

## Putting Spring Back into our Steps...



## 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

Libby Kelley

Susan Clarke

Georgette Torry

Cheryl Cowan

Marsha Unheim

Wendy Kefoury

Tom Walker

## 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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**parc**  
retirement  
living

## PRESIDENT'S REPORT

Welcome to Keep Well's Spring Newsletter. I am sure you are all looking forward to a few weeks of sun after several months of solid rain.

After a busy year of celebrating our very successful 30th Anniversary, your Board of Directors continues to promote our program in a number of ways.

Carole Kellough, a Board member, has been busy making educational presentations at all sites on the topics of "Brain Health" and "Fall Prevention". These have been very well received and we thank Carole for all the effort she has put into this project.

Laura DeGrave's Finance Committee has set up a Keep Well Legacy Fund with The West Vancouver Community Foundation. See more to follow.

Libby Kelley's Governance Committee has been working with our insurers to create a North Shore Keep Well Society policy regarding abuse. This is now mandatory to keep our liability insurance intact. This policy means that all board members and volunteers will have to fill out a form which will be kept on file at our office. Further details will be explained at our sites over the next number of weeks.

Peggy Mathieson has decided to step down from the Board to accept the task of Site Coordinator for our new site at St John's Anglican Church. Thank you, Peggy, for all your hard work during your time on our board and for accepting this new challenge.

The annual Christmas Parties, at sites during the last part of December, were enjoyed by all despite some inclement weather, (although some had to be cancelled for safety reasons due to snow). We want to thank all the site coordinators and their volunteers for making these parties so enjoyable.

Your board is currently working on projects that should be completed during the next few months. For example, we are in the process of moving all of our financial services in house (out-sourced in the past) and upgrading our website to make it more user friendly for Seniors like us!

Hope you all have a safe and happy spring.

**Ted Stokes, President**



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



## Please Welcome Our New Board Members

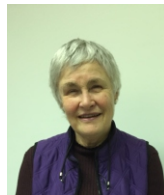
The North Shore Keep Well Society maintains a Volunteer Board of hard working individuals. In addition to monthly Board meetings, members help out by chairing a committee, providing assistance where needed or attending events. The Society appreciates all their hard work and commitment. We welcome our two new Board Members!

### Wendy Kefoury



An original Vancouverite, Wendy has lived on the North Shore for five years and learned about the Keep Well Program from a participant. She has exercised all her life and has participated in many sports and exercise programs throughout her life. She strongly believes in the many health benefits of exercising. Wendy brings a history of being a teacher who has taught Physical Education in schools and majored in Physical Education at University. She also brings experience as a Board member after being a Board member on a Yacht Club and remains a current Board member of a Lawn Bowl Club. She joined Keep Well at the Parkgate Site approximately five years ago and has found the program to be very welcoming to newcomers. Wendy continues to enjoy the exercise, the instructor and the social aspect where you meet new friends. Wendy invites every senior to come out and give it a try. From her personal experience she relates, "You have nothing to lose".

### Marsha Unheim



After being raised in the Eastern Townships of Quebec, Marsha moved to Vancouver (1973) and to the North Shore in 1980. Her experience includes being in managerial head nurse positions in both Montreal and New Westminster (plus occupational health). She also has previous Board experience with the Norwegian House Society at the Scandinavian Cultural centre in Burnaby.

Marsha said she has finally admitted that she is a Senior Citizen and is finding a great deal of accessible support, comfort and new adventures that are available for Seniors. She also enjoys meeting people closer to her own age. After attending much more vigorous exercise classes in the community, a friend recommended the Keep Well program and she joined at the Parkgate Site. Marsha learned that Andy leads an exercise program that guides participants to move every joint in their bodies and one that does not get you down on the floor or have you use heavy weights.

Marsha looks forward to learning more about the Keep Well Program and learning about the resources and outreach that Keep Well has maintained.

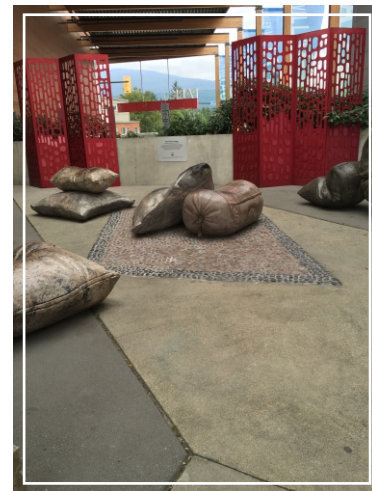
## North Shore Keep Well Society announces opening of a Legacy Fund!

