

Join us to "Keep Well" ...



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

Susan Clarke

Doug Muir

Dr. Robert Clarke

Afsar Paidar

Cheryl Cowan

Marsha Unheim

Wendy Kefoury

Tom Walker

Carole Kellough

Committees

Budget and Finance

- Fundraising

Communications

Data Collection and Statistics

- Membership

Events

Governance

Health

Personnel

Nominations

Keep Well Staff

Lise Pitt – Coordinator

keepwellsociety@telus.net

Andy Demeule – Fitness Instructor

Editorial Committee

Cheryl Cowan – Board Director (Chair)
cherco@telus.net

Susan Clarke – Board Director

Dr. Robert Clarke – Board Director

Wendy Kefoury – Board Director

Produced By

Minuteman Press DT Vancouver

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parc
retirement
living

PRESIDENT'S REPORT



Welcome back all participants of the North Shore Keep Well Society. Hope you all enjoyed the nice summer we experienced and are ready to get back to exercising and enjoying all the social activities that Keep Well has to offer.

We have just celebrated Keep Well Week at all eight locations, now in our 31st year, as well as a very successful exercise demonstration event at Capilano Mall. Thanks to everyone that came out to help us make the week a success. Now we look forward to seeing you all at our sites.

Ted Stokes
President

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

Step with Caution! Our days and nights are getting colder and we urge you all to walk with caution in case of wet or slippery sidewalks or steps to try and avoid falls.

At Keep Well sites and Events we take a lot of photos, if you do not want your photo taken, please move yourself from the view of the camera and/or notify the coordinator of the site.

Volunteers?

**Keep Well is looking for volunteers at several of their sites. Hours and duties vary according to site locations. If you can spare a few hours please contact the coordinator of the site you are closest to or call Lise at the Keep Well Office - 604 988 7115 ext 27.
There is also an application form on the back of the Newsletter

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!



Afsar Paidar

I moved to Canada in 1988 from Iran with my husband and my first son. We always thought we were very blessed to be able to come to Canada and started building a life here.

I started learning English and soon after, because of my background in Medical Laboratory technology, I got a job at Alberta Health Care at Calgary laboratory Services. I worked there for 25 years until we moved to North Vancouver about 3 years ago and we love it here.

In Calgary, my husband and I did a lot of community services as volunteers for new immigrants. We were both on the Board of Directors for Calgary Iranian Cultural Society for two years. We continued doing volunteer work for both the Iranian community and new immigrants. I was also a participant for Health Science Association of Alberta as a committee member (HSAA) and participated at the Calgary Immigrant Women Association (CIWA).

Since I came to BC I have been very involved in our Persian communities and currently I am on the Board of Directors for the Iranian Association of Burnaby. I also have been a volunteer interpreter for Kinbrace at (IRB) Immigration and Refugee Board building since I came to BC.

I speak Persian, Spanish, English, and some Turkish.

I also work at our business as a staff member for "Moonlight Immigration Consultant Services".

I was in bowling leagues for about 20 years and enjoyed it very much. My hobbies are learning languages, Painting, Dancing, Singing, Social gathering, Helping others in any ways that I can.

I heard about Keep Well program a couple of years ago and started participating at the exercise classes. From the beginning I have volunteered at a few of the sites. I thought I could do more so accepted the Board request to join for any additional service I can give to the seniors of this Society. I look forward to getting to know everyone and helping where I can.



A Few Laughs...

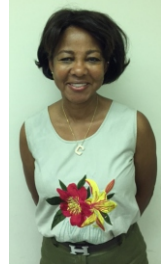
✂ My wife said, "Let's go someplace expensive for dinner." I took her to the gas station!

✂ My housekeeping is best described as "There appears to have been a struggle!"

✂ The trouble with living alone is I always have to do the dishes!

A word from our Fundraising Chairperson

As with many other charities and not for profit organizations, Keep Well has to raise funds to continue to operate and fulfill its mandate of providing free exercise and wellness programs to seniors at its eight North Shore locations. Keep Well is committed to keeping its programs accessible to everyone, and in order to do this, we need to ensure that we are adequately funded. We also want to keep our annual membership fee, currently \$5, as low as possible, even in the face of rising costs for administration and modest salary increases.



