

Celebrating Over 30 Years!

Volume 30 - Summer 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

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

WEBSITE AND NEWSLETTER MADE
POSSIBLE WITH FUNDING FROM

parc
retirement
living

PRESIDENT'S REPORT

Welcome to another copy of The North Shore Keep Well Society's newsletter. I hope you are all enjoying our lovely spring weather and taking advantage of Keep Well's fitness and wellness programs. Our site coordinators are working hard to make each session a pleasant experience for all that participate.

We are looking forward to our annual Volunteer Appreciation Luncheon on June 19th where we have opportunity to say thank-you to all those who volunteer in different ways to make your Keep Well program as helpful and enjoyable as possible. We will also be celebrating our end of year parties at all sites during the last week in June. We hope that you are able to come and celebrate with us all that has been accomplished this year.

Each year we are faced with various challenges, and this year is no exception.

Our Lynn Valley Kiwanis location will need to relocate once construction begins on the new tower. The room we currently use for our program is to be totally renovated so we will be without a home for a number of months.

In addition, we plan to open another Keep Well Site at the new Capilano Community Centre, which is set to open in March 2020. We will be moving our Keep Well office to that location as the building we are currently in is scheduled to be torn down. This will, of course, mean extra expenses which puts pressure on our fund raising committee.

Furthermore, Keep Well has also been informed that we will no longer be able to hold our annual demonstration day at Capilano Mall in September so we are now searching for a new location and perhaps date, for that function.

Despite these challenges, your Board of Directors is committed to working through the issues to ensure that Keep Well continues to be the best fitness and wellness program on the North Shore, providing a much needed service to all involved.

Thank you for your continued support



Ted Stokes
President

The North Shore Keep Well Society is holding an **Annual Tea for Volunteers on June 19th at 2 pm at Silver Harbour** in North Vancouver.

All volunteers are asked to contact Lise at the office or your coordinator if you are planning to attend, please.

The **AGM will be held at 3:15 pm** for all Keep Well Members at the same location. (just different room).

Board Members? Volunteers?

If you are interested in a position on our Board, wish to inquire about volunteering or know someone who might be interested, please contact Lise at the Keep Well Office.
604-988 7115 ext. 27

Some Sites will remain open for July. Please check with your coordinator to see when your location closes for the summer and for Long Weekends.

A more recent Dedicated Participant...



**Margret
Goetz**

I was born in Germany and trained as a Certified Jewelry Sales Clerk where I learned about minerals, stones and the differences between them. I ended up marrying a Jeweller who designed and made jewelry. Together we travelled and lived many countries: Switzerland, Sweden, South Africa and back to Berlin. We moved to Toronto, Canada in 1968 then to Sidney, B. C. (via Winnipeg). We started a "bucket list" of historical events and locations in our lifetime that we wanted to see so drove to many states and sites to experience that. Some of these included Elvis Presley and Martin Luther King.

Four years ago, after my husband passed away, my daughter suggested that I move to North Vancouver to be closer to her. I knew my daughter was really busy with work so I had to get out and meet people. Once I had moved to North Vancouver, I knew I had to get involved in the Community and meet new friends. I happened upon a brochure about Keep Well and joined the North Shore Neighbourhood House in September 2015.

The North Shore Keep Well has really been a life saver since I arrived. Exercise is really important and so is meeting other people socially. Through Keep Well, I have met many good friends in a very short period of time. It is important to interconnect with locals so you are not just alone.

I enjoy meeting people and feel there are good people around. You just have to "open up" and reach out. I feel I am quite outgoing so not afraid to say hello. My comment is: "Come out to Keep Well - to exercise, have fun and meet lots of people from the area and other parts of the world. Exercise and social are very important. It really helps. Hope to see you there!"

Elise Shepherd, our Neighbourhood House coordinator, added that even as a relative newcomer, Margret also pitches in to help wherever she can.

She reaches out to people to make them feel welcome and with her enthusiasm about attending, helps "spread the word" about Keep Well.

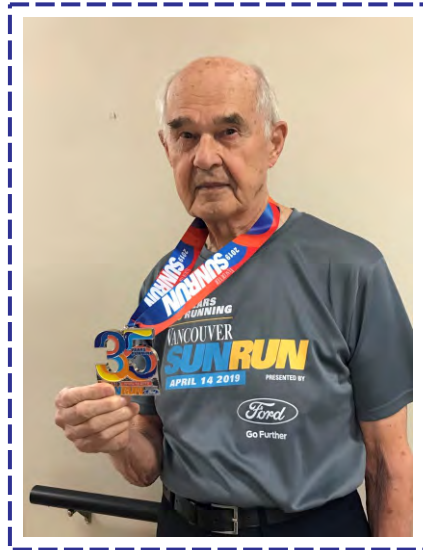


Notice to Attendees and members:

All sites will be celebrating with summer parties the last week of June. (June 24-28th)
Please contact your coordinator to find out the dates.

