

Keep Well Celebrates Our 30th Anniversary!



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 eight 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.

Officers and Directors

Ted Stokes – President	
Dr. Robert Clarke – Vice President	
Laura DeGrave – Treasurer	
Lillian Gorrie – Secretary	
Dorothy Brown	Carole Kellough
Deanna Charlton	Peggy Mathieson
Susan Clarke	Georgette Torry
Libby Kelley	Tom Walker
Cheryl Cowan	

Committees

Budget and Finance	Health
- Fundraising	Nominations
Communications	Personnel
Governance	
- Data Collection and Statistics	

Keep Well Staff

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

Editorial Committee

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

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PRESIDENT'S REPORT

Welcome to Keep Well's 2017 fall newsletter.

I hope you have enjoyed our nice summer and early fall weather. We can now enjoy all the lovely autumn colours.

We have just completed our 30th Anniversary Keep Well Week that was a great success. All the sites celebrated parties complete with cake, balloons and prizes. Most sites had exceptional speakers focusing on health and fitness.

The demonstration class held at Capilano Mall was well received with over 115 members taking part all wearing the new blue t shirts with our new logo shown on the front. The crowd enjoyed the exercises, prizes as well as cake & coffee. Dorothy Brown arranged for everyone present to receive a chocolate bar with the Keep Well logo shown on it. Elise Shepherd and her committee created a lovely hard cover book of memories and pictures showing Keep Well over the past 30 years.

Each site will have a copy so that you can all enjoy the history of Keep Well.

Stuart Spani and his group created a video showing all our 8 sites with action shots of our participants. Each site has a copy of this video as well.

I would be remiss if I did not thank all our site coordinators and their volunteers for the great cooperation we received during Keep Well Week. Special thanks to Andy Demeule and the events committee for their efforts in making our 30th Anniversary a success.

We held our Annual Membership drive the weeks of October 16th and 23rd with good response from all sites. Members are invited to attend and vote at our AGM.

Your Board of Directors is busy working on a number of projects that will be rolled out over the next couple of months.

Ted Stokes, President



Reminder of Location change: Please remember that the Keep Well Program has moved to the New Delbrook Recreation Centre from the Old Delbrook site. The address is 851 West Queens Road, North Vancouver and time remains from 11am to 1 pm. The facility has elevators from the underground parking.

New Site Confirmation:

North Shore Keep Well will be continuing with the site that was started in June at:

St John The Evangelist Anglican Church,
220 West 8th Street North Vancouver V7M 1N1

11:00 - 11:30 Hands-on

11:30 - 12:30 Mild Exercise

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

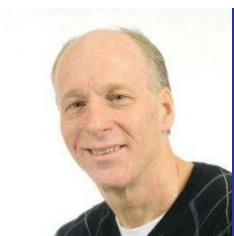
Please Welcome Our New Board Members

Keep Well maintains a board of competent hard working members who meet once a month at regular monthly Board Meetings. Most members volunteer for a Committee to help out either within their expertise or just to help out where they can. All Committees have a Chairperson to facilitate the process and help report regularly back to the Board. The North Shore Keep Well Society welcomes our three new Board Members:



Carole Kellough

Carole was born in Guyana, South America, and moved to Canada to attend McGill University for a degree in Mathematics and Business. After teaching mathematics at post-secondary institutions in Calgary and Vancouver, she moved to the B.C. Telus Company as a Commodity Tax Director. She has lived on the North Shore for over 20 years. Carole, committed to exercising and maintaining a healthy lifestyle, is very interested in the latest principles and findings regarding living a healthy life that is emotionally and intellectually fulfilling as one ages. She tries to incorporate these principles into her own life and is eager to share the findings with a wider audience. Carole is very curious about why some people seem to age better than others, maintaining their health, a zest for life, an interest in the world and outside connections. She believes in encouraging the ability of seniors to stay in their own homes as long as possible. The Keep Well Platform promotes this factor by providing opportunities for exercise, social contact and mental stimulation. Carole would like to do as much as she can to help Keep Well achieve its goals.



Tom Walker

For over thirty years, Tom has fostered leadership development, organizational capacity and integration in sport, recreation, education, health and social services on the North Shore and across BC. Active as a swimmer, jogger and cross-country skier, Tom spends a lot of the fair-weather months in long-distance bicycle touring. Needless to say, Tom gets around town mostly on his bike ("what traffic congestion?"). Retired from municipal recreation, Tom now coaches swimming, and conducts courses for sport and recreation leaders. Tom devotes his volunteer time to his church, the North Shore Safety Council, North Shore Fruit Tree Project, the Community Housing Action Committee, and, most recently, Keep Well - that is, when he's not playing with his six grandchildren! Tom holds a Bachelor's degree in Physical Education from UBC and a Master's degree in Urban Studies from SFU. Tom has lived on the North Shore for all his life. He was a fitness Coordinator for several years through the NVRC. He now would say to anyone curious about joining the Keep Well Program, in addition to fitness, "The hardest step is entering the door. The social aspect is part of belonging, a feeling that everyone needs."



