



Celebrating 30 Years!

Volume 23 – Spring 2017

WHERE WE'VE COME FROM...



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

Laura DeGrave

Doug Clark

Marion Gillis

Vera Clark

Jean Lisle

Dr. Robert Clarke

Peggy Mathieson

Susan Clarke

Georgette Torry

Cheryl Cowan

Keep Well Staff

Lise Pitt – Coordinator

keepwellsociety@telus.net

Andy Demeule – Fitness Instructor

Mary Kill – Bookkeeper

Editorial Committee

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cherco@telus.net

Dorothy Brown – Board Director

Susan Clarke – Board Director

Dr. Robert Clarke – Board Director

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Linda Skoog – Volunteer

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PRESIDENT'S REPORT

Welcome to another year of all that the North Shore Keep Well Society has to offer. At the time of this writing we are experiencing heavy snowfalls creating very slippery, difficult driving conditions. Most of our sites were closed during the week of Dec 2nd to the 6th. Our motto is "if it snows don't go". The skies cleared and every site celebrated our annual Christmas Parties during the 3rd and 4th weeks of December. A special thanks to the site coordinators that have to communicate to all concerned during any inclement weather.

We completed a successful membership drive in late October and are happy to report that membership numbers have continued to grow. We had 227 registered members in 2010, in 2013 we had 249 and this year we have 271. We have an average of 251 participants each week which means most of our regulars have paid up memberships. We are grateful to all that helped during the membership drive, especially Doug Clark, one of our board members, who went above and beyond to help us reach this total. Next year's goal is 295 members or more!

This year has been a very good year for Keep Well. We have been fortunate to receive a number of grants, putting us in a good financial position for the balance of our year at the end of June 2017. We would like to thank all contributors and our own members that have donated this year. A journalism student from BCIT made a film of our Silver Harbour Keep Well site in action which is available on Youtube. Just click on www.goo.gl/oSo58Q. It is well done and worth watching.

Our Health Committee Chair, Jean Lisle, arranged a massage workshop on November 30th. We had 10 volunteers who came out to hone their skills and will mean more massages

for participants. Thanks to Jean and her committee for arranging the workshop. We would like to thank Sharon Bidder who visits some of our sites with her massage rack to give Shiatsu massages. Many of our members have benefitted from her skills and keep their names on a waiting list for Sharon. Most of all I want to thank all our site coordinators and volunteers that work so hard to made our program not only the "Best Senior's Fitness Program on the North Shore" but also a great place to keep our participants socially active.

This year we are excited about our 30th Anniversary and efforts are already underway to make it a great celebration. More information will be forthcoming regarding our ideas and plans for this event. Please check out our New Website at www.keepwellsociety.ca.

Remember to encourage all your friends and neighbors to come to Keep Well.

Hope you all have a wonderful year!

Ted Stokes, President



Please contact our site coordinators for any Long Weekend closures.

WHERE WE'VE COME FROM

Keep Well was officially started in 1987 by a small group of five recently retired professional women. They had little or no experience with founding a community service but took on the challenge with excitement. Some were retired nurses and agreed on a project that would help Seniors remain well, bring them out of isolation, into contact with others, increase their fitness level and learn about healthy eating habits. The Founders started the North Shore Keep Well to help facilitate this change in Seniors' lifestyle.

We still encourage this today! We have over 10,000 participant days per year across the North Shore. All Seniors 55 and older are welcome to come and join us in our programs at one (or all) of seven different locations across the North Shore. If it weren't for these wonderful women, welcoming all participants to the **free** program, many seniors would still remain homebound and isolated. You do not need spandex or fitness lycra to come and strengthen those little used muscles, all you have to do is come. It helps prevent falls, makes you feel better and helps you in your day-to-day activities. As a bonus, you meet wonderful, welcoming people! Both Mary and Helen, still living healthy active lives today, exude the same energy towards the program that they must have shown long ago.

We thank all of the Five Founding Mothers in our 30th Anniversary Year because, without their hard work, dedication and enthusiasm, there would not be such a great service for our North Shore Seniors today!

Come out and join us!

OUR FABULOUS FIVE FOUNDERS!



Sheila Jones

Sheila was the leading force in the founding of Keep Well. She was just retiring as a director of West Vancouver Parks and Recreation. She was also on the Committee for Long-Term Planning at Lions Gate Hospital that proposed a "Health Care and Support Service for Seniors on the North Shore" to keep Seniors healthy and in their own homes. A suggestion was made that a federal grant could be applied for to help fund a new program. Sheila, with some experience in business and banking, recruited Helen Nesbit. Mary, Dorothy and Ellen were then recruited and all five worked hard to expand the idea. They were approved for a federal grant to start a preventative program, a "Keep Well" Program for Seniors on the North Shore". The group arranged a Health Fair to advertise the program and soon hired a Coordinator to help unite and develop the site(s). Sheila became the First President, working tirelessly to obtain funding, and remained an active member until her passing. Sheila has remarked, "I have never worked with a more positive group!"

