

THE START OF KEEP WELL

This is the start of our 25th year, a good time for us to recognize the people who had the foresight and drive to start Keep Well. This account of the early years is abridged from a longer history written by Elise Shepherd.

Sheila Jones, Dorothy Stewart, Helen Nesbit, Mary Turland, and Ellen Hayward were the Keep Well "Founding Mothers" who decided in late 1986 to apply for a grant from the federal government to start a health promotion program for North Shore seniors. Inspired by a position paper developed by Lions Gate Hospital, they proposed a program with the same aims that Keep Well has to this day, i.e., to support and encourage individuals to maintain and enhance their own health.

Three drop-in programs were proposed, volunteer training sessions were developed, and to introduce the program a 4-hour Health Fair with over 35 participant organizations was held at North Shore Neighbourhood House (NSNH) on September 21, 1987. One week later, on September 28, 1987, the first drop-in took place at NSNH. Given the success of the Health Fair, volunteers were very disappointed when only 3 participants showed up. But word spread and attendance grew rapidly. This first site was soon followed by a second drop-in at the West Vancouver Seniors' Centre, and in early 1988 one at the Silver Harbour Seniors' Activity Centre.

In July 1990 Elise Shepherd, who had served as Site Coordinator at NSNH, became Coordinator in charge of the three sites. In March 1991 North Shore Keep Well was incorporated as a society, and we were on our way.

In the next Newsletter: The Growth of Keep Well

Winter Safety Tips

Take a taxi when conditions are bad. The money is well worth avoiding a fall and hurting yourself.

Whether you are exercising in the great outdoors or enjoying one of the drop-in centres, our program will help you "Stay Fit and Keep Well".



WINTER SAFETY TIPS TO AVOID INJURIES

A free 23-page Seniors Kit on Mobility may be downloaded from:

www.bcit.ca/appliedresearch/mobility/seniors.shtml

It includes answers to frequently asked questions; tips on what to ask your health care provider; details on canes, walkers, scooters, grab bars and hip protectors; tips on bathroom safety and winter safety; tips to keep healthy and independent; details on how to be safe as a pedestrian; and safe scooter use.

(Taken from British Columbia Institute of Technology's Applied Research on Mobility laboratory)

Note: Scattered throughout the newsletter you will find a few of these Winter Safety Tips.

**NEWSLETTER MADE POSSIBLE
WITH FUNDING FROM**



**PACIFIC
ARBOUR**
RETIREMENT COMMUNITIES

Who We Are

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

Goal

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

Objectives

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

To expand and enrich such programs as appropriate;

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

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

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

What We Do

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

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

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

Keep Well is free, open and inclusive to participants.

Directors

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

Carole Badgley
Carolyn Dykeman
Don Warner

Jean Lisle
Ted Stokes
Frank Storey
Byron Hatt



Keep Well Staff

Heather Dunsford – Administrator
heather@keepwellsociety.ca
Andy Demeule – Fitness Instructor
Mary Kill – Bookkeeper

Editorial Committee

Heather Dunsford
heather@keepwellsociety.ca
Margaret Coates
margaret@dixoncoates.com

Elinor Ames

Produced By

Michael Maguire
Lan Wide Communications

Winter Safety Tips

On slippery surfaces, take small flat-footed steps and hold onto the hand rail when you go up or down stairs.

Winter Safety Tips

During winter months, plan an indoor walking route. Many malls, churches and community centres have indoor walking programs.

Board Member Profile: Elinor Ames

“Old developmentalists never die; they just teach courses on aging,” is how Dr. Elinor Ames (Cornell University, Fulbright scholar) sums up her forty years of teaching developmental psychology. During that time she also chaired the Society for Children and Youth of B.C. as well as the Canadian Psychological Association, and raised two children. We were fortunate to have Elinor join the Board of Keep Well in 2006, where she had barely learned our names before she embarked on a comprehensive program evaluation that set parameters that have served as guidelines for present and future activities. Last year she became president of Keep Well and, along with her expertise, she has brought humour, patience and wisdom to bear during the critical time after the loss of the Society’s major funding.

What does she do in her spare time? Among other things: circuit training, playing the bass recorder, attending two book clubs, and perhaps most importantly, playing with her 18 month old grandson. We owe you a debt of gratitude Elinor!

