

### Site Profile - North Shore Neighbourhood House in Lower Lonsdale

A fabulous close-up view of the North Vancouver waterfront!

A fireplace!

The very first Keep Well site!

The first site of Keep Well's operations was at North Shore Neighbourhood House. It opened in September, 1987 and three participants dropped into the program. Shortly after, the numbers grew, and today NSNH is one of Keep Well's healthiest sites, with about 30 participants attending regularly.

Keep Well at NSNH operates each Monday morning, with exercises from 9:30 to 10:30, and "hands on" and social time from 10:30 to noon. Thanks to the dedication of the volunteer site coordinators Elise Shepherd (a winner of the North Shore 2012 Community Volunteer Spirit award) and Ruth Sherwood (past Keep Well Board member) and trusty volunteers Lise Pitt, Pat Woodbury and Sheila Raimondo, the sessions go smoothly and are very welcoming. There is always a full slate of interesting speakers and there are many great parties.

The NSNH site has also held the record for being the venue for Keep Well's oldest participant. She'd wanted to "retire" when she turned 100 because she felt she was "too old", but was persuaded that continued attendance would be good for her. Last year, she was still exercising at 103!! The site's "runner up" is now 97.

Although the Lower Lonsdale neighbourhood has changed a lot from its rough ship-building past to the lively, populous centre of the North Shore the sense of "neighbourhood" has endured. Many seniors reside in the area, and as well, several of Keep Well's regular participants come from outside the area, drawn by the warmth and spirit of those Monday morning sessions.

Submitted by Libby Kelley, Board Site Liaison member



**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  
Frank Storey  
Byron Hatt



## 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 many items which were taken from Nutrition Action, a publication produced by the Centre for Science in the Public Interest.

## BOARD PROFILE – Libby Kelly

Libby Kelly was first asked to join the North Shore Keep Well Board of Directors by Ruth Sherwood, whom she had known since the 70's when their sons played soccer together. Ruth, a volunteer at North Shore Neighbourhood House's Keep Well program and former board member, asked Libby to join the Board in June 2003, when Gordon Stewart was the Chair. Libby has been involved in quite a few aspects of Keep Well with the exception of Finance. The last few years she has been involved with the Membership Drive, the Policy and Procedures Committee and the Nominations Committee. (Many of the recent board inductees have Libby to thank for being recruited to the Keep Well Board).

Libby has lived in North Vancouver most of her life. She received a Master of Social Work from UBC and worked in West Vancouver for approximately 7 years, then as respite, took law at UBC. After articling with the Attorney General, she was called to the bar in 1982. Libby practiced law on the North Shore, and at one point was President of the North Shore Bar Association. Libby was a partner with North Shore Law, near Lonsdale Quay, and did mainly divorce litigation until 2001 when she retired.

Libby wanted to do volunteer work and as well as being involved with the Keep Well Society, took the BC Master Gardeners' course, and now is an Advanced Master Gardener (although, as she quips, "you'd never know it to see our garden"). She is also involved with "Pot Luck", a group at VanDusen Gardens. Since 2008 Libby has been on the City of North Vancouver Library Board.

Being an energetic type, Libby's hobbies include gardening, reading, boating, travelling, and helping with her and her husband's 3 grandchildren aged 11, 3, and 9 months, who, with their parents, all live in North Vancouver.

It is Libby's feeling that the Board of Keep Well is a lot of fun and she is regularly awed at the hard-working dedication of her fellow Board members, the wonderful staff, and the participants.



Libby Kelly - Board Member

### A tip from Libby Kelley on Being Healthy.

Watch an entertaining YouTube video called "23 and 1/2 hours" that is doing the rounds. Video's main message is to walk or exercise ½ hour per day for good health benefits.

## Seniors in the Lower Mainland: A Snapshot of Facts and Trends

This report was released in March with United Way Lower Mainland providing the funding to SPARC BC to conduct the research. The report was developed to guide planning with and for seniors living in the Lower Mainland. Data captured includes geographic distribution, age and gender of seniors in Metro Vancouver broken down into municipalities; the numbers of seniors living alone; housing affordability and homelessness; income; language; health and health care; and information about seniors care and assisted living facilities.

Here is the link to the report on the UWLM website: Note Keep Well's own Bette Rumble on front page. <http://www.uwlm.ca/sites/default/files/webfm/CII%20Reports/Seniors-in-the-Lower-Mainland-Facts2013.pdf>



## President's Report

Welcome to our Spring/Summer newsletter. We think you will find a lot of fun, informative and educational items in this edition.

