

Celebrating Over 30 Years!

Volume 27 - Summer 2018

Warming up for Summer...



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

Doug Muir

Cheryl Cowan

Georgette Torry

Wendy Kefoury

Marsha Unheim

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

Produced By

Minuteman Press DT Vancouver

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POSSIBLE WITH FUNDING FROM

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retirement
living

PRESIDENT'S REPORT

Welcome to our Keep Well Summer Newsletter. Let's make this the best summer we can for our eight Keep Well locations. Our site coordinators have been doing a great job of bringing in new members as our latest report from our Statistics Committee shows. We are now averaging 273 weekly participants compared to the 251 that were recorded over the past 2 years. To the best of my knowledge, this is the highest number recorded during my time with Keep Well. Many thanks to our dedicated site coordinators!

The Health Committee just held a massage training workshop with 14 participants taking part. This means more hand, shoulder and foot massages at our sites. Great to see this type of co-operation.

We will be moving our Program Coordinator's office from Delbrook to a new location on Capilano Road next year. This will likely mean expenditures for new office furniture and equipment, plus moving costs. Our Fund Raising committee will be searching for extra grants and funds to help us cover this. We have also created a new committee to coordinate the move. I'm sure Lise is looking forward to a brighter new office. We look forward to our

Annual Keep Well Volunteers' Tea that will be held at Silver Harbour on June 20 at 2:00 pm. This is always a very special event to honour our many volunteers who really deserve it.

On a rather sad note, we will be losing four long-term Board Members who have added to much to making this society what it is today. Libby Kelley, our trusted lawyer and past President, Deanna Charlton, our hard working past Treasurer, Georgette Torry, our Governance Chairman, and Dorothy Brown, a hard working member of numerous committees. All of these ladies deserve a huge THANK YOU for all they have done for our organization. We are sorry to see them go but they deserve time off after many years of volunteer service. We wish them all the best in the future.



Ted Stokes
President

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

Please Welcome Our New Board Member

The North Shore Keep Well 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 a new Board Member!

Doug Muir



The North Shore Keep Well announces that Doug Muir has been appointed to the Keep Well Board. Doug was born in Nanaimo and attended University of Victoria, achieving majors in Mathematics, Geology and Geomorphology. He followed that by tech school to become a telecommunications technician. After being hired, and a very brief training, he was sent to Ft. Nelson. He claims it was a learning experience living at the 300 mile mark of the Alaskan highway. Relocating to Chetwynd, followed by Prince George, he moved to North Vancouver in 1999. Doug, then employed by an International company, experienced life out of a suitcase, travelling coast-to-coast supervising multi technicians and managers for many years. Fortunately for the North Shore Keep Well, he retired from his lifestyle of flying across Canada and pursued his passion and talents as a guitar player and singer. He currently volunteers at Care Centres where he brings laughter, joy and good times to folks with dementia and other handicaps. He remarks that he truly loves doing this. He also is a member of the Parkgate singers ("lots of fun") and volunteers for some Churches at special events. Doug has attended the Parkgate Keep Well as a participant for many years. He looks forward to helping the Keep Well Society continue the good work, providing services for Seniors in our community. We welcome Doug look forward to working with him.

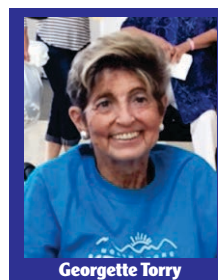
To Our Long Term Retiring Board Members



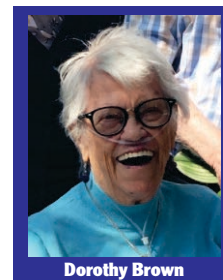
Libby Kelley



Deanna Charlton



Georgette Torry



Dorothy Brown

A huge **THANK YOU** and best wishes for your future endeavours! Thanks for all the time, effort and expertise you have voluntarily given for the many years you have been with the North Shore Keep Well and on the Board of the North Shore Keep Well Society. Your dedication has been really valued. We hope you will continue to drop in to see us or participate at our Sites. We would all welcome that!

Keep Well Goes Coast-to-Coast!

One of our retired board members, Elinor Ames, forwarded a message to the North Shore Keep Well Society from her friend in Antigonish, Nova Scotia. The North Shore Keep Well Society was delighted to follow-up contact with her friend, Ann Bigelow. She was interested in obtaining information on how to start-up and run a Keep Well program in



Antigonish. Lise Pitt provided as much information as she could and their Antigonish Keep Well Program started up this year on April 6, 2018. Ann began by recruiting friends and canvassing the community for interest; contacting organizations for some help financially; spreading the word and in a very short time they were ready to start. They put up posters around the town and also counted on word of mouth to announce the opening and sign up date. They expected to register around 30 participants.

The group was delighted with the turnout — over 44 are now registered and they have a wait list of 21. Their two hour program consists of weekly sessions that includes one hour of exercise and one hour of “wellness programming”. Their exercise program ended up with people of varying fitness levels so they incorporated an exercise program with chair-yoga added. Their Wellness program varies weekly and will include nutrition talks, mindfulness exercises, and other topics of interest and benefit to Seniors. The photo above shows the group watching a video presentation with a topic of Developments in Aging. They are also trying to have hand-outs for participants with current information about community events and activities around town.