Lillian Gorrie

Lillian moved from Regina to the North Shore in 1995. She has been a secretary in many different areas all of her life, including being an Assistant to a member of the Legislature. She has been a volunteer facilitator for Grief Counselling through a community development program. After retiring from work at the City of North Vancouver and Social Planning, where she also was part of the Advisory and Heritage Committees, she learned about Keep Well from a friend who was doing a Health Program and continues to personally attend two or three times a week. She enjoys the continual learning about good health and how to remain healthy as we age. Lillian encourages anyone who is concerned about stiffness in joints or difficulty moving to attend because it keeps your joints and muscles moving and stretching. Another benefit she has found is meeting new people and socializing with others. Lillian has been very much appreciated as a volunteer secretary to the Keep Well Board, and as of June 2017, is now an official Board Member. Lillian does a wonderful job as our secretary.

North Shore Keep Well held a Volunteers' Appreciation Function at Silver Harbour on June 21st, 2017.

Almost 100 volunteers attended and enjoyed renewing acquaintances with old and new friends.

Congratulations to all our Volunteers and thanks for the dedication, hard work and time you put in. All the Volunteers enjoyed the lunch and the speakers. Each volunteer went home with a potted rose.

The North Shore Keep Well followed the Volunteer function with their annual AGM at the same location.

New Board members were elected and over 25 members in attendance were updated on what has been happening at Keep Well for this past year.

Retiring Board members were thanked for all their time and input over the past year(s).



Do you know where this is?
(Answer on page 6)

Just for Laughs

Fishing For Whiskey

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."

North Shore Keep Well Celebrates Our 30th Anniversary !!!!

As President Ted Stokes has mentioned, Keep Well held an Official 30th Anniversary Celebration at Capilano Mall on September 13th, 2017.

Over 115 people attended the public exercise session with Andy Demeule between the entrance to Walmart and Starbucks. Gifts were handed out and a beautiful delicious cake was served.

Several people who were walking by joined in with the program. "Joining in" is what Keep Well hopes everyone will do. Don't walk by, come and join in!

The event was enjoyed by all, including one of our Founders, Mary Turland, and Alan, Sheila Jones' husband.

Thank you to all those who attended and celebrated with us.

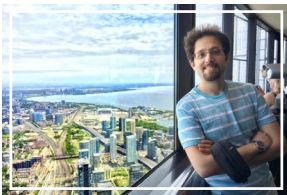


Quiz answer:

The Village Clock is located in Edgemont Village in North Vancouver at the Delany's corner of Highland and Edgemont. (3099 Edgemont Boulevard).

Two of our Valued Professional Volunteers

Two volunteers at Silver Harbour, that we really appreciate giving their time, are Pooria Ghadiri and Nazila Hassanabadi, a married couple from Iran. Both are physicians in their homeland and are volunteering their skills within the Keep Well Society while they obtain Canadian Certification as Physicians. They spend time studying for difficult examinations in a new language and country while also helping out in their community. Pooria became a landed immigrant and moved permanently to Canada in 2014. Nazila joined him one year later and they took up residency in North Vancouver. They have been on the North Shore since 2015. Pooria and Nazila were looking for volunteer positions to become integrated into the community. They became connected with Silver Harbour and its manager Annwen, who in turn introduced them to the Keep Well website. As a result, they became volunteers for the program each week at Silver Harbour and display a sincere interest in keeping seniors active. Having a great deal of medical knowledge about various health issues, they are applying what they know to communicate the importance of exercise and interaction with others in the lives of seniors. Through their own interaction with the members, both of them are learning about Canadian culture, and Keep Well members are learning about theirs. They very much enjoy Keep Well for the interaction with people, the exercises, (of particular note, the music used during the class), the relaxation, and getting away from the hustle and bustle of outside life. They would love to reach more seniors to encourage them to participate in the program. Please welcome them when you see them. Our thanks to both for volunteering your time and expertise. In addition, a sincere welcome to the North Shore Keep Well Society!



Tip:

An idea for anyone who takes their blood pressure unit for travelling or for just handy storage, try obtaining a child's lunch bag to zip it into. Plus it is kind of cute!



