

**Celebrating Over 30 Years!**

**Volume 32 - Spring 2020**

## 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 seven 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

Cheryl Cowan – Interim President  
 Doug Muir – Assistant Interim President  
 Dr. Robert Clarke – Vice President  
 Laura DeGrave – Treasurer  
 Lillian Gorrie – Secretary  
 Susan Clarke                      Afsar Paidar  
 Georgiana Forguson          Marsha Unheim  
 Carole Kellough

## Committees

**Communications**

**Events**

**Finance**

- Fundraising

**Health**

**Personnel**

**Programming**

## Keep Well Staff

Michelle Messinger – Coordinator  
 keepwellsociety@telus.net  
 Andy Demeule – Fitness Instructor

## Editorial Committee

Cheryl Cowan – (Chair)  
 cherco@telus.net

## Produced By

Minuteman Press DT Vancouver

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**parc**  
 retirement  
 living

## INTERIM PRESIDENT'S REPORT

Welcome to the new decade, 2020!

The last year has gone fast with many things accomplished and several ongoing projects on the Agenda. Hope you all made it through our snowy winter and are now able to enjoy the sunshine and the spring flowers. The snow caused several days of last-minute cancellations.

Thank you to all the Site Coordinators who made their best effort to notify their regular participants and to the Participants who were very understanding. Your safety is very important to us. The Board members also enjoyed attending all the Christmas Parties at the end of 2019 and connecting with all the participants and volunteers to celebrate the holiday.

Unfortunately, Ted Stokes, our hard-working President, has had to retire due to health reasons. We all miss him but rumour has it that he and his wife will still be attending as they can, especially at St Stephen's and Parkgate. I expect that he will show up at other sites as well. Please say hello to him if you see him. And a big thank you, Ted, for all your volunteer involvement in the Keep Well Society and as President of our Board.

We are holding our **2020 Membership** sign-up the last week of February and first week of March. If this printing comes out after, thank you to all new members and previous members who signed up and to those who donated as well. Our **Volunteer Tea** will be held on **June 17, at 1:30 pm**. The **AGM** will follow immediately after at **3:00 pm**.

The Events committee is now busy planning a combination fundraiser-entertainment on **June 7, 2020**. Please watch our website or speak to the coordinators once we have confirmed the time. We hope you will invite your friends, family and associates to the fundraising event to help us out (while being entertained).

I look forward to seeing you all out at Keep Well!

***\*Most of this newsletter was compiled prior to our closure, so some updates have been inserted.\****

### ***Notice to All Participants***

***All Keep Well Sites are closed. We will make every effort to contact you when it is safe to re-open. In the meantime, we hope you stay safe and healthy!***

## **Board Members? Volunteers?**

The North Shore Keep Well Society is looking for Board Members who are connected to the North Shore Community. If you, or someone you know, are interested in becoming a Volunteer Board Member to support our Board, please submit your name or potential names to Michelle @ (604) 988-7115 ext. 27.

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.



**Cheryl Cowan**  
**Interim President**



## Ted Stokes

Ted Stokes has resigned due to personal health issues.

All of the North Shore Keep Well volunteers and participants want to extend a big THANK YOU for all the hard work that Ted has put in over his tenure as President and as a Board Member.

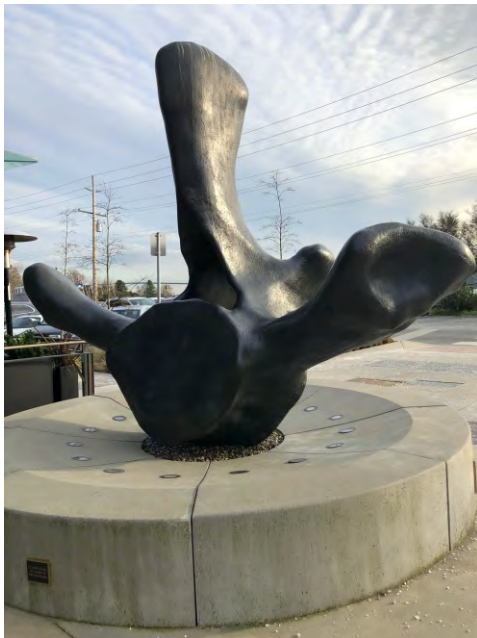
Ted attended most sites as often as he could and went over and above his regular duties. He said he loves to get out and meet people and everyone always enjoys seeing him at all the sites and other events.

We all want to wish Ted all the best and hope he gets well quickly. Thank you, Ted, for your time commitment and your continued dedication to the North Shore Keep Well Society.

We all look forward to seeing you at our Keep Well Sites!



**Ted Stokes**



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

## Humour for you



# Volunteer and Participant

## Afsar and Hassan Sherkat

Afsar and Hassan Sherkat are originally from Iran many years ago. Afsar was a dentist and Hassan was a Radiologist at St. Paul's Hospital. Their education was a combination of Iran, USA and Canada. They have lived on the North Shore since 1967. Hassan arrived first and sent a photo of daffodils in bloom in Vancouver while Afsar was upgrading her education in Winnipeg, Manitoba. She looked out her window and the snow was up to the bottom edge of a high window. The photo made her decision to join him much easier! After she arrived he showed her the place he wanted to live, they found a home in the area he loved and have lived there ever since.

