

Keep Well is on the internet highway!



The North Shore Keep Well Society (Keep Well) welcomes you to their new web site located at <http://www.keepwellsociety.ca>. The organization is truly excited about this development as it means we have a new up to date way to communicate to our members, the community at large and to those who are interested in our programs.

The web site was brought about by a generous donation from Pacific Arbour Retirement Communities and Keep Well extends its warmest thank you to this organization. Keep Well wishes to thank the following for their time and effort in constructing the web site; Michael Maguire of Lan Wide Communications as the web master/builder and Margaret Coates, Heather Dunsford, Mary Beck and Elinor Ames for advice about web site pages and for much of the content collection and review.

Keep Well is also pleased to thank Pacific Arbour Retirement Communities for the assistance in creating this fresh new newsletter. You will be able to access the Newsletter in the usual way as a handout at the 7 Keep Well program sites, or on the web site. Later in the year, we would like to email out to members or community groups who request this service.

We envision the web site to be an ongoing/interactive project – so check us out for updates and news.

Margaret Coates, on behalf of the Web Site Committee.



**Thank-you to
Our Funders**

Who We Are

North Shore Keep Well is a registered society in British Columbia and a federally registered Charity.

Goal

To encourage and help older adults to keep well by leading active and independent lives

Objectives

To provide drop-in programs in which older adults can learn and practice regular keep well activities;

To expand and enrich such programs as appropriate;

To develop programs by which people needing special help can be counselled and referred to competent community resources;

To arrange and publicize workshops and health fairs which will increase general awareness of community health resources and promote the Keep Well Program;

To collaborate with all other personnel and agencies whose programs complement and strengthen the Keep Well Program.

What We Do

Keep Well is an exercise and wellness program for mobile seniors.

Programs take place at seven community centres from Deep Cove to Horseshoe Bay.

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

Keep Well is free, open and inclusive to participants.

Directors

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

Carole Badgley
Carolyn Dykeman
Frances Gray

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
Mary Beck

DID YOU KNOW THAT... ?

85% of participants who have attended talks at Keep Well say that the talks were helpful to them. Of those, more than 1/3 say that either they or one of their family members has changed their behavior because of something they learned from hearing a Keep Well talk.

President

Not all the effects of hardship are bad. As seniors who have lived through hard times in the past we know that often they produce a better appreciation of what we do have and an increased spirit of solidarity and cooperation. And so it is at Keep Well, where we're pleased to greet another season, because last year at this time it looked as though we might not survive. Thanks to all the supporters who were determined that Keep Well not go under, we have been steadily improving our financial position, and although our coffers are still far from full, the hardship of the last year has brought all of us together.

Keep Well participants at each site have been especially generous in dropping pennies into buckets, other coins into donation cans, and larger donations into Keep Well envelopes. The number of site visits by Keep Well volunteers has increased. Our fundraisers, particularly Margaret Coates and Heather Dunsford, have been successful in getting wide support from the North Shore municipalities, granting agencies, the private sector, foundations, and service clubs, all of which have taken a good hard look at Keep Well and recognized its value. As a result of limited funds, Board members have taken on many tasks that previously had been done by the Program Director, including acting as liaisons with individual sites. All these changes, working together, have produced good results: they have made us all focus on how important Keep Well is to us, made us more knowledgeable about how it works, and made us better known to many segments of the North Shore community.

Plans for this year include launching our new website, streamlining the membership drive, reinstating a nutrition program, and

producing an improved personal medication record for participants. Keep Well moves forward into its 24th year with confidence that as long as we are all continue to work together, our worthwhile program will survive. Thank you for the part that you personally have played in making this possible.

Cheers and good health,
Elinor Ames, President

Coordinator

Since our last newsletter in the Spring of 2010 there have been several interesting changes. The Keep Well programs continue to be a huge health benefit to a broad cross-section of seniors on the North Shore.

Unfortunately, we had to make the decision to close the Keep Well program at John Braithwaite due to the low number of participants at that site. However all of the other seven locations have an excellent turnout with enthusiastic members. Also, we have been fortunate to get up and running a new web site which you can find at <http://www.keepwellsociety.ca>. Also, as you can see we have the funds to create this newsletter.

Our annual Volunteer Appreciation Tea was held in June this year at the Silver Harbour Seniors Activity Centre. The chef at Silver Harbour created an excellent menu and their staff and volunteers were on hand throughout the event to serve tea and coffee. Everyone who commented on it said that it was the best yet and they'd like to have it there next year as well. We were most grateful to Pacific Arbour Retirement Communities and Bayshore Home Health who, together, contributed the majority of the funds needed to put on the event. Mayors Richard Walton and Darrell Mussatto came by to offer their good wishes as well.

