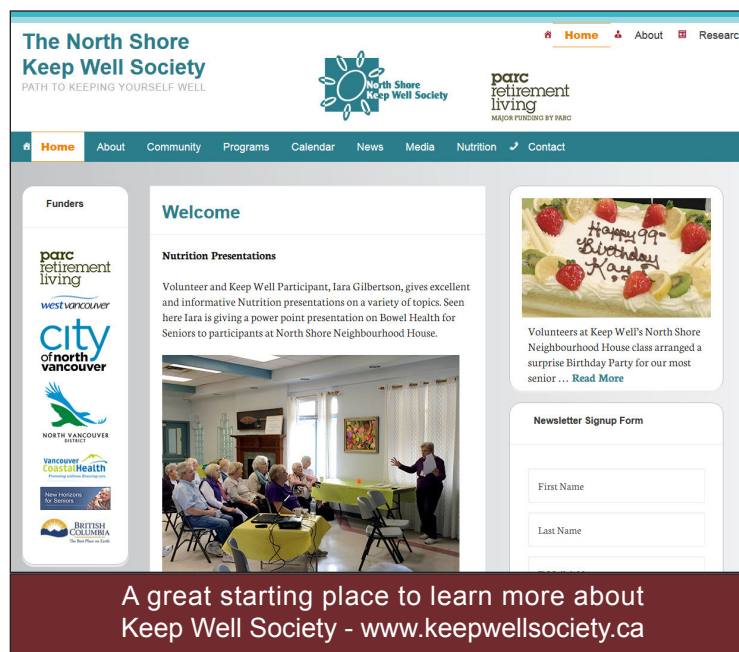


THE KEEP WELL WEBSITE GETS A MAKEOVER



It's been over 4 years since the Keep Well website was created and in the last two months we have updated it. It has a new, fresh look that users of the site will find easier to manipulate and view. There is a new tool bar across the top of the home page which gives the site a crisp and updated look. The site has a better menu for easier searches. In addition, the website will now be easier to read on other devices such as iPhones and iPads (or other tablets and phones).

We have been told that people like the news stories on our home page and we have kept those in the new site, but have taken out the long scrolling necessary to view them. Users of the site will find both the current news and a link to old stories on the home page.

The website will contain a new item using the MailChimp service, which will assist us in emailing out our newsletter. A newsletter sign-up form on the right side of the website pages will ask the user to click on "Subscribe to the list" in order to receive the newsletter in digital/PDF form. As this is a new feature, it may take a bit of time to get it up and running.

We are expecting the new, modern and updated site will assist the organization in promotion and marketing. Many thanks go to Michael Maguire of Lan Wide Communications who updated the site for us.

Look for the site at the usual address: www.keepwellsociety.ca
While you're visiting the site, why not sign up for the newsletter?

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

WEBSITE AND NEWSLETTER MADE
POSSIBLE WITH FUNDING FROM

parc
retirement
living

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

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

Elinor Ames	Margaret Coates
Vary Cartmill	Raye Lee
Jean Lisle	Gordon Skoog
Don Warner	

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

Elinor Ames - Director

Produced By

Michael Maguire
Lan Wide Communications

Annual General Meeting

The Keep Well Society will hold its Annual General Meeting on June 24th. At the meeting we will elect new and returning board members. If you have an interest in serving on our board, we particularly need people who have skills in grant writing, promotion and marketing, gathering and analysing statistics, writing/editing, accounting, or health and wellness issues (requires experience as a health professional). Please contact our Coordinator Heather at the email address listed above or at 604 988-7115 ex. 27 to get further information.

BOARD PROFILE – TED STOKES

Ted Stokes grew up in southern Saskatchewan towns attending small, often one-room schools where his father was his teacher. He is one of those rare individuals who spent his entire 48 year career with one company, Acklands Ltd, a nation-wide distributor of industrial and automotive supplies. Ted worked his way from the stockroom to management in Saskatchewan, eventually becoming Senior Vice-President in charge of operations for Western Canada. After time in Vancouver and Edmonton, Ted retired in 2003, leaving many employees who credit him as their career mentor.

Ted and his wife Dolly married in 1963 and within a short time had 4 children. They were busy with their children's activities, and Acklands offered them many opportunities to travel. Ted took major roles in the Rotary Club, Kiwanis Club and Chamber of Commerce, and under his leadership Acklands did much to support individuals with disabilities and the Children's Wish Foundation.

