

## Welcome to our Spring/Summer newsletter!

In this edition you will find the usual interesting articles about Keep Well activities and some revealing and useful information about seniors in general.

Over the last few months the board of Keep Well has been updating their policies and procedures, streamlining office and site procedures and marketing the organization to the community. A committee of 4 has been making sure that we have a complete and comprehensive document outlining various ways the organization should meet the legal, fiscal

and managerial processes necessary to run a small society.

We have also been getting out into the community to make well received presentations to groups about our organization. If you are interested in one of these presentations check with Heather Dunsford, our Administrator at 604 988-7115, ex 27.

As noted above, the newsletter provides information about seniors in general. On page 4 an article written by Tom Carney outlines the Seniors Survey Project which is being run on the North Shore.

On page 5 there is information about how to obtain the Ombudsman's report on Senior's Care which came out two weeks ago.

As always we try to give you information about Keep Well's activities. Of special interest is the article "Growth of Keep Well" on page 8. We also always try to profile a volunteer, board member and a program at a specific site. Enjoy the newsletter and Keep Well!

Editorial Committee, Keep Well Newsletter



Nancy Milley (on right) volunteer at Silver Harbour checks a participant's blood pressure.

### The Survey Says!

Throughout the newsletter you can see different findings taken from a recent age friendly survey released by the Lionsview Seniors' Planning Society. The full comprehensive survey can be found on their website at [www.lionsviewseniorsplanning.com](http://www.lionsviewseniorsplanning.com) and you can find an article in this newsletter on page 4 by the Executive Director of LSPS.

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

Elinor Ames - President  
Margaret Coates - Vice President  
Deanna Charlton -Treasurer  
Libby Kelley - Co-Secretary  
Blanche Howard - Co-Secretary

Carole Badgley  
Carolyn Dykeman  
Don Warner

Jean Lisle  
Ted Stokes  
Frank Storey  
Byron Hatt



## Keep Well Staff

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Mary Kill – Bookkeeper

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Elinor Ames - President

## Produced By

Michael Maguire  
Lan Wide Communications

### The Survey Says!

More than one quarter of seniors have had a slip, trip or fall. Those who are most concerned ... in the next 12 months are the elderly (84+) and seniors (75 – 84).

## Board Member Profile: Dr. Donald L. Warner, B.A., M.D.

Dr. Don Warner, retired family practice and emergency physician, is the newest member of the Board of the North Shore Keep Well Society. He was born in Kerrisdale and studied medicine at U.B.C where he also was on the university football, rugby and volleyball teams.



After getting his degree in 1954 he interned in St. Paul's and Shaughnessy Hospitals and then became a member of the medical staff in the North Vancouver General Hospital, then in Lion's Gate Hospital. He also obtained three post-graduate degrees: Fellowship at the Canadian College for Family Practice, Certification in Family Practice, and Certification in Emergency Medicine. Throughout his career he held various positions: President of Medical Staff, Chief of Family Practice and Chief of Staff. During these years he maintained a family practice and also worked in Emergency Medicine, finally retiring in 1998.

In spite of all this Don was able to have a good family life with a wife and three children. When I asked him how his wife had adjusted to his busy schedule, he said they married while he was still in medical school and she was prepared for the demanding role of doctor's wife, with its middle of the night phone calls and long hours in emergency.

We are indeed fortunate at Keep Well to have attracted a man of Dr. Warner's expertise and distinction.

Blanche Howard, Board Member.

### The Survey Says!

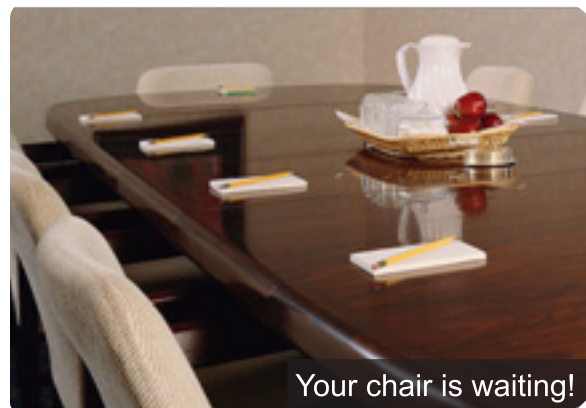
Half of seniors do not know if there are enough volunteer opportunities.

### The Survey Says!

Close to 8 in 10 seniors feel a sense of community among friends and fellow seniors on the North Shore.