The current environment is one in which Government finances are under continued pressure from people living longer, with more people needing health and social care support. Therefore, while we do receive ongoing financial support from a few sponsors, namely Vancouver Coastal Health Authority, the City and District of North Vancouver, the District of West Vancouver, and PARC Retirement, collectively, this funding supports just 50% of our operations.

To help to fill the gap, we approach various North Shore service clubs (Lions Clubs and Kiwanis Clubs) on the North Shore for funding, and do from time to time receive small grants from these clubs. We, however, still have to find creative ways to raise additional funds to keep our organization afloat and thriving.

We encourage you as a Keep Well member to consider the following ways in which you can help our organization to survive, thrive and continue supporting seniors for another thirty years plus.

Consider a bequest to Keep Well as part of your estate planning. Statistics show that legacies are now accounting for a growing share of the revenues of charities.

If you can, in addition to the annual \$5 membership fee, make a donation to Keep Well. This can be done as a one time donation, or a monthly online donation through our website www.keepwellsociety.ca or by cheque. Donations of \$10 or more will receive a charitable donation receipt.

We ask members to donate \$2 at each class attended. Consider aggregating the \$2 weekly amount donated and making a semi-annual or annual donation. We can then issue a charitable tax receipt for the amount donated. Thank you for your support of Keep Well. **Carole Kellough**



Have you had your Flu shot yet?

Seniors might not be aware that there is a stronger recommended flu shot for Seniors or those of weakened health. The dose does come at a cost but gives you four times the protection. Several locations where you can get the flu vaccine suggest phoning to make sure the dose you want is in stock, and check the price. It may take a day or so to obtain new supplies. The regular flu vaccine is available free to Seniors.

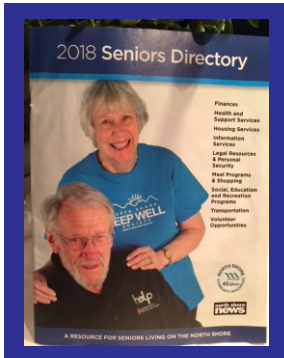
The North Shore Keep Well Society is saddened to announce the passing of two of our long time, hard-working Board members. Dorothy Brown and Georgette Tory had recently retired from the Board and will be very much missed. We extend our sympathy to their families.



Do you know where this is?

(Answer on page 10)

Sharing News with You



Roberta and Chris Tottle were featured on the front page of the 2018 Seniors Directory. They were honoured because of their volunteer hours devoted to Community service and have both previously been awarded Community Volunteer Spirit Awards. Congratulations Roberta and Chris!! Your time and commitment to the North Shore Keep Well Society is very much appreciated! (photo by Mike Wakefield)

The North Shore Keep Well Society celebrated Keep Well Week from September 17-21. An exercise demonstration for the public was held at Capilano Mall on September 19 where approximately 75 people attended. A piece of celebration Cake was offered to all and gifts were given out to several lucky attendees. **Thanks to all who came out!**

Keep Well Fashion Show and Auction Fundraising Event

The North Shore Keep Well Society held a Fashion Show Fundraising event on Friday, October 12, at Silver Harbour and it was really well attended. Tickets sold quickly. Thank you to Carole Kellough, Laura DeGrave, Afsar Paidar, Heather Dunsford and Lise Pitt for arranging the successful event and all the work that was put in to make it happen. Fashions were by Escape Travel Wear at Parkgate and were very well received. Even some of our Keep Well members were asked to model. A silent auction and 50/50 draw were also a lot of fun. Please read Carole's article on the necessity of fundraising so that we can keep our programs going across the North Shore. No donation is too small and we appreciate anything that you can give to help us out. Any suggestions for fundraising ideas are also very welcome.



Health

THAT SILENT PEST - CHOLESTEROL

submitted by Dr. Robert Clarke

Yes, everyone has heard about cholesterol, but did you know it is a fat called a lipoprotein, found in everyone's blood. The two main sources of cholesterol are from the food we eat, and from that produced in our liver. It has a waxy, fat-like appearance. Meats, eggs, fish, dairy products, all animal-derived foods (cheese, milk, butter) all contain cholesterol, but vegetables and grains are cholesterol-free. Cholesterol is important for maintaining almost every cell in our bodies, but too much fat and cholesterol can be harmful to us. High levels in our system are without symptoms, a so called "silent threat".