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Nutrition

PROGRAM NEWS

Nutrition at North Shore Neighbourhood House Keep Well Program

We are very fortunate to have two volunteers, Lise Pitt and Kerry Sims at NSNH who prepare and serve nutritious samplings almost every month. They have been following guidelines from "Eating well in the twilight years" which set out 20 foods that should be on every senior's shopping list. For example they have listed oatmeal, blueberries, apples and so forth. Sometimes Lise and Kerry do such simple things as bringing different apples to taste and other times they make a recipe like broccoli soup. Everyone gathers around to enjoy a "wee" taste and pick up cooking and nutrition tips. Another source to gather information and recipes is from the B.C. Publication "Healthy Eating for Seniors". If you'd like more information, call Elise Shepherd at 987-5789.

By Elise Shepherd

DID YOU KNOW THAT... ?

The ages of Keep Well participants range from 55 to 102. Their average age is 76.



DID YOU KNOW THAT... ?

15% of Keep Well participants are men.

Health Committee

HEALTH COMMITTEE NEWS

The Importance of Carrying a "Medical Alert Card"

If you are visiting with friends, out for a walk, or home alone and suffered a sudden medical emergency such as a heart attack, stroke, diabetic coma, would your friends know of your medical problems or where to look for your information? By carrying a little informative card about the size of a credit card with you at ALL times, you are enabling a first medical responder to attend to you with the utmost care and speed.

In early 2011 two cards will be provided by volunteers at Keep Well program sites to all participants. One is to be carried with you and one is to be kept in an envelope in/on your refrigerator. If you require help in filling out the card, a volunteer will assist you. Please remember these cards should be updated if your information changes.

Jean Lisle and Carolyn Dykeman for the Keep Well Health Committee



The Truth About Salt

The amount of sodium (salt) consumed by older adults is a major health concern. Health Canada reports that the average Canadian consumes 3,092 mg of sodium a day and that is double what we need. A high salt intake has been linked to high blood pressure and this puts people at risk for heart attacks, strokes, heart failure, kidney disease and even dementia. As over half (53.2%) of Canadians between the ages of 60 to 79 years of age have high blood pressure, it is a good idea for us to pay attention to how much sodium we consume.

While we need some sodium in our diet to promote good health, we only need about 1500 mg per day. Reducing the salt in our diets is not easy, however. For one thing, salt enhances the taste of food and that makes it hard to give up – particularly as our sense of taste diminishes with age. Cutting salt is also made difficult by the fact that approximately 80% of the salt we eat is added to food before we even buy it. Things like breads, canned goods, cereals, frozen dinners, soups, snack foods all have salt added and many of these have a great deal of salt. Many restaurants and fast food restaurants also use high amounts of sodium in preparation of foods. So what can we do?

- Choose fresh fruits and vegetables rather than canned and prepackaged foods like sausage, ham, hot dogs, canned or packaged soups.
- When preparing foods, add little or no salt.
- Choose fruits and vegetables for snacks rather than salty nuts, chips and crackers.
- Season foods with herbs and spices or a twist of lemon. Replace the salt in the shaker with fine herbs.
- Read the labels on packaged foods. Check for the amount of sodium per serving. The Canadian Stroke Network recommends that we should look for products with less than 200mg per serving, select fewer foods with 200-400 mg per serving and avoid foods with 400mg of sodium or more per serving.
- When eating out, ask to have salad dressings and sauces on the side and then use as little as possible.

In addition to the above, daily exercise and controlling your weight will go a long way in reducing the risk of high blood pressure and promoting a healthy lifestyle.

Contributed by Mary Beck, former president

DID YOU KNOW THAT... ?

The percentage of Keep Well participants over 80 has almost quadrupled in the last 15 years.



Vancouver Coastal Health is encouraging seniors to get their flu shots. They are free to people 65 years of age and older. They are available through your doctor, a walk-in clinic, a pharmacist or at a local community health centre. Watch your local papers for dates.

Coordinator continued from page 3

In September, Keep Well entered into an Agreement with Pacific Arbour Retirement Communities who provided funds to assist with designing a website (see above for address), publishing our newsletters and a number of other initiatives to enhance our ability to deliver services to you and ensure the long-term sustainability of our programs.

We also have our first 'Sponsor-a-Site' sponsor. Bayshore Home Health has offered to be a Sponsor of the Parkgate Keep Well Program. Although their donation benefits the Keep Well Society as a whole, they are recognized on signage at the Parkgate location. We hope to entice more organizations to do the same.

At our last Site Coordinators' meeting, Ruth Sherwood and Elise Shepherd talked about the Nutrition Program (see article in this newsletter) they had started at North Shore Neighbourhood House, whereby they focus on a particular food item and provide samples and nutritional information about it. Jan Volker, the Site Coordinator at Gleneagles, has started a similar program for her members as well. I have applied to some sources for funding so that we can build on that program and put more emphasis on the importance of nutrition.