## Interested in Joining the North Shore Keep Well Society's Board of Directors?

Right now, the North Shore Keep Well Society's Board has room for two more directors. This is a great opportunity to be more involved with Keep Well. The Board presently has 12 directors who have a variety of backgrounds including medical, finance, legal, publicity, nutrition, and seniors' programming.



Your chair is waiting!

The Board meets for about 2 hours at 12:30 noon on the second Wednesday of each month at the Delbrook Community Centre located here on the North Shore. In addition to attending the meeting, most Directors sit on one or more committees, depending on their time commitments and area of interest: health, finance, personnel, publicity and nominating.

Previous board experience is helpful, but not essential. If you have some background in publicity, fundraising or marketing, you'll be particularly appreciated.

Some directors say this is the best board they have ever sat on!

If you are interested, contact Libby Kelley, Nominating Committee Chair, c/o the Keep Well office at 604-988-7115, Ext.27, or at [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net).

## Local Survey Results Are In

Twelve hundred and then some!

That's how many seniors filled out the Seniors Survey that blanketed the North Shore last fall. The Survey was based on an approach used by the World Health Organization to gather input on what seniors need to remain healthy, happy, independent and connected to each other in the community.

What did seniors have to say? Well, over 94 per cent of the survey respondents said that they liked living on the North Shore and wanted to remain here. But with almost one half of seniors living alone and with a limited number of housing choices available to them, many will be challenged to do so.

Seniors are generally satisfied with the affordability and availability of transportation on the North Shore and with our outdoor spaces and public buildings. Most of the respondents have a fairly strong support network of family and friends and felt fairly informed about community events.

Almost half of seniors surveyed don't know much or anything at all about Fair PharmaCare. Almost 3-in-10 seniors surveyed had trouble paying their bills, 4-in-10 feel they do not socialize enough and less than 2-in-10 feel there is a very good awareness of seniors needs.

What are the areas that need attention? More housing options, affordable housing, parking spaces, public safety and the lack of public toilets, stand out. Loss of independence and declining health tops the list of worries for seniors. At the very bottom of the worry list: death.

The Lionsview survey team hosted a series of community workshops with seniors in the Spring to share the results of the survey, solicit feedback and develop an action plan to address the issues identified in the survey. In April we will continue the dialogue and look more closely at "Aging in Place" and neighbourhood based issues. In June Lionsview will produce a final report summarizing the process and outcomes and presenting recommendations for Age friendly initiatives to be implemented in 2012.

How do we turn what we learned from the survey into an Age-friendly action plan?

One idea that is proving to be popular is to develop a series of neighbourhood based Seniors Action Tables (SATs). The SATs would involve seniors or groups of seniors in local service planning but it's really up to seniors in the community to decide the next steps. Whatever action is taken we need to ensure that seniors' voices drive future action. Lionsview can't do this alone. We are currently looking for seniors and groups of seniors to take a leadership role in developing Age-friendly initiatives and projects to respond to the issues identified in the survey. If you want to get involved or learn more, give Lionsview a call at 604-985-3852.

The survey results in English and Farsi are posted on the Lionsview Website at [http://www.lionsviewseniorsplanning.com/?page\\_id=563](http://www.lionsviewseniorsplanning.com/?page_id=563)

Tom Carney - Lionsview Seniors' Planning Society

### The Survey Says!

Almost half of seniors don't know much or anything at all about Fair PharmaCare.

### The Survey Says!

Seniors use a variety of information sources to stay up-to-date, including newspapers, television, family and friends. The majority read the local community newspapers.



## Breathe Out Your Stress

Heart Health memo – Jack Gillis, M.D.

Your breathing may become subconsciously shallow if you are under stress.

Result: tension of the chest wall and diaphragm; less efficient internal air exchange. You may feel chest discomfort, a feeling of suffocation and general uneasiness. You feel less “in control”; your sense of self-confidence is disrupted. The shallow breathing habit perpetuates itself.

Overcome the problem by simple breathing exercises.

### What do you need to do?

- Resolve to donate a few minutes of your busy schedule each day to yourself.
- Find a quiet and private time and place. No interruptions for at least ten minutes.

## Health Committee Report

The Keep Well Health Committee has been busy distributing the Medical Alert Packages (MAP). To date approximately 150 packages have been sold. All of our program sites were visited and packages were left for the site coordinators to sell to the participants. Capilano Community Services kindly provided us with a space at their table to sell our packages at their annual Delbrook Christmas Craft sale. As well, thanks to Trish Andrews, the Braithwaite Seniors group invited us to two of their lunches to talk about the program. A group that meets at



### The Technique:

- Sit upright in a low chair, hands comfortable resting on thighs. Maintain your posture throughout.
- Concentrate on a relaxed outward breath; relax your throat, your chest, and your diaphragm. Breathe out effortlessly.
- Slow your breathing!
- Pause at the end of your outward breath; appreciate this tranquil moment.
- Practise dismissing intrusive thoughts and concerns. Stay on guard and vigilant.

