

## WHERE WE ARE...



## 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.

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Vera Clark

Jean Lisle

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Cheryl Cowan

## Keep Well Staff

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Andy Demeule – Fitness Instructor

Mary Kill – Bookkeeper

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Dorothy Brown – Board Director

Susan Clarke – Board Director

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Catherine Cottingham - Board Director

Linda Skoog – Volunteer

## Produced By

Minuteman Press DT Vancouver

WEBSITE AND NEWSLETTER MADE  
POSSIBLE WITH FUNDING FROM

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## PRESIDENT'S REPORT

Welcome to Keep Well's 2017 summer newsletter. I'm sure you are all tired of the rainy weather we have been experiencing and look forward to a long, warm and sunny summer.

Regardless of the weather the board of directors has been busy with a number of projects. Cheryl Cowan and the Communications Committee have worked hard at updating our website which is no easy task. The Events committee has been working to make our 30th Anniversary Keep Well week very special. Laura DeGrave's group is in the midst of getting our accounting system in house so that we don't have to rely on outside help to keep our financial information up to date. Our program coordinator, Lise Pitt, has had the unenviable task of applying for grants to keep our financial position stable.

**The North Shore Keep Well Society is celebrating their 30th Year** the week of September 11th to 15th at each site location and a Capilano Mall Demonstration which will be held on September 13th, 2017 at 1 pm, please come out and join us. There will be lots of fun happening so make sure to mark these dates!

I want to thank our Site Coordinators for finding ways to keep our attendance numbers growing. They are an outstanding group of volunteers that deserve a big pat on the back. Please also make note of any announcements throughout this newsletter. We are looking forward to thanking all our volunteers at this year's Appreciation Luncheon which will be held on June 21st at Silver Harbour again. Right after the luncheon we will be holding our Annual General Meeting in the same building. Hoping you enjoy a safe and happy summer.

### Ted Stokes, President



**Important location change:** From now on, Keep Well Program at DELBROOK on Mondays will be held at the new location, Delbrook Community Recreation Centre, in the Multipurpose Room (Seniors) - 851 West Queens Road, North Vancouver at the same time from 11am to 1 pm. **Please come and join in.**

Please contact our site coordinators for any Long Weekend or summer closures.



## MORE OF OUR FAITHFUL BUILDERS....(continued from last issue)

The Keep Well Builders are the building blocks that have worked hard to maintain and enhance the program with their hard work and dedication to welcoming all Seniors to join in and participate, helping them keep and stay well. Many of these volunteers have received community achievement awards as a group and as individuals. In addition to Elise Shepherd and Barbara Gillingham (in our previous issue), you can see from the next stories, that they all filled in with duties across the board to help make sure the programs were running well and helped build it into what it is today.

## Thank you to all these wonderful women!



### Varick Ernst

Varick is pivotal with the momentum of Keep Well. She moved from Italy and has lived on the North Shore since 1947. Introduced to Keep Well by Ellen Hayward, she organized the first Health Fair in 1987 to introduce the program at North Shore Neighbourhood House with Barbara Gillingham (on a snowy day in January when only 2 participants showed up!).

Varick became Site Coordinator at West Vancouver Senior Centre within 6 months, later Libby Lodge and Gleneagles. She taught fitness, including line dancing, and encouraged many of her friends to become volunteers and attendees. In 1991 she helped establish a sister program called SKY (Seniors Keeping Young) on Bowen Island and then spent 10 years at the Dr Peter Daycare Centre. Varick says it is incredible what you gain from getting involved or just speaking to people. It has broadened her mind and teaches empathy and caring for others. Her experience of working with so many people has given her a high that remains throughout her days. The most rewarding is networking to get help and care when you need to know something. Having someone else help be an advocate for you is important when you are under a stressful time. Keeping active and engaged with the fitness and Hands On within Keep Well enables this. Her enthusiasm and energy remains contagious as she continues to be an Outreach Person with Joni Vajda at the West Vancouver Senior Centre and still frequently pops in to chat with Keep Well volunteers who are there every Thursday morning.