North Shore Keep Well has officially opened a Legacy Fund through the West Vancouver Foundation Investment Program. After assessing other options, we have committed the Fund through this Foundation because it will provide a better investment return for our funds than other venues, with interest accruing. Keep Well is able to fully access the funds if we need to. We are pleased to announce that the Legacy Fund was initiated by an amount generously donated to the North Shore Keep Well Society from the Estate of Liesl Strolz, a long time participant of Keep Well Programs. We are very excited to have this Fund officially up and running. All future Legacy donations will be put into this fund for the support of our programs. We also hope you will consider donating to the fund in any way you wish. If you wish to inquire further about the Fund or wish to donate, please contact our office at 604-988-7115 ext. 27 or send an email to [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net). Our coordinator will provide details.

### Just for Laughs

Sign outside a local wine and spirits store read:

"Warning: Imbibing in the products on our shelves may make you think you can sing really well!"



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

### Keep Well wants to thank:

**Joanne Waddington** - for filling in as Coordinator when our hard working coordinator, **Lise Pitt** took a holiday break at the end of a very busy year.

**The Family of Liesl Strolz** for facilitating the Estate bequeath that enabled our North Shore Keep Well Society to set up a Legacy fund.

**Rebecca Cheng** and other volunteers for submitting photos of some Christmas celebration events. Photos are very much appreciated.

**Our Community Centres and Locations** that provide a space and time for our eight programs. .

### Seniors Staying Safe

Your local Fire Department has a Smoke Alarm Program that you can access to arrange installation of a working fire alarm or replacement of batteries for an existing one. (Unfortunately they no longer change light bulbs.)

The service is **FREE** for seniors in single dwellings or apartments without a building manager.

**City of North Vancouver** 604 904 5211

**District of North Vancouver** 604 980 7575

**West Vancouver** 604 925 7370  
(ask for Fire Prevention)

## Welcome To Our New Site!

Keep Well has a new site at St John's Anglican Church, 220 West 8th Street, North Vancouver. The Site opened on a trial basis in the late spring and we confirm that it will remain functioning. Peggy Mathieson has kindly volunteered as coordinator of the Site. She is efficiently assisted by Wally Becker (who also volunteers at Kiwanis Lynn Valley). The entrance is off 8th Street at side-walk level to a large bright room with chairs, bathroom and kitchen facilities (all on the same floor) which is great for everyone. At the current time, blood pressures are available every first Tuesday of the month but that will gradually be increased. On Tuesday mornings the doors open at 11:00 am for Blood Pressures and Exercise is at 11:30 am - 12:30 pm led by Christine Colbow with music that will make you want to dance and participate. It is rumoured that they will be having social gatherings often, all Seniors are welcome, so come out and give it a try!



### Quiz answer:

*The photo is of "The Living Lounge", nine granite Pillow sculptures, and is located on the North Side of Lynn Valley Mall in the Lynn Valley Centre.*

# Health

## Do you know the Signs of a Stroke?

A common concern as we age is that it potentially increases our risk of us or our friends having a stroke. The Canadian Heart and Stroke Foundation has information on what to watch for in ourselves or others. They say: **ACT FAST!** When you have a stroke, your brain isn't getting the blood it needs. Treatment is needed right away to lower your chances of brain damage, disability, or even death.

**Signs of a Stroke - ACT "FAST"!**

### LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A**RM can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

© Heart And Stroke Foundation of Canada, 2014

*Use the **FAST** test to check for the most common symptoms of a stroke in yourself or someone else.*

**Face:** Smile and see if one side of the face droops.

**Arms:** Raise both arms. Does one arm drop down?

**Speech:** Say a short phrase and check for slurred or strange speech.

**Time:** If the answer to any of these is yes, call 911 right away!

**Write down the time when symptoms started. Minutes matter in treating stroke.**

Calling a doctor or driving to the hospital yourself wastes time.

Ambulance workers can judge your situation sooner, which boosts your chance of getting the treatment you need as soon as possible.



