

**North Shore Keep Well Society**  
**Annual Report**  
**2016/2017 Fiscal Year**





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## OUR SITES

DELBROOK RECREATION CENTRE  
KIWANIS LYNN MANOR  
NORTH SHORE NEIGHBOURHOOD  
HOUSE  
PARKGATE COMMUNITY CENTRE  
SILVER HARBOUR SENIORS' ACTIVITY  
CENTRE  
WEST VANCOUVER SENIORS'  
ACTIVITY CENTRE  
WEST VANCOUVER KIWANIS VILLAGE

# Message from the President

It's that time where we wrap up and report on another busy year for the North Shore Keep Well Society.

I have enjoyed working with a very active board of directors, our program coordinator Lise, the site coordinators, our exercise instructors Andy and Maureen and many very dedicated volunteers.

Your Keep Well Society continues to show growth in the number of participants that come to all of our locations. We once again operate seven sites including the new one we opened at West Van Kiwanis. The average weekly participation at the seven sites is around 260. Our actual paid up membership over the past number of years has run in the area of 250 but this year we have grown to 273. We have to thank our amazing site coordinators for finding ways to keep existing members enthused and attract new members. Once again these coordinators received an award for volunteerism. This year the award was presented by Mayor Richard Walton of the North Shore District at an impressive white tablecloth evening at the Seymour Golf and Country Club. Even with our success we feel our Keep Well Society is still one of the best-kept secrets on the North Shore. In our continuing efforts to promote Keep Well we will be celebrating our 30th anniversary this coming year during Keep Well week, with advertising and numerous events planned for all sites as well our Community Exercise Demonstration to be held at Capilano Mall.

This year we have had a number of unexpected expenses that put pressure on our finance committee. We have purchased an accounting system that gives us total control of our financial information in house. Our website was also in need of an update so our communications committee in their usual efficient manner took on that project. It is imperative that we have a well-managed website when applying for grants and donations. But thanks to all the donations from our participants, major sponsors and donors we continue to be in a strong financial position.

As usual we will have a number of Board Members that have decided to resign for personal reasons but fortunately new people have stepped forward to join with us in keeping your board strong and well managed. The new members will be introduced at our annual General Meeting.

Very special thanks to all our amazing volunteers and participants. You have kept The North Shore Keep Well program the best senior's wellness program available on the North Shore for the past 30 years.

Ted Stokes,  
President



# Coordinator's Report

I am delighted to be part of a society that has been keeping seniors, active and engaged on the North Shore for 30 years.

I took over from Heather Dunsford in September 2016 as Coordinator for Keep Well. Heather stepped in 6 years ago at a time of financial setbacks and did an excellent job, with limited time and resources. Heather is still active on the Fundraising committee, for which we are very grateful.

The Health Committee has organized three workshops for our volunteers. A massage workshop was presented by Healing Arts and Bodywork specialist, Jenny Spencer. Heather Robson, a former BCIT Nursing instructor did a blood pressure workshop for our volunteer nurses. Dean Siemens returned to present a workshop on the latest in CPR and First Aid.

Keep Well week took place in September with Mayor Mussato and Mayor Walton attending sessions during the week. About seventy people came to the demonstration class at Capilano Mall.

We promoted the Keep Well Society at the Unity in Diversity awards at the Kay Meek theatre in October, and at Move for Health Day at the West Vancouver Recreation Centre in May. North Shore Community Foundation and the North Shore Multicultural Society invited us to do presentations.

In the coming year we will be working to better support our volunteers. We hope to achieve better records, upgrade the volunteer manual and to provide training.

Keep Well is very grateful for the support of our Major sponsors: Vancouver Coastal Health, PARC Retirement Living, United Way of the Lower Mainland, the North Shore and West Vancouver Community Foundations, Jane Thornthwaite MLA, and North Shore municipalities. We would also like to thank the North Vancouver Community Centres, Silver Harbour Centre, West Vancouver Senior Centre and Kiwanis who allow us to use their facilities.

I enjoy working with the Board of Directors and meeting with all our wonderful volunteers and participants at all seven sites. Thank you to all the dedicated volunteers who make Keep Well the vibrant Society that keeps us strong.

Lise Pitt,  
Coordinator

# History and Introduction of Keep Well

## PIONEER KEEP WELL VOLUNTEERS

From Left to Right: Mary Turland seated and L.-R. standing, Diane Holbrook, Helen Nesbit, Elise Shepherd, Nancy Milley, Barbara Gillingham and Varick Ernst. Mary, Helen and Varick were on Keep Well's first Board of Directors.