Early in retirement Ted worked in the North Shore Multicultural Society Mentorship Program, helping new immigrants to Canada. He and Dolly have attended Keep Well regularly at Parkgate and at Kiwanis Lynn Manor. In 2008 Ted joined the Keep Well Board, where he has served on the Budget and Finance committee, organized the Membership drive, collected the Society's statistics, and taken a major role in setting up events for Keep Well Week. Proving the old adage "If you want something done, ask a busy person", he now serves as Vice-President of Keep Well.

Having seen their 4 children graduate from university and find success in their chosen careers, today Ted and Dolly are very involved with their 9 grandchildren, content to stay home and enjoy beautiful British Columbia. However, they'll always be Saskatchewan Rough Riders fans!



Ted Stokes

FUNDRAISING, MARKETING AND PROMOTION COMMITTEE

The newly revived Fundraising, Marketing and Promotion Committee consists of Elinor Ames, Margaret Coates, Heather Dunsford and Raye Lee as the chairperson. After a few catch up meetings the committee came up with some great proposals for promoting Keep Well.

Social media such as Twitter and Facebook will be a new tool for us to promote our program and any fundraising events we may host. If you are interested in social media and have some time to invest please contact Margaret Coates at www.keepwellsociety.ca. The committee is also excited about the new changes to our website and hope this will become a platform for promoting our programs as well.

This year National Volunteer Week will be celebrated from April 12 to 18, and Keep Well will be nominating all the Site Coordinators under the group option for the North Shore Volunteer Spirit Award. We will also be participating in this year's ad for the North Shore News Volunteer Feature set for April 12.

Other initiatives of note are that we have a new poster to tell participants what the current Nutrition Presentation(s) will be, and that we will enter this year's Keep Well Week event on Breakfast TV's "Live Eye" to help us reach a larger audience.

Submitted by Raye Lee

PRESIDENT'S REPORT

A warm greeting to you all. The fall (wet) and winter (warm) have flown by, with not one Keep Well class cancelled because of snow.

We were all delighted to see the total number of Keep Well participants is up over last year. Unfortunately, after wrestling for several years with uneven and declining attendance at the Gleneagles site, the Board in February made the difficult decision to close that site. The West Vancouver Senior Citizens Activity Centre site continues strong, and draws enthusiastic Keep Well participants from all of West Vancouver.

Our volunteer site coordinators who meet together twice a year met again this late January to outline their sites' successes, trade tips, and pass on suggestions on how the Board, our Coordinator Heather, and fitness instructors like Andy could make their life easier. If you have ideas, or want to pass on kudos, let the volunteers at your sites know.



Recently Keep Well was approached by the BCIT Bachelor of Science Nursing Program to partner with them in their Community Health students' practicum in Health Promotion activities. Silver Harbour volunteer site coordinator Roberta Tottle had arranged for the students to do some initial presentations to that group. The nursing students were very well received, despite the fact, as Roberta noted, "Keep Well participants can be a tough audience if they're not impressed with the presenters!" Keep Well and BCIT have now formalized their partnership arrangement in a contract and the students, who are available Tuesdays and Wednesdays, will continue to both enrich our programs and learn from our participants.

By the way, has anyone besides me made the big mistake of demonstrating to a five-year-old boy how to put on one of our reflective "slapbands".....?

In another piece of good news, Keep Well has recently been approved for another year of funding assistance by Vancouver Coastal Health who recognize our role in keeping North Shore seniors healthy in their own community.

Libby Kelley, President



Other Donors

Our other donor groups, and you, our generous participants, help keep our budget balanced. You can find a list of supporters and donors and how to donate by cash or cheque on page 11. If you would like to make a donation by credit card, then go to our website which has a link to Canada Helps.

LAWN BOWLING: A SPORT FOR ALL! A SPORT FOR LIFE!

Do you enjoy the outdoors? Healthy activities? Making new friends? Are you between 9 and 90 years old? Then please join the fun at the North Vancouver Lawn Bowling Club at 2160 Lonsdale Avenue in North Vancouver or the West Vancouver Lawn Bowling Club at 650 20th Street, West Vancouver.

The NVLBC club has many social activities for its members. These include dinners, barbecues, parties, fun bowling games and in the fall, darts, cribbage and bridge. The new NVLBC season starts in April and the bowler Orientation Day is April 19, 2015 at 1:30 p.m. in the clubhouse at 2160 Lonsdale. The Club boasts over 20 coaches and offers lessons for new bowlers during the month of April. If you are interested in finding out more about the club, or joining, please contact Pat Skinner, the club's Membership Director, by phone at 604 990-4541 or e-mail pat_skinner@telus.net

If you are a sports enthusiast in West Vancouver and want to get some exercise and fun try the WVLBC bowling greens. They also have an active social program with barbecues, afternoon teas, bridge, and holiday parties. Every Sunday in April and May they hold open houses where the whole family can come out and try their hand at playing. The phone number for the club is 604 922-0411 and the lady on the other end is very helpful and enthusiastic. The club supports many charities including an annual tournament that raises funds for the Lions Gate Hospital.



