

North Shore Keep Well Society

Annual Report

2022/2023 Fiscal Year



Contact Information

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Our Sites

Delbrook Recreation Centre
Lions Gate Community Recreation Centre
North Shore Neighbourhood House
North NV Kiwanis – Lynn Woods/SH
Parkgate Community Centre
Silver Harbour Seniors' Centre
West Vancouver Kiwanis
West Vancouver Seniors' Activity Centre

This report outlines the North Shore Keep Well Society programs that were delivered during its April 2022 - March 2023 fiscal year.

Message from the President

I am honoured to have served as President of the North Shore Keep Well Society. Our Keep Well programs are almost back to normal attendance with some at their capacity. We opened an eighth Site at the Lions Gate Community Recreation location, the building where our office is, and the Site has been very popular. Rosa Tkacova resigned at the end of March 2023. Suzanne Slack was hired as Office Assistant. We are looking for an Administrator but hiring is still very difficult everywhere. Our amazing volunteers continue to run the Sites very well throughout the many adjustments and we are very thankful for all their time and dedication. Thank you also to our hardworking Board Members who have been very busy and very hands on during this time.

Our Fundraising Chair, Carole Kellough, organized classes for Healthy Ageing sessions at three different locations on how seniors can try to keep and maintain their health. There has been very positive feedback from these presentations. Keep Well is hoping to continue these sessions with valued information for seniors. Please be sure to read her report.

Our supporters and Funders have allowed us to continue the Zoom exercise with Afsar Paidar and Wallis Dixon which has been really successful with seniors at home. Both Afsar and Wallis have committed their time twice a week. This program also allows seniors to exercise if they travel or don't feel well enough to go out. Funders also helped to provide tech support, now invaluable because so many things are only accessible online and many seniors have a very difficult time with it.

One main issue we have is the lack of time available at our Site locations because of so much restructuring done during the pandemic. The portion for our Hands On time is much less available. That part gives seniors a chance to socialize, hear health talks and get updates on their blood pressures, etc. Senior socialization and learning health information and healthy living is a very important part of staying well. We are hoping that the Sites can allow us more time like we had before. The LynnWoods Kiwanis facility shut down temporarily and the program

was once again moved back to Silver Harbour where it still is. Thanks to Silver Harbour for accommodating us again.

This year, we have polled our Site Coordinators to get their updates on what is happening at the locations. Please meet our Site Coordinators and see photos of them. They do great work in our community with their welcoming and unwavering dedication to the programs. Keeping records, remaining in contact with participants and providing feedback to the Keep Well Society. Kudos to all of them! We couldn't operate without them.

Thank you to our Community Supporters: Capilano Community Services Society and the North Van Recreation Centres, Silver Harbour Senior Centre, North Shore Neighbourhood House, West and North Van Kiwanis, North Vancouver Recreation Centres (including Parkgate) and West Vancouver Senior Centre and the Squamish Nations Elder Centre for the facilities and space we use to provide these opportunities for North Shore seniors.

Thank you to our Funders: Vancouver Coastal Health, West Vancouver Community Foundation, North Shore Community Foundation, District of West Vancouver, District of North Vancouver, City of North Vancouver, New Horizons for Seniors Program and PARC Retirement Living for your financial support. Without your support we would not be able to provide the programs we have today to help North Shore seniors stay healthy and living engaged, independent lives in their communities. Any donation or grant is very much appreciated and allows us to help seniors on the North Shore.

We must all continue with good hygiene to protect ourselves from any further COVID waves. The North Shore Keep Well Society tries to keep our seniors, volunteers, and instructors safe.

Respectfully Yours,
Cheryl Cowan
President
March 31, 2023



Tribute



Mary Turland

The North Shore Keep Well Society wants to pay tribute to Mary Turland, one of the five Founders of the North Shore Keep Well Society. Mary passed away on November 15, 2022, at the age of 96. Still residing in her own home, she was one of the retired nurses from Lions Gate Hospital that began the Program in 1987 to help seniors on the North Shore keep active and connected to the community. Sheila Jones, Ellen Hayward, Dorothy Stewart, Helen Nesbit and Mary planned and organized it. They began with only “one or two” attendees showing up. There are now over 250+ North Shore Keep Well participants, managed by volunteers, keeping seniors healthy and active on the North Shore.

Mary continued to be very active in the community. Just over a year ago, when greeted on a sidewalk in West Vancouver, she declared that she tries “to walk every day”. She mentioned her route, from Ambleside to Dundarave, but used to walk from Dundarave to Horseshoe Bay. Impressed that she was out walking, without a cane she responded that she didn’t feel that she needed it that day, and added: “Some are afraid of the stigma of using a cane or walker but it is much better to keep moving than just sit at home.”

