

## 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                       | Carole Kellough |
| Cheryl Cowan                       | Doug Muir       |
| Georgiana Forguson                 | Afsar Paidar    |
| Wendy Kefoury                      | Marsha Unheim   |

## Committees

### Budget and Finance

- Fundraising

### Communications

### Data Collection and Statistics

- Membership

### Events

### Governance

### Health

### Personnel

### Nominations

## Keep Well Staff

Michelle Messinger – 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 to the start of our 33rd year of Keep Well!

I hope you have all had a chance to get out and enjoy this beautiful province!

We would like to express our sincere appreciation to our outgoing Program Coordinator Lise Pitt, who has made such a great contribution to Keep Well for the past three years. We are also excited to welcome Michelle Messinger to this position and wish her all the best in her new role.

Thanks to Joanne Waddington for keeping our office open this summer during our search.

Your Board of Directors were busy this summer with various projects including the Volunteer Tea and Annual General Meeting. The tea was its usual success and an opportunity to express appreciation to all of our site coordinators and hard-working volunteers without which we could not accomplish all that we do.

This summer found us organizing some new locations for our programs and events. We had to find a new location for our Lynn Valley site due to the construction at the Kiwanis Lynn Manor.

Thanks to Andy Demeule for all his efforts in arranging our move to St Stephen's Parish on Mountain Highway and 24th Street. In addition, we had to find a new location for our annual Demonstration Day previously held at Capilano Mall. Many thanks to Marsha Unheim and Andy for all the hours they spent organizing the move to the new location at the Lynn Valley Mall.

A thank-you must also go out to the volunteers that helped make these moves happen.

Everything now seems to be in order for a great 33rd year of Keep Well! We anticipate continued growth in memberships as we strive to help seniors stay fit on the North Shore. Hope you all have a safe and happy fall!



**Ted Stokes**  
**President**

**Site notices:** Most sites have Christmas/Holiday Parties during the week of Dec 16-20 then close over the holiday season. Please contact your Site coordinator for specific dates and times.

### Board Members? Volunteers?

Keep Well is always looking for extra volunteers. If you are interested in volunteering, please call Michelle at the office. Board members are also welcome so if you or someone you know would be a good Board member, please let us know at 604-988-7115 ext.27 or [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net)

Keep Well takes lots of pictures at sites and events. If you do not want your photo taken, please step out of range and/or notify the site coordinator or Michelle Messenger.



## Keep Well has a new Coordinator!

The Keep Well Board welcomes our new Coordinator as of September 2019. Michelle Messinger was chosen to replace Lise Pitt, who has moved on after several years of dedicated work as our Coordinator.

Michelle originated in New York and moved to B. C. in 2003. She is married to Gregg, who is of Irish origin, and are the first in their families to live in Canada.

They moved to North Vancouver after living downtown and have two young girls so their life is busy. Michelle has already introduced Gregg and their girls to what Keep Well is like through their attendance at the Keep Well Demo held on October 5 at Lynn Valley Centre. Michelle said that she is really enjoying getting to know everyone and that it is an amazing, important program for seniors on the North Shore.

Since she has started with Keep Well, she has informed her friends who have parents on the North Shore and some are very interested in having



**Michelle Messinger**

their parents try it out. Michelle's background will fit in well with our Keep Well program. She is a University graduate with experience in non-profits specifically in fundraising, public relations and working with volunteers.

Prior to Keep Well, Michelle has worked with UBC and BC Cancer Foundation. She has also volunteered in many areas herself. Please welcome her the next time you see her!



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

## Humour for you



## Welcome to a New Board Member

Originally from the New York area, after spending time in the Midwest and England, I have lived on the North Shore for nearly 16 years, having come here from Toronto.

I learned about Keep Well through my friendship with Frances Grey and Elinor Ames who were on the Board for some time. It was through Laura de Grave that I learned the extent of Keep Well in the community and the large audience it serves across the entire North Shore.