### When your session is finished:

Apply your new breathing technique in your daily activities, both at rest, and with exercise.

### The Survey Says!

Various factors worry seniors, including health, incapacitation and loss of independence.

Kiwanis Towers and a seniors' group that meets at the City Library were also visited and made aware of our Keep Well program, its Nutrition component, and the Medical Alert Packages.

Information about the MAP program has been sent to the Manager, Communications and Media, of BC Ambulance for distribution in their province-wide mailings.

This is an ongoing and worthwhile project. Thanks to all the board members and site coordinators for your help. The Committee is also having talks with the RCMP and ICBC about the distribution of reflective arm bands. If our assistance is required, this will be a project for the fall.

Carolyn Dykeman - Health Committee

The B.C. Ombudsperson has released the final report on her investigation into seniors care in B.C. The report, entitled "The Best of Care: Getting It Right for Seniors in British Columbia (Part 2)" can be read here:

[http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors\\_Report\\_Overview.pdf](http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors_Report_Overview.pdf)

[http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors\\_Report\\_Volume\\_1.pdf](http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors_Report_Volume_1.pdf)

[http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors\\_Report\\_Volume\\_2.pdf](http://www.ombudsman.bc.ca/images/pdf/seniors/Seniors_Report_Volume_2.pdf)

## Volunteer Profile: Lise Pitt

Since leaving South Africa, where she grew up and received a B.Sc. in Dietetics and a Diploma in Hospital Dietetics, Lise Pitt has followed her husband's career to several countries. She worked as a hospital dietitian in both South Africa and Australia, then was a full-time mom in England for several years. Back to Australia, she became a Teaching Assistant in courses on Consumer Behaviour.

When Lise came to Canada in 2005 she sought volunteer work to help her decide whether or not to re-enter the work force. Volunteer North Shore suggested Keep Well, and soon Lise was working on the registration desk at North Shore Neighbourhood House (NSNH).

Because Keep Well at that time did not have a strong emphasis on nutrition, Lise, with the encouragement of Coordinators Elise Shepherd and Ruth Sherwood, began to do "nutrition tastings" in which she offered samples of nutritious foods, e.g., apples, gave a short talk about the food, and prepared an information handout for interested participants to read.

### The Survey Says!

More than ½ half of seniors volunteer at least 1+ hour a week.

## Shingles

Shingles is an illness caused by the chicken pox virus. It is a common affliction affecting mostly seniors. It presents with pain in a narrow band unilaterally on any part of the body. After several days, crops of blisters form in the painful area. At this stage it can be treated with specific antiviral medications but to be effective they must be used early in the illness. A serious complication is pain in this region that might persist for many months. If the illness affects either eye, extra care should be sought.

There is a vaccine which will reduce the incidence of shingles by 50%. It is readily available and is of great benefit for those it protects.

Dr. Don Warner  
B.A., M.D., C.C.F.P.(E.M) F.C.F.P.  
Emergency Medicine  
West Vancouver

The NSNH tastings were so popular that in spring 2011 a pilot project was started in which other Keep Well sites tried their own tastings. Afterwards, 87% of participants said that they wanted those tastings to continue. Now Lise has agreed to be Keep Well's Nutrition Coordinator, offering help to site nutrition volunteers who request it, and planning a Nutrition section on the Keep Well website. She still does registration as well as the tastings at NSNH, which along with hiking, gardening, walking the dog, and helping two young adult daughters still at home, means a very busy life.

Thank you, Lise, for your outstanding contribution to Keep Well. We're lucky to have you.



### The Survey Says!

Almost 3 in 10 (seniors) are looking for more volunteer opportunities.



## Participant Profile: Gordon and Linda Skoog

Linda and Gordon Skoog, active members of the Keep Well program at Parkgate, have lived in Deep Cove for the past 30 years. Before retirement Linda worked at SFU as a film librarian and Gordon worked for The Cummins Diesel Company. Now they enjoy traveling in their RV and when they are at home, developing a most interesting hobby.



