

COMMUNITY VOLUNTEER SPIRIT AWARD

Keep Well Society is pleased to announce that Elise Shepherd has received one of the annual Community Volunteer Awards handed out by the North Shore Community Resources Society. When NSCRS went looking for nominations from various community organizations, it didn't take Keep Well folks long to agree that Elise Shepherd was overdue for recognition for making a remarkable contribution to the Keep Well program and all of the participants. Elise is one of those rare individuals who have empathy and a unique understanding of people, seniors in particular.



Elise Shepherd, left, with Elinor Ames, Keep Well President.

Elise became Site Coordinator of Keep Well at North Shore Neighbourhood House in 1988, and with the assistance of many other dedicated volunteers helped build the organization into the well-organized and caring seniors' organization that it is today. Two years later she became Program Coordinator in charge of Keep Well's three sites. Over the next 10 years she helped Keep Well to expand to eight drop-in centres.

Elise has a nursing background, is married, has a grown family and two granddaughters. She is a gentle, gracious and friendly woman who has great compassion and obviously loves her time with Keep Well and with the hundreds of people whose lives she has touched. Elise retired as Program Director in 2000 but remains active as the Site Coordinator at the NSNH. She remains a key resource to the organization with her wealth of knowledge, which she willingly offers whenever needed. The many people who have worked with Elise over the years are pleased to see her recognized by receiving the CVS award for her contribution to the safety and health of seniors on the North Shore.

NOTICE OF ANNUAL GENERAL MEETING

Wednesday, June 22nd, 2011 (3:30 – 4:30 p.m.) Silver Harbour Seniors' Activity Centre In the Card Room

Dear Members,

On behalf of the Board of Directors, I would like to extend an invitation for you to join us at our 21st Annual General Meeting. Agenda will include revisions to the Constitution.

Best Regards,
Elinor Ames, President of the Board
If you are planning to attend, please R.S.V.P to 604-988-7115, ext. 27 by Wednesday, June 15th.



New Horizons
for Seniors



city.north.vancouver

NORTH VANCOUVER
DISTRICT

**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
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

Produced By

Michael Maguire
Lan Wide Communications

DID YOU KNOW THAT... ?

The participation rates for the last few years at Keep Well have stayed constant, despite the loss of people who have become unable to attend the programs.

President's Report

Keep Well has been one of the North Shore's most successful community organizations for the past 24 years. We are a truly volunteer society, with approximately one volunteer for each four participants. Our volunteers are definitely the backbone that supports us.

Still, a service with 500 participants on its books requires money as well as volunteers. We have been gratified by the responses of municipalities, granting agencies, foundations, service clubs, and businesses that have stepped forward with financial support for particular projects or pieces of equipment. They have helped us improve our newsletter, start a website, buy office equipment, produce Emergency Medical Cards, reinstitute our Fitness Instructor Andy's nutrition talks, try out nutrition tasting sessions, and continue to have a volunteer appreciation event each year. Please take time to notice the names of all those supporting groups, and when you come in contact with any of them, mention your appreciation for all they do for Keep Well.

None of those groups, however, can take on the responsibility of Keep Well's basic costs in addition to their own. We must fund our own core expenses, things like meeting our payroll, renting an office and telephone, advertising, producing brochures, and paying for insurance for Keep Well sessions.

This month, in a special mail-out plea, we asked Keep Well participants to make an extra effort to donate towards these core services. Four years ago we sent a similar letter, and were bowled over by the response when the number of donations received was more than 100% of the number of letters we sent out. From the initial response to this year's letter, it looks as though recipients are being equally generous. People are voluntarily giving what they can, everything from a few dollars to hundreds of dollars. THANKS to everybody who is helping to "keep Keep Well well".

Cheers and good health,
Elinor Ames, President

Administrator's Report

This September, 2010 we celebrated the 3rd Annual North Shore Keep Well Week as proclaimed by the City and District of North Vancouver and supported by the District of West Vancouver. Andy, our Fitness Instructor conducted a demonstration class in Capilano Mall throughout the day on September 15th and attracted loads of attention. A lot of mall shoppers stopped by to watch the class in progress, ask questions and pick up information handouts. Having a Keep Well Week is designed to let people know about the program and encourage them to join in and feel good, and it certainly has that effect. The North Shore News and the North Shore Outlook covered the event and printed photos in their respective newspapers.



Maureen MacLachlan from Pacific Arbour Retirement Communities was on hand to present Keep Well President, Elinor Ames with their cheque for \$10,000.00.

Funding continues to be a challenge for us so we are very grateful for Pacific Arbour's ongoing support.

Continued on page 6

DID YOU KNOW THAT... ?

Keep Well is mainly volunteer-driven. Only the Fitness Instructor and the part-time Program Administrator are paid. The Site Coordinator and the other helpers are volunteers.

Nutrition

Tips for enjoying more greens

- Unlike other greens, Swiss chard stems are tasty and easy to cook. Chop them up and saute with a bit of olive oil and garlic until tender, about 10 minutes. Toss in the leaves and season with balsamic vinegar and black pepper.
- In a large skillet, saute 1 tbs. of tomato paste and 3 chopped green onions in 1/2 tbs. of olive oil. Toss in 225 gms. of spinach and cook until tender. Season with freshly ground pepper and a pinch of oregano.

Parkgate Site Coordinator Pat Turner and Jean Lisle flank Carolyn Dykeman and paramedic Dean Siemens who was at the Parkgate Keep Well program to present the Medical Alert package.



