

SO MANY ACTIVITIES TO DISCOVER!



Who We Are

North Shore Keep Well Society encourages and helps older adults to keep well by leading active and independent lives. We are a registered society in British Columbia and a federally registered charity. Keep Well is a free, open and inclusive service to all participants. Donations are welcome.

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 a two hour exercise and wellness program for seniors.

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

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

Directors

Ted Stokes – President
 Catherine Cottingham – Vice President
 Deanna Charlton – Treasurer
 Dorothy Brown Susan Clarke
 Cheryl Cowan Marion Gillis
 Laura DeGrave Vera Clark
 Jean Lisle Doug Clark
 Georgette Torry Peggy Mathieson
 Dr. Robert Clarke

Keep Well Staff

Lise Pitt – Coordinator
 keepwellsociety@telus.net
 Andy Demeule – Fitness Instructor
 Mary Kill – Bookkeeper

Editorial Committee

Cheryl Cowan – Board Director (Chair)
 cherco@telus.net
 Linda Skoog – Volunteer
 Dorothy Brown – Board Director
 Dr. Robert Clarke – Board Director
 Susan Clarke – Board Director

Produced By

Graphically Speaking (Brad Tollefsen).

WEBSITE AND NEWSLETTER MADE
 POSSIBLE WITH FUNDING FROM

parc
 retirement
 living

PRESIDENT'S REPORT

Welcome back to another year of Keep Well! As your new president I look forward to working with our excellent team of volunteers to continue the programs that have made such a difference to the health and wellness of our North Shore seniors.

In June, Heather Dunsford retired as Keep Well program coordinator after many years of exemplary service. Keep Well has continued to operate despite severe funding cuts because of Heather's efforts in accessing grants and other sources of funding. We are very grateful for all she has done for the program.

We welcome, Lise Pitt, our new Program Coordinator. Lise brings much experience in marketing and technology and will be a valuable asset to Keep Well. Lise has been a long time volunteer for Keep Well at North Shore Neighbourhood House and Lynn Valley Kiwanis. Thanks also Joanne Waddington for helping as coordinator during July and August.

We have 6 new board members whose expertise and experience will add much to our organization. Welcome to: Peggy Mathieson, Marion Gillis, Dr. Robert and Susan Clarke and Vera and Doug Clark.

We are proud to acknowledge the wonderful job of our Keep Well site coordinators this past year, chosen to receive the "Award of Honour" from the District of North Vancouver for their volunteer achievements. The award will be presented at the Annual Volunteer Reception in early November.

Keep Well has had an excellent reputation in the community for the past 29 years. To maintain our profile and eligibility for additional grants we are upgrading our computer system and website for our 30th anniversary. We want

to make our website helpful and user-friendly for all seniors. Applying for funding grants is essential to keeping the program running. When applying for grants, an up-to-date website, newsletter and accurate statistics are important to demonstrate our need for funds and capable management of those funds. Thankfully we have an efficient team that has made this happen.

We held our Annual Keep Well Week exercise demonstration at Capilano Mall on September 21. As in past years there were MLAs and other dignitaries present as well as cake, balloons and prizes. We are happy to have had over 75 attendees at this event! It really helps to generate interest in Keep Well and attract new participants.

I look forward to seeing you all in the coming weeks as you participate in all that Keep Well has to offer. Thank you for your continued support of this valuable organization.

Ted Stokes, President



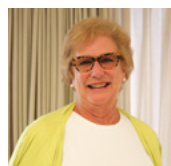
All Keep Well attendees are reminded to check with their site co-ordinator to find out when the programs end prior to the Christmas season and restart in January 2017.

NEW BOARD MEMBERS



Dr. Robert Clarke

“Dr. Bob”, born in Vancouver, went to UBC Dental School and practiced general Dentistry for 40 years in West Vancouver. He has been married to his wife, Sue, for 46 years. They have three sons and two grandchildren. Dr. Bob has held many executive positions: in the College of Dental Surgeons of B.C., the B.C. Dental Association and as Treasurer of the American College of Dentists (Northwest). He teaches Medical Ethics at UBC’s Dental School on a voluntary basis. Bob’s interests at home include golf, boating, gardening and dabbling in acrylic painting. “As we journey through life, should we have good health, it is often easy to deny how “senior” we are. Any opportunity to help can be very fulfilling”. He looks forward to contributing to the North Shore Keep Well Society.