Being well acquainted with the aging process I am very aware of the need for regular activity and socialization in keeping seniors both physically and mentally fit.



**Georgina Forguson**

Keep Well seems quite unique among our local community organizations in that it provides its services at no or minimal cost to the users because of the enormous efforts of volunteers.

Having been involved with volunteer work in Toronto, as well as here with the Volunteer Cancer Drivers and Meals on Wheels, I was happy to start working with Keep Well, and look forward to providing any help I can give as a member of the Board.



## Keep Well Volunteer Tea in June

The North Shore Keep Well is served by many volunteers from the communities. We appreciate their time and dedication to all seniors. These are some of the photos from the event. Several Dignitaries attended as well, supporting what Keep Well does for Seniors in the Community.



## Two of our Keep Well Participants!



Vince and Hilde Beckie participate at the Parkgate Site and live in North Vancouver close to their son, Vern, who is a dentist in Burnaby.

They have lived there for five years after living 51 years in Regina, Saskatchewan. They have six children (now all adults). They have both enjoyed skiing and travelling to various locations. They attend Keep Well each week together.

Hilde attended Teachers College and began her teaching career in a country school with 8 grades. She worked in the school system until she became pregnant with the first of their six children. When her youngest was four, she went back to teaching in the Learning Assistance program. She attended summer and evening schools and achieved her Bachelor of Education. Hilde was hired as the Home Visiting

Teacher, a job that involved truancy and counselling parents and families. She often encouraged the children to participate in daily life of the family by cooking and participating with household chores, etc. She retired in 1996.

Vince became a Geological Engineer at University of Saskatchewan (Regina) and travelled throughout Saskatchewan and elsewhere in Canada testing ground water in many communities. His trips also included five trips to Africa. Hilde accompanied him on one of his African trips and they took a grandson with them for the experience.

Vince became interested in a "Medjugorje Pilgrimage" to Croatia and, because of his Croatian heritage, has participated in the experience for up to 10 days at a time. Vince's current interests are with the Knights of Columbus and the Men's Club Choir. He said he sang in a German choir and did not know any German, even though his wife is of German descent.

Vince walks with walking poles for balance because of severe neuropathy, leaving him little feeling below his knees. Vince and Hilde were introduced to Keep Well by Pearl, a blood pressure volunteer. They joined right away and indicate that they have met a lot of really nice people.

They both really like Andy, and say that he "gets every muscle going". Vince adds that it doesn't really feel like "work". There is also "no pressure" if, for example, you can't "touch your toes"!

They enjoy the coffee held after, the social and the speakers. Both are great supporters of the Keep Well Program. Thank you Hilde and Vince for your interesting stories. **Please say hello to them when you see them!**



### Be Careful Walking!!

The days are getting colder and wetter and this will make it more dangerous getting where you want to go. Make sure you wear good safe footwear, wear lighter coloured clothing (and possibly carry a light) as it gets darker, so that you will see and be seen!



## Keep Well Demonstration at Lynn Valley Centre

Andy Demeule demonstrated some of the exercises that are done at the seven sites. All in attendance (approx. 80 people) were offered coffee/tea (Starbucks) and pieces of celebration cake (Safeway). Many attendees went home with prize packages ranging from chocolates, gift cards, decor pieces, to a large gift basket (Save On). Thank you to all the shops at Lynn Valley Mall for your support and generosity.



## Recipes for You to try!

### Greek Salad with Quinoa

210 g cooked Quinoa. (Can use the pre-cooked made by Casbah)  
 2 Romano chopped tomatoes or 6 grape tomatoes halved  
 1/2 chopped English cucumber  
 200 g feta cheese  
 1 tbsp dried basil  
 1 tsp dried oregano  
 1 tbsp olive oil  
 1 tbsp lemon juice  
 12 Kalamata olives (Pitted)



Mix all ingredients together and serve.