NVLBC Member John Speers

Submitted by Raye Lee

See you on the green!

METABOLIC SYNDROME

Metabolic syndrome is a cluster of conditions including excess body fat around the waist, high blood pressure, high blood sugar, and abnormal lipid and cholesterol levels. Having just one of these conditions doesn't mean you have metabolic syndrome, but if several of them occur together you have a greatly increased risk of heart disease, stroke, and diabetes.

The cause is complex but physical inactivity and a high caloric diet, especially high sugar drinks,

are prominent factors. Prevention includes increased physical activity and reduced caloric diet. If these measures are not effective in 3 to 6 months medications may be necessary to treat high blood pressure, lipid abnormalities and diabetes.

This is quite a common disorder, but the main message is that it can often be avoided by increased exercise [30 minutes walking daily] and a healthy low-calorie diet.

Submitted by Dr. Don Warner

SITE PROFILE - KEEP WELL AT PARKGATE COMMUNITY CENTRE

The Keep Well program now at Parkgate actually started at the Lions Manor in Deep Cove in 1991, with Jill McCormick as Site Coordinator for 18-20 participants. In 1994 it moved to Mount Seymour United Church with more than 30 participants. The opening of the Parkgate Community Centre in 1999 made it possible to serve even a larger group. Now we count 60-65 participants a week in the winter months, with fewer in summer when exercise sessions take place in a smaller room.

Joy Gardiner is the Site Coordinator, assisted by long-time volunteer and Parkgate's first Site Coordinator Pat Turner, and Board member Ted Stokes and his wife Dolly. Registration is ably handled by Joan Bartmann and Edith Powell. There are 13 other volunteers each week: Hazel Best, Joyce Smit and Chris Waldie in the kitchen; Donna Arnett, Lee Haines, and Joan Ogden for shoulder massage; Dorothy Brown, Elma Moebes, and Afsar Sherkat for hand massage; and Sharon Clements, Marilyn Negley, Pearl Peng, and Anne Stirling for blood pressure checks. We also have volunteer shiatsu massages from Sharon Bidder and Mariko Watanabe twice a month.



Parkgate group exercising

Parkgate Community Centre at night



Our registration and coffee break take place in the Mary Hunter Hall, with its attached kitchen. The exercise warmup takes place in the large gym, after which we move into a smaller area of the gym for sitting and standing exercises, all accompanied by Andy's great oldies music.

We are not only Keep Well's largest site, but also one of its most active. Besides our potluck lunch parties in June and December and regular nutrition PowerPoint presentations with recipe tastings, we have a speaker on the last Tuesday of each month. In the past year we have had talks about downsizing from a house to a condo or care home, better meals delivered to your door, how physiotherapy can help you sleep, scams against seniors, choosing a funeral home, and abuse against seniors, and we already have future speakers arranged to give us tips about foot care, autism, brain gym and conscious aging.

Submitted by Joy Gardiner

HEALTH COMMITTEE REPORT

In November, the CPR/First Aid Workshop was once again presented by popular and entertaining paramedic Dean Siemens. Approximately 25 people attended, and as usual lively discussion and practical exchange of information ensued. Spring plans for Health Committee activities include two more workshops – one on Food Safety and one on Massage.

On March 25th from 1:00 to 3:30 in the Community Room of Capilano Mall, Greg Hood, the Pharmacist at Shoppers Drug Mart at Park Royal South, will lead a discussion on medications and over-the-counter drugs. Room capacity is limited, so if you are interested in the topic, be sure to watch for the poster at Keep Well and sign up early!

In keeping with the Health Committee's mandate to implement health and safety projects, Keep Well was fortunate to receive funding from the West Vancouver Community Foundation to purchase 1000 Reflective Arm Bands (a.k.a. "slapbands") for our members. During the November membership drive 2 bands were given to each Keep Well member. These were greatly appreciated as darkness descends early in the fall and winter and it is very difficult to be seen.

We have also purchased 50 new Balance Cushions, thanks to the sponsorship of PARC Retirement Living. These are adding variety to our exercise classes and providing greater focus on the importance of balance in terms of fall prevention.