Congratulations, Stanley!

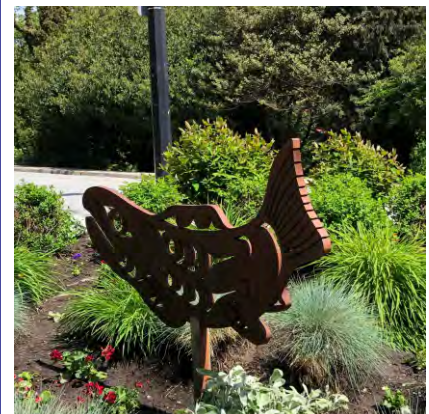
**Stanley Dzuba has won another medal,
beating his previous record by 3 minutes!**



At Keep Well sites and events we take a lot of photo. If you do not want your photo taken, please remove yourself from the view of the camera and/or notify the coordinator.

Humour...

**After much space exploration,
we have been wondering for years,
“Is there any intelligent life out there?”
Now we wonder,
“Is there any intelligent life here?”**



Do you know where this is?
(Answer on page 8)

Some Health Information About Fats...

Our bodies need fat to absorb fat soluble vitamins (A, D, E, K), for energy and to help our bodies function efficiently. Some foods in the body are converted to fat (mostly from higher calorie intake) for storage when we need more energy. Healthy fats are good (like Omega 3) because our body can't produce enough. However, there is a difference between "types" of fat that are healthy and fats to avoid. This tries to explain some of the differences to watch for. Be aware that all fats have more calories than protein or carbohydrates. Fats also have different caloric counts and contain different ingredients.

Some examples are:

Canola Oil - 1 Tablespoon = 1 gram saturated = 124 calories

Olive Oil - 1 Tablespoon = 2 gram saturated = 133 calories

Avocado Oil - 1 Tablespoon = 2 gram saturated = 120 calories

Butter - 1 Tablespoon = 7 grams saturated = 108 calories

Coconut Oil - 1 Tablespoon = 12 grams saturated = 117 calories

Aside from the caloric count, there is a difference and potential health danger with the saturated fat content.

Unhealthy Fats mostly come from **trans fat** and **saturated fats**.

Trans fats are mostly from vegetable oils that have been solidified through hydrogenation. Saturated fats come mostly from animal food products, coconut and palm oils. Trans fat is found naturally in meat and dairy products but also from hydrogen added to vegetable oil (that becomes solid at room temperature). Spoiling of processed food is also less likely.

Trans fats and saturated fats are found in deep fried foods (chips/french fries), cream, fatty portions of meat (bacon, pork hock); hard margarine and vegetable shortening, lard, partially hydrogenated oils, butter, high fat cheese, chicken/duck/turkey skin or fat, palm or coconut oils (including coconut or milk), baked items (cookies, cakes, pies pastries). There are many more so check labels carefully and try not to go over 2 gm of saturated or trans fat per day. Unhealthy fats have been associated with increased CVA risk, increased LDL (lousy) and lower HDL (healthy) levels.

Some Health Information About Fats...(continued)

Healthier Fats are those that are **unsaturated** or **monounsaturated**. They help the cholesterol in your blood by decreasing the *LDL* and increasing the *HDL*, therefore decreasing your risk of heart disease.

Monounsaturated fats include avocados, almonds, cashews, peanuts and cooking oils made from plants or seeds. (canola, olive, peanut, walnut, soybean, sunflower, rice bran, chia, ground flax seed)

Polyunsaturated fats (*Omega 3 and Omega 6*) include oily fish (like tuna, salmon, sardines, scallops) and chia seeds. It is also found in seeds like pine nuts, walnuts and Brazilian nuts, soybean, sunflower, safflower, canola and oils or spread made from these.

Omega 3 fats can lower heart rate and improve rhythm, decrease clotting risk, decrease triglycerides, blood pressure and plaque. Other potential health benefits are weight loss, memory and depression. *Omega 3* is found in eggs, chicken and beef. Many foods are now fortified with *Omega 3*.

Omega 6 fats can lower LDL cholesterol (to balance your cholesterol levels in your blood) and is stored in our body fat. However, Omega 6 currently has health concerns regarding inflammatory increases and the health effects of an imbalance with *Omega 3* in our bodies. Coconut oil, palm oil and Olive oil contain “lowest” amounts. Sunflower, corn, and soybean are on the high end of levels. Check out the ingredient labels on what you are eating so that you are aware.

What you can do?

- Make sure soft tub margarines have “**non-hydrogenated**” oils.
- Buy lean meat and trim off fat and skin.
- Grill or roast meat or poultry.
- Eat fish twice a week.
- Choose legumes instead; baked beans, Dahl (lentils), chickpeas, etc.
- Use skim, 1% or 2% milk or yogurt.
- Choose lower fat dressings like vinaigrette instead of creamy.
- Read labels for total fat content, including ***monounsaturated and saturated content***.