Cholesterol can be integrated into the walls of our blood vessels, which makes them more stiff and less able to expand when our heart pumps—this is commonly called atherosclerosis. The result is an increase in blood pressure, which is ultimately harmful to our cardiovascular system, possibly resulting in a heart attack, or even a stroke. A heart attack simply means we have a blockage in a blood vessel serving nutrient to our heart muscle, thus causing part of that vital muscle to die; a stroke is similar in that it is also a vessel blockage, often to organs like our brain and other body parts. It can contribute to diabetes, liver and kidney disease, and hypothyroidism. Some prescribed medications can tend to increase your bad cholesterol and decrease your good cholesterol.

The process of narrowing or clogging of our blood vessels is something which starts early in our life, but your doctor can assess the amount of this fatty substance in your blood by doing routine lab analysis, advise you on ways to reduce cholesterol intake in your diet and council you on other preventive measures, especially regular exercise, such as walking.

Cholesterol combines with proteins in our blood to travel through our bodies, and is of two main types—

HDL - or high density lipoprotein, which carries cholesterol into our liver, which is then broken down. Think of it as **healthy** cholesterol, hence the "H" in HDL.

LDL - or low density lipoprotein, which is carried from our liver, to stick to the linings of our blood vessels, this tending to narrow and eventually clog our vessels. Think of the "L" in LDL as **lousy** cholesterol.

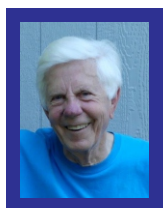
To assist in trying to keep this process under control:

- **Eat a healthy diet, high in veggies and grains.** From Harvard Health, foods that decrease cholesterol levels are oats, barley and whole grains, beans, nuts, fruits like apples, grapes, strawberries and citrus, soy and soy-based foods, fish like salmon, tuna and sardines, and any high fibre foods. Foods which that promote undesirable cholesterol levels are red meat, full-fat dairy, margarine, hydrogenated oils and baked goods.
- **Get lots of exercise,** attend our Keep Well exercises and walk as much as you can (45-60 minutes /day).
- **Try to keep your sugar consumption down, and avoid fried foods too.**
- **Have regular check-ups with your family physician,** including lab blood analysis, to be knowledgeable about your cholesterol levels.
- **Don't smoke!**
- **Maintain a healthy weight.**
- If life-style changes are not successful, and cholesterol levels are too high (called hypercholesterolemia), often lipid-lowering meds called statins may be prescribed by your physician. Two common drugs are Lipitor and Crestor. These may help. However, statin side effects do sometimes occur, including fatigue and statin-induced muscle wasting.

Hint: L = LOUSY H= Healthy

submitted by Dr. Robert Clarke

Two very active Keep Well Participants



Stuart Spani

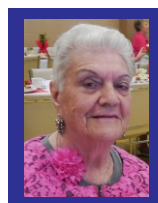
Born in Birch Hills, Saskatchewan, I moved to North Vancouver in 1960 and still live in the same house. In 1974, after selling cameras and microscopes across Western Canada, I became CEO of Norlynn Audio Visual Services. From 2012 to now, I am Founder and CEO of the Bye, Bye Malaria Society. (www.bye-bye-malaria.org)

Since the year 1996, I have travelled to India (x14), Africa (x4) and Israel (x5) while shooting Christian documentaries. I was introduced to the ZoClinic program in Mizoram, India, by an Indonesian woman. In Mizoram, they were successfully using Artemisia A3 and no one had died from malaria where the ZoClinic program was operating.

After learning about Artemisia A3, I researched the information and recruited Dr. Hirt, the main researcher, to run Natural Healing Seminars in Mizoram so that people learned about it and could grow their own herbs in their villages. Mizoram had had over 100,000 cases with 500 deaths due to malaria in 2005. After the Clinics were started cases of malaria dropped by 93% as of 2017. [They are also trying Artemisia A3 (plus moringa and garlic) in the treatment of HIV.] Our Bye-Bye Malaria Society is now hoping to duplicate the ZoClinic program here in the Lower Mainland.

Lastly, after surviving several near death experiences in my life, I continue to do seminars on living a long healthy life and teach how to grow healthy herbs. If you want more information, go to the following website www.goodgod-reason-for-hope.com

I was introduced to the North Shore Keep Well program by my wife and now encourage people to come to Keep Well to enhance both their social and physical lives, and to help stay well!