The fall and winter has been busy for Keep Well, and the next few months will prove to be as busy. This fall, in addition to our regular programs, we held our annual membership drive and I'm happy to report that our membership has now surpassed last years numbers. We have had two very successful Site Coordinator meetings where we exchanged information and talked about improvements to the organization of the sites. We held our annual Christmas Parties at all of the sites, and the board also held its annual Christmas pot luck party.

The Board of Directors continue to work hard for the Society on such projects as reviewing and revising our Policy and Procedures manual, finding innovative ways to maintain and improve our nutrition program and recruiting new board members. Our most recent recruit is Catherine Cottingham. Catherine brings a wealth of knowledge and expertise about organizational structures and health-related concerns. She has lived and worked in various cities across Canada, but has finally decided to reside in North Vancouver, her childhood home base.

In the next few months we'll be holding our annual events including the Annual General Meeting, the ever popular Volunteer Recognition Tea and the demonstration class for Keep Well week. We hope to hold all these events in June so please keep that month open. It's possible though, that Keep Well Week will be held in early September. Please look for notices of these events at the sites.

As you will note, in this edition of the Newsletter, we have profiled Libby Kelley, one of our long-serving Board members, on page 3. One of Libby's many tasks is to find new board

members. In the upcoming year we will have a few vacancies to fill so if you, or someone you know, are interested in finding out more, please contact Heather at the Keep Well office and she will forward your information and interest to Libby.

In addition to a board profile, we have also profiled a site, North Shore Neighbourhood House, a volunteer, Roberta Tottle, and a member/participant Bette Rumble. These profiles certainly prove what a great organization Keep Well continues to be.

Over the last few years in order to bring our funds up to the 2009 amounts (remember the cutbacks Keep Well suffered) the organization has been musing about fundraising strategies and one that many organizations are trying is obtaining funding through bequests. Giving a bequest is a way to remember your favourite organization, such as the North Shore Keep Well Society in your will. A bequest can be added to your existing will (or one you will create) by adding a clause with the wording of the bequest worked out by your legal advisor and yourself.

We hope you enjoy this edition of the newsletter. For future editions you are invited to submit articles that you feel would interest our readers.

On behalf of the board, we wish you all a happy spring and a lovely summer and hope to see you at our events in June.

Submitted by  
Margaret Coates



### Keeping blood pressure low

Lose excess weight; eat a DASH diet (built around vegetables, fruit, low fat dairy, and unsaturated fat instead of added sugars, refined starches, and saturated fat); scale back salt; eat more potassium-containing foods; exercise; limit alcohol. <http://www.mayoclinic.com/health/dash-diet/HI00047>

## Participant / Member Profile – Bette Rumble

Bette Rumble is one of North Shore Keep Well's amazing members. She is also a wonderful seniors advocate and volunteer on the North Shore, as well as in her home town of Vancouver. Since her retirement as a Community Health Nurse on the North Shore, Bette has kept her commitment to a host of seniors' advocacy groups. She also calls Bingo once a month on Thursday afternoons at Silver Harbour Seniors' Activity Centre and drives participants to Keep Well classes.

Bette attends three weekly Keep Well classes at North Shore Neighbourhood House, Silver Harbour and Kiwanis Lynn Manor. She is also involved with the Golden Circle and the Seniors Action Committee at John Braithwaite Community Centre. Bette was involved in the video on elder financial abuse which was made on the North Shore, and she participated in doing presentations around the community. Bette also volunteers in various capacities in Vancouver. Bette is a wonderful seniors' advocate and a generous supporter of Keep Well. We are blessed to have Bette in our midst and are delighted to see that her accomplishments were acknowledged this year with the Queen's Diamond Jubilee Medal.



Bette Rumble (centre) with Naomi Yamamoto MLA, and R.C.M.P officer.

## Silver Harbour Voted Best Seniors Service

Keep Well runs its classes at 7 sites, one of which is the Silver Harbour Seniors' Activity Centre. As you will note, Silver Harbour has been voted "Best Seniors Service" on the North Shore by the readers of the North Shore News. We are pleased to be affiliated with such a great organization.



## HEALTH COMMITTEE REPORT

The goal of the North Shore Keep Well Health Committee is to provide information on health related issues, and to also institute new or updated health practices as they apply to seniors in our community and within our programs. To this end, we have enacted a few activities to improve our programs.