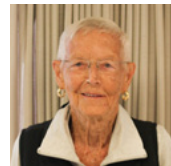
Susan Clarke

Susan Clarke moved at the age of 12 years from Victoria to Vancouver. After moving to West Vancouver, she attended Hillside, West Vancouver and Sentinel Schools. Sue worked for B.C. Telephone Company (now Telus) in various positions before retiring to have a family. Susan has been a very active volunteer at Children’s Hospital for many years, serving as President of the Auxiliary and in many other capacities in the hospital, including several wards. She has been on the Auxiliary at Women’s Hospital and served in many different departments. Susan, happily married to her husband for 46 years, have three grown sons and two grandchildren who keep them very busy! They have joined Keep Well to help participate in the community they love and in which they have lived for nearly 50 years.



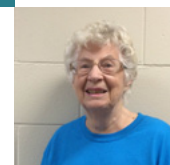
Marion Gillis

Marion, a 1965 graduate of St.Paul’s Hospital School of Nursing, has worked primarily in the Geriatric Health field. Her late husband, Jack, was a former Board member and very active with Keep Well. They moved to the North Shore in 1973. In the past five years she has become aware of the role of Caregiver and the Services that are available in our community. She has eight grandchildren and 15 grandchildren. She is presently a “soccer mom” to her Grade 11 great-nephew who lives with her in Deep Cove. Besides chauffeuring him, she likes to read, do puzzles and travel. Marion’s medical background and long-time service in Geriatric services bring a valuable experience to our Board. She is looking forward to being involved with the Board and North Shore Keep Well.



Vera Clark

Vera immigrated from Germany in 1947 and raised two children working part time in restaurants. She met Doug Clark, joined him in Vancouver with his Hospitality Consulting Company and became his business partner, reviving Hotels that were in financial difficulty. They purchased a Motor Home after retiring and travelled full time for 21 years (North America, Britain and Europe, Brazil and spending some winters in Portugal). When it was time to “settle down” they had very interesting places to choose from but chose North Vancouver, where they had spent their working life together. “There is no place like Home!”



Peggy Mathieson

Peggy Mathieson (Margaret), has lived on the North Shore for 75 years. She attended West Vancouver High School and volunteered at an elementary school library. In 1950, Peggy worked in the General Insurance Industry then worked from her home (very uncommon at the time). In 1987, she finished working and began leading walking groups. At the West Vancouver Senior Centre she has been actively involved for 14 years with positions in many different areas. Peggy has three adult children (with spouses), six grandchildren, two step-grandchildren, and three great-grandchildren. Her many interests include theatre, walking, fitness classes, travel, swimming and Sudoku. Peggy met Andy Demeule years ago before his involvement in Keep Well. She recently searched him out again to join his exercise classes. Volunteering has always been a part of her life. She is looking forward to working with the North Shore Keep Well Society.



Doug Clark

Doug Clark, born in Manitoba in 1931, found a start in Vancouver as a Deck Hand on Tug Boats. He switched to the hotel area (beginning as a Bell Hop) and moved up through accounting to Hotel Manager. He formed his own Consulting firm and later met Vera, who joined him as a partner. They managed and consulted for many hotels. He developed a computer spread sheet (when computers were first used) to compute the bottom line for condominium owners. Retiring in 1993, they purchased a Motor Home and traveled for 21 years throughout most of Canada, the US, and Mexico; took the Motor Home to Europe on a Freighter and traveled most of Western Europe. Doug’s experience also includes being involved with Boy Scouts, teaching hotel courses, and speaking at meetings for Hotel and Motor Home owners. They settled in North Vancouver in 2013. “All That Wander Are Not Lost!”

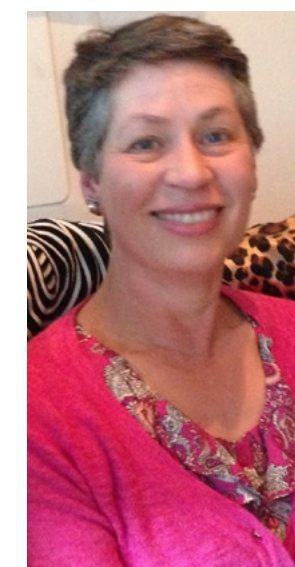
WELCOME TO LISE PITT, OUR NEW CO-ORDINATOR

We want to welcome our new co-ordinator, Lise Pitt. Lise grew up in South Africa where she obtained a BSc in Dietetics, worked as a hospital dietician in both South Africa and Australia. She followed her husband’s career to England and cared for her two daughters. After returning to Australia, she became a lecturer in Consumer Behaviour.