Submitted by Jean Lisle



Cool new cushions!

Healthy Tips for Weight Gain

If you have lost weight quickly, especially without trying, speak with your doctor.

Here are some tips for healthy weight gain:

- Eat three meals a day with snacks in between meals.
- Snacks can be dried fruit, nuts and seeds, cheese, peanut butter or avocado on crackers.
- Avoid low fat foods. Use higher fat dairy foods – whole or homo milk, full fat cheese and yoghurt.
- Add more butter or vegetable oil to vegetables and bread.
- Add skim milk powder to soups, stews or breakfast cereal for extra protein.
- Consider taking a supplement such as Boost, Ensure or Carnation Instant Breakfast.
- Eat more food when your appetite is best.
- Avoid smoking. It lowers appetite and eliminates taste.

Submitted by Lise Pitt and Ruth Sherwood

PARTICIPANT PROFILE - STANLEY DZUBA

Many people who exercise with Stanley Dzuba at Keep Well in Silver Harbour would be surprised to learn of his accomplishments as an electrical engineer, a public servant, a military officer, a sculptor, a world traveler, an international consultant, and an athlete.

Stanley received his Electrical Engineering degree from the University of Saskatchewan as a member of the Canadian Army. Leaving the army to work in the Department of Transport (DOT) in Ottawa, he later moved to Vancouver, retiring in 1988 as DOT's Regional Broadcast Engineer for the Pacific Region, and as a Lieutenant Colonel and Commander of the Vancouver Service Battalion of the Army Reserve.

After retirement Stanley has continued with the Legion and the Army Cadet League, and served as the maintenance electrician at Silver Harbour. Internationally, he has volunteered overseas with the Canadian Executive Service Organization (CESO), mostly as a consultant who could explain international standards for business. Typically an independent learner (he previously taught himself bronze casting as a sculptor), Stanley "got the International Standards Organization (ISO) manuals and read till I understood them". As a CESO consultant in Russia he helped a milk processing plant apply for ISO certification so they could sell their milk in Germany. Since then he has assisted many different businesses, e.g., a Moldovan carpet weaving factory, a medical equipment manufacturer in Kazakhstan. By now, Stanley has travelled to every continent and "most of the countries of the world", including most recently Peru, Indonesia, Ghana, Ukraine, Bolivia, and Costa Rica.

2014 was a stellar year for Stan Dzuba. In April he went to Rideau Hall to receive the Governor-General's Caring Canadian



Stanley Dzuba (left) receives award from Governor-General David Johnston

Award in recognition of his life-long volunteering. Then in September he won a bronze medal in the 800 metre track race, the only race he entered at the B.C. Seniors Games.

This August the 2015 Games will be in North Vancouver, and Stanley plans to enter all the running events, the long jump, and the triple jump. Each week he trains on 5 days, takes one day off, and spends Wednesday mornings participating in Keep Well exercises. This medal-winning athlete attends for the same reason others do--to make sure that every muscle in his body is stretched and strengthened.

Keep Well wishes you well in all your races, Stanley.



Group hug

TOMATO AND ONION SALAD

This salad is easy, pretty (especially in a glass bowl), and better if prepared a few hours ahead of time so the flavours can mix.

Tomatoes	Salt and pepper
Olive oil	Dried basil
Vinegar	Sugar

Green onions (or Bermuda onions, if you prefer)

Put a single layer of sliced unpeeled tomatoes in a shallow bowl 6" to 10" in diameter. Spread one teaspoon of olive oil and one teaspoon of vinegar on the tomatoes. Sprinkle a bit of salt and pepper, a pinch of basil, and ¼ to ½ teaspoon of sugar over them. Top with sliced onions.

Add another layer of tomatoes and onions with the same seasonings. Keep going until you have the amount of salad you need for the number of people you're serving.

(Adapted from Peg Bracken's "The I Hate to Cook Book", 1960)



TORTILLA BAKED CRACKERS

1 package of whole wheat large tortilla shells
(usually 6 to a package)

2 tbsp. extra virgin olive oil 1 tsp. each of basil and oregano

Mix the spices with the oil. Place one shell on a pizza pan or cookie sheet and brush the shell with the oil and spice mix. You can also sprinkle with parmesan cheese.

Cut the shell with pizza cutter or sharp knife into triangular pieces and bake at 400 degrees Fahrenheit for 8 minutes or until crisp and golden.

Store in a re-sealable bag for 3 days, or they can be stored in the refrigerator in order to last longer.

* It's very easy to double or triple the recipe as needed.