One, we have held a massage workshop which was attended by those wishing to update their skills with, hopefully, the newly trained volunteers using their new skills at the sites. Massage techniques for shoulder, arm, hand and feet were demonstrated. The massage therapist who conducted the workshop is prepared to visit any site that wishes to have her follow up on the methods shown at the workshop and to date she has visited Silver Harbour. Those sites wishing to have her come are asked to contact Heather at

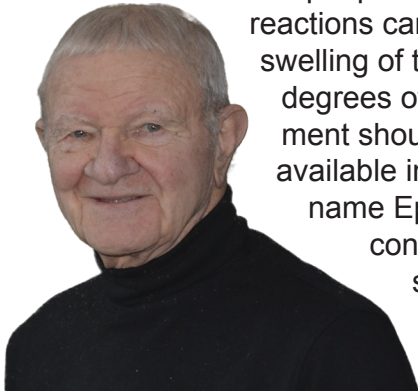
the Keep Well Society office or email Heather at [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net). Second, after we ran a successful CPR/First Aid course last spring, we are planning to offer one again this year. It is our hope that anyone who did not attend last year will be able to do so. The class involves a two hour afternoon session, with ample time for questions and answers.

In other news, we just wanted to mention that one of our health committee members is Board member, Dr. Don Warner. He writes pertinent seasonal health related columns for the newsletter (see page 7). Yes folks, we still have the ever-popular Medical Alert Packages and these are available at all of the program sites. Under discussion for the future work of our committee is to find a source for Reflective Arm Bands for all of our participants. We are still looking at updating our nutrition programs as well.

Submitted by Carolyn Dykeman,  
Chair of the Health Committee



## BEE AND WASP STING ALLERGIES



Some people are allergic to Hymenoptera [Bee and wasp] stings. The resulting reactions can, at times, be very severe and dangerous, causing severe hives, swelling of the upper airways, respiratory spasm and collapse with varying degrees of severity. Because of the potential for serious reactions treatment should be initiated as soon as possible. Injectable adrenaline which is available in an easy to inject form is available at pharmacies under the trade name EpiPen. Anyone who has had severe reactions to insect bites should consult a doctor about having this medication on hand at all times. A series of desensitizing injections may be effective in eradicating this particular allergy. These insects are attracted to bright colors and odors so it is wise to avoid perfumes and aftershave and bright clothes when these insects are flying.

Submitted by Dr. Don Warner

### Stat factoids

From September 2011 through August 2012 Keep Well had

- 10,603 total participant visits
- 9,331 participant visits to exercise
- 2,395 volunteer visits
- 3,305 blood pressure checks
- 1,976 shoulder massages
- 671 hand massages
- 483 foot massages
- 34 speakers
- 24 nutrition tastings
- and lots of fun!

As you can see Keep Well keeps statistics on all our activities at each of the sites. What you see above is pretty impressive, don't you agree?

Submitted by Elinor Ames, Board Member

### Food Tip to Keep You Healthy

Unsweetened yogurt offers the most nutrient bang for your calorie buck. For extra protein, try creamy, fat free Greek Yogurt. If plain yogurt is too tart for you, mix plain and sweetened.

## KEEPING WELL THROUGH EXPERIENCING THE ARTS

As most people know, North Shore Keep Well Society promotes wellness in all its forms: exercise, both intellectually and physically, active living, eating well, and enjoying creative experiences. One of the ways to be active, intellectually stimulated and enjoy your community is to check out the Gordon Smith Gallery of Canadian Art. One of North Vancouver's newest treasures, it is a public gallery showcasing Canadian art. It is located at 2121 Lonsdale Avenue and the adult admission is by donation. A new show which opened in March and continues through April is a presentation of Inuit Art called Northern Lights.

The Gallery is open to the public:

Wednesday to Friday  
12:00noon to 5:00pm  
Saturday  
10:30am to 3:00pm

For more information check their website  
[www.gordonsmithgallery.ca](http://www.gordonsmithgallery.ca)

## VOLUNTEER PROFILE - ROBERTA TOTTLE

Roberta Tottle is well-known to most of you as the Site Coordinator at Keep Well's Silver Harbour sessions but she can almost always be seen at Kiwanis Lynn Manor and, more recently, Gleneagles. Roberta retired as Keep Well's Program Director after approximately 8 years but fortunately for us, never really left. During her tenure as the Program Director, Roberta recalls working mostly from home as the office space allotted to her at that time was a mail slot, telephone number and part of a desktop at North Shore Neighbourhood House.

When asked about the highlights of her work and volunteer experience with Keep Well, two things stood out. The first one that came to mind was finalizing the Service Agreement with Vancouver Coastal Health that was announced at the annual Volunteer Appreciation Tea. "It was a huge accomplishment" said Roberta, "Prior to that, so much time and effort was focussed on grant writing and everything was done manually – not with the help of computers." The second thing that came to mind was the "wealth of wonderful people you get to meet."

Roberta is also on the Board of North Shore Volunteers for Seniors, and a member of the Community Engagement Team for Vancouver Coastal Health. Roberta's philosophy in life can be summed up as The Golden Rule which she demonstrates daily by her caring attitude and positive outlook on life.