An interest in healthy living led her to qualify as an yoga teacher. Shortly after arriving in Canada, she joined Keep Well as a volunteer at the North Shore Neighbourhood House (2006) then Kiwanis Lynn Manor. Elise Shepherd and Ruth Sherwood convinced her to do talks with samples of nutritious foods.

Lise became Co-ordinator in September 2016 and is quickly getting to know “even more of the hard working board members and volunteers”. She enjoys meeting the participants at all seven different sites across the North Shore.

Welcome Lise!



VOLUNTEERS' TEA

Our volunteers are the backbone of our society. On June 8th, 2016, we hosted our Annual Volunteer Appreciation Tea with great success. The event acknowledges all the hard work of those who support us. It was enjoyed by the many who attended. Thank you to Posy, the boutique flower shop in Lynn Valley, who provided the beautiful potted plants. Thanks also to Silver Harbour's Chef Zoltan who prepared a wonderful lunch and dessert and to the volunteer staff who set the tables, served the food and poured tea and coffee.

Parc Retirement Living representative Dorothy Harsant remarked that "Parc Retirement Living is proud to be associated with the North Shore Keep Well Society. You all personify what Parc believes so strongly in." Darrell Mussatto, Jane Thornwaite and Ralph Sultan also spoke in support of Keep Well and thanked the many volunteers. We even received a letter from the Prime Minister of Canada, Justin Trudeau recognizing the efforts of our volunteers and the organization as a whole. It is framed and will hang in the Keep Well Office.



The Annual General Meeting was held immediately following the Volunteer Tea.

All Keep Well Members are invited to the AGM and can vote at the meeting. Libby Kelley stepped down as President (but remains on the Board) and Ted Stokes stepped up. Six new Board Members were welcomed into our organization. Their biographies are in this newsletter.

TRANSPORTATION OPTIONS FOR SENIORS

The Seniors Go Bus: Need help getting to shopping malls, appointments, seniors' centres and other destinations on a one-time or regular basis? The Go Bus provides a safe and reliable ride. Pick up and drop off along the North Shore is on Mondays, Tuesdays and Wednesdays. Payment is by donation. **Call John at 778-230-1852 to make a booking.**

Seniors' Rideline: This service provides automobile rides by volunteer drivers to both Vancouver (\$15.00 return) and the North Shore (\$7.00 return). Government of Canada funding towards the New Horizons for Seniors Programs, offsets the costs. **Call Diane at 604-345-9626 well ahead for bookings.** If you are interested in volunteering as a driver, she would be glad to hear from you!

Joke "I call my bathroom the Jim instead of the John. That way it sounds better when I say I go to the Jim every morning!"

THANK YOU FROM THE NORTH SHORE KEEP WELL SOCIETY

North Shore Keep Well Society wants to thank:

Libby Kelley for all her work and valuable input throughout her term as President. Libby is remaining on our board so we will still have access to her input. Thank you, Libby!

Heather Dunsford, who stepped in as our coordinator. Heather was extremely valuable in helping to keep us organized with events and all the office work that was required, always



with calmness and a smile. She continues to help us by answering our many questions. Thank you, Heather!

Joanne Waddington, who stepped in to "hold the fort" at the Keep Well Office over the summer.

All our files and systems at the office are now really well organized and everything is spic and span ready for our new fall year. Joanne will continue to volunteer at

Silver Harbour. Thanks for all your hard work, we really appreciate your support. Thank you, Joanne! (Submitted by Catherine Cottingham.)

Margaret Coates, who was our previous "go-to" newsletter person. Her many hours, hard work and efficiency in doing the newsletters is very much appreciated. Watch for Margaret's column in the North Shore News. Thank you, Margaret!

Mike Maguire, who was our competent Website person. His hard work and creativity were very much appreciated. Thanks also for helping with our transition re the Newsletter and Website. Thank you, Mike!

Nicola Screpnek for spending her precious time taking pictures of the sites and events.

Wendy Moore, juggling schedules of three children, was a great help with suggestions about computer and Newsletter input (and hopefully be able to assist with Website input).

CONGRATULATIONS!

One of our regular Keep Well participants, Stanley Dzuba, who attends Silver Harbour, received 5 medals in the recent North Shore 55+ B.C. Games. He credits the exercise program at Keep Well with "exercising every muscle in your body". Congratulations, Stanley!

Cristina Colbow, one of our trained exercise instructors, won Gold in the Women's double category for table tennis in the 55+ B.C. Games. Congratulations, Christine!



