

THE NORTH SHORE KEEP WELL SOCIETY IN ACTION!

Our roving photographer travelled to several sites taking pictures of the participants, Andy our Fitness Instructor, some site coordinators and Heather. Can you spot yourself? As promised by our President, there will be many more new pictures for our upcoming newsletters.



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 Dundarave.

One hour of mild exercise is followed by blood pressure checks, health coaching, shoulder, hand and foot massage, speakers, and social times.

Keep Well is free, open and inclusive to participants. Donations are welcome.

Directors

Libby Kelley - President

Ted Stokes - Vice President

Deanna Charlton - Treasurer

Catherine Cottingham - Secretary

Dorothy Brown Laura DeGrave

Gerald Chan Jean Lisle

Cheryl Cowan Georgette Torry

Keep Well Staff

Heather Dunsford – Coordinator
keepwellsociety@telus.net

Andy Demeule – Fitness Instructor

Mary Kill – Bookkeeper

Editorial Committee

Heather Dunsford
keepwellsociety@telus.net

Margaret Coates
margaret@dixoncoates.com

Linda Skoog - volunteer

Dorothy Brown – board director

Cheryl Cowan – board director

Produced By

Michael Maguire
Lan Wide Communications

Photographer

You will notice a great batch of new photos in this newsletter, many of which can be found on the front page. Thanks Nicola Screpnek for taking the time to snap the photos.

PRESIDENT'S REPORT

The Board has been active over this winter and is busy planning for the summer and fall sessions.

We have resolved to do our best to increase the number of newsletters to four annually and to greatly increase the numbers of up-to-date photos of activities taking place at all the sites. Special thanks to past Keep Well board member and president, Margaret Coates, for her invaluable help with the Keep Well newsletters.

Keep Well now has programs at seven sites across the North Shore, the newest being at West Van Kiwanis on Tuesday mornings. Debra Hann generously took on the role of site coordinator there.

Our financial situation is not bad, thanks to increases in some grants (Vancouver Coastal Health, West Vancouver Foundation) and a new one-time grant of \$8000 from The United Way of the Lower Mainland who were looking for projects that provided a seniors' exercise, socializing and health program with a large senior volunteer component. We're most appreciative for donations from our individual participants as well as from the service clubs. PARC Retirement Living continues to donate generously and is our exclusive sponsor in the area of seniors housing. The Finance committee of the Board has done a great job of keeping us on track.

Heather Dunsford, Keep Well's Coordinator, is retiring in June and will be greatly missed. The Personnel committee of the board is, with the input from all the site coordinators, looking at what's most needed in the new coordinator. We'll keep you all posted.

The Personnel Committee has now met with each of Keep Well's contracted fitness instructors, confirmed their BCRPA credentials (including First Aid, CPR, and specialized seniors fitness training), and signed short contracts with them. We found an amazing array of experience in that group!

Thanks to PARC funds, we now have a Keep Well brochure professionally translated into Farsi. It is being distributed around the North Shore.

Keep Well was established in 1987 so next year is our 30th Anniversary. Plans are underway for the celebration.

Keep Well always welcomes your ideas and comments, and loves to pass on positive remarks to our funders.

We look forward to seeing our wonderful volunteers at the lunch for Volunteers' on June 8, and all of the Keep Well community at our short AGM immediately following.

Libby Kelley, President

ANNUAL GENERAL MEETING

The North Shore Keep Well Society's Annual General Meeting will be held on June 8, 2016 at 3:30 p.m. immediately following the Volunteer Lunch, at the Silver Harbour Centre, 144 East 22 St., North Vancouver. At the meeting, we will elect new board members, give Keep Well's Financial Report, and hear a brief report on last year's activities.

Keep Well has an enthusiastic volunteer board and the directors have a wide range of backgrounds. The board meets monthly, except July and August, at 12:30 on the second Wednesday of each month at Delbrook Community Centre. If you, or someone you know, is interested in serving on the Keep Well Board or want more information, contact Heather Dunsford at the Keep Well office at 604 988-7115, ex.27, or at keepwellsociety@telus.net, and she will put you in touch with the Nominating Committee.