Recipes submitted by Lillian Gorrie  
 "The Vegetarian Epicure" by Anna Thomas

### String Beans Vinaigrette Serves 4 to 6

1 lb. fresh green beans  
 1/2 onion  
 1 small garlic clove  
 1/3 cup fresh grated parmesan cheese  
 6 tbs olive oil  
 2 tbs white wine vinegar with tarragon  
 1/2 tsp salt  
 fresh ground black pepper to taste  
 Garnish: tomatoes, olives



Wash the beans, snip off the ends, and cut them French style. Drop them into boiling salted water and cook until just tender. Drain. Finely chop half of an onion and mince a clove of garlic. Combine the beans with other ingredients and mix well. Chill and serve with tomatoes, olives and other fresh or marinated garnishes of your choice.

Note: You can substitute the white wine vinegar with lemon juice and add dried or fresh tarragon.

### Quiz Answer :

The MULTI-TILED Entrance Posts of the Lynn Valley Community Recreation Centre at 3590 Mountain Highway, North Van. (It is "guarded" outside the fence by a statue of a Lion near the Lynn Valley Lions Community Garden.)



## One of our Site Coordinators wins a prestigious award!

Del Dimock has won a People First Award of Merit that recognizes and honours an outstanding individual who has contributed their time to providing support, care and compassion to the people and communities served. Del was chosen out of 335 nominations. Del has been an official volunteer at Cedar Garden and is a huge gift to her community. You are definitely a value to Keep Well Society! Congratulations to Del Dimock!



**Congratulations  
to  
Del Dimock!**

## DON'T FORGET YOUR FLU SHOT!

Please remember to get your flu shot again this year. It is predicted to be available at most Pharmacies after October 15. Remember also that they should have the **Fluzone** (4 strain, stronger dose recommended for those over 65 yrs, additional cost of \$60+ and might have to be ordered in). Check with the pharmacist re cost and availability of your choice. Some drug stores last year had different pricing so it is best to check first.

***Just don't forget! It helps prevent (or at least lessen) the flu symptoms.***

# Announcements

## Keep Well wants to



**Lise Pitt** for all her hard work, time, and continued support.

All the **Volunteers** of Keep Well for all their time and dedication.

**Joanne Waddington** for helping in the summer and to orientate our new coordinator, Michelle.

**Pedro and Jose at Minuteman Press** for their help and time with the Newsletter printing and delivery.

**Lynn Valley Centre** and donors for your support of our Keep Well Demo Day.

**Andy Demeule** for your initiative, help and support with the Demo Day.

**Marsha Unheim** and **Michelle Messinger**, and all the volunteers who showed up, for making the Demo Day a success!

**All participants** for your wonderful support and attendance at our sites.

**All Community supporters and funders** of the Keep Well Program.

North Shore Keep Well wants to extend condolences to the family of Vera Clarke, a previous Board Member, who passed away on June 29.

North Shore Keep Well wants to extend condolences to the family of Lynne Cove who was one of the first Coordinators. Lynne passed away earlier this year.

### Notice to all members of Keep Well:

- Please note that the St John's Site is now closed.  
Kiwanis Lynn Manor has been relocated to the St. Stephen's Parish.
- We have just received notice that the location of the West Vancouver Kiwanis room has changed. It will now be held in:  
The Great Hall - Cypress Building at 999 - 21st Street, West Vancouver  
beginning on Tuesday October 22nd, 2019.



North Shore Keep Well Society



@KeepWellSociety



@keepwellsociety

## 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 seven 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



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

*Cypress Building - The Great Hall*  
999 21st Street, West Vancouver, B.C.  
*Tuesday @ 11:00 - 12:00, Mild Exercise*

### 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 hours

*Thursday @ 9:00-10:00, Mild exercise*  
10:00-11:00 Hands-On and Social.

### St. Stephen's Parish

1360 East 24th Street, North Vancouver, V7J 1R5  
*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.