

**Celebrating Over 30 Years!**

**Volume 29 - Spring 2019**

# 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

Cheryl Cowan

Afsar Paidar

Wendy Kefoury

Marsha Unheim

Carole Kellough

Tom Walker

## 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 to Keep Well's Spring Newsletter.

We have just experienced heavy snowfalls on the North Shore which has necessitated a lot of cancellations of our exercise programs. I want to thank all the coordinators for the great job they did in trying to advise participants. Hopefully, that is now behind us and we can all get back to our normal routines.

Your Board of Directors are now working on plans for our annual Volunteers' Appreciation Tea and Site Coordinators' Tea. It's time again to thank all volunteers for their great work in making the Keep Well program as successful as it has been for 31 years. The dates we are looking at will be in June, 2019. Watch the website for updates and actual date.

As most of you are aware, our well-liked exercise instructor of over 25 years, Andy Dumeule, has decided to cut back a bit and ease into a well-deserved retirement. We will find a way to keep Andy involved as a fill-in instructor once he actually retires. I know you will want to wish Andy well and all the best in the future.

Hope you all have a safe and happy spring and summer!



**Ted Stokes**  
**President**

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

Caution: Keep in mind there are still scams going around. One is from security companies, calling randomly to update your security system for very cheap prices. Please ensure it is legitimate by hanging up and calling the company directly.

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

## A VERY Long Time Volunteer



**Noelene ( Noli )  
Harland**

I was born in Alberta and spent the first five years of my school life attending a one room school house (Gr.1-8) in the Peace River country. Looking back, I have great admiration for my young school teacher who managed with few, if any, resources to teach a wide grade span of students. Some students missed many weeks of schooling helping on the family farm and weren't much different in age than she was. On one corner of the acre school ground stood the Teacherage (where the teacher and family lived), on another the water well, on another a barn for the students' horses and, of course, the red school house, playground equipment and necessary outhouses. This was not an uncommon situation on the Prairies in the years before WWII.

Our area, and most rural areas at the time, was without electricity and running water. Oil lamps, deep wells for water, wood cook stoves and heaters were the norm. In spite of these inconveniences, my five siblings and I have often remarked that those years gave us some of our happiest memories. They were, however, difficult years for the adults, many of whom were new to Canada.

My family moved to Vancouver when I was ten for better education opportunities. I attended Normal School (later known as Teachers College) and taught for three years in the Interior before marrying and moving to Quebec. My four children were born in Montreal. We moved back West in 1961 and settled in West Vancouver. With the exception of one year, teaching in a University in China, I have lived here ever since.

After taking courses in teaching ESL, I enjoyed volunteering for years and found the immigrants so grateful and persevering in their efforts to learn English and adapt to our Canadian ways.

After taking some sessions in hand massage offered at the Delbrook Community Centre, I have been helping at North Shore Keep Well on Thursday mornings at West Vancouver Senior Centre along with other volunteers offering foot and back massage. At the same time, nurses take blood pressure and listen to any problems that people are relieved to bring them. Everyone is welcome to come to these free sessions and I enjoy conversing with participants while giving them hand massage. Do come!

Noelene has been a very dedicated volunteer almost since the beginning and rarely misses her Thursday morning volunteer hand massages. She always has the most welcoming smile and is very friendly to everyone. We are not revealing her age, but she still lives at home; preferring that after trying out a residential location for a short time recently.

## Another Hard Working Volunteer



**Shokouh  
Niknazar**

My family and I came to North Vancouver from Tehran, Iran, in 2001. Since arriving I have been very involved in community activities, where I was introduced to the Keep Well Society. I was impressed with the warm welcoming attitude of older people who care about their health and well being. Despite current health issues and challenging weather, they take time to attend regularly, checking in with themselves and others.

Previously, when I was still in Iran, I was on the Isfahan Board of Nursing. I am trained as a Registered Nurse and three years after graduating I obtained a position as a Head Nurse. My other nursing experience includes many different areas within hospitals, including cardiac, hemodialysis, orthopaedic, surgery, internal medicine, and paediatrics. This experience and training is a benefit while volunteering with the North Shore Keep Well. I am able to assist with in-depth check-ins, listen to and provide help with health issues, provide guidance regarding the participant's medications, diet, blood pressure and weigh-ins, etc.

Elise Shepherd, coordinator at North Shore Neighbourhood House, has added that Shokouh is a VERY valuable volunteer. She interprets Farsi, helps at the desk, with coffee, organizing, massage, blood pressures and anywhere she sees a need. She is also very dependable, well-liked, observant and always interested in learning. Anytime she doesn't know or understand something she googles the meaning. Her cheery helpful manner is very much appreciated by all.



### 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.



**Do you know what this means?**  
(Answer on page 8)

## A Healthy Idea BUT.....WHAT ARE THOSE THINGS?

Submitted by Marsha Unheim



I went to a course offered by Elder College, North Shore, showing how to use WALKING POLES / NORDIC WALKING POLES / HIKING POLES / TREKKING POLES when walking so as not to seize up!



I use them regularly when I go for a walk longer than five or ten minutes. I like them a lot. Being in my late seventies (nature making itself felt, especially in my back and knees), I am told to keep moving. This what I do with Keep Well and Chair Yoga but there are many days when I need to push myself to go for a good 30 to 40 minute walk around my own neighbourhood. The poles make me stand up straighter, taking up to 30% pressure off my lower back and knees. I move my arms in a recommended manner so my shoulder and arm muscles get a bit of a work out too. I usually sleep better at night following a good walk.

Most poles can be used on pavement (little rubber boots plugged in to the bottom of the pole), on a forest floor or hiking on a soft surface ( remove the little boots to use the metal points) and a round basket attachment (used much like a ski poles but where there are a few inches of snow, sand or in areas of deeper grasses).