Four years ago Gordon decided to turn his fascination with steam-engine locomotives into a mini-reality, transforming his backyard into a miniature railway and town. They now have 140 ft. of railway, a water tower, a coal tower, a station, several houses, a covered bridge, a 15 ft. trestle and a logging operation powered by a donkey engine and spar tree. All the buildings and bridges were constructed by Gordon himself, and the display also includes miniature people and trees made of Fimo clay.

Gordon describes his railway as an outdoor G-scale train system. The layout is a 1.20 scale model of the 1920-30 era narrow gauge train such as used by the White Pass Yukon

railroad in Alaska. The engine is an exact scale of a 1915 Baldwin 4-6-0 steam locomotive.

Many Keep Well members have enjoyed visiting Linda and Gordon and watching Gordon maneuver the trains along the railway. Just give Gordon a call during the summer months and he would be glad to give you a tour.



**ALL ABOARD!**

## The Growth of Keep Well

Keep Well's 25-year history is continued from the last Newsletter's "The Start of Keep Well". Both parts are abridged from a longer history by Elise Shepherd.

In 1991 after KW's incorporation as a society a 4th drop-in started at the Lions Manor in Deep Cove. Soon requiring more space, it was moved to Mt. Seymour United Church.



Keep Well at the Lonsdale Quay

With growing evidence of the benefits of exercise for seniors, in 1994 Keep Well hired Andy Demeule to become its Fitness Director. That year another drop-in was opened at the Karen Magnussen Recreation Centre in Lynn Valley. Space there was soon outgrown, and in 1997 the program moved to Kiwanis Lynn Manor.

A 1996 Strategic Plan led in subsequent years to the start of several drop-ins in private sites: Libby Lodge in Horseshoe Bay in 1997; Woodcroft in 1998; Park Royal Towers and Zajac Norgate House in 1999; These programs had trouble because finding volunteers to manage the sites was very difficult, and the spaces available were often very small.

### The Survey Says!

Seniors appear to be fairly involved in their communities. They are walking, exercising, visiting family and friends, shopping and going to community centres on a weekly basis.

Roberta Tottle became Program Director of Keep Well in 2000. The Strategic Plan had noted that community centres generally offered sites with a greater variety of people and activities, and over subsequent years there was a move from private sites to community centres, many of them new. The Mt. Seymour United Church drop-in moved to the Parkgate Community Centre (1999); the Summerhill drop-in moved to the John Braithwaite Community Centre (2004), and the Libby Lodge drop-in moved to the Gleneagles Community Centre (2005). In January 2006 Delbrook Community Centre became a drop-in site.

In 2007 Roberta Tottle resigned as Program Director and Pam Baxter took over that position. The program was running well at 8 sites, but in the summer of 2009 Keep Well learned that the 85% of its funding which came from Vancouver Coastal

Health would be discontinued. This drastic cut required us to close our smallest site (John Braithwaite) and we lost all our office staff, including the Program Director.

For almost a year all administrative functions were carried out by board members. Finally, in 2010 we were able to hire Heather Dunsford, a former Keep Well president, as a part-time Administrative Assistant. With the continued labour of the board and with financial support from governments, the private sector, foundations, service clubs, and especially our faithful participants and volunteers, Keep Well has survived, and now looks forward to a brighter future built on a broader base of support. Happy 25th anniversary, Keep Well!



## Nutrition Tastings

### Cranberry Baked Chicken

4 boneless skinless chicken breast halves  
 3/4 cup fresh or frozen cranberries  
 1/4 cup sugar or other sweetener  
 1 small chopped onion  
 1/2 cup orange juice and 1/2 tsp grated orange peel  
 1/8 tsp each ground cinnamon and ground ginger

Combine all ingredients except chicken in a saucepan and bring to a boil. Put chicken in ovenproof dish and pour sauce on top. Bake at 375 degrees uncovered for approximately 1 hour until chicken is done.

From: Wisconsin State Cranberry Growers Association, [www.wisecran.org](http://www.wisecran.org)



### Lentil Soup

1 brown onion 1 carrot  
 a sprig of thyme 1 cup lentils  
 a little olive oil  
 1 litre vegetable stock  
 4 tbsp chopped parsley  
 400g tin peeled tomatoes  
 freshly ground black pepper  
 a small glass sherry (optional)  
 2 tbsp grated cheese (optional)

Peel and dice onion and carrot.  
 Wash and chop thyme and wash lentils.  
 Brush a large saucepan with oil and gently fry onion, carrot and thyme for a few minutes.  
 Add vegetable stock, lentils, parsley and tomato.  
 Season with black pepper and simmer for about 1 hour.