More pesto than you need in those 8 ounce jars? Divide into an ice cube tray and have small frozen quantities at hand for dressings and pasta. This is especially tasty as a topping on a salmon filet or steak. Spread evenly over the surface and bake at 400 degrees F for 10-15min, depending on thickness. *Submitted by Marion Gillis*

THE KEEP WELL HEALTH COMMITTEE

The Keep Well Health's committee is hoping to have another successful year in 2016 – 2017. Our last presentation on June 10th, 2016 was a C.P.R./First Aid workshop given by Paramedic Dean Siemens who, once again, gave his presentation with thoughtful and practical advice. One message was about choking: "If you are coughing, **Keep Coughing!** We will know that you can still breathe!" Another message: Make sure that help (e.g. Ambulance or Fire Department) is able to get into your home or condo. "Know where there is a key available or how to utilize the "fob" to let someone in. We cannot help you if we can't get into the building or through your door!" His demonstrations also evoked lots of laughter among the twenty-one attendees. We are hoping to initiate a Pharmacy/Medication workshop in the fall or 2016. Other topics are being considered and we encourage any Keep Well member who has a topic or subject to contact Jean Lisle or Cheryl Cowan through the Keep Well Office.

Submitted by Jean Lisle

THE WHOLE "TOOTH" ABOUT MEDS AND YOUR MOUTH

Taking part in a program such as the North Shore Keep Well Society is a wonderful way to build a healthy lifestyle as we "mature" into our senior years. At times, we require help either from our Physician, Dentist, or other Health Care Professional in the form of different medications including various drugs, vitamins (chewable as well), minerals and herbal supplements; these could have negative effects on our general and oral health.

Always let your dental office know about your recent medical history, including prescribed and over-the-counter medications, as some could cause unwanted side effects. A few of these include:

Soft tissue reactions: inflammation or discolouration of your mouth soft tissues, or mouth sores. For instance, if you take blood pressure meds, chemotherapeutic or immunosuppressive agents and develop a reaction, your Dentist may be able to suggest an oral hygiene regimen to limit discomfort caused by oral ulcers or inflammation.

Taste-altering Medications: included are drugs used to stop smoking, cardiovascular agents, central nervous system stimulants, respiratory inhalants, and non-steroidal, anti-inflammatory drugs to relieve pain. Some cause your taste to be affected (e.g. a bitter or a metallic taste).

Abnormal bleeding: aspirin, blood thinning drugs like warfarin, which you may be taking to prevent a stroke or heart disease, cause reduced blood clotting efficiency. Always inform your Dentist if you are taking these meds, as they could cause abnormal bleeding during any oral surgical procedure involving any soft tissues.

Gum tissue abnormalities: if you are taking immunosuppressants after an organ transplant, anti-seizure drugs like phenytoin, or calcium channel blockers for some heart maladies, you may experience gum tissue enlargement. Your dental home care must be meticulous.

[This article will be continued in our next newsletter.]

Submitted by Dr. Bob Clarke, D.M.D.

Tip!

If you cook chicken with skin on, then remove the skin before eating, the meat apparently has a lower fat content because the fat is absorbed into the skin.

VOLUNTEER PROFILE: MARGARET CHARLES

Margaret Charles has been volunteering at Keep Well for over 20 years and does weekly foot massages at the West Vancouver Senior Centre for Keep Well. She is originally from Kent, England, where she learned Reflexology. Margaret claims that her son "imported" her to West Vancouver. She became involved with the Keep Well Society through the West Vancouver Senior Centre, alternating with her own classes in yoga, quilting, etc. Margaret, an active advocate for Keep Well, maintains that attending Keep Well is an excellent "preventative" program. Participating in Keep Well provides an opportunity to be referred to a doctor or to the co-ordinator for any problem observed while interacting with the participants. Things like an elevated blood pressure or circulation issues enable someone to "step in" before it becomes worse. She remarks that you get to know the participants well and any observed problem can be mentioned so that the person is aware of it. It also becomes a social outing, many attendees live alone, so attending brings happiness and cheer to the day for both involved.

Margaret, a "young 90 year old" this month, popped up and down from her floor height chair, to help out people around her as we were chatting. She admits she has only recently stepped down from driving her grandchildren to and from school. Relationships and socialization are important

Do you have a legal concern?

Call the front desk at Silver Harbour at 604-980-2474 for a free, confidential, half-hour appointment. Practicing lawyers will give you advice and, if needed, a referral for more assistance.



to all people and Margaret's gentle, reliable and quiet manner makes everyone feel welcome and important. When I asked her what her secret was for remaining young and mobile, she replied with a chuckle, "Keep on breathing!" She then reflectively added, "I don't really think about age. It is not really your age that matters, it is how healthy you are".