The North Shore Keep Well Society is a community based wellness program working with and for seniors across the 3 North Shore municipalities (City of North Vancouver, District of North Vancouver and District of West Vancouver). The program began thirty years ago as an initiative of Lions Gate Hospital and was incorporated as a society on March 14, 1991.

The goal of the Society is to help seniors to take responsibility for their own well-being by offering activities that encourage healthy living and opportunities to remain active in the community for as long as possible.

Sessions at seven sites from Parkgate to Dundarave enable seniors to participate in a variety of activities, including mild exercise, group discussions, massage, nutrition counselling, blood pressure monitoring, and socializing. With the exception of a part-time coordinator and certified fitness leaders,



the programs are run by approximately 160 volunteers, 40 of whom are retired health care professionals.

## Mission Statement



We believe in Seniors.

We believe that Seniors represent a rich resource to themselves and to the Community.

We believe that when Seniors are given the opportunity to discover and develop their strengths, they can become powerful agents for change.

We believe that wellness is for everyone and that choosing to keep well is fun.

We believe that when we choose to exercise, relax, eat well, laugh, love, do those things we enjoy doing most, help and support each other and become actively involved in the community, our lives take on a special quality.

The North Shore Keep Well Program is designed to provide opportunities for seniors to choose to learn, to grow and to expand their experience of well-being.



# Purpose

- To promote the health and well being of older adults living on the North Shore.
- To encourage seniors to help themselves and each other, to live in better health, to learn, and to expand their experiences of well being.
- To increase awareness of community resources.
- To promote the Keep Well program in the community.







## Keep Well Volunteers

Volunteers are the backbone of Keep Well. Sites are run by volunteer coordinators. While some volunteers massage shoulders, hands and feet, check blood pressure or arrange guest speakers, others help with set-up and serving coffee and tea. The hard working Board of Directors are also all volunteers.









Site Coordinators received Civic Awards from Mayor Richard Walton (District of North Vancouver) in November. Left to Right: Roberta Tottle, Jean Lisle, Ted Stokes, Ruth Sherman, Mayor Richard Walton, Councillor Jim Hanson, Barbara Gillingham, Del Dimock, Laura Degrave, Elise Shepherd, Joy Gardiner and Lise Pitt.



Fay Thompson could not attend the Awards ceremony, but received her award from Roberta Tottle at Silver Harbour

## **OFFICERS**

President, Ted Stokes  
Vice-President, Catherine Cottingham  
Treasurer, Deanna Charlton

## **DIRECTORS**

Dorothy Brown  
Doug Clark  
Vera Clark  
Robert Clarke  
Susan Clarke  
Cheryl Cowan  
Marion Gillis  
Libby Kelley  
Laura Degrave  
Jean Lisle  
Peggy Mathieson  
Georgette Torry

## **BOARD COMMITTEES 2016-2017**

### **Budget & Finance**

Deanna Charlton, Laura Degrave, Gerald Chan (Retired Board member)

### **Fundraising Sub Committee**

Heather Dunsford, Carole Kellough

### **Health Committee**

Jean Lisle, Marion Gillis, Robert Clarke, Susan Clarke and Cheryl Cowan

### **Nominating Committee**

Libby Kelley, Ted Stokes

### **Personnel Committee**

Catherine Cottingham, Deanna Charlton  
Libby Kelley and Ted Stokes

### **Governance**

Georgette Torry, Laura DeGrave, Libby Kelley

### **Data Collection and Statistics**

Georgette Torry, Laura DeGrave, Ted Stokes

### **Membership Sub Committee**

Ted Stokes, Peggy Mathieson, Dorothy Brown, Doug and Vera Clark

### **Communication**

Cheryl Cowan, Bob Clarke, Susan Clarke, Catherine Cottingham and Dorothy Brown

### **Promotion and Marketing Sub Committee**

Dorothy Brown

### **Events Committee**

Ted Stokes, Peggy Mathieson, Dorothy Brown, Doug and Vera Clark and Andy Demeule (Staff)

# *Special Thanks To*

## **Our 2016/17 Sponsors:**

**Vancouver Coastal Health  
PARC Retirement Living  
United Way of the Lower Mainland**

**The City of North Vancouver  
The District of North Vancouver  
The District of West Vancouver  
North Vancouver Community Foundation  
The Province of British Columbia  
The Family of Dorothy Stewart**

**Thank you to our members whose generous donations ensure that Keep Well continues. We gratefully acknowledge all who fund and donate to our program.**