Humour...

While chatting to a cab driver recently the discussion turned to food.

I asked him if he was a vegetarian. He said, “No. I am on a seafood diet.”

When I asked what that meant, he replied, “When I see food, I eat it!”

Recipes for You...

Easy Cucumber and Carrot Salad (Serves 1-2)

Recipe adapted from **Simply Great Food, Dieticians, Canada**

Dressing:

1/4 cup rice wine vinegar
1 tsp sugar
1/2 tsp olive oil
sprinkle of salt
sprinkle of pepper

Salad mix:

1/4 large English cucumber, very thinly sliced
1 cup thinly sliced medium carrot (or shredded)
1 tbsp finely chopped red bell pepper.

Mix dressing together until sugar is dissolved.

Nutrition:

Calories: 40 **Calcium:** 29 mg **Sodium:** 200 mg
Fat: .7 g **Iron:** .2 mg **Fibre:** 1.0 g
Carbohydrate: 8 g **Protein:** 1/2 g

Add cucumber, red pepper and carrots.
Let sit a few minutes or up to 30 min.

Note:

You can alternate vegetables in this recipe with chopped cauliflower, broccoli, slivered jicama, cooked edamame, canned artichoke, green onion, slivered spinach, thinly sliced apple or pear, etc. Nutrition values will change accordingly.

Humour for you



My wife said "Watcha doin' today?"
I said "Nothing."
She said "You did that yesterday."
I said "I wasn't finished."

Quiz Answer :

The photo depicts the up and down motion of salmon swimming up river.
Location is the N/W corner of Marine Drive/McKay Street, N. V.

Recipes for You...

QUESADILLA (Serves 1)

Recipe adapted from Healthy Eating for Seniors - BC government

One way to use up leftovers easily is to make a Quesadilla. It takes very little time and is also nutritious. You can add many fillings including vegetables and meat.

Ingredients:

1 whole wheat soft Tortilla (7")
 1/4 cup (60 ml) shredded, low fat mozzarella cheese
 3/4 cup (175ml) vegetables, cooked & chopped
 1/4-1/2 cup cooked meat or beans
 1/4 cup salsa

Method:

Prepare ingredients and have ready to add. Heat a large frying pan (nonstick is best). Put tortilla into pan and flatten a bit. Add the mozzarella, then vegetables and meat. Top with a little more grated cheese if desired. Gently lift up one half of the tortilla and fold it over to the opposite side. Cook on one side, being careful not to burn the bottom. Once bottom is browned and has started to crisp, flip over the whole half (trying to match the edges a bit) and brown the other side. Serve with salsa.

Suggestions:

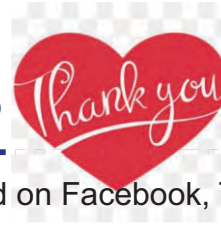
You can use low-fat refried beans, mushrooms, tomatoes, broccoli, red or green peppers, shredded carrots, green or white onion slices, etc., even fish. Many like this served with guacamole or mashed avocado. If you use only part of a can of the refried beans or have opened a new jar of salsa, remember you can put them into small sizes (like ice cube trays) and freeze in a ziplock or reusable container for the next time you need it. You can also save your smaller leftover vegetables and meat (not previously frozen) this way. Tortillas can be frozen for a short time, but it is important to remove as much air as possible. Enjoy your leftovers and stay healthy too.

[Note: Without meat or beans the ingredients are:]
 Nutrition:
 Calories: 252 Carbohydrate: 33g Sodium: 308 mg
 Protein: 12 g Fibre: 3.4 g Calcium: 236 mg



Announcements

Keep Well wants to



Tian Jing and his team who helped us get updated on Facebook, Twitter and Instagram.

Centres in our community who provide a valuable space for Seniors to exercise and stay well.

All the volunteers and coordinators who have dedicated their time to maintain Keep Well programs.

Jose and Pedro at Minuteman Press who set up and print the Newsletter.

Janelle Hilton and Ann Eberwein who helped out at the West Van Rec Centre Health day on May 25th, 2019.

All of our supporters and funders who provide much needed funding to keep our programs running.

All participants in Keep Well programs who make it fun for all of us.

Notice to all members of Keep Well:

Lise Pitt has recently had help from Simon Fraser MBA students doing a project. They have connected North Shore Keep Well to Facebook, Twitter and Instagram.

If you connect to these pages, please “like” us.



North Shore Keep Well Society



@KeepWellSociety



@keepwellsociety

Keep Well Week, usually held in September, has to relocate.

Please check the website or contact your coordinators for new date and location.

St. John's site in North Vancouver will be closing at the end of June, 2019.

Thank you to all who came out to support the site and to St. John's for the support of the program.

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
Sophomorphist 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 2019 to June 2020 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 @ 11:00 - 12:00, Mild Exercise
10:00-11:00 Hands-On and Social.

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.