Happy 90th Birthday, Margaret, may you have many more!!

Submitted by Cheryl Cowan



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

A REMINDER TO BE FRAUD OR SCAM AWARE!

Our press has been deluged with frauds and scams lately. New ones are surfacing on a regular basis. They are affecting everyone but these people especially like to confront seniors, elderly, singles and people that are lonely and like to talk to someone on the phone. A few examples of these are your grandchild is in trouble, people wanting medical card/health information, government threats (tax refunds), bogus charities, and technical support for your computer only to mention a few.

This is a reminder if you do not know the person either hang up or ask them for a phone number so you can call them back. This gives you time to verify with family, close friends or the police (if you have been threatened). Do

not give any personal information to anyone over the phone or by mail until you have checked the request out.

There are some numbers to call if you are wanting to verify your callers or what they are asking of you:

Canadian Anti-Fraud Centre:
www.antifraudcentre-centreanifraude.ca

Investment Fraud: 1-800-373-6393

North Vancouver RCMP
Non Emergency: 604-985-1311

West Vancouver Police
Non Emergency: 604-925-7300

Submitted by Susan Clarke



FISH CHOWDER (DELICIOUS!) Yield: 6 cups

Ingredients

- | | |
|-----------------------------|------------------------------------------------------------------------------------------------|
| 2 tbsp. butter or margarine | 2 cups boiling water |
| ¾ cup thinly sliced onion | 1 pound uncooked fish fillets, cut in bite-size pieces (haddock, sole, red snapper or halibut) |
| ½ cup diced celery | 2 cups of milk |
| 2 cups diced raw potatoes | 2 Tbsp parsley chopped |
| ½ cup sliced carrots | |
| 1 ½ tsp. salt | |
| Pinch of pepper | |

Directions

In a large heavy saucepan, sauté onion and celery in butter until translucent. Add potatoes, carrots, salt, pepper and boiling water and bring back to a boil. Cover and simmer until vegetables are tender (about 15 minutes). Add raw fish pieces, cover and simmer 10 minutes longer. Add milk and heat but do not boil. Season to taste. Garnish with chopped parsley and serve.

Submitted by Dorothy Brown

Quiz Answer: “Life Protector” at 3053 Edgemont Blvd, North Vancouver. Child on Mythical Creature seeks to protect our natural environment and ensure a sustainable future. (Casto Solano, 2015)

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.

Online by credit card at CanadaHelps.org.

By cheque, please make the cheque payable to the North Shore Keep Well Society and send it to 600 West Queens Road, North Vancouver, B.C. V7N 2L3.

We recognize donations of \$100 or more with a thank you letter and tax receipt. Donations over \$500 will be acknowledged in a variety of ways in discussion with the donor.

Supporters & Funders

- Keep Well Participants and Members
- Bequeaths from individuals

Grants and Foundations:

- Vancouver Coastal Health
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- Lower Lonsdale Legacy Fund
- North Shore Community Foundation
- United Way of the Lower Mainland
- West Vancouver Community Foundation
- Private Sector
- Parc Retirement Living
- MAL’s Alpha Iota Sorority

Service Clubs and Other:

- Municipal Pension Retirees Association #17
- Lynn Valley Royal Canadian Legion – Branch 114
- Lynn Valley Lions Club
- Mount Seymour Lions Club
- North Shore Kiwanis Club
- Soroptimist International of North and West Vancouver

September 2016 to August 2017 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
Tuesday @ 11:15 – 12:15, Mild Exercise.
10:00 – 11:15 Hands-On and Social.

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.

Keep Well aspires to run programs across the North Shore. We are looking for new sites to serve folks west of the Capilano area. Note our welcome addition at the Kiwanis West Vancouver.

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

Check our website calendar for events, meetings and changes at:

www.keepwellsociety.ca

Or call 604 988 7115 ext. 27



We acknowledge the financial support of Parc Retirement Living who has generously provided funds for our Newsletters and Website, etc.

Thank-you to Our Funders



Sign Up Forms

Volume 22 Fall/Winter – 2016

VOLUNTEER SIGN UP SHEET

Name: _____

Address: _____

City: _____

Postal Code: _____

Email: _____

Telephone: _____

I would like to find out more information about the Keep Well Society Programs:

Yes No

Please fill in the form and mail to:
North Shore Keep Well Society
600 West Queens Road
North Vancouver, BC, V7N 2L3

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

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.

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