## Thelma Kyle

Moving from Balcarras, Saskatchewan, Thelma took her RN training at VGH. She worked in the Public Health Area,

including teaching students. She has mathematical inclinations so she took an accounting course in Calgary. This course became one of the side benefits for Keep Well when Sheila Jones recruited her because she became the Treasurer on the Keep Well Board from 1991 to 1996. She not only was Treasurer but helped Seniors complete their own income taxes. She admits to helping with hundreds of tax filings, even going to participant's homes as a volunteer to help find the correct documents that the person needed. Being very interested in Seniors, she enjoyed chatting with them and being able to refer them to the right person if a problem was presented. She was able to utilize her nursing skills and contacts in the medical field for topics for Presentations and Health training. Thelma always found it interesting how people react to different situations. Many people hesitate to talk about their own health to others but she feels communication is important. Someone always greeted them at the door. A casual chat leads to a discussion about a concern and the opportunity to able to refer them to a professional specialist in the area. Her personal experience with the North Shore Keep Well brought her many rewards. She feels it has made her a better person and now recognizes the many different issues that people deal with. She met a great group of people who were interested in other people and has been personally broadened through her own participation and interaction.



## Lynne Cove

Lynne graduated as a Registered Nurse in Victoria then went to Simon Fraser to obtain a certificate in Health

and Fitness followed by a degree in Applied Science and Kinesiology. She was hired by Keep Well as the Keep Well Coordinator to phase in the first 3 programs. The first office was located at the North Shore Neighbourhood House in 1987, which is where she worked. Her fitness and nursing background provided Keep Well with excellent leadership. Lynne had to reach out for volunteers who were interested in the program and what it offered. She was very interested in Wellness and her personal experience helped expand the program. She remarked that it was very new to help coordinate and build a program with the idea of volunteers managing all the programs. Lynne found the Board work a great and wonderful experience, with every member bringing in their ideas to exchange, and all were very supportive. She expressed concern about current times with all the “machines” available, where there is no people contact or interaction with others. The best part of her experience was the camaraderie with so many people excited about their united project. Lynne went on to start her own practice in counselling from which she recently retired in 2015. She still teaches Tai Chi and Qi Gong at John Braithwaite.

### Joke

What do they call a cow without legs?  
Ground meat.

Submitted by Pat Turner

## And about Andy Demeule, A favourite Exercise Instructor!



Andrew Charles Philip Joseph Demeule was born in St. Boniface and raised in Winnipeg MB. He has lived in Lynn Valley for 43 years. Andy

has always been interested in fitness and is well known on the North Shore for his many years of participating in and coaching amateur sports. While volunteering at recreation centres in the early '90s, he became interested in fitness for people with physical and intellectual challenges. He feels no one should be denied fitness training. He took many different training courses to become an exercise instructor and started a class for people with disabilities at William Griffin Recreation Centre and volunteered with a seniors exercise class in Burnaby. When Elise Shepherd, the co-ordinator of Keep Well first met Andy, she said, "Have I got a job for you." He has been Keep Well's main fitness instructor for 25 years. Andy is certified to teach strength training, flexibility, aerobics, aquacize and Third Age fitness (older adult). He is always learning and has recently taken courses on Parkinson's and joint replacement therapy, as well as keeping his CPR, First Aid and AED (Automated external

Defibrillator) certification up to date. He finds that of all the classes he's taught, Third Age fitness is the most challenging because of the many different health concerns to consider, such as diabetes, heart problems, and joint problems. When you are fit you are able to recover from any medical set back much faster.

When asked what he gets from Keep Well he said, "I enjoy meeting all the people and I really like understanding how the body works and how to keep it strong and healthy" Keep Well is about giving seniors the "Opportunity to connect with like-minded people to get fit, socialize and allow them to live a long healthy life being able to do the activities they like to do." Fitness is not such a scary thing, it can be fun and social. Come out and enjoy exercising to the music; from Irish folk songs to golden oldies to rock 'n' roll. He has the perfect mix of music that he coordinates with his work out. In addition to spending time leading Keep Well exercises at most Sites, he also is a Personal Trainer. He warns us "Once a week isn't going to cut it." You should participate in a full body exercise class as well as in any activity that gets you moving, at least 3 times a week. Andy adds: "Make fitness a habit. You are all welcome to just come out and try it!"

*Interview and submission by Linda Skoog and Dorothy Brown*

*Everyone loves Andy's methods of exercise, gently awakening every muscle. They also love his music (and the group hug). He has been referred to as the "magnet" for exercise. Thank you for your dedication and commitment for so many years Andy!*