Maria-Louisa Lebrechthausen

Maria-Louisa, now 85 years old and still active, has been a Keep Well volunteer for 31 years. Originally from the Netherlands where she was educated and learned to speak 5 languages, she emigrated to Canada in 1954. She settled in Calgary and it was there that she married and had two daughters. Her husband was a geophysicist, a career that took the family to

many parts of the world, meeting and experiencing a variety of people as well as many different cultures.

She has worked as a youth leader, trained in reflexology, received a diploma in Physical Education and trained as a peer councillor. She has spent her many years in Keep Well

thinking of and helping others.

Maria-Louisa has also helped out in many of the North Shore Community Centres as a fitness instructor, a group leader in relaxation and many discussion sessions, and a peer support volunteer for North Shore Home Support.

As a war survivor and humanitarian, she has used her vast experience to help others and is always giving back to the community wherever she is needed.

Thank-you Maria-Louisa for your continued dedication to the North Shore Keep Well and to everyone in the community that you have helped.

Recipes for You...

Chicken-Cashew Salad

Submitted by Wendy Kefoury

Serves 4 Prep time 10 min. Total time 15 min.

1/2 cup plain yogurt
 1 Tablespoon Dijon mustard
 salt and pepper to taste
 1 1/2 cups shredded cooked chicken breast
 1 cup frozen Lima beans, thawed
 1 package (5-6 oz) mixed salad greens
 1/4 cup red grapes, halved
 1 red apple, chopped
 1/2 cup cashews, coarsely chopped

Combine:

Yogurt, mustard, salt/pepper in a large bowl.
 Can add a splash of water to loosen.

Add:

Chicken, beans, greens, grapes, apple.
 Toss to coat and sprinkle with cashews to serve.



Banana Cake

Submitted by Susan Clarke

Preheat oven to 350 degrees.

1/4 cup margarine or butter
 3/4 cup sugar
 1/2 tsp vanilla
 1 cup flour
 1/2 tsp salt
 1/2 tsp Baking powder
 1/4 tsp baking soda
 1/2 cup mashed ripe banana
 2-3 Tablespoons of sour milk

Mix all ingredients and pour into 8 x 8 greased pan
 Bake 30 to 40 min until golden.



"A lube for creaky joints"

An hour of walking per week, even if it is broken into three 20 minute sessions, can keep us feeling younger, more mobile, improving balance and strength.

Announcements

Keep Well wants to

Those who attended the Keep Well Celebration at Capilano Mall in September and helped make the event a success.

Community and members who made our Fashion Show, Auction and Fundraiser a big success and help to support Keep Well.

Local Facilities of the North Shore who help us by providing locations for our programs.

Jose and Pedro at Minuteman Press for helping with the Newsletter, printing and delivery.

Richard Walton and Darryl Mussatto (both now retired Mayors) for all the support that you have given our Keep Well Society over your years of service.

Linda Skoog for her volunteer time and expertise on the Communications Committee.

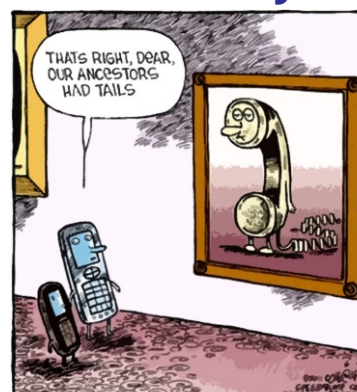
Notice to all members of Keep Well:

Many of us require orthotics or good supporting shoes. We have just found out that Kintec Footwear and Orthotics has offered a 15% discount to those who show their valid Keep Well membership card on full price items, excluding Sportmed equipment. [Kintec at 975 Marine Drive, North Vancouver V7P 1S4 604-980-5633]

Quiz Answer :

The photo is of the "Eye of the Mountain Bear", located at the NE corner of Marine Drive and 17th (Ambleside). The artist/architects were Don Vaughan and Dr James Sweeney. It is said that if you rub the shiny jade it will bring you great wisdom of the outdoors and good luck.

Humour for you



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
Sophomorph Int'l of North/West Vancouver



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

September 2018 to June 2019 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.