BOARD MEMBER PROFILE – JEAN LISLE

Jean is one of our hard-working Board Members who doubles as a Site Coordinator extraordinaire at the Monday morning Delbrook class and is also the Chair of the Keep Well Health Committee.

Jean went through elementary and high school in her hometown of Rossland, BC, took her Senior Matriculation in Trail and received her Nursing Diploma at Vancouver General Hospital graduating in 1962.

With Nursing Diploma in hand, Jean worked at the Trail Tadanac Hospital for a year and then joined three of her classmates in Montreal at the Royal Victoria Hospital in 1963.

Jean married her husband, Tom, in 1964 and worked at Lions Gate Hospital. In 1966 the couple travelled to Hong Kong, Manila, and Japan. When they returned they moved into their North Vancouver home where their son was born in 1967 followed by their daughter in 1970.

Her life-long love of fitness began in earnest in 1975 and she has been a regular at fitness classes ever since. After enjoying many great years at Lions Gate Hospital, Jean retired in 2005 and, thanks to her enviable fitness level, took on the challenge of caring for her three year old twin grandsons. She and Tom also take in many trips to England and Belfast to enjoy their daughter's twins (boy and girl) born in 2010.



Jean joined the Keep Well board in 2008 and she also quickly offered to be the Site Coordinator for the fledgling Delbrook site. Under her direction as coordinator the site grew and flourished. She continues to enjoy helping to make Keep Well's presence and value known to the community.

Submitted by Heather Dunsford

PAT QUESNEL

Goodbye and best wishes Pat! Pat was a long-time volunteer with "Keep Well". Her warm smile and cheerful disposition brightened up the day for many participants who enjoyed one of Pat's hand massages. Pat is also a very creative artist and made many beautiful cards from recycled paper which we were able to use as special greeting cards.

Summer Time Tip

Drinking water is a calorie and sugar free way to keep fit, hydrated and energized, especially in the hot days of summer. Add some flavour to water with fresh herbs such as basil, mint, rosemary or ginger, or add slices of cucumber, lemon or lime.



KAY SMITH CELEBRATES 100 YEARS

Kay Smith celebrated her 100th birthday this year and the folks at North Shore Neighbourhood House threw a great party for her. Mayor Darrell Mussatto arrived with a commemorative plaque, flowers and a gift to celebrate the occasion. Keep Well board member, Catherine Cottingham, presented Kay with a bouquet of flowers on behalf of the Board. Barbara Livingstone provided the entertainment with some lively accordion music. Kay's family doctor and daughter, Lynne, were on hand to help her celebrate.



Flowers, cake, music and laughter made it a great day for a very special lady – Happy Birthday, Kay.

Submitted by Heather Dunsford

HEALTH COMMITTEE REPORT

It has been a challenging year for the Health Committee to try and choose pertinent subjects for workshop presentations. In January a Food Safe workshop was presented by Sam Sew, a Health Inspector for the Vancouver Health Region. His demonstrations on the proper handling and storage of food, instructions on the proper way to wash one's hands and his presentation by Power Point were all very informative. We came away with many helpful tips and lots of information.

On March 30th a massage workshop by Healing Arts and Bodywork specialist, Jenny Spencer, was held and attended by 16 participants and future massage volunteers. Jenny concentrated on the importance of touch, personal contact and relaxation. Demonstrations were given on hand and lower arm massage, gentle shoulder massage and gentle touching of the head. Everyone had an opportunity to practise their skills on each other and we came away eager to perform our newly learned skills on our Keep Well members.

Plans are in the works for another CPR/First Aid workshop June 10th by Paramedic Dean Siemens. Dean's presentations are always a lot of fun, and he keeps us up to date on any new developments and techniques in performing CPR.

Keep Well's Health Committee would like to encourage any Keep Well member to let us know if they have a health related topic that they might like a presentation on. Please feel free to contact Jean Lisle or Heather Dunsford at the Keep Well office.

Submitted by Jean Lisle, Health Committee Chairperson

Stay Social, Live Longer

Sticking with social groups such as book clubs after retirement may extend your life. In an Australian study, retirees who remained part of at least two groups had a lower risk of death over six years than those who dropped out.

