



## Keep Well 2010

### Report from the Keep Well Board



Dear Keep Well Members;

Our doors are still open! Despite our funding concerns of last fall, we have been able to keep all of our programs running. In the past several months, we have enjoyed tremendous support from our members and the community at large. All donations, large and small, are very welcome to the Keep Well Society and make a big difference to our success. We sincerely hope, that with good stewardship and sustained financial support we will continue to progress into the future. A big thank you to each and every one of our contributors.

As many of you know, there have been many changes in the Keep Well office. In September, Diane Pegoraro, our administrator, retired after many years of dedicated service. And sadly, due to funding cuts, we were unable to pay our staff. Pamela Baxter, our program director has now moved on to a new career, while Hilary Hannigan, our part-time staff member, continues to work as a fitness instructor at John Braithwaite. We miss each of them and wish them well in their new endeavors.

For the past few months, Board members have rolled up their sleeves and worked hard to manage the day-to-day operations. We are now pleased to announce that, thanks to a generous donation from the Integrated Health Network (Vancouver Coastal Health), we are in a position to hire Heather Dunsford to assist us in managing the office. While we are sad to see Heather leave her role as President of the board, we will certainly benefit having her in her new role.

We also owe a big thank you to all of our volunteers who have worked so hard for us to ensure that the programs keep going. We can't do without them and it has been such an honour getting to know and to work along side so many long standing volunteers.

Sincerely,  
Mary Beck  
Acting Chair



## Keep Well Society

One of the purposes of the Keep Well Society is to promote the health and well being of older adults living on the North Shore.

We do this through our exercise classes and through our hands on programs such as foot massage, shoulder massage, blood pressure checks and nutrition and pharmacy information.

We are always seeking to improve our services, so if you know of an ideal topic, guest speaker or have a special interest in a senior wellness related theme, please contact the site co-ordinator or the Keep Well Office—604-988-7115 Ext. 27



Meryl Hindley and Kay Smith—North Shore Neighbourhood House—Foot massage.

## Donor Recognition

The North Shore Keep Well Society would sincerely like to thank all of our 2009/2010 donors. With your support we are able to offer valuable programs to seniors across the North Shore.

- The Integrated Health Network - Vancouver Coastal Health
- New Horizons for Seniors
- The City of North Vancouver
- The District of North Vancouver
- The District of West Vancouver
- The West Vancouver Community Foundation
- Lynn Valley Royal Canadian Legion-Branch 114
- The Lynn Valley Lions Club
- Mount Seymour Lions Club
- Ambleside TiddlyCove Lions Club of West Vancouver
- Bayshore Home Health
- Pacific Arbour Retirement Communities
- Churchill House Retirement Community



Volume: 9 Spring/Summer North Shore Keep Well Society.

### Coming Soon!

Keep Well will soon have a new computer and its own website. We are in the process of getting the site up and running. Please stay tuned for our debut. This will be just another way to keep in touch.



### Healthy Living

Did you know that *Eating Well with Canada's Food Guide* is available in 10 languages in addition to English and French. The guide outlines how much and what types of food are necessary for healthy living. It is provided free of charge by writing to:

Health Canada  
Address Locator 0900C2  
Ottawa , Ontario  
K1A 0K9

Or Call Toll free: 1-866-225-0709



### I would like to donate to the North Shore Keep Well Society .



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

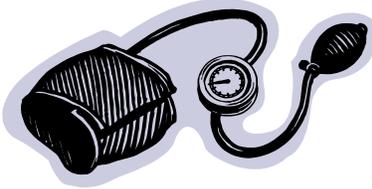
Telephone: \_\_\_\_\_

North Shore Keep Well Society,  
600 West Queen Avenue,  
North Vancouver, BC V7N 2L3.

To donate by credit card we are  
registered at:  
CanadaHelps.org

Email: [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net)

BN: 897468351RR0001



## ***Blood Pressure Survey***

Thanks to the 65% of Keep Well members who completed our blood pressure survey. We are pleased to say that you are doing an excellent job.

- 89% of respondents had BP checked within the past 3 months.
- 97% had BP checked within the past 6 months
- Only 3% had their last BP check more than 6 months ago, and all of those had had BP checked within the past year.