I attended two sessions recently on the North Shore at the OsteoArthritis Service Integration Service (OASIS) run by Vancouver Coastal Health. The first was Pole Walking, focusing on usage of the poles and how they keep our posture and joints nimble. The Occupation Therapists teaching the course provided the poles for the class and a list of where to purchase them.

The second class was about pain we might suffer as we age with arthritis, old injuries acting up,

## A Healthy Idea BUT.....WHAT ARE THOSE THINGS? continued...

post surgical or accidental incidents causing pain in our joints. It also reviews the types of pain medications (to use without damaging our systems) and exercises to help keep joints from hurting so much.

Oasis offers a variety of classes at no cost to those with osteoarthritis or painful muscle and joint pain. No referral is needed to participate in these classes.

They also offer, WITH A REFERRAL FROM YOUR FAMILY DOCTOR, consultations with a team involving a Doctor, Nurse and Physiotherapist for those who have certain special issues or those needing surgery.

Details with dates, times and locations for these classes are on their website at [www.oasis.vch.ca](http://www.oasis.vch.ca). It is required that you sign up by phone or email. They supply lot of printed information but THERE ARE NO FEES.

Regarding the actual walking poles, there are a number of types and attachments offered at different prices (and often under different names). Some locations are: Canadian Tire (\$39.99 to \$69.95); Costo (\$39+); Mountain Equipment Co-Op with a variety of prices (as above and up to \$200); Davies Home Health Care - (No price range but they offer a discount for OASIS clients); Most Health, Medical Equipment or Sporting Goods stores; and Urban Poling at [www.urbanpoling.com](http://www.urbanpoling.com) 1-877-499-7999

An amusing situation arose after I had been using my poles for months. A neighbour was on her driveway and I stopped for a chat (while using my poles). She looked at me, then the poles, and asked if I was “embarrassed” using those things?  
“Not in the least!” I responded. They work for me and I hope you will give them a try!



Our weather should be improving, please try to get outside to get fresh air - and come out to enjoy our Keep Well Programs! If there is anything you would like us to notify our members about, please call Lise at the office to let us know.

## Recipes for You...



### CARROT PICNIC SALAD

Submitted by Wendy Kefoury

5 1/2 cups or 2 lbs. carrots —Cook for 5 minutes and drain

A few green onions (or one large)

1/2 cup green pepper

1/2 cup celery

#### DRESSING

1 can tomato soup

1/2 cup vinegar

1/2 cup oil

3/4 cup sugar

1/2 tsp salt

Dash of pepper

Bring all dressing ingredients to a boil and pour over vegetables.

Refrigerate overnight. Keeps up to 3 weeks in fridge.

Can be served hot or cold.

Optional additions:

green beans, chickpeas, shredded cabbage,

toasted walnuts, sunflower seeds, parsley, etc.

## Massage Training Announcement ...

All participants are invited to a **Massage Training session** on **May 1st from 1pm-3pm**

**at Capilano Mall.** Please call Lise at 604-988-7115 ext. 27 to book a space for this training.

Volunteers are urgently needed at some locations.

**Call Lise at 604-988-7115 ext 27**



### Quiz Answer :

The word is the Squamish Nation word from a road sign southbound on #99 meaning Vancouver. It is pronounced "Kum-Kum-a lie" with emphasis on the middle "Kum". (Thank you to Tracy at Squamish Nation Office, North Vancouver.)

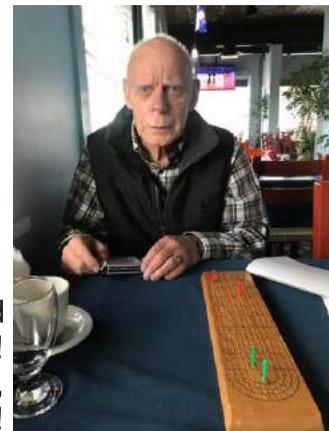
## Celebrating Events at Keep Well Sites

Several of our Sites had celebrations over the holidays. Some sites were closed due to bad weather. Here are some photos of a few sites celebrating things like Christmas, Valentine's Day and even "Cookie Day". Thank you to those who sent in photos of their events! We always need your photos!



### A very unusual photo of our usually cheerful Andy Demeulle:

Ted shot this picture after he learned that Andy had just been skunked! Not just once, but TWICE! Oh dear, Poor Andy!



## Announcements

Keep Well wants to



All participants who generously brought goodies, treats and/or gifts to help everyone celebrate at our recent special celebrations.

All coordinators who phoned attendees for safety reasons re closures of sites due to snowy weather.

All Keep Well participants who come out to Keep Well and keep active! Bring your friends and spread the word!

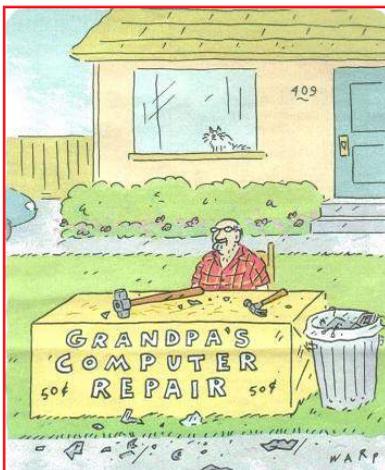
Local Facilities of the North Shore who help us by providing locations for our programs.

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

### 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]

## Humour for you



My cellar is so damp that when I set a mouse trap I catch fish!  
Coffee Times Jan 2019

One child to another at a wedding - How many wives can a man have?  
The response: Sixteen! - Four better, four worse, four richer, four poorer.

Why do French people eat snails? Because they don't like fast food.

## 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](http://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](http://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](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.