Source: BMJ Open, online February 16, 2016



LIESEL MARTHA STROLZ – MAY 28, 1923 TO JANUARY 9, 2016

A welcome legacy came our way through the thoughtfulness and generosity of long-time Keep Well participant, Liesel Strolz, who recently passed away. Her obituary read in part:

“Liesel lived life to the fullest and in later years drove her baby blue Volkswagon to go snowshoeing & camping on weekends. She was a prolific reader, loved music, travelling and skiing. Liesel could often be seen walking about the neighbourhood wearing bright clothing with hat, walking stick & backpack. She loved her Keep Well classes at North Shore Neighbourhood House where she attended regularly for 14 years”.

Liesel dedicated 15% of her Estate to Keep Well which was an unexpected and wonderful surprise to us and further testament of her giving spirit.



MEMBERSHIP DRIVE FOR KEEP WELL

This year our Annual Membership Drive was held during the weeks of November 16th to 20th and November 23rd to 27th, 2015. Usually we announce the Membership Drive one week prior to the kickoff. This year the November 11th holiday, combined with the unexpected power outage across the North Shore one week later, created a situation that made it impossible to do our membership drive at Silver Harbour. This resulted in a very low Member sign-up at that location. Without that little glitch the rest of the sites fared quite well, giving us a total of 250 members for this year, compared with 281 for 2014/2015 and 249 for 2013/2014. Perhaps those participants we missed at Silver Harbour can sign up in the coming months.

Thanks to everyone for supporting Keep Well with your Membership fee – it helps our organization's bottom line tremendously.

Submitted by Ted Stokes

A Nice Surprise About the Calories in Walnuts

Not only are walnuts packed with good-for-you polyphenols and heart-healthy omega-3 fatty acids, fiber, protein and potassium, but we also know that they're 21 percent lower in calories than experts previously believed. According to a small Department of Agriculture study, a 1-ounce serving (about 14 halves) contains 146 calories, not 185. The reason: Study volunteers, who munched 1.5 ounces of walnuts a day for a week, did not absorb all the fat in the nuts. Possibly because some oil is trapped in the plant's cell walls.

Source: Journal of Nutrition, December 2015

JOKE Overheard recently on CBC Radio2: "If at first you don't succeed, skydiving is not for you."

THE NEWSLETTER

The Keep Well Society plans to increase the number of newsletters from two a year to about four a year. We will be surveying participants at all the Keep Well sites in the next few months to find out what you like about the newsletter, and how you think it could be improved. For example, several people have suggested there be more current photos. Stand by for more details.



Do you know where this is?
(Answer on page 10)

SITE COORDINATOR - DEBRA HANN

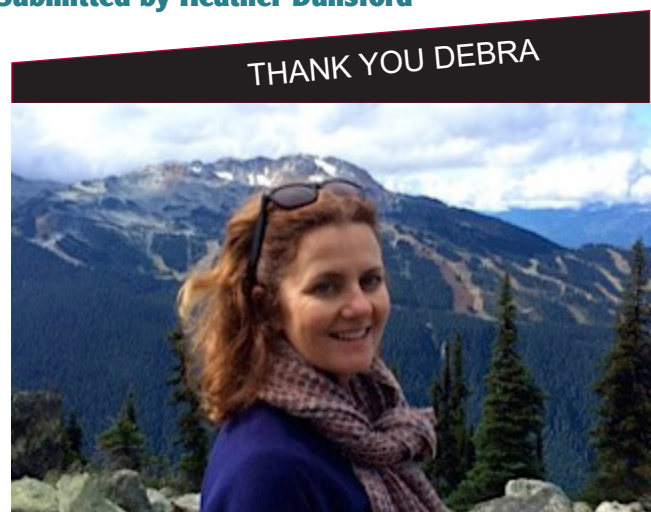
Meet Debra Hann, our new Site Coordinator for The West Vancouver Kiwanis Village Keep Well program. Debra was born in the United Kingdom where she grew up, trained as a Registered General Nurse and also received a degree in English Literature. She later moved to Hong Kong where she worked as a nurse for Save The Children Fund in detention centres for Vietnamese asylum seekers, and also as a Well-Baby Nurse in a private clinic. The family then moved to Australia where they lived for the next 5 years.