### ***Some other warnings of Stroke are:***

- **Numbness or weakness** in your face, arm, or leg, especially on one side
- **Confusion** or trouble understanding other people
- **Difficulty speaking**
- **Trouble seeing** with one or both eyes
- **Problems walking**, staying balanced and/or coordinated
- **Dizziness**
- **Severe headache** that comes on for no reason

## **What you can do:**

### ***Everyday choices to lower your risk:***

- **Be more active** - aim for 30 minutes or more of physical activity (in 10 minute bouts or more) most days of the week: brisk walking or taking the stairs instead of escalator.
- **Make healthy food choices** – eat more fruits, vegetables and whole grains, homemade meals using whole, natural foods. Limit processed food (like canned soup, cold cuts, frozen meals).
- **Manage stress** - understand what causes your stress. Can you reduce or eliminate your stressors? Do things that relax you, like listening to music. Include your mental health in a discussion with your doctor.
- **Limit the alcohol you drink.**
- **Quit smoking** - one of the best things you can do to lower your risk. Quitting is hard. Ask for help - call 1-866-366-3667.

***By changing your lifestyle habits, you are reducing your risk of TIA and stroke.***  
<http://www.heartandstroke.ca/stroke>

A “TIA” (Transient Ischemic Attack) happens when blood to part of your brain is blocked or reduced, most often by a blood clot or plaque. A TIA is often called a mini-stroke. When the blood flows again, the symptoms go. With a stroke, the blood remains blocked and the brain cells can be damaged. It is also important to tell your doctor if you think you have had a TIA.



## Celebrating Christmas Parties at the Sites!



## Recipe Ideas for you...

### Universal Seasoning, A Salt Free Seasoning

**Submitted by Jean Lisle**

**Note the use of garlic and onion powder instead of garlic or onion salt.**

1 Tbsp (15 ml) dried mustard  
1 Tbsp (15 ml) paprika  
1 Tbsp (15 ml) garlic powder  
1 Tbsp (15 ml) onion powder  
1 1/2 tsp (7 ml) black pepper  
1 tsp (7 ml) basil  
1 tsp (7 ml) thyme  
Mix ingredients in a small bowl or cup. Store in salt or pepper shaker.

Thanks to Dietician Services at HealthLink BC. .

If you like it more spicy you could try to add other ingredients (see beside).

### Spicy No Salt Seasoning

1½ tsp (7 ml) cayenne pepper  
3 Tbs (45 ml) garlic powder  
1 Tbs (7 ml) onion powder  
1 Tbs (7 ml) black pepper  
1 Tbs (7 ml) basil  
1 Tbs (7 ml) parsley  
1 Tbs (7 ml) marjoram  
1 Tbs (7 ml) thyme  
1 Tbs (7 ml) sage  
1 Tbs (7 ml) savory  
Dried zest of 1 small lemon (dried in low oven and pulverize).

You can adjust the flavours according to your taste.

## Make your plans with good information

The Vancouver Coastal Health (VCH) is holding two workshops on Advance Care Planning at the Hope Centre, 1337 St Andrews Avenue, North Vancouver, on March 6 (6:30 pm to 8 pm) and April 4 (10 am - 11:30) Registration is requested. Call 604 714 3779 or contact [ce@vch.ca](mailto:ce@vch.ca) for more information or to hold a spot. The Workshop will include a copy of My Voice Advance Care Planning Guide. VCH has very informative workshops for everyone on many different subjects of value to all.

Check your local Community Recreation or Senior Centres for programs like Dancing with Parkinson's, Stroke Recovery, Caregiver Groups or other information. You can learn helpful ideas or just meet others in similar circumstances and know that you are not alone. There are many resources available, especially for Seniors in your local Community. And, of course, come out to Keep Well!

Our Keep Well Society was saddened to learn of the sudden passing of Klaus Teufel on January 12th, 2018. Klaus was a long time participant and volunteer at several sites. Klaus was honoured with a High Mass at Holy Trinity Catholic Church because of everything he had done for the Church. He will be missed by all.

## 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.

Keep Well aspires to run programs across the North Shore. 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

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

## 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

### West Vancouver Kiwanis

*Tuesday @ 11:15 - 12:15, Mild Exercise*  
10:00-11:15 Hands-On and Social.

### St John's Anglican Church

*Tuesday @ 11:00 - 12:30, Mild Exercise*  
11:30-12:30 Hands-On 11:00-11:30.

### 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.

### Brain Teaser

What goes up and never comes down?  
(Your age!)



## Thank You to Our Funders



## Sign Up Forms

### 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 12 of this newsletter.

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