Add a little sherry or grated cheese just before eating.

From: Gabriel Gaté's Family Food, the Anti-Cancer Council Cookbook, 1987, published by Penguin Books Australia



## Growing Older: One Way or Another

Tips for Keeping Your Arteries Healthy  
 Jack Gillis, M.D.

Sir William Osler, the great Canadian physician, noted that you are as old as your arteries. This makes sense. Your vital organs are dependent on oxygen and nutrients carried by your arteries.

Modern insights have provided exciting ways to protect your arteries and you from the ageing process. These few tips can help to keep you healthier longer and have the time of your life as well.

- Tip #1:** Know where you stand! A good check-up may give you a pleasant surprise.
- Tip #2:** Work on your attitude! Resolve to think healthy. Fight pessimism. Be in charge.
- Tip #3:** Don't inhale! Cigarette smoke is noxious and damaging to your arteries.
- Tip #4:** Be selective of what you put on your plate and in your glass. Practise temperance.
- Tip #5:** Keep fit, whether you're thirty or ninety.
- Tip #6:** High blood pressure needs control! Cooperate to normalize it.
- Tip #7:** If your blood lipids, or blood sugar are out of balance, cooperate to correct them.
- Tip #8:** Employ nature's gifts prudently! Supplement selectively with anti-oxidants, B vitamins, etc.
- Tip #9:** Realize the inevitable rhythm of light & darkness, warmth & cold, joy & sorrow, youth & age.

### The Survey Says!

Most seniors have a doctor or nurse practitioner on the North Shore, and they generally think that Lions Gate Hospital is better than, or the same as, other hospitals in the Lower Mainland.

## Keep Well at Silver Harbour Seniors' Activity Centre

A little history of Keep Well at Silver Harbour.

The first Keep Well drop-in program at Silver Harbour was early in 1988 with Sheila Jones as Site Coordinator. Sheila was one of the 5 farsighted women who had the idea to start the Keep Well Program 25+ years ago. Nancy Milley came to take blood pressures in the fall of 1990 and became Site Coordinator in 1992. Nancy served on the Board of Directors for Keep Well from 1993 to 1998 as President for part of that time. Carol Downton, Community Health Nurse came to Silver Harbour to take blood pressures but when Keep Well began she turned her talents to leading a discussion group in the Mural Room. Eleanora Krogh, a volunteer was the first exercise leader. Maria Louisa also led some of the relaxation sessions. There was a walking group with a Volunteer driver and borrowed vans to take walkers to North Shore trails. Because of a lack of participation and out of date vans this ended in 2006. Eventually, Roberta Tottle took on Site Coordination and she continues at present.

### Present Day Keep Well at Silver Harbour

For nearly 25 years Keep Well has enjoyed the support of the staff and Volunteers at Silver Harbour. We are there every Wednesday morning and average 50 participants. Andy's, our instructors' exercises are very popular and his music is made to make everyone move and sometimes sing with. We encourage everyone to keep track of their blood pressure and discuss it with the volunteers who take it. The massages for relaxation; head and shoulder, hand and foot reflexology are lovely. The weight scale may not be so popular but the numbers are good to know. There are 27 volunteers,

### The Survey Says!

For the most part, seniors feel there are enough accessibility elements in public buildings, as well as enough wheelchair ramps. Seniors seem to be more concerned with safety on the North Shore than they are with outdoor spaces.



Carolyn Dykeman and Annwen Loverin at Silver Harbour

some who come every week and others on rotation. We often have speakers who speak on a variety of subjects frequently, health related. Our "Food Show and Tell" is an opportunity to taste-test chocolate, nuts, fruit and vegetables and learn about the nutrition value. We have "Information Sharing" every week where we share information on Community and Vancouver Coastal Health events and workshops. In the program 2 ½ hours we also manage to include some social time as the cafeteria is right there for us to have a coffee and chat.

This article was compiled with the help of Elise Shepherd, Program Director from 1989 to 2000 and now Site Coordinator of the Keep Well Program at North Shore Neighbourhood House and Nancy Milley, past President of the Board of Directors and a continuing Volunteer for the Program at Silver Harbour with Roberta Tottle, Site Coordinator at Silver Harbour.

## 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](http://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](http://www.keepwellsociety.ca)

### The Survey Says!

As Seniors age, they are more likely to need help with daily activities. However, for those who have needed help, it has generally been accessible.





**North Shore  
Keep Well Society**



New  
Horizons  
for Seniors  
Program



## 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](http://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.