Blanche Howard, Board member.

Administrator’s Report

After a slow and damp start to the summer, I think we can all agree it ended beautifully. While Andy Demeule was away on holiday in September we were lucky enough to find instructors for all the classes. Special thanks to Christine Colbow, Maureen Sherman, and Jennifer Singer for pitching in when needed.

Many of you who know Diane Pegoraro, the Keep Well administrator for many years, would be sad to learn that her mom, Pearl Castle, passed away recently. Pearl was a long time and well-loved member of Keep Well. Pearl’s family requested donations for Keep Well in lieu of flowers, and it has been heartwarming to hear stories about her from her many friends who have come by the sites and our office.

Grants were received from the Districts of North and West Vancouver for the production of more Medical Alert Cards, which will soon be available for sale at our sites and other locations. One of these cards would make a welcome, inexpensive Christmas gift for a family member or friend.

After the summer break, we organized a meeting of the site coordinators to review the schedule for the rest of the year and get feedback from everyone about how to maintain the quality of our programs. It was unanimously agreed that each site is lacking volunteers to do massage. This being a key component of Keep Well, we will proceed over the next while to organize a massage workshop and encourage volunteers not only to participate in the workshop but also to make a commitment to apply their newly-acquired knowledge in the hands-on portion of Keep Well.

September 26th -30th was proclaimed North Shore Keep Well Week by the City and District of North Vancouver and supported by the District of West Vancouver. For this 4th Annual Keep Well Week Andy conducted a demonstration class at Lonsdale Quay, which was successful in attracting some new participants and volunteers. Thanks to all who attended this class in the sunshine and thanks to the Lonsdale Quay for allowing us to hold the presentation at their location. For more news about this event, go to our web site at www.keepwellsociety.ca.

Keep Well’s “Supporters and Funders” are gratefully acknowledged further along in this newsletter. However, I would like to give a special thanks to our members, participants and volunteers for their generosity and help in continuing to see us through these difficult times.

Stay Fit and Keep Well

Heather Dunsford, Administrator

Winter Safety Tips

Remember that it is dark during winter months. Wear bright colours or add reflective material to your clothing and umbrella to help others see you better.

Nutrition Tastings

Between February and May a pilot project of 22 tastings of nutritious foods were carried out at Keep Well sites, with at least one tasting at each site.

In June the 44% of Keep Well attendees who said they had tasted any of the foods completed a simple survey. Of those 110 people, 84% said they had learned something from the tastings, 46% said they had changed their eating habits as a result, and 55% mentioned specific foods when describing what they had learned or how they had changed. Most important, 87% thought that tastings should continue in the future.

We thank the Lynn Valley Lions Club for its financial support of this project, and the Keep Well volunteers who carried out these first tastings—Lise Pitt and Kerrie Sims at North Shore Neighbourhood House; Jean Lisle and Andrea Kehler at Delbrook; Heather Woolstone at Parkgate; Lara Gilbertson, Sharon Fagerlund, Fay Thompson, and Roberta Tottle at Silver Harbour; Shirley Friend at West Van Seniors; Sylvia Brown at Kiwanis Lynn Manor; and Jan Volker at Gleneagles.

Keep Well plans to continue the nutrition tastings this year. If you would be willing to help prepare food for one of the tastings, please let your Site Coordinator know.

Elinor Ames, President of
North Shore Keep Well Society

EVERY CENT COUNTS.....

Eighteen months ago, Keep Well started a penny drive. During that time we collected 1,238 rolls or about 310 pounds of pennies. If the rolls of pennies were laid side by side in a row, the row would measure over 82 feet long. If the pennies were stacked end to end, they would tower about 310 feet or 95 meters in the air. These pennies could fund our rent, telephone and internet for one month plus ten Keep Well exercise classes.

Thank you for all the donations.

Deanna Charlton, Board Member



BAKED KALE CHIPS

(A great low calorie nutritious snack)
Ingredients: 1 bunch kale 1 tsp. salt
1 tbsp. olive oil

Directions: Preheat oven to 350 degrees F. (175 degrees C).
Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner.

Drizzle with olive oil and sprinkle with salt.

Bake at 350 for 10 to 15 minutes or until the edges brown slightly but are not burnt.