Congratulations to all involved. We are delighted, honoured and wish them well in their new venture - Keeping Seniors fit and active!

Sharing News with You



Elise and Stan Shepherd were recently featured in the North Shore News. The topic was couples volunteering and they certainly fit the profile. Elise has been a very long term volunteer for North Shore Keep Well, back when everyone had to fill in on spots that were needed. Elise at one time was the Exercise leader, taking qualification programs to do that.

She continues to volunteer at North Shore Neighbourhood House and you can see her at most of the special events that Keep Well puts on. At her right hand is Stan, her husband, who is a volunteer at the West Vancouver Senior Centre. He is also often right by her side

for the events that Elise attends, filling in where needed. Although he is not an "official" Keep Well volunteer we know that we can call on him if he is needed.

Both Elise and Stan Shepherd are very competent, helpful and informative. If you missed the article, or wish to read it, go to the North Shore News website and type in Elise Shepherd, or go to <http://www.nsnews.com/community/1.23266982>. The photo was taken by the North Shore News.



Keep Well Memories

Lise Pitt, our coordinator, presents Mary Turland, one of the Founders of the North Shore Keep Well Society, with a copy of the Keep Well Memories Book. The book shows pictures of the Keep Well participants in the Keep Well program over the 30 Years, compiled by Elise and Stan Shepherd.

Announcements

North Shore Keep Well's Annual Volunteer Tea will be held on **June 20, 2018**, at 2:00 to 3:30 pm in the Silver Harbour Senior Activity Centre, 144 East 22nd Street, North Vancouver, BC. All Keep Well volunteers are invited to attend.

The **Annual General Meeting** will be held at 3:30 pm (same address as above) on **June 20, 2018** after the Tea. If you have a membership to the North Shore Keep Well Society, you are invited to attend and vote at the AGM.



We are very proud of Stanley Dzuba, who has won another metal! This time it was for the best time in his age group at the Vancouver Sun Run held on June 3 this year.

Congratulations, Stanley!

Keep up the good work!

The North Shore Keep Well Society Office will be changing locations, hopefully next June or July. Please check the Website for updates on location and opening date.



Do you know where this is?
(Answer on page 9)

Health

Heart Health

Did you know that Heart disease is the leading cause of premature death for women in Canada (dying before reaching their expected lifespan). 80% of deaths in Canada are caused by Heart Attack or Stroke. Symptoms of a heart attack should be taken seriously.

Signs of Heart Attack:

Chest discomfort at the central or left part of the chest. Pressure, squeezing, fullness or pain, burning or heaviness.

Sweating, Upper body discomfort, Neck, jaw, shoulder, arms, back.

Nausea, Shortness of breath, Light-headedness.

Women's Signs:

Women are more likely to feel a vague chest discomfort, and not a sharp pain or tightness. Yet the attack may be more severe than it is with men. Women are usually older when they have their first heart attack. Women who have a heart attack are more likely to die or suffer a second heart attack compared to men. Five times as many women die from heart disease as breast cancer.

The most common heart attack sign is chest pain or discomfort, however, women can experience a heart attack, for example, without chest pressure or severe pain.

Shortness of breath

Pressure or pain in the lower chest or upper abdomen.

Dizziness, lightheadedness or fainting, Upper back pressure.

Nausea, vomiting and/or extreme fatigue.

Mild chest pain (and sometimes only pain in the jaw, which might not seem related to your heart).

A Heart Attack Can Lead to Cardiac ARREST

If the heart stops pumping for any reason, blood is no longer getting to the brain, heart and vital organs. Death can occur within minutes.

Signs of Cardiac Arrest:

Sudden collapse

Unresponsive to touch and sound

Not breathing or is making gasping sounds

NOTICE

Saori Yamamoto, **Vancouver Coastal Health**, wants to let you know that they have booked one more **Advance Care Planning Workshop** on **May 29 from 10:30 am to 12 pm** at the Hope Centre at Lions Gate Hospital in North Vancouver. Those who attended the last one found it very informative. These are free workshops that help people start the conversation about Advance Care Planning. Contact 604-714 3779.

What you can do:

What To do If You See Someone Having a Heart Attack

1. Call 9-1-1 Or your local emergency number right away.
2. Yell for an AED (Automatic External Defibrillator) While you do CPR, someone else can fetch an AED if available. AED's are often in public places. The 9-1-1 operator might know where the nearest one is.
3. Start CPR. Push hard and fast in the centre of the chest
4. Don't be afraid of doing it wrong. Doing CPR - even if not perfect- gives the victim the best chance. You can't hurt. You can only help.

(Note: An AED is an Automatic External Defibrillator. AEDs are safe to use. There are no reports of AEDs harming bystanders or users. There are no reports of AEDs delivering inappropriate shocks. If someone is having sudden cardiac arrest, using an AED and giving CPR (cardiopulmonary resuscitation) can improve the person's chance of survival.)