The North Shore Keep Well Exercise and Hands-On Program at the Old Delbrook site has officially moved to the New Delbrook Community Recreation Centre on Queens Avenue in North Vancouver. The facility has had rave reviews about the multi amenities included in the new venue. There is plenty of parking and elevators are accessible from the covered underground parking lot.



We are delighted that we have been able to transfer the Program to this new site. Please allow time to enjoy touring the site after or before the Keep Well times. Scheduled time remains the same. Our Keep Well Office will remain at its current location at the Old Delbrook site.

Please check with your site coordinators for Christmas parties, closures and start-up times in January 2018. Be extra cautious walking as days get colder.

It is time for Flu Shots!

None of us want to be laid low with the flu, making us ill and keeping us at home or putting our lives in danger. Seniors over 65 are most vulnerable and **the flu shot is free** for Seniors 65 and older, available at your doctor's office or at pharmacies, etc. Margaret Coates has written a great article on the flu and its effects in the North Shore News, October 22nd, 2017, page A15.

[Go to the North Shore news website and search "A flu shot can help you enjoy the season"].

Some of the things she mentions are the same things that are referred to with immunization vaccines. If you are vaccinated, you have less chance of getting it or spreading it to others around you. Besides Seniors, anyone who lives or works with seniors, children or has a chronic medical condition is advised to have it. Some symptoms of the flu are expected to be things like fever, fatigue, chills, cough, runny eyes, stuffy nose, sore throat, headache and muscle aches. This can lead to pneumonia and hospitalization. Always check with your doctor before getting the flu shot.

Help protect yourself and others.

Notice to all, not just Seniors:

Some websites have had pop-ups when you are ordering on-line that invite you to obtain something free with the order you have completed. Do NOT click on the invitation. Somehow it is connected to a site that retains your credit card info and continues to charge you each month for something you thought was free and have not ordered. Police are aware of it but so far are unable to trace anything without a return contact address, etc. Contact the police if this has happened or happens to you.

Keep Well wants to thank:

Jillian Gorrie for volunteering her time to take minutes at our Board meetings (and now accepting a position on our Board as secretary).

Elise Shepherd and her group for the tremendous amount of work they did in compiling a wonderful Memories Book about the North Shore Keep Well Society. It will be available shortly at each site to view.

Elise Shepherd and her husband, **Stan**, for providing some of the photos in this issue.

Our Community Centres and locations that provide the space for the eight programs across the North Shore. All of our Seniors really appreciate having the opportunity to exercise at the facilities.

Please be aware that Keep Well takes lots of pictures. If you wish to not be in the photographs please remove yourself to a location where you will not be included in the photos.

Recipes

Salmon Soufflé

An Easy Nutritious Salmon Recipe
Submitted by Susan Clarke

Serves 4 for lunch with a salad (2-3 for dinner).

1 can salmon (Skinned and boned)

3 Tablespoons flour

4 eggs, separated

4 Tablespoons Butter

Fine bread crumbs to butter and dust casserole dish.

Drain salmon juice into measuring cup and fill with milk to 1 cup.

Melt butter and add flour. Add liquid and cook until thick.

Beat yolks and add to sauce. Beat whites and whisk into sauce.

Pour into prepared dish (buttered and bread crumbs)

Bake at 350 degrees for 35 minutes or until golden.



Chicken Breast Baked

Submitted by Cheryl Cowan

Baked Serves 2

2 boneless, skinless chicken breasts

1/2 lemon, juiced

Season salt (or salt-free seasoning)

Chopped parsley for garnish.

Rinse 2 chicken breasts in cold water and pat dry.

Place in small oven safe baking dish.

Sprinkle lemon juice over chicken breasts.

Sprinkle breasts with season salt (or salt free spice mix)

Bake at 350 degree approximately 15-20 minutes or until juice runs clear.

(Brining the breasts for 1-2 hours prior makes the chicken very moist but be cautioned about a possible increase in salt intake.)

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 (New One)

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

St John Evangelist Anglican Church

Tuesday 11:00 to 12:30

West Vancouver Kiwanis

Tuesday 11:00 - 12:30

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

Corrections from previous issue:

Eugene Quan: should have been Birgit Cook (not Bridgit).
Pat Turner: should have been 1991 (not 1987)
Robert Morrow: should have been 1988 (not 1973).

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

www.keepwellsociety.ca

Or call 604 988 7115 ext. 27

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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.
- 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



12 Sign Up Forms

Volume 25 – Fall/Winter 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.