Mary will be dearly missed by all but she left a program for seniors that is now over 36 years old. Helen Nesbit still resides at Hollyburn House in West Vancouver.

We are grateful for Mary’s part as an original Founder.
Our condolences go out to her family.

Introduction

The North Shore Keep Well Society (the Society) began as an initiative of the Lions Gate Hospital to work with and for seniors in the City of North Vancouver, District of North Vancouver and District of West Vancouver. It was incorporated as a nonprofit Society in March 1991.

The Society offers activities at its eight sites to support healthy living for seniors and provide opportunities for them to remain active in the community. Mild exercise, group discussions, blood pressure monitoring and socializing are benefits of the classes. In addition, a Zoom class is offered twice each week for those who prefer to exercise at home.

Mission Statement

We believe in seniors.

We believe that seniors are a rich resource to themselves and their community.

We believe that seniors can become powerful agent for change if given the opportunity.

We believe that wellness is for everyone, and choosing to keep well can be fun.

We believe that our lives are enhanced when we choose to exercise, relax, eat well, love, laugh, do the things we enjoy the most, help and support one another, and become actively involved in the community.

The Society's programs are designed to provide opportunities for seniors to learn, grow, and expand their experience of well-being.

Our Purpose is to:

- promote the health and well-being of older adults living on the North Shore.
- encourage seniors to help themselves and each other to live in better health, to learn, and to expand their experiences of well-being.
- increase awareness of community resources.
- promote the Keep Well program in the community.

Site Reports

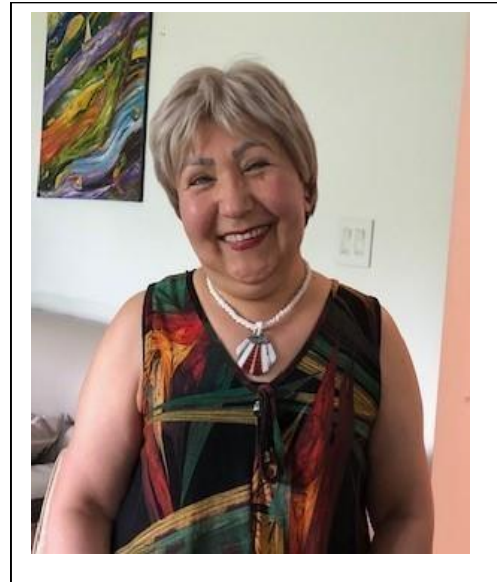
Delbrook Recreation Center

Site Coordinator responsibilities are shared by Bernice Speed, Sue Vince, and Carole Wilson

Fitness Instructor: Afsar Paidar



Bernice (left) and Sue



Afsar



Delbrook class

Attendance averages about 20 but varies. Attendees are generally regulars. Most are VERY pleased to attend and consider the program to be excellent. Afsar is so energized and energizes the room. Some attendees go for coffee after the class.

Lions Gate Recreation Community Centre



Avery

Site Coordinator:
Avery Jones

Fitness Instructor:
Miranda Goreshi



Miranda



Exercising with Miranda



North Shore Neighbourhood House

Site Volunteers:

Trudy Hubbard
Wendy Nevison

Fitness Instructor:

Peggy Ament



Trudy and Wendy



Peggy

The attendance continued to increase. It's a lovely group, and everyone really enjoys the classes.



North Vancouver Kiwanis (Lynn Woods)



Roberta

Site Coordinator:
Roberta Tottle

Fitness Instructor:
Afsar Paidar

There was a good response of (average over 4 weeks) of 36 at Kiwanis Lynn Woods.

The room capacity is 40.
Lots of enthusiasm for a program of a smaller size. The participants are mainly from the local population.



Afsar

Parkgate Community Centre

Site Coordinator:

Joy Gardiner

Fitness Instructor:

Rose Landry

Pre-COVID attendance was usually 50-60 participants, and after COVID, the class averaged 30.

Other key people at Parkgate: Keep Well Society Vice-President and volunteer, Doug Muir; BP nurses, Sandra Good, Jene Johnson, and Pearl Peng, St. John's Ambulance trained volunteer, Trish Robinson; and kitchen support, Chris Waldie.



Joy



Rose



Class with Rose

Silver Harbour

Site Coordinator: Roberta Tottle

Fitness Instructor: Rosa Tkacova



Roberta



Class with Rosa

Classes on Wednesdays and Fridays averaged about 40 participants. They were very enthusiastic and willing to give positive feedback and suggestions.

West Vancouver Kiwanis

Site Coordinator:
Stephanie Fisher

Fitness Instructor:
Rose Landry

Participation on average was 10 but varied from 8-14. Participants at this site appreciate the ease of access as many don't drive and some have limited mobility. A sense of ease and friendship is growing among the participants. