

### SITE PROFILE - KEEP WELL PROGRAM AT GLENEAGLES COMMUNITY CENTRE

The Keep Well Program moved from Libby Lodge in Horseshoe Bay to the new Gleneagles Community Centre when the centre officially opened its doors in March of 2003.

At that time Varick Ernst, one of the Keep Well founders and Libby Lodge/ Gleneagles Site Coordinator, along with Diane Pegoraro, Keep Well's Administrator, ran a very dynamic program with volunteers who regularly provided massage, blood pressure monitoring, field trips, fundraisers and pharmacy consultations. There were always plenty of events planned and good times were had by all.

Christine Colbow has been the Fitness Instructor at the Gleneagles site since 2010 when then instructor Andy Demeule stepped down. Christine directs a great class and finds creative ways to challenge the group and explain the benefits of exercise and the muscles and muscle groups each exercise is designed to strengthen.

Over the last four years, Gleneagles Keep Well has lost many of the volunteers for various rea-



Gleneagles Community Centre

sons and it has been difficult finding new people to take their place, the challenge being the distance for most of our volunteers to travel - it is simply too far. However, we currently boast a small but dedicated and fun group of individuals who come out in all kinds of weather conditions to get their hour of exercise and meet their friends.

**Continued on page - 8**

**Member, volunteer, board member?  
Keep Well Society would love to have you!**

To find out more watch a promotional video from Keep Well Society on our website @ [www.keepwellsociety.ca](http://www.keepwellsociety.ca)

NEWSLETTER MADE POSSIBLE  
WITH FUNDING FROM

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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



## Keep Well Staff

Heather Dunsford – Coordinator  
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

### Did You Know?

In the boxes spread throughout the newsletter you will find some noteworthy information about Keep Well.

## BOARD PROFILE – DEANNA CHARLTON

Deanna Charlton, born and raised in Ocean Falls, BC, has been a resident of the North Shore since 1977. After her husband graduated from UBC, Deanna moved to Ontario for 13 years where she enjoyed raising her two daughters, sailing the Thousand Islands area in the St. Lawrence River and skiing in Ontario, Quebec and northern New York State.



In Ontario, Deanna worked as a Purchasing, Costing and Inside Sales Manager for an analytical chemistry company. After returning to B.C. she was employed in similar positions for laboratory and electronic equipment firms. After 20 plus years in the business world, Deanna returned to college and after graduation as an RN, she worked in General Surgery at St. Paul's Hospital in Vancouver until retirement.

Deanna enjoys reading, photography, travelling and music. Since retirement, volunteering in the community is one of her main interests. She is currently serving as a board member and Treasurer of the North Shore Keep Well Society and board member and Past Chairperson of the Lionsview Seniors' Planning Society.

A fan of classical music, Deanna attends symphony, opera and occasional ballet performances, and takes piano lessons. As she laughingly says "It is the challenge of my old age to learn to play that beast."

Traveling is another of Deanna's favourite pastimes. She has travelled to more than thirty countries including several Third World countries, and visited most Canadian provinces and more than one-half of the United States. She just returned from Myanmar, and quips, "my favourite trip is always the last one."

Given the lure of books, the arts, travel and, we forgot to mention, golf, we are ever so grateful for Deanna's continued expertise and dedication to the Keep Well program.

## KEEP WELL EVENTS

The Keep Well sites wrapped up the year 2013 with festivities and food for their last get together before 2014. As usual everyone chipped in and brought lots of food to enjoy with their tea and coffee. Some shared a small "Secret Santa" gift and some had Christmas Carol sing-a-longs. Unfortunately for Kiwanis Lynn Manor and Gleneagles, their celebrations had to be cancelled due to an unexpected snowfall that pretty much brought the North Shore to a standstill. Gleneagles rescheduled their party to January with a belated but enjoyable potluck.

## KEEP WELL VOLUNTEER ALERT!

Be sure to add to your calendar our Annual Volunteer Appreciation Event. This year it will be held on the afternoon of June 25th and it will be at Silver Harbour as it has been for the past several years. Invitations will be available in late May. Be sure not to miss this opportunity to get together with your friends and colleagues and enjoy the wonderful food catered by Silver Harbour's talented chef, Zoltan.

## KEEP WELL MEMBER ALERT!

The Keep Well Annual General Meeting will take place immediately following the Volunteer Appreciation Event in the Card Room at Silver Harbour. It is important to take advantage of your membership and exercise your right to vote on important matters that affect the Society.

Submitted by Heather Dunsford

### Did You Know?

Keep Well, in addition to the exercise program, offers blood pressure checks and shoulder, hand and feet massages at most of the sites.



## President's Report

Despite many board members globe-trotting these last few months, including myself, the beginning of this year has been very busy. Heather, our intrepid Coordinator has kept things moving along extremely well, and the program, with Andy doing most of the fitness portion, is as vibrant as usual.

Your board, site coordinators and volunteers have been busy with a number of activities. A committee of the board has been working on a Policy and Procedures Manual and this is nearly complete. Its contents cover everything that keeps an organization like North Shore Keep Well operating efficiently and effectively. The site coordinators have, in addition to their regular activities, been assisting with presentations of PowerPoints for the Nutrition Project. Other volunteers have as usual provided support to the programs. In this edition of the newsletter you will see an article about one of those volunteers as well as a picture of some of the site coordinators. Thanks, everyone for your support.

A number of service clubs have donated money for unrestricted use in programming. In addition, the West Vancouver Community Foundation has donated \$2000.00 for ongoing programming. I would like to thank all our donors; we could not survive without your generosity.

The first phase of the Nutrition Project is now winding down and I would like to thank everyone who supported or volunteered for the project. Particular thanks go to Carolyn Dykeman, Elinor Ames and Lise Pitt who worked on the steering committee and assisted in achieving our goals for this project. An article about the results of the project can be found on page 7.

### Did You Know?

The average attendance at Keep Well over the past 5 years has been more than 250 participants a week.

### Did You Know?

Keep Well has been piloting a Nutrition Project with great results. This program was developed to supplement the nutrition tastings program volunteers offered in the last few years.

In the last few months, thanks to the City of North Vancouver, we have received a second round of funding from the Lower Lonsdale Legacy Fund to help support the present volunteers and newly recruited volunteers who will participate in the next phase of the Nutrition Project. Information about the project, presentations and other materials will soon be posted on our web site at [www.keepwellsociety.ca](http://www.keepwellsociety.ca) – so stay tuned.

In the last few months Rik Worthy, one of our board members elected last June, has had to resign, and we thank him for his service to the organization and wish him well in his future endeavours.

I would like to end this report by asking participants and others that you have contact with if you are aware of the great volunteer positions available at North Shore Keep Well. These positions include board members who might have special skills as fundraisers, statistics gatherers and analysers, health professionals and writers/editors. We are also in search of volunteers who can assist in the program with blood pressure taking, massages and nutrition talks. If any of these positions interest you or you know someone who might fit these positions, please contact Heather at (604) 988-7115, extension 27.

Submitted by  
Margaret Coates





## Senior Health: Annual Checkups

Senior years can be a satisfying time of life for many. For others, health issues detract from enjoyment of life. The following will predictably undermine health and shorten life: smoking, obesity, and alcohol in excess.

Monitor your health by having annual checkups. In this way health problems such as high blood pressure and heart and kidney disease can be detected. Various cancers such as colon, breast and prostate, plus a myriad of other diseases, can be detected at an early stage while they are still treatable. Your physician will be able to do a better job of protecting your health if you go to him or her with a clear description of any symptoms you have, a list of medications or natural remedies you are taking that he or she did not prescribe, and a list of questions you want to ask. Clear communication helps to prevent misunderstandings and unnecessary return visits, as well as making the most efficient use of time, both yours and your physician's.

Your physician will also advise you about good health habits related to diet and exercise. Good health habits pay off and are readily obtainable. By attending Keep Well on a regular basis you are already promoting your own good health. Let your physician know that you are doing that.

Submitted by: Dr. Don Warner

## Watch out for charity scams

March is Fraud Prevention Month. Since fraud artists hope to profit from people's generosity, the RCMP would like to remind Canadians to be wary of false charity scams. Consider the following precautions:

- Be wary of appeals that tug at your heart strings, especially pleas involving current events.
- Ask for written information about the charity, including name, address and telephone number.
- Ask the solicitor for the registered charitable tax number of the charity. Confirm the charity's registration information through the Canada Revenue Agency (1-800-267-2384).
- Ask for identification. If the solicitor refuses to tell you or does not have some form of verifiable identification, hang up or close the door and report it to law enforcement officials.



These and other tips on how to avoid scams can be found on the RCMP website ([www.rcmp.gc.ca](http://www.rcmp.gc.ca)).

### Did You Know?

Keep Well is almost entirely run by volunteers, from the board members to site coordinators and those who work as registration desk, blood pressure, massage, nutrition and other special volunteers at the sites.

## EAT WITH OTHERS FOR HEALTH AND ENJOYMENT

A recent Canadian Community Health Survey, which asked more than 15,000 Canadians over age 65 about their cooking and eating habits, nutrition, health and weight, found that about 1/3 of those seniors were at nutritional risk. Some of the factors that increased risk were skipping meals almost every day, gaining or losing more than 10 pounds in the past 6 months, eating fewer than 2 servings of fruit and vegetables daily, and always or usually eating alone. Almost half of seniors living at home alone, but only 28% of those living with others, were at risk, with the risk being larger for men than for women. Seniors who were active socially had a lower risk of malnutrition.

Many seniors find that losing a spouse or others to cook for greatly reduces their motivation to prepare a meal. Eating alone often means eating less, eating junk food, eating a restricted diet (the “tea and toast” meal), or skipping meals altogether. Eating and conversing with others is not only mentally stimulating, but usually leads to eating more. The meal lasts longer and is more fun. Research from Georgia State University found that while 98% of married seniors said that mealtimes were sometimes enjoyable, only 26% of widows felt the same way.

If you are eating alone too much and enjoying it less, try looking for ways to eat with others. Inviting a friend or neighbour in for an occasional meal might lead to a regular eating arrangement where you take turns sharing something you’ve cooked. The point is to have a happy meal together, not to show you are a Cordon Bleu chef. A sandwich, soup, salad, frozen pasta or pizza will do just fine, and will not challenge your guest to have to “keep up with the Joneses” (i.e., you) if she or he returns the invitation. There are even ready-prepared meal services (e.g., Burnaby-based Better Meals, which delivers nutritious \$6 dinners to the North



Shore); you could invite a friend to try out their service with you. That way, preparing a meal requires nothing more than a microwave.

As for eating out, beyond sometimes-expensive restaurants there are many senior lunch programs available. Several United Churches, e.g., North Lonsdale, St. Andrew’s, and St. Agnes United, serve lunches once a week at “by donation” prices. Try the Senior lunches at John Braithwaite or Parkgate Community Centres, at Silver Harbour or West Vancouver Seniors Centres, or at Molly Nye House in Lynn Valley. They serve simple lunches for anywhere from \$3 to \$6. Times for these meals are listed in the 2014 Seniors Directory, available at Keep Well sessions.

However you decide to do it, eating with others is likely to improve both your health and your enjoyment.

Submitted by Elinor Ames

### Did You Know?

Keep Well is funded by several sources, including private sector donations, foundations, government grants and its own members. One of our most generous sponsors is Pacific Arbour Retirement Communities.



## HEALTH COMMITTEE REPORT

The Health Committee continues to be active in providing updated programs and workshops for all Keep Well participants.

A well-received Blood Pressure workshop was given in the fall by board member Tracy Sacre, Registered Nurse. Twenty volunteers who are currently taking blood pressures for the Keep Well programs attended. The popular CPR/First Aid course will be offered again this spring. Also on the agenda will be the workshops on Food Safe and Massage. In terms of ongoing programming, a funding source for reflective arm bands for all participants is being researched. We hope to have a funder and a supply this fall.

Our Nutrition Program has begun and seems to be meeting with great success. It is funded by New Horizons for Seniors and the Lower Lonsdale Legacy Fund. Please see the discussion of the program and its results in another article within this newsletter.

Please remember the Medical Alert Packages and the Exercise DVDs are available for sale at all Keep Well sites. They make excellent gifts. We heard via the grape vine that one group of people is using the tape in the activity room in the building where they live. They say it augments the programs they attend elsewhere.

Submitted by Carolyn Dykeman

## NUTRITION PROJECT

A year ago a grant from the federal New Horizons for Seniors allowed Keep Well to hire a dietitian in order to develop PowerPoint presentations on nutrition to be presented by volunteers. In addition, the City of North Vancouver through their Lower Lonsdale Legacy Grant program granted us some supporting money for the project. Since then our Registered Dietitian, Annie Tsang, has completed PowerPoints on Sodium, Blood Sugar, Bone Health, Protein,

Sugars and Sweeteners, Smart Shopping, Bowel Health, Nutrition Labels, and Breakfast Ideas.

The PowerPoint talks have been evaluated to see how interesting and informative they are to Keep Well participants. Annie first made a presentation to Site Coordinators, then presented PowerPoints on 4 different topics to 6 Keep Well sites. Participants at these sites rated her talks as interesting (99%) and 87% of them said they learned something from the presentation. All said that they would be interested in seeing PowerPoint presentations on other nutrition topics and that they found it helpful to have a handout about the presentation to take home with them.

In early February Annie trained volunteer presenters from Keep Well how to use our new computer and projector, and they are now giving talks, speaking from scripts prepared to accompany the PowerPoints. So far five presentations have been made by volunteers, and results have been very positive. More than 90% of those attending the talks found them interesting, felt they learned something, were interested in seeing more presentations, and found the handouts helpful.

It appears that these PowerPoint presentations will be a valuable addition to our nutrition program. Further funds have recently been made available by the Lower Lonsdale Legacy Fund to continue training volunteers and presenting nutrition talks. Sincere thanks to all who have helped with this project by presenting or by filling out evaluation forms.

### Did You Know?

Keep Well's average participant age is 80 years.

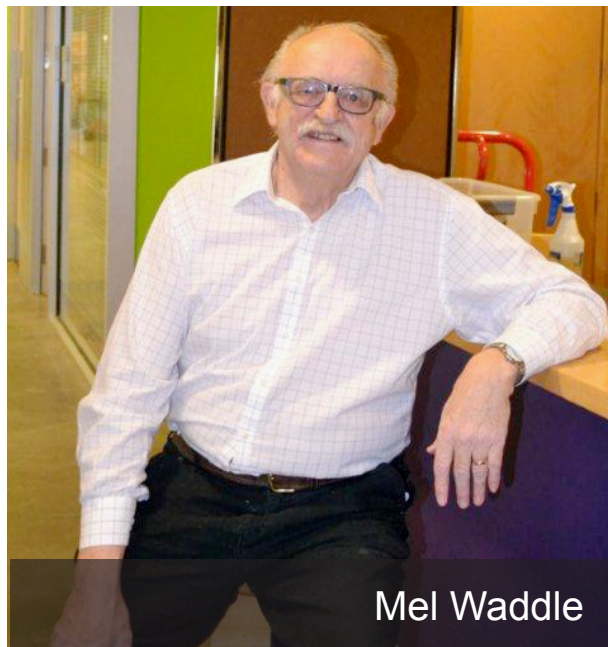
## PARTICIPANT PROFILE - MEL WADDLE

Mel is one of our regular participants on Friday mornings at Gleneagles, that is, during those months both he and his wife Helen are in West Vancouver. Mel spent 28 years in Manitoba playing the tuba in a band in the armed forces there. The 10 piece dinner band nicknamed themselves "The Soup Group" as they often entertained at special events where visiting dignitaries were treated to exquisite dinners while enjoying the accompanying music.

When they weren't playing dinner music, the band travelled around the country and other parts of the world, participating in parades, marches and the PNE Musical Ride to name a few. In 1966, as tension was mounting in the Middle East, Mel found himself in the Gaza Strip, playing for various groups and then travelled to the island of Sardinia in Italy for a two week engagement.

Mel retired from the military in 1992 and became a priest in the Anglican Church. After retiring from the Church, he and Helen came to Vancouver in 2009 to be near their children but they return to Manitoba every summer to spend time in their lakeside cottage south of Winnipeg.

More recently, Mel's love of music and the joy of playing the tuba has led to his involvement with the North Vancouver Community Band and the Deep Cove Dixieland Band. Between rehearsals, concerts and providing entertainment in seniors' residences across the North Shore, Mel is a very busy man and we are happy that he has been able to make time to join us on Friday mornings at Gleneagles.



Mel Waddle

### Continued from page - 1

The participants at Gleneagles are unique in many ways but what impresses me the most is their connection to each other, their concern and caring when someone is ill and their joy at seeing their friends when they arrive on Friday mornings. They all know each other and keep track of their comings and goings.



Gleneagles group | Front - Barb Shackell, Grace Kravac, Christine Colbow, Pam Pasowysty | Back - Heather Dunsford, Mel Waddle, Stella Allen, Arthur Allen, Louise Nemrava

In response to our quest to provide a fuller Keep Well program, Jean Lisle, Board member, Site Coordinator at Delbrook and retired nurse, has offered to come to Gleneagles once a month to take blood pressures for anyone who is interested. As well, the program now includes regularly scheduled guest speakers on a broad scope of topics and monthly nutrition talks and demonstrations.

Gleneagles may be Keep Well's smallest group but it is truly large in heart and humour.