We have been updating the participant lists for each site in preparation for our Annual Membership Drive in November. It will take place over two weeks and with the updated lists, it will save time and duplication of information.

Lastly, I can't say enough about the generosity of our members and volunteers. We are most grateful to all of our funders but the loyalty and strong support of the folks who come to our programs is most heart-warming and commendable, and so appreciated.

Stay Fit and Keep Well
Heather Dunsford, Administrator

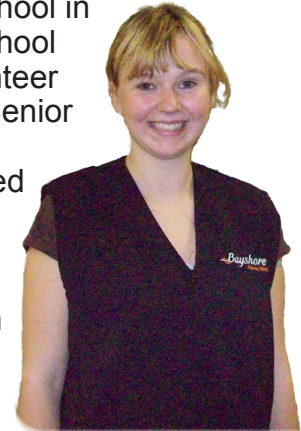
Volunteer Notes

Bayshore Home Health sends a Volunteer

I graduated from high school in 2008. During my high school years I was able to volunteer at the West Vancouver Senior Centre and enjoyed it immensely. Then I started volunteering with Keep Well Society just over a year ago. I am employed by Bayshore Home Health who generously compensate my volunteer hours. I consider myself a big people's person and enjoy being involved and helping seniors. I talk to the seniors on a weekly basis, exercise with them and enjoy the group hugs. I also serve them tea and biscuits along with the other volunteers.

I look forward to coming back each week to visit both the staff and the seniors. They now have a nickname for me "Miss Twelve" because I am always smiling and the youngest person in the group. I love it because you are treated like family and always made to feel welcome. I also enjoy finding out what the seniors have been up to each week and exchanging stories. With Keep Well Society I volunteer at Parkgate, Silver Harbour and Kiwanis. It has become part of my normal routine.

Chelsea Young



Chelsea Young



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 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 donor.

Business Number: 897468351RR0001

Keep Well Supporters & Funders

Grants:

- Integrated Health Network
- New Horizons for Seniors
- Three North Shore Municipalities

Private Sector:

- Pacific Arbour Retirement Communities
- Bayshore Home Health

Foundations:

- The West Vancouver Community Foundation
- The North Vancouver Community Foundation

Service Clubs:

- The Lynn Valley Royal Canadian Legion – Branch 114
- The Lynn Valley Lions Club
- Mount Seymour Lions Club
- Ambleside TiddlyCove Lions Club of West Vancouver

September 2010 to June 2011 Schedule

North Shore Neighbourhood House
Monday @ 9:30 – 10:30, Mild Exercise
(last class before Xmas Dec. 13th
Starting again Jan. 9th, 2011)

10:30 – 12:00 Hands on and Social
Delbrook Recreation Centre

Monday @ 11:00 – 12:00, Mild Exercise
(last class before Xmas Dec. 13th
Starting again Jan. 9th, 2011)

12:00 – 1:00 Hands on and Social

Parkgate Community Centre

Tuesday @ 9:30 -10:30 Mild Exercise
(last class before Xmas Dec. 14th
Starting again Jan. 4th, 2011)

10:30 – 11:30 Hands on and Social

Silver Harbour Seniors Activity Centre
Wednesday @ 9:30 – 10:30 Mild Exercise
(last class before Xmas Dec. 15th
Starting again Jan. 5th, 2011)

10:30 – 11:30 Hands On, etc.

West Vancouver Seniors Activity Centre
Thursday @ 9:00 – 10:00 Mild Exercise
(last class before Xmas Dec. 16th
Starting again Jan. 6th, 2011)

10:00 – 11:15 Hands On, etc.

Kiwanis Lynn Manor

Friday @ 9:30 – 10:30 – Mild Exercise
(last class before Xmas Dec. 17th
Starting again Jan. 7th, 2011)

10:30 – 11:30 Hands on, etc.

Gleneagles Community Centre

Friday @ 11:30 – 12:30 – Mild Exercise
(last class before Xmas Dec. 17th
Starting again Jan. 7th, 2011)

12:30 – 1:15, Hands on, etc.

DID YOU KNOW THAT... ?

Fifteen years ago only half of participants took part in the exercise section of Keep Well; now over 90% do.



**North Shore
Keep Well Society**

Sign Up Forms

Volume : 10 Fall/Winter 2010

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: 2010 - 2011

Name: _____

Address: _____

City: _____

Postal Code: _____

Email: _____

Telephone: _____

Please fill in the form and mail with your \$2.00 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

NB. Please note that your information will be protected according to our Privacy Statement found on the web site.