

North Shore Keep Well Society
Annual Report
2018/2019 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 again where we wrap up another busy year for your Keep Well Society.

Lise Pitt our program coordinator, the site coordinators, our exercise instructors, many very dedicated volunteers along with your Board of Directors have worked hard this year to Keep Well an enjoyable, and effective program.

Keep Well Society continues to attract new participants with our numbers showing small but steady growth year over year. The latest recap shows average weekly turnout of 273 participants at our 8 locations.

This year Andy Demeule, our long time exercise instructor and heart and soul of Keep Well, decided to take it a little easier. So effective January 1st 2019, Andy is working at three sites: Parkgate, Lynn Valley Kiwanis and Silver Harbour. Maureen Sherman, who has instructed at West Van Seniors, has decided to retire after many years of service to Keep Well. Many thanks to Maureen. This means we have had to recruit new instructors to fill the gaps.

Unfortunately we have been advised that we can no longer hold our September Demonstration day at Capilano Mall so we will have to find a new location. This year we will likely be holding it in October so stay tuned. We have ordered new Tee Shirts so hopefully all will come out to the new location wearing the new colours.

Keep Well hopes to open another location in the Capilano Road area once the New Lions Gate Community Centre is completed.

Very special thanks to all our amazing volunteers and participants. You have kept the North Shore Keep Well Program the best seniors' wellness program on the North Shore for over 32 years.

Ted Stokes

President



Coordinator's Report

"If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation." Robert N. Butler, M.D. Former Director, National Institute on Aging

Keep Well Week on the North Shore was celebrated in the third week of September. We had a very enthusiastic turnout for the exercise demonstration at Capilano Mall with about 75 people attending. Outgoing mayors Darryl Mussato and Richard Walton attended North Shore Neighbourhood House and Parkgate respectively, for the last time.

In October we had a very successful fundraising Fashion Show. The Fundraising committee worked very hard to make the event fun for everyone and profitable for Keep Well.

Sacha Molby has taken over as fitness instructor from Maureen Sherman at West Vancouver Senior Centre and from Andy Demeule at West Vancouver Kiwanis. Peggy Ament took over at North Shore Neighbourhood House and Christine Colbow at Delbrook. We welcome the new instructors and thank Christine for her continued support of Keep Well.

The hardworking site-coordinators enjoyed meeting and exchanging ideas at a lovely lunch in March, which was hosted and organized by Laura DeGrave and Wendy Kefoury.

Walter Ament agreed to do another Massage workshop for our volunteers. About 16 people attended and brushed up on their massage techniques.

We also attended Senior's Day at the City of North Vancouver Library, Open House at West Vancouver Seniors Centre and Move for Health Day at West Vancouver Recreation Centre to promote Keep Well in the community.

It is with sadness that we learned of Dorothy Brown's passing. She was an enthusiastic and productive board member and we'll miss her. Tom Walker had to step down from the board due to personal reasons. Thank you for your contribution on the Personnel Committee.

I have enjoyed working for Keep Well, but it is time for me to move on. I wish you all health and happiness and will enjoy seeing you somewhere on the North Shore.

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 two 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 the 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.

Fashion Show

In October 2018, Keep Well organized and held a major fundraiser, its first ever Fashion Show, Silent Auction and 50/50 Draw.

The event was sold out, and very successful. We met our objectives for holding this event - we raised over \$4,000 for the Keep Well coffers; and we raised our profile with more people finding out about Keep Well, our “best kept secret on the North Shore”. It was wonderful to see so many familiar as well as new faces attending the event, and by all reports, everyone enjoyed the evening immensely.

The event was held at Silver Harbour Senior’s Centre. Chef Zoltan and his staff prepared a delicious snack of open faced sandwiches, fruit and chocolate cake, along with tea and coffee. Wine and beer were also available for sale.

The clothes came from Escape Travel Fashions, a very special boutique in Parkgate Shopping Centre, which caters to adult women with beautiful, comfortable and on-trend clothes. Karen James, the owner, did a superb job of introducing the models, describing the clothes, and pointing out the trends, all with great humour. The models, who looked gorgeous, did a stellar job. They came mostly from our own Keep Well ranks and included Asfar Paidar, Christine Colbow, Cortney Canning, Heather Prochuk, Jean Roberts, Joanne Waddington, Monir Pashae, and Shokouh Niknazar.

There were over 40 items for the Silent Auction donated by generous sponsors who are listed on the Keep Well website. The donated items included gift certificates and gift baskets from Loblaws, Safeway and IGA Marketplace, Park Royal Mall Management, local restaurants and businesses.

There was an air of palpable excitement in the air as people queued up to view and bid on the silent auction items, and to purchase their 50/50 tickets. After several bids on most items, the auction was closed and the Fashion Show started. At the end of the evening, the 50/50 draw winner of approximately \$400 was drawn. The successful silent auction bidders paid for and took their items home.

The evening was not without a bit of drama as we discovered that there was a light fingered “guest” who purloined some money and a silent auction item! This was a lesson learned for the next time.

An event like this is impossible to mount without many hours of work, in this case from the Board’s Fund Raising committee, along with the Coordinator. In addition, the President and other Board members pitched in on the evening itself ensuring that the event went smoothly and successfully.

Carole Kellough
Chair of the Fundraising Committee

Fashion Show



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 4,000 hours to Keep Well.



Volunteer Appreciation Lunch



OFFICERS

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

DIRECTORS

Susan Clarke
Cheryl Cowan
Carole Kellough
Wendy Kefoury
Doug Muir
Afsar Paidar
Marsha Unheim
Tom Walker

BOARD COMMITTEES 2018/2019

Budget & Finance

Laura Degrave, Deanna Charlton, Carole Kellough, Gerald Chan
Fundraising Sub Committee
Carole Kellough, Laura Degrave, Heather Dunsford, Afsar Paidar

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

Laura DeGrave,

Data Collection and Statistics

Laura DeGrave, Ted Stokes

Membership Sub Committee

Ted Stokes, Robert Clarke

Communication

Cheryl Cowan, Robert Clarke, Susan Clarke,
Promotion and Marketing Sub Committee

Events Committee

Ted Stokes, Tom Walker, Andy Demeule (Staff)

Special Thanks To

Our 2018/19 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
North Vancouver Kiwanis Club
North Shore Community Foundation
West Vancouver Community Foundation**

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