Afsar set up her Dental practice, Dollarton Dental, in North Vancouver near their home, and was in her Practice while raising her children. She worked there for 40 years and still misses her patients. [She mentioned that she was one of 13 women in a class of 60 at the University in Tehran and her dental graduating class photo showed her as the only woman amongst a class of many men.] Afsar continues to give hand massages for Keep Well at Park Gate Community Centre and loves attending Keep Well exercise classes to keep fit.

Afsar and Hassan had two children and now have grandchildren attending local Universities. They have both been very active keeping fit together. They enjoyed walking, hiking, swimming, kayaking (in the water in front of their home) and skiing at Whistler almost every weekend. One time they climbed Mt. Wedge for the first time and, realizing it was too steep to go back down, they kept going up. They waited until another person approached the top and then quietly followed him down. One of their granddaughters, Tula Sherkat, became the First Woman in Canada to compete in a Rock Climbing competition.

Hassan continued working as a Radiologist at St. Paul's Hospital and remained at St. Paul's until his retirement. He hosted an Annual barbecue at their home for the Radiologists, Interns and Residents of the Radiologist group at St. Paul's Hospital. Hassan's comment, although very quiet, on what he likes about the Keep Well exercises is "Black and White, you don't have to concentrate. You just follow along with Andy and keep fit." (He and Afsar mentioned "Andy" several times.) Hassan loves his family, music, people, watching children play at the park and still has a great sense of humour. Unfortunately, about eight years ago, he was knocked down by a very large dog while walking and broke several bones in his body (I am sure he experienced many X-rays taken by others). That ended his Radiology work of 50 or 55 years. His sense of humour still comes through as he often comments on card game moves, when no one thinks he is even watching.



**Afsar and Hasan Sherkat**

Hassan and Afsar are both very hospitable, inclusive, enthusiastic and welcoming. They have welcomed grandchildren to stay with them while attending school and most recently have Afsar's sister in law, Latifel, living with them. Afsar introduced Latifel to Keep Well and now both enjoy attending. Thank you Afsar and Hassan for participation and support of Keep Well. Thank you also for your wonderful story for our Newsletter.

**We all look forward to seeing you at our Program Sites!**

## Keep Well Membership

The North Shore Keep Well Membership was held from February 24 to March 6 for 2020. We have had to adjust our Membership Fee from \$5.00 to \$7.00 this year due to increases in our costs. Keep Well Society members can attend any Keep Well Site and are able to vote at the AGM. Your membership enhances our profile to Funders and exposure to other fundraising opportunities in order to maintain the program.

Keep Well must provide recorded statistics for site attendance, membership numbers, blood pressures taken, shoulder, hand and foot massage, numbers of exercise participants and volunteers of the programs. All the exercise instructors are certified instructors with BCRPA, (BC Parks and Recreation Association) for exercise personnel and trained to instruct Senior's exercises programs.

Membership really helps Keep Well in applications for Grants and funds for our programs in our efforts to continue to try and keep all seniors out of hospitals and in their own homes as long as possible.

If you were not able to join at membership sign up, please contact our office and we can help you out. Thank you to all who have joined our Society, supporting our North Shore programs. Thank you to those who also donated to the Society. Your membership and donations are greatly appreciated.



## Keep Well Activities

The North Shore Keep Well Sites held Christmas parties at all sites just before the holidays. All our participants were invited to attend. At many of the Sites, Santa passed out Christmas gifts and all attendees were given chocolates. Everyone enjoyed the parties.





## Brain Health Information

These “Brain Health” suggestions were posted at a recent presentation given by Dr. Majid Fotuhi, regarding points about growing your brain. He noted that we can “grow” our brain at any age (and hopefully postpone Alzheimers Disease). He has written a book called *Boost Your Brain*.

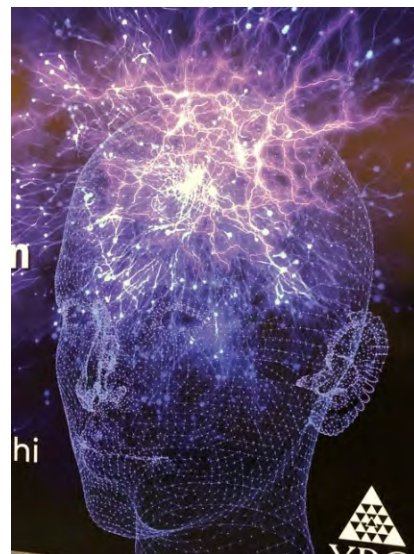
1. You can **boost your brain** performance and increase its size within weeks.
2. “**Use it or lose it**” applies to your brain more so than it applies to your muscles.
3. **Omega 3 Fatty Acids** (esp. with **DHA**) are the best vitamin supplements for your brain.
4. **Walking 2 Km per day** can reduce your risk of Alzheimer's disease by 48%.
5. Regular **meditation** can help grow the memory parts of your brain.
6. Poor **sleep** can accelerate your risk for developing Alzheimer's Disease.

