONTRIBUTION TO KEEP WELL

A Keep Well participant has been listing some of his unwanted household items, art work, and so forth on Craigslist and is donating the money from the sales to Keep Well. One such item fetched \$200.00 which came as a very welcome surprise to all of us. Most of us have things we would like to get rid of but somehow we keep hanging on to the items and they start to gather dust.

If you feel that you can support Keep Well using the participant's idea, we would be more than grateful and you will receive a tax receipt for any donated amount over \$10.00. If you need some assistance with a listing on Craigslist, contact Heather at the

Keep Well office and she will try to help you out.

Keep Well wishes to thank the participant for his donation and creative idea. If you have any other ideas, we'd be happy to discuss them with you. Our Fundraising, Promotion and Marketing Committee is always looking for ways to bring in money for the organization. Contact Heather or Raye Lee, the Chair of the committee at the Keep Well office at 604-988-7115, ext. 27 if you have a thought or two.

Submitted by Heather Dunsford

NORTH VANCOUVER WOMAN HELPS OTHERS HELP THEMSELVES

by Laura Anderson North Shore News August 2, 2015

Lynne Cove's posture is erect, her step light and balanced and she radiates a calm yet dynamic energy. Watching Lynne in motion, one might conclude she is a dancer. It's true. During her childhood in Victoria, Lynne trained in ballet and in gymnastics, or acrobatics, as it was known in those days.

Now that she is in her 80s, Lynne gives the credit for her healthy and abundant qi to her years as a practitioner, student and teacher of qigong and tai chi.

Lynne's involvement with these ancient Chinese personal health-care delivery systems came later in life. She started out as a nurse at Royal Jubilee Hospital in Victoria, a profession preferable to Lynne than the other options available to her: teaching or marriage. In Lynne's case, her career as a nurse led her to marriage. She met Derek Cove, her husband to be, when he was a patient at the hospital.

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Lynne Cove, shown here with her dog, Samantha, teaches qigong and tai chi at North Shore Neighbourhood House and John Braithwaite Community Centre. Photo: Mike Wakefield

RED LENTIL CURRY

Try tossing a bag of baby spinach into the pot just before serving. Then top each bowl with a dollop of plain yogurt.

Ingredients

1 cup red lentils	1 inch piece ginger
½ tsp. turmeric powder, optional	1 Tbs. chili powder
1 Tbs. unsalted butter	1 15 oz. can no-salt-added diced tomatoes
2 Tbs. canola oil	½ tsp. kosher salt
1 large onion, thinly sliced	½ cup cilantro leaves



Directions

In a medium pot, combine the lentils and turmeric with 4 cups of water. Bring to a boil, then reduce the heat and simmer until tender, 15-20 minutes. Meanwhile, in a large skillet over medium heat, melt the butter with the oil. Sauté the onion until browned, about 10 minutes. Cut half of the ginger into fine matchsticks for garnish and grate the rest. Stir the grated ginger and the chili powder into the onions. Stir in the tomatoes and simmer until the lentils are done. Stir the lentils into the skillet and simmer for 5 minutes. Season with up to ½ tsp. of salt and garnish with the ginger matchsticks and cilantro leaves. Serves 4.

Per serving (1 cup):

Calories: 270
Sodium: 300 mg
Total Fat: 8 g
Saturated Fat: 2 g
Carbs: 38 g
Fiber: 9 g
Protein: 15 g

5 MINUTE HUMMUS

Ingredients

1 can chickpeas rinsed: 15 to 19 ounce can (I usually use the 19 ounce can)
1 - 3 cloves garlic
1/3 cup olive oil
2 tablespoons tahini (sesame paste, available in jars at the supermarket)
4 tablespoons water
A sprinkle of salt
1/4 tsp. paprika for sprinkling
1 tsp. ground cumin
2 tablespoons lemon juice

Directions

In a food processor, puree the chickpeas and garlic with the lemon juice, olive oil, tahini, water, cumin, paprika and salt until it is smooth. Transfer to serving dish. Drizzle with olive oil and a sprinkle of paprika before serving. If keeping the dish an extra day (or making ahead), you may want to make the recipe a bit thin with an additional tablespoon or more of water. I find it thickens with storing. The recipe makes a big bowl suitable for a crowd.