Future plans for her and husband, Chris, are to do more travelling and, we hope, to continue her work with Keep Well.



Roberta @ the Volunteer Tea

### Signs of a Stroke

Sudden weakness or numbness on one side of the face, arm or leg;  
Sudden trouble speaking or understanding, confusion;  
Sudden trouble seeing in one or both eyes;  
Sudden trouble walking, dizziness, loss of balance or coordination;  
Sudden headache of no known cause.

The Heart and Stroke Foundations says: If you experience any of these symptoms, call 911 or your local emergency number immediately.



We wish you well, Aidan !

Aidan Butterfield was featured in the Volunteer Profile in our last issue. Since then, due to increased family responsibilities he has retired from Keep Well after 10 years as a massage volunteer at our West Vancouver Seniors site. Keep Well will miss him greatly. We wish you well, Aidan, and thank you for all your help.



## AMISH COLESLAW

1 head cabbage, cored and shredded (or 1 package coleslaw mix)  
 1 medium onion, finely chopped  
 1/2 cup white sugar  
 1/2 cup vinegar  
 1 teaspoon salt  
 1 teaspoon celery seed  
 1 teaspoon white sugar  
 1 teaspoon prepared mustard  
 1/2 cup vegetable oil



In large bowl, combine cabbage, onion, and 1/2 cup sugar. In small pan, combine vinegar, salt, celery seed, 1 teaspoon sugar, mustard and oil. Bring to boil, and cook for 3 minutes. Cool, then pour over cabbage mixture, and toss. Refrigerate overnight. (Adapted from [www.allrecipes.com](http://www.allrecipes.com))

## KALE AND HEARTY



This ancient green is a nutritional powerhouse. The stuff of legends and reportedly offering sustenance since

the age of the dinosaurs, kale is one of the earth's most health-giving, nutrient-dense foods. While extremely low in calories, it is packed with vitamins, minerals and phytonutrients (plant-based compounds)

If that's not enough to include kale in your cooking regimen, try the pasta recipe below and think of the additional kale as parsley.

## EASIEST KALE PASTA

While boiling any pasta the way you normally would, add a few handfuls of finely chopped kale for the last 2 to 3 minutes of cooking time. When pasta is done, drain the kale and pasta and serve with a favourite sauce or simply anoint with good olive oil and a little freshly grated Parmigiano-Reggiano, Asiago or Pecorino Romano.



## LIGHTENED WHIPPED CREAM TOPPING



Chill small mixing bowl and beaters in freezer. Beat 1/4 cup whipping cream in chilled bowl with chilled beaters until soft peaks form. Add 3/4 cup nonfat vanilla Greek yogurt, 1 Tbsp confectioner's sugar, and 1/2 tsp. vanilla extract; fold together with rubber spatula. (Topping will keep, covered, in refrigerator for up to 1 day.)

Yield: About 1-1/2 cups. 15 calories, 1 gram total fat, no saturated fat per Tbsp.

Tufts Health & Nutrition Letter, December 2012

## Calcium and Vitamin D

Shoot for the Recommended Daily Allowance for calcium (1200 mg a day) and Vitamin D (600 IU a day up to age 70 and 800 IU a day over 70) from food and supplements combined.

## Relaxation Techniques: By Mayo Clinic staff

Relaxation techniques are a great way to help with stress management. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related health problems, such as cancer and pain. Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy. Relaxation techniques also are often free or low cost, pose little risk and can be done just about anywhere. Explore these simple relaxation techniques and get started on de-stressing your life and improving your health.

### **The benefits of relaxation techniques**

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may take a back seat in your life. But that means you might miss out on the health benefits of relaxation.

Practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration
- Reducing anger and frustration
- Boosting confidence to handle problems

To get the most benefit, use relaxation techniques along with other positive coping methods, such as exercising, getting enough sleep, and reaching out to supportive family and friends.

### **Types of relaxation techniques**

Health professionals such as complementary and alternative medicine practitioners, doctors and psychotherapists can teach various relaxation techniques. But if you prefer, you also can learn some relaxation techniques on your own.

In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

There are several main types of relaxation techniques, including:

- Autogenic relaxation. Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.
- Progressive muscle relaxation. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation. You become more aware of physical sensations. One method of progressive muscle relaxation is to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for at least five seconds and then relax for 30 seconds, and repeat.
- Visualization. In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place or situation. During visualization, try to use as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about such things as the smell of salt water, the sound of crashing waves and the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot and loosen any tight clothing.

Article taken from Mayo Clinic Web Site

## 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 2012 to May 2013 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](http://www.keepwellsociety.ca)







## Thank-you to Our Funders

# Sign Up Forms

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### 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.