Our North Shore Keep Well Society is run by volunteers. See our back page if you have some time to volunteer at any of our sites. Let us know if you have a topic to suggest.



Helen Nesbit

Helen, a friend of Sheila's, worked in the OR at Lions Gate Hospital. She is very proud of recruiting Mary Turland and Dorothy

Stewart because, without them, she is sure that the program would have floundered. Helen was one of the signees on the application for the federal grant (that required 10 signatures on the application document). She, with pen and paper in hand, became the first Secretary/Treasurer for the Keep Well group. She claims that hardly any of them had any idea how to form a community group from scratch. Some of the Founders had medical backgrounds which facilitated the volunteer recruitment process. Helen helped to recruit several of the Health Care personnel (Physiotherapists, massage people, etc.) for volunteers in various positions. These professionals then helped to train new volunteers. Later they looked for health speakers to educate those in the program. Helen says, "Once Varick Ernst was recruited to the Keep Well group there was no looking back". Helen was really helpful with providing information for this story of the start-up of Keep Well 30 years ago.

Notice to all Seniors

I received *another* phone call, re a *supposed* computer issue, and remind you to hang up! Phone numbers that come in on call display can be reported at: 1-888-495-8501 or go to: www.antifraudcentre-centreantifraude.ca (Note: spelling correction from previous issue.)

Submitted by Cheryl Cowan



Dorothy Stewart

Dorothy was for many years on Vancouver General Hospital's Auxiliary and a very active community volunteer. When she was recruited

by Helen to join forces with the Keep Well project she became a keen recruiter of professional help for the program. She worked hard to recruit professionals in any areas that were needed, including finding speakers for health information or to train the volunteers. Shortly after, Dorothy became Keep Well's Second President. With her nursing background, she also continued to volunteer to do blood pressures and keep participants and volunteers up on current health information. Dorothy became a long term blood pressure person on the schedule for the Keep Well at the West Vancouver Seniors' Activity Centre, utilizing and sharing her skills for many years. Even within the last few years, she would go over with her caregiver and continue to volunteer at the Keep Well site in the WVSAC. Dorothy only recently passed away on December 19th, 2016. The North Shore Keep Well Society is very thankful for her request to have memorial donations go to our Society. It is a wonderful memory of her spirit, dedication and commitment to Keep Well and is very much appreciated.

Joke

My nine year old granddaughter loves to get me on jokes:

"What cups can you not drink out of?"
(Stanley Cup? Grey Cup?...?)

She responded with a laugh, "Hiccups".
(She got me! How about you?)



Mary Turland

Mary, a recently retired nurse from Lions Gate, became the pipeline to other retiring nurses and professional staff from the local Hospital.

She became the Recruitment Chairman for Keep Well and was a key part of pulling in volunteers. The first location, at North Shore Neighbourhood House near the bottom of Lonsdale, welcomed the group and the program with open arms. Exercise was the focus but socialization and health information was also what they wanted for all Seniors. Initially, they all attracted and trained the first volunteers. However, being very conscious of having certified trainers to do the Hands-On, they utilized their contacts in the medical realm for more volunteers. They contacted retired nurses, Doctors, Physiotherapists and Reflexologists. The latter were recruited as volunteer professionals to do the Hands-On. This initially consisted of blood pressures, hand and shoulder massage and reflexology. Because of their expertise, the new volunteers became the trainers for others. Volunteer Physiotherapists, who did the massages, became the trainers for other volunteers to do the shoulder and hand massages. Reflexology was done by a Reflexologist. Exercises were led by those trained in exercise programs. Several of these had connections with other retiring professionals who were willing to volunteer their services. It was a slow beginning but the word soon spread to the community. Mary has been very instrumental in helping with the Keep Well story. She just celebrated a birthday last week, and is a great example of what health awareness (and involvement in Keep Well) can do! Mary's picture shows a Memento Pin that she still has today, with balloons reaching for the sky! The balloons are symbolic of what the Founders achieved 30 years ago.



Ellen Hayward

Ellen was also one of the Founders of the North Shore Keep Well. She had held supervisory positions in hospitals so with that experience

was instrumental in the organization and development of the program for seniors to remain healthy. Ellen, like the others, assisted in filling in any area that needed volunteers, even though kept very busy with all the logistics and implementation required for starting up and maintaining the program. All of the women spread the information to their friends and neighbours and drew on expertise wherever they could, including their husbands who were also drawn in for support through the business and medical world. The North Shore Neighbourhood House was chosen for the first site due to the close proximity of the North Vancouver Shipyard site that drew in many employees and families to the South Lonsdale area.



