



NORTH SHORE  
**KEEP WELL**  
SOCIETY  
KEEPS SENIORS ACTIVE

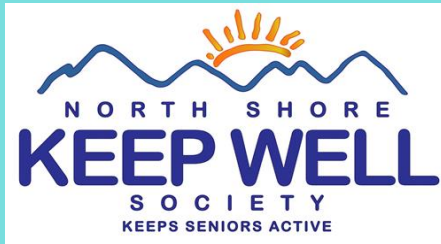


## WHO WE ARE

- North Shore Keep Well is a registered society in British Columbia and a federally registered Charity.

## GOAL

- To encourage and help older adults to keep themselves well by leading active and independent lives



# HISTORY

Keep Well was founded in 1986 by a group of women who initiated a health promotion program based on the idea that seniors have a responsibility to maintain and enhance their own health.



# WHAT WE DO

- Keep Well is an exercise and wellness program for mobile seniors.
- Programs take place at seven community centres from Deep Cove to Horseshoe Bay.
- 1 hour of mild exercise is followed by blood pressure checks and health coaching, massage of shoulders, hands and feet; speakers, and social times.
- Keep Well is barrier-free and the program is free to participants.



## 7 Programs across the North Shore





# PROGRAMS VARY IN SIZE

**Large Program:  
70 participants**

**Medium Program:  
40 participants**

**Small Program:  
15 participants**

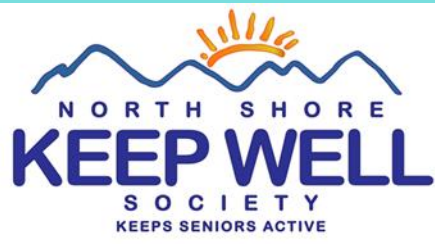




## WHO WE SERVE

**Ages range between 55 and 103. 15% of participants are men. Participants are mobile – they come to the programs under their own steam. We encourage all ethno-cultural communities to join the Keep Well program.**





# VOLUNTEERS

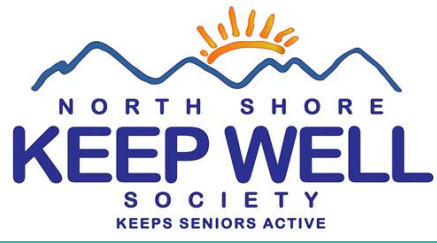
Volunteers are the backbone of the Keep Well organization. In addition to serving on the Board and its committees, they act as site coordinators, register participants, perform blood pressure checks, and hand, foot and shoulder massage, give nutrition and weight information and plan talks and social activities.

Keep Well involves 1 volunteer for every 4 participants.



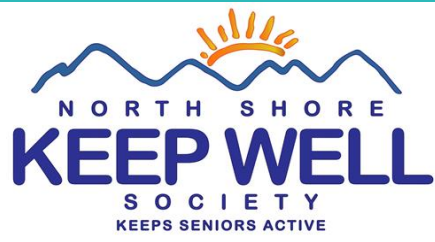


**Volunteers record 270 registrations each week**













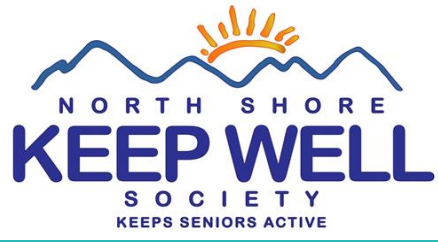


**Welcome Cultural Diversity**





**The Importance of Touch – Group Hugs**



**Volunteer Nurses provide Blood Pressure Checks**



## SHOULDER MASSAGE





## HAND MASSAGE



**FOOT MASSAGE**



**Nutrition Demonstration**



## **GUEST SPEAKERS**



## SOCIAL ACTIVITIES

Programs include coffee and goodies. All sites have Christmas and end of year parties.

78% of our participants say they have made new friends through Keep Well.

Keep Well hosts an annual Volunteer Appreciation Tea which is attended by an average of 130 volunteers.

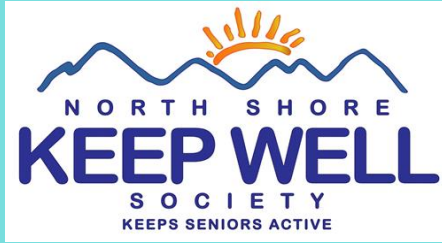




**SOCIAL TIMES**



# **VOLUNTEER APPRECIATION TEA**



# STAFF

Keep Well has a small staff to assist its many volunteers.

- Part-Time Administrator
- Fitness Director and Instructors
- Part-time Bookkeeper



## ORGANIZATIONAL STRUCTURE

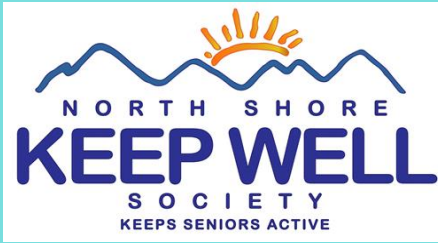
- Keep Well is a volunteer-driven organization.
- The volunteer Board of Directors is elected for their knowledge and expertise in a wide variety of backgrounds: e.g., Health, Nutrition, Law, Finance, and Fundraising.
- Several Committees assist the Board in carrying out their activities.



# **KEEP WELL SUPPORTERS AND FUNDERS**

- **Vancouver Coastal Health**
- **City of North Vancouver**
- **District of North Vancouver**
- **District of West Vancouver**
- **Government of Canada New Horizons for Seniors**
- **PARC Retirement Living**
- **West Vancouver Community Foundation**
- **Belmont Foundation**
- **Deep Cove Lions Club**

**Cont'd.**



# **KEEP WELL SUPPORTERS AND FUNDERS** (cont'd.)

- **John Hardie Mitchell Foundation**
- **Joseph Segal Family Foundation**
- **Lohn Foundation**

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

**Thank you to our wonderful volunteers who continue to support Keep Well through their service and commitment to our organization.**

## Partners:

- Delbrook Recreation Centre
- North Shore Neighbourhood House
- Parkgate Community Centre
- Silver Harbour Seniors' Activity Centre
- St. Stephen's Parish
- West Vancouver Seniors' Activity Centre
- West Vancouver Kiwanis

# KEEP WELL SUPPORTERS



**Donations from Members and Others**



# **CURRENT COMMUNITY INITIATIVES**

- **CPR and First Aid Course**
- **Medical Emergency Alert Kits**



**Telephone:**           **604-988-7115, ext. 27**

**Email:**                   **[keepwellsociety@telus.net](mailto:keepwellsociety@telus.net)**

**Website:**               **[www.keepwellsociety.ca](http://www.keepwellsociety.ca)**

**Keep Well Provides Value to this Community.**