Health Committee

Keep Well's Health Committee has had a busy productive year. In February, Medic Alert cards were distributed to all participants at the Keep Well sites. The cards were well received, so much so, that many participants expressed a wish to obtain one for their spouses, or elderly relatives. To that end, the committee has been looking into having more Medic Alert cards produced with a "Keep Well" logo magnet included. These cards could then be offered to the public for a nominal fee. Work is still ongoing on this project.

Our second project is a series of Keep Well "Nutrition Demonstrations" given by volunteers at each site during March, April and May. The talks include samples of a particular food, and nutrition information about that food. Some of the topics covered were eggs, breads, fruits and nuts.

We would like to take this opportunity to welcome Dr. Don Warner as a new member of the Health Committee. Dr. Warner brings his valuable expertise from many years as a North Shore physician.

Jean Lisle and Carolyn Dykeman for the Keep Well Health Committee



Fundraising for Keep Well



The Lynn Valley Legion, Branch 114 has donated \$1000.00 to the Keep Well programs. From left are Keep Well Board member Ted Stokes, President Elinor Ames, Lynn Valley Legion treasurer Sheryl Hunt, and Del Dimock, long-time member of both Keep Well and the Lynn Valley Legion.

Barbecue Fund Raiser

Chris McBride is a member of the Lynn Valley Legion and also has his personal Barbecue crew called the Lynn Valley Butts. He has offered to put on a fundraising barbecue for us in June and we are now in the process of finding a suitable place, time and date. Once that information is confirmed, we will make sure that everyone has it in their respective calendars and will look forward to seeing you there.

The North Vancouver City Library holds a Seniors' Gathering every second Tuesday of the Month at 10:00 till 11:30 to discuss books, travel, hobbies, family, pets etc. Registration is not required - info at 998-3460 and ask for Margaret Wiedmann.



Bob Rasmus, President of the Lynn Valley Lions Club presents a \$1000.00 cheque to Administrator Heather Dunsford to help support Keep Well's Nutrition Program.

Fitness News

In the April 2011 Nutrition Action Health Letter, a magazine published by Centre for Science in the Public Interest, there is a very informative article which focuses on muscle and health as we age. It suggests that maintaining muscle promotes health, vitality and independence as we grow older. The article more specifically points out that as we age we lose muscle and that "throughout our lives, our bodies are continually breaking down, repairing, and then building the proteins that make up our muscles. But at some point we start to break down more protein than we synthesize".

The article maintains however, that a sure fire way to slow muscle loss as we age is to get regular exercise and perhaps eat more protein. The article recommends two things: "to slow muscle loss as you age, do regular strength training" and to maintain or gain muscle, you may need 25 to 50% more protein than the Recommended Daily Allowance (RDA)". They suggest that, to reach that much, aim for an amount of protein in grams that's equal to half your body weight in pounds.

So folks, keep up the classes at Keep Well for continued health and independence.

(Information found in Nutrition Action Health Letter, Volume 38, Number 3)

Volunteer Notes

Kirsten McCorquodale Volunteer Extraordinaire!



Those of you who know Kirsten are most likely aware that she will be retiring from her post as Site Coordinator at the Kiwanis Lynn Manor Keep Well Program in May.

After arriving in Vancouver from her native Denmark, Kirsten went to the University of British Columbia and obtained her degree as an Occupational Therapist. She was employed at Lions Gate Hospital until her retirement in 1997.

Kirsten was aware of the Keep Well program prior to her retirement and always knew that she would get involved as soon as time allowed. She joined Keep Well in 1997 (14 years ago) and jumped right in as Site Coordinator at KLM.

Under Kirsten's guidance and energy, the KLM program developed into one of the most organized and active sites with regular special activities and guest speakers planned each month.

Kirsten was a member of the Board of Directors for a number of years and also led discussion groups at North Shore Neighbourhood House. She used a government publication "Reach for Health" as the basis for discussions on hearing, vision and other issues that face seniors and identified ways of dealing with those issues.

She has always been very active and committed to the community and always in the know about what is going on.

In addition to all of Kirsten's volunteer work, she and her husband found time to work out at William Griffin regularly. She has set a fine example to seniors at Keep Well and while we will personally miss her organizational skills as a Site Coordinator, we know we will continue to see her at the KLM classes on Friday.

All the best to you Kirsten and thank you so much for your many years of dedication to Keep Well.

From the Board of Directors and Staff at Keep Well

Administrator's Report Continued from page 3

Our Annual Membership drive got underway in November as planned and with our Site Participant lists in better order, thanks to our hard-working Site Coordinators, the process was very efficient and we now have up-to-date and more accurate information.

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 seeing us through these times of financial restraint. You are the backbone of the Keep Well programs and we cannot thank you enough.

Stay Fit and Keep Well

Heather Dunsford, Administrator

Volunteer Tea

All Keep Well volunteers are invited to our annual Volunteer Tea on June 22nd at 1:30 at Silver Harbour Seniors' Activity Centre in the Gym. Phone the office to register at 604 988-7115, ex 27.

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.

Supporters & Funders

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

Private Sector:

- Pacific Arbour Retirement Communities
- Bayshore Home Health

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

Keep Well Participants and Members

January 2011 to July 2011 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.

There are no programs in August.

DID YOU KNOW THAT... ?

2/3 of participants rate Keep Well as very important to their well-being; more than 20% rate it as important; and the remaining 13% rate it as somewhat important.



**North Shore
Keep Well Society**

Sign Up Forms

Volume : 11 Spring/Summer 2011

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 \$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.