Do you know where this is?

(Answer on page 09)

OUR FAITHFUL BUILDERS!



Barbara Gillingham

Barbara remains an active fixture with our Keep Well Society, in fact, says it feels like her third home. Her involvement has been since the

onset and in various capacities, starting out with shoulder massages, filling in on various positions and moving into Site Coordinator at West Vancouver Seniors' Activity Centre (WVSAC). She continues to volunteer as Coordinator of our Keep Well Program on Thursday mornings at the WVSAC, serves in many other areas of the Centre and is still an active member of the North Shore Keep Well Society. Her quiet, competent, efficient manner makes her appear on the sidelines, but she is integral to the continued success of Keep Well. After beginning at Keep Well, she floated to some of the other sites, including the Keep Well Deep Cove and Libby Lodge but found her niche at WVSAC. She became Coordinator when Varick Ernst moved on and has been welcoming all Seniors at that location since. Barbara has received many volunteer awards (including being honoured with a "Lifetime membership award for WVSAC", "Outstanding Volunteer Award for Site Coordinators" from the District of North Vancouver and several more). Her biggest reason for volunteering with Keep Well is that she "likes the people and feels welcomed. I have so much respect and admiration for our dedicated volunteers." To the participants, she says, "Thank you for all the lovely people that I have met. I feel welcomed and appreciated in my interactions with all of you! Please continue to join us!"



Elise Shepherd

Numerous people have been involved over the years in the development of the North Shore Keep Well Society, a prominent name

being Elise Shepherd. Elise, a retired nurse, was originally recruited in 1987 by a friend to take blood pressures at North Shore Neighbourhood House. Within a few months she became the volunteer Site Coordinator. In July 1990, she was hired as the Program Coordinator for Keep Well (replacing Lynne Cove). At that time the program consisted of three sites: North Shore Neighbourhood House, Silver Harbour and West Vancouver Seniors' Activity Centre. Elise took the B. C. Recreation and Parks Association Fitness Course and became an exercise Instructor. At a training workshop she met Andy Demeule. With her encouragement, he became a pivotal part of the exercise program. During her tenure as Program Coordinator, spanning about twelve years, she was involved in the formation of several additional sites. Elise describes her life experience in Keep Well as greatly inspiring, fulfilling, and helping her to understand her own aging process. She admires the senior generation, a group that fortuitously came into her life at a time when she realized its benefits and could help others with the benefits that she has experienced. Elise is our "go-to" person for the History of Keep Well. Elise continues to volunteer as Coordinator of Keep Well site at the North Shore Neighbourhood House, remains an active member and valuable contributor to the Keep Well Society.

A great many volunteers worked together to make Keep Well what it is today:

Keeping Seniors active, social, healthy and engaged in their community, while continuing to learn new health information in order to live a healthy life. Next issue we will have more about the Builders and Pioneers, plus current participants and what's happening.

ORAL HEALTH THE WHOLE “TOOTH”

continued from our previous issue.

Dry Mouth: A common side effect after drugs like antihistamines, high blood pressure meds, decongestants, muscle relaxants, urinary incontinence drugs, Parkinson’s disease medications, antidepressants and others are taken. The drying effect causes inflammation and increased susceptibility to infection and bleeding. Saliva is thought of as Nature’s “car wash”, moistening and ridding mouth tissues of debris, reducing incidents of potential tooth decay.

Oral fungal infections (Candidiasis): Commonly called Thrush, can occur when oral asthma inhalers are used. Rinsing with water after use is encouraged.

Another important fact: Sugars are often used in liquid cough medications to improve pleasantness - cough syrups, antacid tablets, vitamins, and anti-fungal drugs are examples. All of these promote dental decay. Whenever possible use products with sugar substitutes. Try to ingest the meds with food and/or flush with lots of water, unless contraindicated (Remind children too!).

***Important:** When taking cancer medications, inform your Dentist of oral and injection medications you are on; he/she will likely recommend that any necessary oral remedial procedures be performed prior to inception of consuming drugs which may affect your teeth or jaw bone.

***Important:** Your oral home care should be the very best you can muster up while you are on these products. This will reduce inflammation, giving the rest of your body a leg up on healing. Regular dental checkups are a must!

Submitted by Dr. Robert Clarke D.M.D

To read the whole article see our “Health” tab under Wellness on our Website.

KEEP WELL WANTS TO THANK:

Nicola Screpnek for taking photos at all our sites and special events.

Joanne Waddington for once again helping us out over the holiday break at the Office.

Wendy Moore for her continued help with the Website and Computer input.

Anni S from Parkgate for several of the photographs on the Front Page.