Debra, husband Nick and two sons have lived on the North Shore for 14 years. Debra was a full-time Mom while the boys were growing up and spent her spare time volunteering for various organizations on the North Shore. She recently spotted a Keep Well ad in the North Shore News asking for Retired Nurses to volunteer their time for blood pressure monitoring and promptly followed up with Roberta Tottle at Silver Harbour. When we started our class at the West Vancouver Kiwanis facility Debra was quick to offer her help there and has been a great asset to the class.

Debra has always been involved in fitness and

has plans to refresh her previous fitness training in order to focus on exercise for seniors. With a particular interest in health education and healthy ageing, she is keen to share her knowledge to help local seniors live active healthy lifestyles. Her hobbies include hiking, skiing, cooking and reading. Her favorite books include anything by Jane Austen and her favorite recipe is home-made granola.

Submitted by Heather Dunsford



SITE PROFILE – WEST VANCOUVER KIWANIS VILLAGE

In early December 2015, we were contacted by West Vancouver Kiwanis Board Member, Bill Murray, who expressed an interest in running a Keep Well program for their residents and the surrounding neighbourhood. Nestled in the West Vancouver neighbourhood off 21st and Haywood, this charming Village is home to many residents who seemed very excited at the prospect of bringing our program to their doorstep. We ran a couple of classes at the beginning of December and we were pleasantly surprised at the enthusiastic turnout.

Since then we have been pleased to see the program grow and stabilize. The classes are held every Tuesday at 11:15 am in the Multi-Purpose Room in the Terrace Building. The room is bright and cheery and is a good reflection of the up-beat and fun nature of the participants.

Keep Well is grateful for some funding from the West Vancouver Foundation to assist in starting up and continuing this new and vibrant program. (See pictures of the Volunteers and an article on the Site Coordinator Debra Hann in this newsletter edition)



Submitted by Heather Dunsford



These ladies are our new Keep Well Volunteers at West Vancouver Kiwanis. From left to right they are Pamela Grist, Joy Driscoll, (Andy in the middle), Joan Jones. Missing from the photo is Lorraine Bowden. They not only have fun helping out but with their great personalities, make it fun for all the participants. When asked if they could think of anything that was missing from the program they said, "More men would be good." Always a challenge for most of our sites, but maybe if we keep that message going we can turn that around.

Volunteer Appreciation Event

Keep Well Volunteers will be honoured for their dedicated and wonderful work at the annual Volunteer Lunch on June 8 at 2:00 at Silver Harbour Centre, just before the Annual General Meeting. Volunteers will be treated to a wonderful lunch with goodies prepared by Zoltan, the Silver Harbour chef, and served by the Silver Harbour Centre volunteers.

TORTILLA SPIRALS

Ingredients

1 package of large spinach tortillas
Dried cranberries (about $\frac{3}{4}$ of a cup)

Cream Cheese
Pine Nuts (optional)



Directions

Cover the whole tortilla with cream cheese, making sure you get right to the edges. Loosely sprinkle on the cranberries and pine nuts. Roll the tortilla from the bottom (closest to you), making sure you roll them as tightly as possible (squeeze with your fingers as you roll). Cut them with a sharp knife in about $\frac{3}{4}$ to 1 inch slices. Keep knife clean as you cut.

IT'S BLUEBERRY SEASON SO ENJOY THESE TWO RECIPES.

BLUEBERRY BANANA SMOOTHY



Blend on high speed till smooth: 1 cup frozen blueberries, 1 ripe banana, 1 cup non-fat yogurt. Pour into two glasses; serve immediately.

(www.marthastewart.com)



BLUEBERRY SAUCE

2 cups fresh or frozen blueberries
 $\frac{1}{4}$ cup water (or juice of your choice)
1 T cornstarch
2 T water



Directions

Combine blueberries and $\frac{1}{4}$ c water in small saucepan. Bring to boil, stirring occasionally. Reduce heat and simmer 2 to 3 minutes. Combine cornstarch and 2 T water. Add to blueberries, stir, and remove from heat. May be served hot or cold. Will last in refrigerator 3-4 days, and may be re-warmed in microwave. Use on pancakes, ice cream, pudding, cereal, or other fruit.