What to do If you are Alone

1. Call 911. They can begin helping immediately to help save the heart muscle. - and on the way to the hospital.
2. Stop what you are doing and get to safe spot. If you are driving, pull over. If at home try to get to a REST position. Keep your phone handy. Make sure your door or apartment can be opened.
3. Take an aspirin (unless you are allergic)

Preventing Heart Attacks - What You Can Do

Almost 80% of heart attacks can be prevented.

- Becoming and remaining smoke free
- Achieving and maintaining a healthy body weight
- Being physically active for at least 150 minutes of moderate-to-vigorous intensity like Aerobic physical activity per week, in bouts of 10 minutes or more.
- Maintaining a healthy blood pressure through lifestyle changes (such as increased physical activity) and when needed through medication.

-Eating a healthy, balanced diet focused on whole foods with lots of vegetables and fruit, and cooking at home as often as possible.

-Using medications to reduce the risk of heart disease and stroke as prescribed by your healthcare provider. For example, medications for high blood pressure, high blood cholesterol and diabetes.

Note: Information obtained by the Canadian Heart and Stroke Website.

Announcements

Keep Well wants



Libby Kelley, Deanna Charlton, Georgette Torry and Dorothy Brown, four of our retiring board members.

The many **Volunteers** who have sent photos and have been there to keep the programs running well.

Our **Community Facilities** that provide the locations for our Sites.

Donors and Members who have generously donated funds for our Programs.

Our Keep Well Week will be held the week of September 17 - 21, 2018. Everyone is welcome to come out and join in. There will be sign up for Membership (\$5.00) at each Site throughout the week and a Community celebration at Capilano Mall on September 19, 2018. This is the day we all get together to demonstrate the exercises and Celebrate our North Shore Keep Well. Bring your friends to join in so they can experience what it is about! Seniors Staying Well together!

At our Keep Well Programs and Events, we take lots of pictures. If you do not wish to have your picture taken, please remove yourself from the view of the camera and/or notify the Coordinator of the Site.

Humour for you

Quiz Answer :

Grizzly, by Ken Clarke, stands quietly on the NE corner of 8th and Lonsdale, reminding of us of BC's outstanding wildlife.



Milk? Juice? Metamucil?



Notice seen in local Bakery shop

Recipe Ideas for you...

Brussel Sprout and Kale Salad

Submitted by Cheryl Cowan

2 TBSP fresh lemon juice

1 TBSP Dijon mustard

2 tsp. minced shallot

1 small garlic clove, grated

1/4 tsp salt

1/8 tsp ground black pepper

Combine first 6 ingredients in a small bowl.

Stir to blend; set aside to let flavours blend.

Then add the oil.

1/3 cup extra virgin olive oil

1 bunch of Baby Kale

(all centre stems discarded including on leaves)

Thinly slice leaves, then rinse well, let drain.

15 medium Brussel sprouts, trimmed, and slice very thinly.

1/3 cup almonds, toasted, coarsely chopped

1/2 cup finely grated Pecorino, Asiago, Parmesan or other hard cheese

Assembly for Salad:

1. Slowly whisk olive oil into lemon-juice mixture.

Season dressing to taste with salt and pepper. Mix thinly sliced kale and shredded Brussel sprouts in a large bowl.

2. Add dressing and grated cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds, (or cranberries, pine nuts, raisins, etc.)

Can use a large ziplock bag for the greens mix. This tastes good the next day too.



Make your plans with good information

Margaret Coates, Coordinator of Lionsview Seniors' Planning, has written a very informative article on Seniors Health. She talks about exercise, diet, eating alone and how to stay healthy as a senior. She has included many wonderful suggestions. We all make excuses about why we can't exercise or eat properly but her comments might help to overcome those "avoidance" feelings (and our excuses to get out of it). She includes several valuable connections for Senior's help The "Resolution" article was in the North Shore News and can be read by going to the following link: <http://www.nsnews.com/lifestyle/seniors/older-and-wiser-simple-resolutions-key-to-completing-new-year-s-goals-1.23134378> It is great information for any time of the year.

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 eight locations or to the Keep Well office;
- Online by credit card at CanadaHelps.org;
- If cheque is preferred, please make it payable to **North Shore Keep Well Society** and mail to 600 West Queens Road, North Vancouver, B.C. V7N 2L3.

Recognition

- 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

Grants and Foundations

- Vancouver Coastal Health
- Province of British Columbia
- City of North Vancouver
- District of North Vancouver
- District of West Vancouver
- North Shore Community Foundation
- West Vancouver Community Foundation

Private Sector

- Parc Retirement Living
- MAL's Alpha Iota Sorority

Service Clubs / Other

- Lynn Valley Lions Club
- Mount Seymour Lions Club
- North Shore Kiwanis Club
- Sophomist Int'l of North/West Vancouver

parc
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living

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.

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

Or call 604 988 7115 ext. 27

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
 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.