Recipe By: Real Simple - Yield: 2 cups Submitted by Catherine Cottingham, Secretary of the Board

VOLUNTEER PROFILE – ELMA MOEBES

Elma Moebes, a volunteer at Parkgate as a hand masseuse, was born in Vancouver of Scottish parents who immigrated to Canada after the First World War and settled in Vernon. She was one of a family of 8 children. In 1949 Elma moved to Vancouver and worked in the accounting department of The Province newspaper. In 1953, Elma married Jim Moebes, who was in the construction trade. By 1958, Jim had his own house building business.

Elma and Jim volunteered with a group of people who wanted to establish a winter club in North Vancouver. Elma was the first employee of North Shore Winter Club (NSWC). She became an enthusiastic curler, skipped for her own team, and helped teach the sport to new members.

In 1974, Jim moved his company to Pender Island, so Elma retired and was honoured to receive a Life Membership from NSWC. She kept the books for her husband's business, raised hens and vegetables and sold the produce. A volunteer in the creation of the Pender Island Lions Club, she also handled the banking and publicity for the Care Canada Christmas Care Tree.

Elma lost Jim in 2002, after 49 years of marriage. Elma returned to Vancouver, found a new partner, Clarence Kerr, and they moved close to Parkgate Centre, where she started attending the Keep Well program. She then became a volunteer hand masseuse. Elma and Clarence were together until he passed away in 2009.

Crafts are a large part of Elma's volunteer life. She joined the Parkgate Crafters and creates hand sewn greeting cards, catnip mice, and lavender sachets. Elma has learned to use a computer to keep in touch with long-distance friends and relatives. She has recently rekindled her interest in golf and plays once a week with a group at a local 9 hole course, and they end the session with brunch at Tim Horton's.

North Shore Keep Well is fortunate to have such an enthusiastic volunteer on board.

Submitted by Joy Gardiner, Site Coordinator at Parkgate



THANK YOU ELMA

Continued from page 8 LYNNE COVE

The Coves moved to the mainland, settling first in Delbrook in North Vancouver and later in West Vancouver where they raised their two sons. Most weekends, the family sailed the local waters in their Cove 29, one of the sailboats designed by Derek, a naval architect.

When their marriage came to an amicable end, the door to a different future opened for Lynne. She enrolled at Simon Fraser University in 1965 - Lynne is a proud charter member of the university - earning a certificate in health and fitness, a degree in applied sciences and a job as the university's supervisor of fitness.

To view the full article on Lynne Cove please visit our website:
www.keepwellsociety.ca

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 6 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 and Foundations:

- Vancouver Coastal Health
- Government of Canada - New Horizons for Seniors
- Province of British Columbia - Direct Access
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- North Shore Community Foundation
- Lower Lonsdale Legacy Fund
- West Vancouver Community Foundation

Private Sector:

- Parc Retirement Living
- MAL's Alpha Iota Sorority
- Municipal Pension Retirees Association #17

Service Clubs / Other:

- Lynn Valley Royal Canadian Legion – Branch 114
- Lynn Valley Lions Club
- Mount Seymour Lions Club
- North Shore Kiwanis Club
- Soroptimist International of North and West Vancouver

We acknowledge the financial support of the Province of British Columbia



September 2015 to August 2016 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

Keep Well aspires to run programs across the North Shore. We are looking for a site to serve folks west of the Capilano area. Stay tuned as we continue our search.

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



New
Horizons
for Seniors
Program



west vancouver



BRITISH
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The Best Place on Earth

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Thank-you to Our Funders

Sign Up Forms

Volume : 20 Fall/Winter - 2015

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.