### Foods for Brain Health (Blue Bold Print)

Dr Mike Dow, a featured guest on *The Doctors*, City TV, demonstrated a small plate of the best foods for Brain Health. His recommended ideal plate was:

**Wild Salmon**  
**Bone Broth**  
**Fresh Greens**  
**Red Peppers**  
**Mushrooms**

His list includes a healthy protein (with Tryptophan), vegetables and produce that contain vitamins essential for your brain. He has written a book called *The Sugar Brain Fix*, and several others, on what to do to help your brain stay healthy.



Try to incorporate these foods into your diet for overall brain health, especially the Wild Salmon, as well as paying attention to the notes on Brain Growth. It is never too late!

**Kintec Footwear and Orthotics**, at 975 Marine Dr, North Vancouver, BC, offers members a 15% discount on regular priced merchandise purchases. Please show your membership card to obtain the discount.

## Recipes for You to try!

### Beef Pot Pie

2 frozen pie shells, unbaked (see notes below)

- 1 cup sliced carrots
- 1 cup frozen peas
- 1/2 cup celery
- 1/3 cup butter
- 1/3 cup chopped onions
- 1/3 cup flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 3/4 cup beef broth
- 2/3 cup milk
- 2-3 cups of left-over roast beef cut into cubes.



Soften carrots in microwave.  
 Cook onions in butter until soft  
 Add dry ingredients (flour, salt, pepper)  
 Stir in broth and milk  
 Simmer until thick  
 Add meat and veggies to liquid mixture

Put above mixture into deep dish pie shell. Put top crust on (moisten edges) and cut slits in top. (Optional - Brush bottom with egg white to try to keep it crisp before filling.)  
 Cook in oven at at 450 degrees for 30-35 minutes until crust is brown. You can cover the shell with foil to prevent the crust from burning but remove before end so that it browns.

\*This recipe is used with left-over roast beef, is quite easy and final cooked ingredients can be portioned into ziplock bags and frozen for individual servings as a beef stew. You can change up the vegetables and/or substitute cooked chicken for the beef and chicken broth instead of beef broth. Enjoy.

**Recipe Provided by Jana Duval, submitted by Cheryl Cowan**

### Quiz Answer :

The photo is a sculpture of a Whale Vertebra by Douglas Coupland in 2018. It is in West Vancouver, at the corner of Bellevue and 14th, outside the Earls Ambleside Restaurant.



# Health Committee Report

## CPR and AED Training

The Health Committee arranged for a CPR and AED training on January 28. It was very well attended and everyone enjoyed the presenter's method of demonstrating.



## Turning an unconscious Person

Note the photos of Joanne Waddington turning over our Instructor (who was demonstrating an unconscious person).



Most of us are aware of the **COVID-19 (Coronavirus 2019)** public warning. Symptoms are similar to other flu viruses with fever, dry cough, sore throat and possible difficulty breathing or pneumonia. Your best defence against any flu, colds or viruses is washing your hands with soap and water. This is especially after visiting the bathroom, before you eat and before touching your eyes, nose and mouth with your hands. **Concerned about your health call 811 and speak to a registered nurse. If you need help at home, please call 211.**

# Announcements

Keep Well wants to



**Ted Stokes** for his past work as President and for many hours of volunteering for Keep Well over the years.

**Wendy Kefoury** for all her help and hard work as a Board Member and as a participant at Keep Well.

**Lois Brown and family** for their generous donation to our Legacy account.

All **new members** and **previous members** who signed up during our Membership Drive. Keep Well really appreciates your support by becoming a member of our Society.

**Andy Demeule** for his continued support and involvement with the Exercise programs.

All **Community Supporters and Funders** of the Keep Well Programs.

All **participants** for your attendance and helping spread the word about Keep Well.

North Shore Keep Well extends sincere condolences to the friends and families of: Margo Rawsthorne and Dorothy Metcalfe. They were both previous Board Members.

Condolences are also extended to Maria (Chichi) Lopez, Frank Storey, Beryl Brown, and Cornelius (Neil) Heesterman who were all active members of Keep Well.

The North Shore Keep Well is looking for new volunteers to help out at the Sites. If you, or someone you know, are able to offer some of your time, please contact Michelle at (604) 988-7115 ext 27 to let us know. Thank you for your support.

Editor's apology:

There were misspelled names in last issue: Should be Del **Dimock**, **Georgiana** Ferguson, Laura **DeGrave**, Andy **Demeule**. Apologies to all involved and thank you for bringing it to our attention. Corrections have been made on the Website.



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
- Alpha Iota Sorority

## Service Clubs / Other

Deep Cover Lions Club  
Mount Seymour Lions Club  
North Vancouver Kiwanis  
North Vancouver Lions 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 \$7.00 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.