Submitted by: Heather Dunsford



## GINGER LEMON BEEF AND BROCCOLI

Prep time: 15-20 min | Cook time: 10 min | Makes: 4 servings

### Ingredients:

1 cup 1% milk	2 tsp. Vegetable oil, divided
2 tbsp. Cornstarch	1 lb. Boneless beef grilling steak, cut into thin strips
2 tsp. Grated lemon zest	1 Onion, cut in half and sliced
3 tbsp. Reduced-sodium soy sauce	6 cups Broccoli pieces (1 lb.)
1 tbsp. Liquid honey	2 tbsp. Grated fresh ginger root (or 1 tsp. ground)
1/4 tsp. Hot pepper flakes, or to taste	2 tbsp. Freshly squeezed lemon juice

### Directions:

1. In a bowl, whisk a little milk into the cornstarch to make a smooth paste. Whisk in remaining milk, lemon zest, soy sauce, honey and hot pepper flakes; set aside.
2. Heat a wok or large skillet over high heat. Add half of the oil and swirl to coat. Add beef and stir-fry for 3 minutes or until browned; transfer to a bowl. Add remaining oil to pan, then onion and stir-fry for 1 minute. Add broccoli and ginger and stir-fry for 3 minutes or until onion is tender. Return beef and accumulated juices to pan.

3. Whisk milk mixture and pour into pan. Cook, stirring and scraping up brown bits, for about 2 minutes or until thickened. Stir in lemon juice.

Taken from the Heart and Stroke Foundation Website



## SPAGHETTI SQUASH AND TURKEY MEATBALLS

Prep time: 25min | Cook time: 50min | Servings: 6 (36 meatballs)

### Ingredients:

1 spaghetti squash (about 2 1/2 lbs)	3 cups no salt added chicken or sodium reduced vegetable broth
8 oz. extra lean ground turkey or chicken	1 green onion, sliced or 1 tbsp. chopped fresh parsley (optional)
1/3 cup seasoned dry breadcrumbs	1 small clove garlic, minced
1 egg	2 tbsp. grated Parmesan cheese

### Directions:

1. Cut squash in half lengthwise and remove seeds. Place cut side down on parchment or foil lined baking pan and prick skin all over with a fork. Roast in 190°C (375°F) oven for about 45 minutes or until very tender when pierced with knife; set aside.
2. In bowl, stir together turkey, breadcrumbs and egg until firm. Using heaping teaspoonful (5 mL) roll into small balls; set aside.
3. In saucepan, bring broth, onion, if using and garlic to simmer and add meatballs. Cook, stirring gently for 5 minutes or until no longer pink inside.
4. Using fork, scrape squash out of skin into long strands and divide among shallow bowls and ladle meatballs and broth over top to serve. Sprinkle with cheese before serving.

Taken From the Heart and Stroke Foundation Website

## VOLUNTEER PROFILE - JUNE HORWOOD

After seeing an ad requesting volunteers for North Shore Keep Well in the North Shore News, June decided to take the plunge and lend a hand. June has been volunteering at Delbrook for the past number of years, and for some it seems she has always been with us. Described as quietly graceful and very reliable, she does whatever needs doing, from helping with the setup to passing out therabands and sponges, and sometimes assisting with the registration when they are shorthanded. She can always be counted on to network with others, particularly older seniors, which makes participants feel very comfortable with our program.

June has spent much of her time on the North Shore. In 1936 her family moved from Winnipeg to North Vancouver where she started school at Queen Mary on 5th Street. June remembers going to school on the streetcar, which at that time had three routes: Lynn Valley to Grand Boulevard, Capilano to the Ferry at the bottom of Lonsdale, and Lynn Valley to Lower Lonsdale. She recalls an incident back then when one of the streetcars heading down

to the ferry lost its brakes and ended up in the harbour.

June worked at various firms in Vancouver and retired in 1994 from Russell & Dumoulin, a Vancouver-based law firm. As a young girl, she was always active in sports, and now enjoys working in the garden, some travel and, of course, coming to Keep Well every Monday morning.



June Horwood



Site coordinators | Back - Jean Lisle, Joy Gardiner, Ruth Sherwood, Roberta Tottle  
Front - Elise Shepard and Barbara Gillingham

## SITE COORDINATORS MEETING

In the picture on the left you will find some of our Site Coordinators who attended a meeting held in March. These and other Site Coordinators are responsible for a number of activities at the 7 program sites. Overall, they coordinate the program for participants, arranging schedules for blood pressure volunteers, massage volunteers, nutrition presenters, speakers, and parties. They also set-up and tidy-up with other volunteers, and attend Site Coordinator meetings. Thanks so much to these wonderful volunteers in our program.

## 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:

- Vancouver Coastal Health - Integrated Primary and Community Care
- 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

### Private Sector:

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

### Service Clubs and Foundations:

- The Lynn Valley Royal Canadian Legion – Branch 114
- The Lynn Valley Lions Club
- Mount Seymour Lions Club
- West Vancouver Community Foundation
- The Soroptimist 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](http://www.keepwellsociety.ca)





New  
Horizons  
for Seniors  
Program

city.north vancouver



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## Thank-you to Our Funders

## Sign Up Forms

Volume : 17 Spring/Summer - 2014

### 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.