Dorothy Stewart and her family for referencing a memorial donation request to The North Shore Keep Well Society. We are thankful to be included in her memory. We express sympathy to Dorothy’s family for their loss and feel the loss of one of our Founders on December 19th, 2016. Thank you Dorothy for all your hard work to make Keep Well what it is today! Dorothy’s obituary was in the Vancouver Sun: www.goo.gl/mGHgLu

Helen Nesbit and Mary Turland for their time and help with information about the Founders.



In October 2016, Keep Well was saddened to learn of the passing of our eldest participant, Katherine Smith, at the age of 100 years! Kay, as she was known to us, remained an active participant even up to June 2016. Our sympathy goes out to her family.

2016 CIVIC RECOGNITION AWARD

The North Shore Keep Well Society is proud to announce that our site coordinators received a 2016 Civic Recognition Award from the District of North Vancouver on November 2nd, 2016. Congratulations to these hard working people.



Please use good treads on your footwear to avoid falls on icy or wet sidewalks. Carry your cell phone with you in case of emergency and keep coming to Keep Well to help you stay limber!

All Keep Well Members are reminded to watch for our date announcing the Annual General Meeting and Volunteers' Tea in our next Newsletter. Check our website and calendar for updates.

Joke: A lady went outside and saw a sign that said: *Park on the Left side of Street*
The next day she went out and saw a sign that said: *Park on the Right side of Street*
After considering both signs she decided to just leave the car in her garage!

Quiz Answer: This monument, a horse approaching the historic water trough, shows a horse pointed in the direction of the route that was used to log the North Vancouver mountainous area. It is located at 141 West 14th Street, North Vancouver. (Lonsdale side)

OUR 30TH ANNIVERSARY!

We will be celebrating our 30th Anniversary at all sites, the week of September 11th to 15th, 2017. Mark your calendars to come out and join us! Check the sites or our Website at www.keepwellsociety.ca for notices of any events happening during the year.



Next time you come to Keep Well, consider inviting your neighbour, a relative or some friends to join you.

Consider adding a Headlamp (*for your hat or headband*) to your Home Emergency Kit or at darkness. They are bright, work well, and keep your hands free. They can be obtained at Hardware Stores.

Submitted by Marion Gillis

SOME RECIPES FOR YOU TRY

Many old recipes are back in vogue again. Do you remember Pineapple Chicken, Foolproof Quiche, Cheese logs, Salad Bars with Green Goddess Dressing? Kale was used to decorate bowls, now we eat it!

THE OLD *(From Bessie, a Camp Cook, over 30 years ago.)*

This is very nutritious, especially if you drain off the marinade when serving. Lots of non-fat protein, fibre, and vitamins! It keeps well in the fridge (and Bessie said that men love it!).



Bessie's Bean Salad

 Submitted by Cheryl Cowan

1 can yellow beans, drain 1 green pepper (sliced in rings)
 1 can green beans, drain 1 onion (sliced in rings)
 1 can kidney beans, drain

Marinate the above for 6 hrs in:

¼ cup vinegar 4 tbsp sugar (or less)
 ¼ cup olive oil ¼ tsp pepper
 ½ tsp salt ¼ tsp paprika

THE NEW *(“Fish and Veggies Steamed”)*

Steaming is a fast, low-fat way to prepare fish. It is also a great way to cook vegetables so that they retain natural goodness. Very healthy and easy.



Quick Steamed Fish Fillets with Potatoes and Asparagus

 Submitted by Jean Lisle

Serves one person (Double for two). Prep time: 30 minutes.

Ingredients:

1/2 cup (125 ml) small new potatoes 1/2 tsp (2 ml) non-hydrogenated soft-tub margarine (or butter)
 1/2 cup (125 ml) asparagus or green beans (cut into 2" pieces) 1/2 tsp (2 ml) lemon juice
 1 – 4 oz (125 ml) fish fillet Salt free seasoning, to taste.
 2 tbsp (25 ml) chopped fresh tomatoes
 1/4 tsp (1 ml) dried basil
 Black pepper to taste

Instructions:

Place potatoes in a large steamer set over a pot of boiling water. Cover and steam for 8-10 minutes until they begin to soften (not fully cooked). Place asparagus on top of potatoes, then the fish fillet on top of asparagus. Top with chopped tomatoes and sprinkle with basil and pepper. Cover and steam for 5 - 6 minutes (until fish flakes easily or is opaque). Dot with margarine. Cover and steam for 30 seconds more. Sprinkle with lemon juice and a dash of salt free seasoning. (Healthy Eating For Seniors, ActNowBC.). Check our Website for Recipes (e.g. Salt Free Seasoning) under Wellness Tab.

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 \$10.00 or more with a thank-you letter and tax receipt. Donations over \$500.00 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 – Banch 114
- Lynn Valley Lions Club
- Mount Seymour Lions Club
- North Shore Kiwanis Club
- Soroptimist International of North and West Vancouver

September 2017 to August 2018 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 23 – Spring 2017

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.