## AND MORE.....



### Pat Turner

Pat started as a participant at Keep Well in 1987 at the Lion's Manor Deep Cove Site when it opened in 1987. She was soon

recruited by Elise Shepherd to Coordinate the Site, after Mary Hunter left in 1987. She continued as coordinator and working through two more moves when the site changed from Deep Cove, to the United Church and then to Parkgate. She says, as coordinator, you help out where you can. One time Andy was very delayed, so Pat stepped in to lead the exercise class. She comments that, "I remember mumbling the exercises because I remembered what he did, I just could not remember what he said!" Another time, she recalls, the Keep Well group all went together with Andy on a cruise to Alaska. Pat admits she is a people person and likes everything about being involved with Keep Well. She really likes Andy's method of exercising and, equally important, loves the social where everyone gathers for tea and goodies and to chat. She remarks, "You can just feel the energy in the room. We even have a mother and son who participate." Pat is referred to as a warmhearted, welcoming, community person with a penchant for remembering names. Names are important and she often pulls the name cards out before the person is even into the room. She continues to keep track of people, noticing when they are absent, calling to see if they are okay and following up with a Get Well card if they are ill. Pat continues to contribute as volunteer at the Registration Desk. Her message is clear: "Any volunteer gets more than they contribute. You'll have fun, meet new friends and feel way better when you leave".



### Kirsten McCorquodale

After arriving in Vancouver from her native Denmark, Kirsten attended UBC for a degree in Occupational Therapy and worked at

Lions Gate Hospital until her retirement in 1987. After her retirement, she became Site Coordinator at Kiwanis Lynn Manor (KLM) at the site that is still running today. Under Kirsten's guidance the Site became one of the most organized and active ones with regular special activities and guest speakers each month. Her energy and enthusiasm was infectious, flowing through to the wonderful, dedicated volunteers who worked with her. She became a Board member for several years in addition to leading discussions at the North Shore Neighbourhood House. She often utilized a government pamphlet, "Reach for Health", to educate seniors in areas like hearing, vision and other issues of aging, enabling them to identify ways of dealing with problems. Kirsten was always very active, committed to the Community and very knowledgeable about what was going on. In addition to all of her volunteer work, she and her husband worked out regularly at William Griffith. After retiring as Coordinator at KLM, she continued to attend the KLM Site on Fridays as a participant.

### Just for Laughs

My friend's bakery burned down  
and now his business is toast!

**Submitted by Pat Turner**





### Nancy Milley

Since moving from Victoria, Nancy has lived on the North Shore for 45 years. She worked as a Registered Nurse at Lions

Gate Hospital then at Evergreen for 15 years. Nancy has always enjoyed Seniors and people in general. After she retired from Evergreen, she was contacted by Mary Turland (in 1991) to come and help take Blood Pressures. After being recruited by Mary, she remained involved and actively participated in several positions within the organization, including Site Coordinator at Silver Harbour, volunteering on the Board and wherever the group needed help. Her Board position included being President for several years. Nancy has found personal benefits of her Keep Well involvement to be friendship, being useful, learning about the community and maintaining an interest in healthy living. She remarks that she has learned a lot in her many years of being a volunteer and still enjoys the friends that she has made along the way. She has found it very rewarding to be a part of the North Shore Keep Well Society for so many years.



**Do you know where this is?**  
(Answer on page 05)



### Roberta Tottle

Roberta was recruited by Elise Shepherd in 1973 when Elise was Program Director. Beginning as a volunteer at Silver Harbour

(registration and doing blood pressures) in January of 1988, she has found it to be a great program, with talented, knowledgeable people. Her experience in Occupational Health brought a variety of skills to Keep Well, including Human Resources, First Aid (First Responder), counselling, health history taking, safety and health promotion, teaching and infection control. She spent many years as an Occupational Health Nurse in corporations, food production companies and hospitals. All of her skills benefit the Keep Well program. Her involvement has helped her have a chance to meet many people who have led interesting lives. Being a warm, welcoming person, she enjoys encouraging people that she meets to come out and try the Keep Well Program to see if it is of benefit to them. Roberta claims a huge draw is Andy's Exercise class (and his special music) and the warmth and listening skills of the Volunteers. Roberta wants you to know she is always on the lookout for prospective volunteers, as she is currently Coordinator at Silver Harbour and Kiwanis Lynn Manor, but remains a go-to person and a resource for any information about Keep Well or health matters.







## Diane Pegoraro

Diane, a resident of the North Shore for 50 years, learned about the Keep Well Program accidentally when canvassing for

another charity. She introduced herself to Varick Ernst in 1997 and her involvement began. She had not previously known about the Program and noticed how much pleasure it brought people. She brought her mother out to attend at Libby Lodge. She was soon asked to join as a Board Member, being elected in 2000, starting as Secretary where she delivered the minutes and agendas by hand to the members of the Board. She became a partner with Roberta Tottle, doing the Administration. Diane claims it was the nicest job she would ever want, not like work, she enjoyed everything about it. She made a point of attending every site. Her experience with Keep Well and Senior participants has really helped her in her life because her mother ended up with dementia and now Pat, her partner for 20 years, has Lewy Body Dementia. She feels it has made her a much more understanding and patient person to have had the Keep Well knowledge and especially the background information of what is available for community resources. The best part of her experience was meeting all the people, talking to them, helping to solve problems and steer them in the right direction for help. Her message to others is: "You don't have to attend every session, just try to start going and you will meet people, make friends and benefit from the health aspect of it through exercise and socialization".