ENJOY

Submitted by Jean Lisle, Chair Health Committee



Over 400 People Pack the Seniors Forum

On February 6th this year 400 seniors, those who work with seniors, policy makers, advocates and younger people interested in the future of seniors care came together to strategize about how we can improve systems for seniors. Many people from various organizations on the North Shore attended. In fact the Keep Well Society was represented by three directors, including the President.

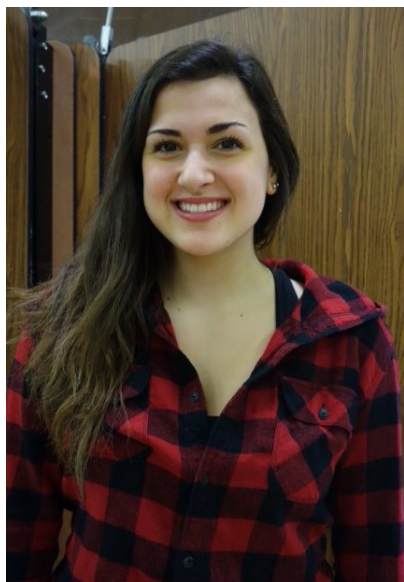
The event was kicked off by two knowledgeable keynote speakers, the new Seniors Advocate Isobel Mackenzie and BC's Ombudsperson, Kim Carter. From their perspectives, they talked about the system, how it affects seniors and what could be done to change things for the better.

In the afternoon, after a wonderful lunch, attendees at the conference were invited to a variety of workshops including: Affordable housing, Seniors Centres, Home support, Residential care, Inequality and Poverty, and Transportation. It was clear at the plenary session held after the workshops that people were very supportive of changing how we support and care for seniors.

The event, which was put on by Canadian Centre for Policy Alternatives and the BC Health Coalition, was funded by a variety of unions. After this very successful event the organizers and funders were committed to putting on a forum every year.

VOLUNTEER PROFILE - KEEP WELL'S STUDENT VOLUNTEERS

Keep Well is fortunate to have three student volunteers this winter and spring.



TESSA GOLDBERGER is a Kinesiology student at Capilano University and, as a member of Student Council, arranges events and speakers throughout the year. She volunteers at our Kiwanis Lynn Manor site and conducts Nutrition Presentations there whenever they are scheduled. Prior to University, Tessa ran anti-bullying assemblies for girls ages 10-17 in various North Shore schools, and also worked as a professional dancer and choreographer. Last year Tessa and a friend back-packed around Europe for 3 months visiting 15 different countries. In spite of her busy schedule Tessa works out 6 days a week at Harry Jerome and attends yoga classes. Aspirations for the future include a career as a family physician or possibly an oncologist. Tessa's personality and passion for helping others has made her popular at Kiwanis Lynn Manor. In Tessa's words, "Being involved with Keep Well provides a great opportunity to apply what I'm learning at university in a more practical and hands-on environment".

SEPEHR EFTEKHAR is a UBC student working on his Bachelor of Science and a Diploma in Adult Learning and Education. As a young student Sepehr received a scholarship from the Canadian Iranian Foundation and has since become an active member of their Youth Group. He plans to raise awareness of the Keep Well program to Iranian seniors and sees it as a unique opportunity to help them integrate better into the community. He is a firm believer in the value of exercise and recently attended a course stressing exercise as a major factor in preventing dementia in older adults. Sepehr works out regularly, plays soccer in the Burnaby Men's Soccer Division 1, and coaches soccer for younger kids from families that would otherwise be unable to afford it. He would like to see more youth involvement with seniors. The City of North Vancouver recognized Sepehr's dedication to his community with its Youth Community Enhancement Award last year.



JOHANNA GENEROSA is a grade 11 student at Argyle Secondary School. She comes to the Keep Well office after school twice a week or whenever she is able, to use her considerable computer expertise to update our PowerPoint presentation and work on designing other documents that help to streamline the workload in the office. Johanna will also be going to our sites to help out during Spring break and on Professional Development days. She volunteered at Molly Nye House last year teaching seniors how to use their electronic devices, and is involved with several school activities, including an Environmental Group which recycles and keeps the surrounding area clear of trash. Johanna would like to pursue a career as a caregiver or possibly go into the culinary arts.

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
- 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
- Alpha Iota Sorority of the Chi Zeta Alumnae
- Municipal Pension Retirees Association #17

Service Clubs and Foundations:

- 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



April 2015 to March 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



parc
retirement
living



Thank-you to Our Funders

Sign Up Forms

Volume : 19 Spring/Summer - 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.