

**North Shore Keep Well Society**  
**Annual Report**  
**2017/2018 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

ST JOHN'S ANGLICAN CHURCH

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 year of the North Shore Keep Well Society.

However this was a very special year as we celebrated our 30th anniversary. It was busy the whole year with parties and functions at all eight sites. And especially exciting during the second week of September which was Keep Well Week where we held our demonstration day at Capilano Mall. We had over 100 participants all wearing their blue Keep Well T shirts showing our new logo. There was coffee and cake along with many prizes and giveaways. It was a fun time with many inquisitive visitors learning about our Keep Well program.

I want to offer special thanks to all our site coordinators, Lise Pitt and Andy Demeule who all put in many hours organizing to make this the best celebration we have ever held.

Over and above the celebrations your society achieved a lot this year. Our Finance Committee headed up by Laura Degrave successfully moved our financials in house so we don't have to rely on outside help to keep our records up to date. Our Communications Committee headed up by Cheryl Cowan updated our Web Site which was no easy job. And all the other committees were busy trying to make our organization one that is helpful and entertaining to all.

As usual we will have a number of Board Members that have decided to resign after many years of loyal service to our society. Fortunately new people have stepped forward to join us in keeping your board strong and well managed.

I want to thank all participants that continue to come to our eight sites as we are now showing the largest weekly participation numbers that we have on record.

Ted Stokes

President



# Coordinator's Report

*"Social isolation can put seniors at greater risk of death than factors such as obesity and physical inactivity. It can also make them vulnerable to elder abuse."* - Mariam Larson, gerontologist and Allies in Aging Backbone Lead.

Keep Well volunteers had the opportunity this year to participate in workshops offered by Allies in Aging. It is one of nine Pan-Canadian projects using collective impact to reduce seniors' social isolation. Social connection is a very important aspect of seniors' wellbeing. Many of our sites offer coffee after the exercises so that participants can stay and nurture friendships.

We celebrated the 30<sup>th</sup> anniversary of Keep Well in style with a new logo and new T-shirts that feature Keep Well prominently on the front. We had five speakers at different sites during Keep Well week. Many people attended and found the topics very informative. Two books were published to bring back Keep Well memories over the past 30 years. Elise Shepherd, Elinor Ames, Roberta Tottle, Nancy Millie and Stan Shepherd put together "Keep Well Memories 1987 – 2017" and Joanne Waddington also published a photo book. A video, which is available on the website was put together by Stuart Spani.

Keep Well received a legacy bequest, which we invested in an Agency Fund with West Vancouver Community Foundation. We hope to grow this fund in future, so that we can use the interest earned to keep running the programs at eight different sites on the North Shore.

A new site at St. John's Anglican Church is up and running on Tuesdays. Christine Colbow is the exercise instructor and Peggy Mathieson is the site coordinator.

In February we invited all our hardworking site coordinators to lunch. In spite of the snowy weather, we had a great turnout and hope to make this an annual event.

The Health committee organized a massage workshop for our volunteers. It was well attended and full of very practical information. Another one is planned for the fall.

Thank you to retiring board members Dorothy Brown, Deanna Charlton and Libby Kelley for their tireless volunteer work. It is with sadness that we learnt of Georgette Torry's passing. She was a valuable and hardworking board member who will be missed.

I enjoy working with the Board of Directors and meeting with all our wonderful volunteers and participants at all eight sites. Thank you to all the dedicated volunteers who make Keep Well a vibrant and strong society.

Lise Pitt

Coordinator

# History and Introduction of Keep Well

## PIONEER KEEP WELL VOLUNTEERS

Mary Turland seated and left to right 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 one 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 eight 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 120 dedicated volunteers.



# 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. Last year, volunteers contributed over 4000 hours to Keep Well.





# Volunteer Appreciation Lunch





# Events During the Year



## **OFFICERS**

President, Ted Stokes  
Vice-President, Robert Clarke  
Secretary, Lillian Gorrie  
Treasurer, Laura Degrave

## **DIRECTORS**

Dorothy Brown  
Deanna Charlton  
Susan Clarke  
Cheryl Cowan  
Libby Kelley  
Carole Kellough  
Wendy Kefoury  
Georgette Torry  
Marsha Unheim  
Tom Walker

## **BOARD COMMITTEES 2017/2018**

### **Budget & Finance**

Laura Degrave, Deanna Charlton, Carole Kellough, Gerald Chan

### **Fundraising Sub Committee**

Carole Kellough, Laura Degrave, Heather Dunsford

### **Health Committee**

Robert Clarke, Marsha Unheim, Cheryl Cowan, Jean Lisle

### **Nominating Committee**

Libby Kelley, Ted Stokes, Wendy Kefoury

### **Personnel Committee**

Tom Walker, Deanna Charlton, Susan Clarke, Carole Kellough

### **Governance**

Georgette Torry, Laura DeGrave, Libby Kelley

### **Data Collection and Statistics**

Georgette Torry, Laura DeGrave, Ted Stokes

### **Membership Sub Committee**

Ted Stokes, Robert Clarke

### **Communication**

Cheryl Cowan, Robert Clarke, Susan Clarke, Dorothy Brown

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

Dorothy Brown

### **Events Committee**

Ted Stokes, Dorothy Brown, Tom Walker, Andy Demeule (Staff)

# *Special Thanks To*

**Our 2017/18 Sponsors:**

**Vancouver Coastal Health  
PARC Retirement Living**

**The City of North Vancouver  
The District of North Vancouver  
The District of West Vancouver  
Alpha Iota Sorority  
Deep Cove Lions Club**

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