This indicates that Keep Well participants are aware of the importance of regular blood pressure checks. I may not need to remind you but high blood pressure, often referred to as "the silent killer", is a major health problem for seniors. You may not have signs of illness that you can feel but if high blood pressure is not controlled, it can lead to stroke, heart attacks, heart and kidney failure.

## ***Quick Tips to Control Your Blood Pressure***

- Follow a healthy meal plan—see notes on Canada's Food Guide in this newsletter
- Reduce salt in your diet
- Be physically active—30 to 60 minutes most days
- Limit alcohol intake
- Maintain a healthy weight
- Quit smoking
- Reduce stress

**MOST IMPORTANT: HAVE YOUR BLOOD PRESSURE CHECKED REGULARLY. ASK YOUR DOCTOR HOW OFTEN.**

These are very general tips, for more information call:

The Heart and Stroke Foundation toll free at:  
1-888-473-4636 or  
Visit their web-site at  
[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)



# Volunteers

## Volunteer of the Month

**Pat Turner**



The Parkgate Keep Well site would not be the same without the reassuring smiling presence of Pat Turner. Pat has been the site coordinator at Parkgate for the past 19 years. Soon after she retired as a housekeeper at Lion's Gate Hospital, she heard about Keep Well from a friend who invited her to attend. At the time, Keep Well was situated in a small room in Lion's Manor in Deep Cove. In the summer, they did their exercises outside. Then the site was moved to Seymour United Church and about ten years ago to the current site, Parkgate Community Centre.

Pat does not recall how or when she became site coordinator. It just evolved. She recalls one occasion when Andy was unable to attend to lead the exercises, so Pat jumped in. She remembered all of Andy's words but not quite all of the exercises. It turned out to be a hilarious session. Pat likes humor. She tells a joke after every session. She also knows every single participant by name. This is no small feat because Parkgate has the largest

number of Keep Well participants, between 70-95 people. Pat believes that the social aspect of Keep Well is hugely important. She has seen friendships forming, particularly among the men.

Pat has three sons, two daughters and eight grandchildren. She is especially proud of one of her grandchildren, Emerson Murray who was recently featured in the Province newspaper for winning a basketball scholarship to Berkeley, California.

Pat thinks often about quitting as site coordinator. She thinks she is getting stale and that we all need fresh ideas. It seems that nobody else thinks so.



**Sheila Raimendo and Pat Woodbury—North Shore Neighbourhood House - Blood Pressure Nurses**

## Keep Well welcomes Volunteers!

**If you would like to become a Keep Well volunteer please contact:**

**Keep Well Office: 604-988-7115  
Ext.27**

## Program Schedule for Spring 2010

### **North Shore Neighbourhood House:**

**Mondays:** 9:30—10:30 Mild exercises  
10:30—12:00 Hands On

### **Delbrook Community Centre:**

**Mondays:** 11:00-12:00 Mild Exercises  
12:00– 1:00 Hands On

### **Parkgate Community Centre:**

**Tuesdays:** 9:30—10:30 Mild exercises  
10:30—11:30 Hands On

### **John Braithwaite Community Centre:**

**Tuesdays:** 10:00—11:00 Mild exercises  
11:00—11:45 Hands On

### **Silver Harbour Centre:**

**Wednesdays:** 9:30—10:30 Mild exercises  
10:30—11:30 Hands On

### **West Vancouver Seniors' Activity Centre:**

**Thursdays:** 9:00—10:00 Mild exercises  
10:00– 11:15 Hands On

### **Kiwanis Lynn Manor:**

**Fridays:** 9:30—10:30 Mild exercises  
10:30 –11:30 Hands On

### **Gleneagles Community Centre:**

**Fridays:** 11:30—12:30 Mild Exercises  
12:30 –1:15 Hands On

**Mild Exercise** – Strength, stamina, and balance exercises, on feet and sitting on chairs, and using some equipment.

**Hands-on Program** – Each site offers some or all of the following: blood pressure checks and health coaching, shoulder massage, hand and foot massage, weight checks, nutrition and pharmacy consults, information and referral.

**Guest Speakers and Social Events** – are offered from time to time.



**Our fitness instructor and Olympic Torch Bearer—Andy Demeule**

**L to R: Bob Malcolm; Frank Storey, Andy and Ted Stokes**