A HEALTHY CHOCOLATE TREAT

Mix a heaping tablespoon full of pure cocoa powder (not “Dutch-processed”, which destroys much of the nutritional value of cocoa) into a few tablespoons of water in a cup, making a thick smooth paste. Add milk and sweetening to taste, and microwave for one to two minutes.

If you're watching calories, make your drink with skim milk and Splenda – a full cup will total only 110 calories, and both milk and the dark chocolate cocoa are good for you.

If you're trying to gain weight, use whole milk and sugar. In either case, you will be better off nutritionally than if you use one of the commercial powdered “Hot Chocolate” mixes, which always contain large amounts of fat and sugar.

Winter Safety Tips

When getting into a car, open the door, step close to the seat and turn your bottom toward the seat. Both feet should stay on the ground until your bottom is seated on the car seat. Once seated, lift each leg individually into the car. Do the opposite to get out of the car, i.e., swing your legs out and place both feet firmly on the ground before you attempt to stand.

MEMBER PROFILE: BERT AND MEGAN ALLSOPP



Bert and Megan Allsopp have seen a lot of the world. Originally from British Guiana (now Guyana) in South America, they have also lived in Togo, Belize, Ghana, and Rome, as well as having visited fisheries projects in various countries of the Caribbean, Central and South America, Asia, and all 52 countries of mainland Africa. Dr. Bert, who studied at the University of Wisconsin and the University of Washington, has devoted the past 61 years to the development and management of tropical fishery resources, and prior to coming to Canada, worked for the Food and Agriculture Organisation of the United Nations Development Program as the Regional Fishery Officer for Africa. Meanwhile Megan, his wife of 52 years, was active in volunteer social services, church choirs, and other community activities in the countries of Bert's assignments.

In 1973 Bert took up the post of Fisheries Director to start the International Development Research Centre of Canada, with offices at UBC. There he spent 11 years establishing development projects for tropical fisheries and aquaculture in 37 overseas countries. After retirement, he carried out assignments as CEO of Smallworld Fishery Consultants for the UN Development Program, the World Bank, Canadian International Development Agencies, U.S. AID, and other agencies, and he has only recently retired as the Honorary Consul General of the Republic of Ghana.

Since coming to Canada Megan and Bert have lived in the Seymour/Windsor Park area, where they have been involved with the Parkgate Community Centre, with scholarly programs of the Vancouver Institute, UBC, and SFU, and with St. Simon's Anglican Church. Bert is a keen photographer, and they both enjoy the area's seashore parks and migratory birds. Megan has been a Keep Well member for many years, and she and Bert, now in their 80s, continue playing badminton twice a week. Indeed, an amazingly active and productive couple!

Winter Safety Tips Choose flat bottom boots with good treads. Avoid boots with heels.

WALK-IN CLINICS



At times you may require medical assistance and not be able to contact your family physician. In these situations you may wish to visit a walk-in clinic. Here are a few suggestions that you may find helpful. Almost all communities have several walk-in clinics, often situated in shopping centers. As the name implies they are for the most part "no appointment necessary". Hours are commonly 9:00 am to 9:00 pm daily except Christmas. You will be required to present your CareCard at reception.

The clinics are staffed with licensed physicians to care for your needs. They provide a wide range of trauma and medical care in the mild to moderate range of seriousness. For more urgent illness or injury such as severe weakness, chest pain, shortness of breath, or severe injury you are better advised to attend the nearest emergency ward. It is very helpful to clinic or emergency physicians to have a list of your medicines plus a summary of your medical history, so carry your Keep Well Medical Alert Card in your purse or wallet at all times.

Dr. Don Warner, Board Member

SITE PROFILE: KEEP WELL AT DELBROOK COMMUNITY CENTRE

The Delbrook Keep Well program began in 2006 after we decided to close our programs at both the Woodcroft and Zajac Norgate sites because they were small and not cost effective. We hoped that the participants who had attended these sites would come to Delbrook, and several have.

The weekly fitness sessions take place on Monday mornings from 11:00 - 12:00 in the Tamarack Room. From 12:00 to 1:00 we offer some massages, blood pressure readings, monthly nutrition information and talks, and occasionally invite a guest speaker. On the last Monday of each month we have a coffee party and everyone brings goodies to share. It's a great opportunity for us to get to know one another and welcome new participants. When the classes first started, we had 15-20 participants each week, and over the past 2 years the group has grown to almost double that number.