For more recipes and information about nutrition, please visit the newly updated nutrition area at www.keepwellsociety.ca

PARTICIPANTS PROFILE – CHARM AND AL MOUL

Charm, an only child, was born in Regina, where she trained as a nurse after high school. She worked in a doctor's office and then as a medical office assistant. She married her first husband, Jack, in 1949. He joined the navy, and they travelled with his job, living in Halifax, Victoria, Hawaii, Dartmouth and Halifax again. They came to Vancouver, where he worked as the OIC of the Vancouver Vessel Traffic Control, in the tower near Lions Gate Bridge. They raised three children before his death in 1987.

Al is one of eight children. He was born in Vancouver, grew up in Port Alberni, and spent most of his adult life in North Vancouver. He and his first wife, Grace, were married for 53 years and raised three children. Al and Grace were both avid golfers, playing at Fraserview in Vancouver and Seymour in North Vancouver. Al was a mechanical engineer, working for many years for MacMillan Bloedel and H.A. Simons, then as an independent contractor after his retirement.

Grace Moul and Charm knew each other from playing bridge and golf. They both lived in the Highlands area of North Vancouver. After the deaths of their spouses, Charm and Al were married ten years ago. Between them they have six children, twelve grandchildren and a few great-grandchildren, with another due soon.

Al and Charm live in a condo across the street from Parkgate Community Centre. Al started attending Keep Well there before Charm, as she golfed on Tuesday mornings. They enjoy Andy's caring nature and his music. They both volunteer in the Gift Shop at Lions Gate Hospital on the second Wednesday of each month. Charm is the Chair of the Wear and Tear Committee in their condo complex, and Al was the Chair and a member of the Strata Council for several years.

Fall Prevention Tip

If you have good balance, use a stable step stool with a safety rail for reaching high places – otherwise ask for help. Do not stand on chairs or other unstable furniture.

Their other interests are bridge, cards, jigsaw puzzles, the Vancouver Symphony Orchestra (Tea and Trumpets series), plays at Hendry Hall and other venues. The Moul's enjoy cruising, usually once or twice a year. They have visited Australia, the Caribbean, Mediterranean, and Baltic Seas and Alaska. One of their favourite winter holiday spots is Palm Springs.

Submitted by Joy Gardiner, Site Coordinator at Parkgate

THANK YOU CHARM AND AL



The answer is : The Seal Sculpture is located just inside the glass doors to the West Vancouver Aquatic Center.

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 seven locations or to the Keep Well office.

On-line by credit card at CanadaHelps.org

If you would like to donate by cheque please make the cheque payable to the North Shore Keep Well Society and send it to 600 West Queens Road, North Vancouver, BC V7N 2L3.

Recognition:

We recognize donations of \$10.00 or more with a thank you letter and tax receipt, and donations over \$500.00 will be acknowledged in a variety of ways in discussion with the donor.

Supporters & Funders

- Keep Well Participants and Members

Grants and Foundations:

- Vancouver Coastal Health
- Province of British Columbia - Direct Access
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- North Shore Community Foundation
- West Vancouver Community Foundation
- United Way of the Lower Mainland

Private Sector:

- Parc Retirement Living
- MAL's Alpha Iota Sorority

Service Clubs / Other:

- Lynn Valley Lions Club
- Mount Seymour Lions Club
- North Shore Kiwanis Club
- Soroptimist International of North and West Vancouver

We acknowledge the financial support of the Province of British Columbia



September 2015 to August 2016 Schedule

North Shore Neighbourhood House
Monday @ 9:30 – 10:30, Mild Exercise
10:30 – 12:00 Hands on and Social

Delbrook Recreation Centre
Monday @ 11:00 – 12:00, Mild Exercise
12:00 – 1:00 Hands on and Social

Parkgate Community Centre
Tuesday @ 9:30 -10:30 Mild Exercise
10:30 – 11:30 Hands on and Social

West Vancouver Kiwanis Village
Tuesday @ 11:15-12:15 Mild Exercise
12:15-1:00 Hands-On

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

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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



NORTH VANCOUVER
DISTRICT

west vancouver



Vancouver
Coastal
Health

city
of north
vancouver

North Shore
Keep Well Society



parc
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BRITISH
COLUMBIA
The Best Place on Earth

Thank-you to Our Funders

Sign Up Forms

Volume : 21 Spring/Summer - 2016

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.