

North Shore Keep Well Society
Annual Report
2019/2020 Fiscal Year





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OUR SITES

NORTH SHORE NEIGHBOURHOOD HOUSE

DELBROOK RECREATION CENTRE

PARKGATE COMMUNITY CENTRE

WEST VANCOUVER KIWANIS

SILVER HARBOUR SENIORS' CENTRE

WEST VANCOUVER SENIORS' ACTIVITY
CENTRE

ST. STEPHEN'S PARISH

Message from the President

It is my pleasure to serve as Interim President of the North Shore Keep Well Society. Ted Stokes had to resign in February, and he made this job look so easy! Ted attended all the sites whenever he could while he was President. We want to thank Ted for his time and commitment to Keep Well.

This has been quite a year for our Society. All seven sites were functioning well when we had to immediately close down in the middle of March to protect seniors from potential exposure to COVID-19.

The year started off with a change of location and timing for the Keep Well Demo Day which was relocated to Lynn Valley Centre. Michelle Messinger, our new Coordinator, quickly organized and facilitated the new location with Andy performing the exercises to a group of 75. Our many thanks to Lynn Valley Centre for providing the new location, and to the companies and volunteers who supported the event. Kiwanis Lynn Manor location also had to change, due to construction, and we opened a new site at St. Stephen's Parish.

The Health Committee organized a CPR and AED (Artificial External Device) for the Board and Coordinators of Keep Well. It was very well attended and included practice dolls for everyone to utilize the many skills taught. The instructor chose Joanne Waddington, our current Interim Coordinator, to demonstrate how to turn an unconscious person on their side if you have to leave them to get help. I, for one, had never known how to use an AED even though they are available now in most public areas.

With the COVID virus warnings still current, many seniors are isolated and alone. Our site coordinators and exercise personnel have been trying to maintain contact by phoning the participants as well as encouraging them to utilize the internet. Carole Kellough, with support from New Horizons for Seniors Program, is organizing a series for Mental Health that will benefit many of those in our North Shore Communities. We are also anticipating a theatre fundraising event, hopefully in the fall, as things begin to re-open.

The Board has established a "Re-Opening Committee", consisting of Board members, under the chair of a new board member, John Charles. They are devising a plan to keep seniors safe, under strict guidelines, once our programs are able to open again.

Thank you to Joanne Waddington, who has stepped in as Interim Coordinator because schools closed, and Michelle had to remain at home for her children.

Thank you to all our Community supporters, funders, partners, and to our many volunteers. We could not do this without you and really appreciate your continued support.

As the saying goes, ***"this too shall pass"***

Cheryl Cowan

Interim President



Mental Wellness for Seniors

Keep Well has received funding from New Horizons for Seniors Program, a federal government funding agency, to offer a new program focusing on the mental wellness of seniors and caregivers of seniors. The rationale for the program is based on research that shows that improving the mental wellness of a senior leads to improved quality of life and improved physical and cognitive functioning.

The Mental Wellness for Seniors program is to be offered in a series of free workshops to be run six times.

Each workshop will run for seven weeks, and will cover the following topics: Principles of Healthy Living; Eating Well; Being Physically Active; Sleeping Well; Emotional Wellness; Social Life; Community Integration. Each weekly session will consist of a workshop presentation; group coaching and exploration; arts, massage, relaxation; and opportunities for individual coaching.

The program, scheduled to start in June 2020 was postponed until further notice due to COVID-19. Please stay tuned for further information on this exciting new Keep Well offering.