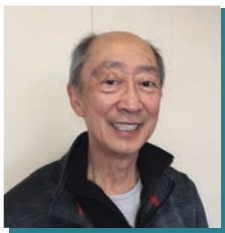
North Shore Keep Well participated at West Vancouver Recreation Centre for Health Day Event on May 10th, 2017. Blood pressures were taken and brochures with information were given out to those in attendance.

**Quiz answer:** The picture is of a propeller from the deep sea tug "Samarinda" cast in five thousand pounds of bronze indicating pitch of the bases required for heavy towing. The location is at Horseshoe Bay in the park across from Troll's Restaurant.

### 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.

## ONE OF OUR PARTICIPANTS!



### Eugene Quan

I am one of the regular Thursday morning group of Keep Well at the West Vancouver Seniors' Activity

Centre. When I am there, I can't think of another place I would rather be.

My family and parents originated from the southern part of China and settled in B. C. just over a hundred years ago. We moved to West Vancouver in the 1940s. After I attended UBC and became employed in the financial services sector, we moved to West Vancouver in 1973. My wife, Sharon, is a third generation Vancouverite. She and I raised our two boys here and have participated in many community activities; team sports, school activities, community service and civic organizations.

I learned about the Keep Well Program from George and Brigit Cook who invited me to get my Blood Pressure checked. That led me to discover several friends and acquaintances who were also members and became a time to rediscover many former social contacts and enabled me to catch up with them. Rain or shine, the warmth and support from Keep Well friends and the volunteers extends to everyone. This essence gives me energy and life, in more ways than I would have originally thought. I always find a friendly welcome and an opportunity to chat with other members. What a group of accomplished

interesting people! It is humbling to learn of the varied lives that each of us has journeyed. The common goal of health matters and exercise encourages and provides a bond with all involved in this remarkable Community group.

I discovered that the volunteers are also something else. Besides enjoying the experienced skills of Margaret Charles (and her volunteer granddaughter) when introducing me to foot massage, the Blood Pressure volunteers are fearsome. Why do I say that? I had noticed some shortness of breath and once, while I was getting my blood pressure taken, I felt faint. The volunteer, a person I had only known as a friendly, hospitable mother from my children's school era, suddenly changed to a no-nonsense, take-charge health professional. She quickly got me an ambulance ride to St. Paul's Hospital where I received immediate, prompt medical attention. I had never thought about that side of her and quickly appreciated that most of the volunteers are retired, former health professionals. Other services offered include shoulder and hand massages. I have enjoyed regular Swedish massages and had my first massage experience with the Shiatsu system. These services are popular and are rightfully rationed. Keep Well has been a great place to spend meaningful health time with friendly and warm people.

**Now you know why I can't think of a better place to be on Thursday mornings!**

**Thank you to all of our wonderful and faithful participants and members** at North Shore Keep Well Programs. Without your participation they would not be as much fun. We look forward to seeing you at any of our seven Sites across the North Shore. Keep Coming, bring friends and make new friends. We are testing a new North Vancouver Site for June. If all goes well we will continue in September. Contact the office for more information.

## KEEP WELL WANTS TO THANK:

**Everyone** who so kindly provided their time and information for individual write-ups. Some were self-submitted, most were face-to-face interviews.

**Elise Shepherd and Roberta Tottle** were key resources. There are other long term volunteers that might not be in this issue, but please let us know so they can be added to our stories.

**Nicola Skrepnik and Anne S** for some of the photos at the Keep Well Locations and special activity events.

**Elise Shepherd** for supplying the photos that we did not have and for supplying records and details of Keep Well.

**Lillian Gorrie** who has spent many hours this past year recording Board Meeting minutes.



## ANNOUNCEMENT

Year end parties are coming up towards the end of June. Contact your coordinators for times and dates.

Check also regarding some summer site closures. September start-up for all sites is September 5th, just after the holiday weekend.



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](http://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.



## 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](http://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.





## Thank-you to Our Funders



## Sign Up Forms

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### 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](http://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.