Our participants' ages range from their early 60s to early 90s. Our most senior member, Dorothy Williams, has been attending the Delbrook classes faithfully since we started.



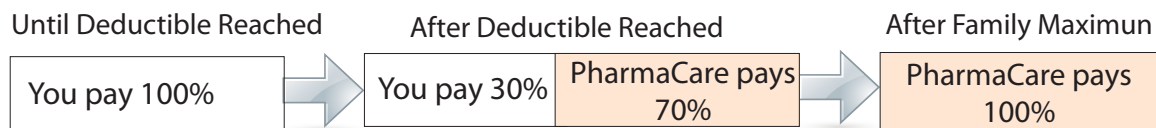
Unfortunately, she is leaving us this year and we'll miss her very much.

Board member Jean Lisle, the hard working site coordinator at Delbrook, is happy to report that she now has two assistant site coordinators, Andrea Kehler and Carole Wilson. They have kindly offered to help her with the various tasks required to keep things running smoothly and make sure everyone is having fun. After all, having fun and getting healthy is what it's all about.

FAIR PHARMACARE PRESCRIPTION PLAN FOR ALL BC RESIDENTS

The Fair Pharmacare plan helps British Columbians with the cost of eligible prescription drugs and designated medical supplies. Assistance through Fair Pharmacare is based on income. The lower your income, the more help you receive. There is no cost to register and there are no premiums. To register and for more information, go to <https://pharmacare.moh.hnet.bc.ca>. Or you can register on the phone at 604.683.7151

How does Fair Pharmacare Work? When you register, Pharmacare calculates your deductible and family maximum based on your income. You pay your family's prescription costs until you meet your deductible. After you meet your deductible, Pharmacare helps you with eligible costs for the rest of the year.



Pharmacare covers most drugs prescribed by your doctor. When you go to your pharmacy, the pharmacist will be able to tell you, if the medication is eligible for Pharmacare coverage. If the medication is not covered, you can either pay the full price for the medication or ask your pharmacist to consult with your doctor. Your pharmacist is your best source of information regarding Pharmacare coverage. We encourage you to come ask us specific questions regarding your medication and Pharmacare coverage.

Fehmina Lalani and Lani Ha | Your Deep Cove Pharmacists | 604.985.3539 | E-mail deepcovepharmacy@gmail.com

Donations

The North Shore Keep Well Society relies on donations from organizations and individuals to keep our programs running and our seniors healthy and active. You can donate to Keep Well in the following ways:

Bring your donation to any of our 7 locations or to the Keep Well office

On-line by credit card at CanadaHelps.org

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

Recognition:

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

Supporters & Funders

- Keep Well Participants and Members

Grants:

- Integrated Health Network - Vancouver Coastal Health
- Government of Canada - New Horizons for Seniors
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- Lower Lonsdale Legacy Fund

Private Sector:

- Pacific Arbour Retirement Communities
- Bayshore Home Health
- North Shore Credit Union
- Royalty Home Care

Foundations:

- The West Vancouver Community Foundation
- The North Vancouver Community Foundation
- Mackenzie Financial Charitable Fund

Service Clubs:

- The Lynn Valley Royal Canadian Legion – Branch 114
- The Lynn Valley Lions Club
- Mount Seymour Lions Club

September 2011 to May 2012 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, etc.

West Vancouver Seniors Activity Centre
Thursday @ 9:00 – 10:00 Mild Exercise
10:00 – 11:15 Hands On, etc.

Kiwanis Lynn Manor
Friday @ 9:30 – 10:30 – Mild Exercise
10:30 – 11:30 Hands on, etc.

Gleneagles Community Centre
Friday @ 11:30 – 12:30 – Mild Exercise
12:30 – 1:15, Hands on, etc.

Ample notice will be provided if any changes are made to the schedule.

Check our web site calendar for events, meetings and changes.

Winter Safety Tips

Carry a small bag of salt, sand or biodegradable cat litter in your pocket or purse to spread on icy patches when out walking. Carry a cell phone and whistle for emergencies.



Thank-you to Our Funders

Sign Up Forms Volume : 12 Fall/Winter 2011 - 2012

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 7 of this newsletter.

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