Carole Kellough

Board Member

Farewells

Keep Well would like to recognize and honour the passing of our valued volunteers and/or participants over the past year:

Marilyn (Lynne) Cove (1932 – 2019) first Keep Well Coordinator

Cornelis "Neil" Heesterman (1929 – 2019) participant of St. John's and Delbrook

Maria (Chichi) Lopez (1943 – 2020) participant of KW Silver Harbour

Kirsten McCorquodale (1931 – 2020) Board member and Site Coordinator at KLM

Dorothy Metcalfe (1931 – 2020) Board member and participant at WVSAC

Margot Rawsthorne (1933 - 2019) Board member and President

Frank Storey (1944 – 2019) Board member and participant at Parkgate and KLM

Penelope (Penny) Thomas (1938 – 2020) volunteer at Woodcroft and Delbrook

Coordinator's Report

Anyone who has never made a mistake has never tried anything new.....Albert Einstein

This spring of 2020, because of the occurrence of the COVID-19 pandemic, brought the world to a halt, and the end of Keep Well's fiscal year saw the suspension of our program. As of this writing in August, some fitness venues are starting to re-open with many safeguards in place, and we are looking forward to opening our program and seeing our valued participants and volunteers again soon.

After Lise Pitt left the Coordinator position in June of 2019, I became Interim Coordinator until Michelle Messinger was hired in early September. During Michelle's first 6 months at Keep Well, we saw some changes such as the closure of our exercise program at Kiwanis Lynn Manor, and a subsequent new venue location at St. Stephen's Parish in Lynn Valley. Our Keep Well Demo day was relocated to the Lynn Valley Centre and drew 75 participants and introduced Keep Well to many new community partners and neighbours.

Our 2019 Holiday Parties provided a chance to connect and celebrate the festive time of year. January and February 2020 brought the renewal of grant applications and an opportunity to revamp the membership program for Keep Well. Ted Stokes and Wendy Kefoury both stepped off the Board in early 2020. We are grateful for their service and commitment to Keep Well and their time on the Board of Directors.

March brought the start of COVID-19, and with the closure of schools, Michelle took leave from Keep Well to homeschool her two young girls. With the help of board members, site coordinators, Andy Demeule (Fitness Director), and myself, the Keep Well team was able to deliver our program to our participants and volunteers using alternate methods. Parkgate Community Centre kindly arranged to film Andy going through his one-hour exercise routine and it can be seen streaming on their website as well as on Keep Well's website so that our participants can exercise from the comfort of their homes. Gluu Technology, then a newly formed Canadian non-profit that helps seniors get the digital skills they need to participate in our modern world, offered free access to Keep Well for digital skills classes such as iPad and iPhone, and other learning resources. As well, our website was uploaded with the Farsi and Mandarin versions of our Keep Well brochure. Our site coordinators continue to forward articles of interest from certain programs and community resources to our participants and volunteers, and have personally contacted many of them.

Thank you to all the dedicated volunteers who have made Keep Well a vibrant and strong society and we all hope that one day soon we'll see Keep Well return to normal operations. In the meantime,



"Be kind, be calm and be safe" - Dr. Bonnie Henry

Joanne Waddington, Interim 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 three 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 seven 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.

CPR DEMO



Demo Day at Lynn Valley Mall



Keep Well Volunteers' Tea

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.



OFFICERS

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

DIRECTORS

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

BOARD COMMITTEES 2019/2020

Finance

Laura Degrave, Carole Kellough, Deanna Charlton, Doug Muir, Georgiana Ferguson

Fundraising Sub Committee

Carole Kellough, Laura Degrave, Heather Dunsford, Georgiana Ferguson, Afsar Paidar, Michelle Messinger

Health Committee

Marsha Unheim, Bob Clarke, Cheryl Cowan

Personnel Committee

Ted Stokes, (Cheryl Cowan – Interim), Susan Clarke, Carole Kellough

Communications Committee

Cheryl Cowan, Michelle Messinger, Bob Clarke, Wendy Kefoury, Susan Clarke, Lillian Gorrie, Afsar Paidar

Events Committee

Marsha Unheim, Ted Stokes, Afsar Paidar, Doug Muir, Lillian Gorrie

Programming Committee

Afsar Paidar, Michelle Messinger, Andy Demeule

Special Thanks To

Our 2019/20 Sponsors:

**Vancouver Coastal Health
PARC Retirement Living**

**Deep Cove Lions Club
GMR Foundation
Joseph Segal Family Foundation
Lohn Foundation
The City of North Vancouver
The District of North Vancouver
The District of West Vancouver
West Vancouver 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.

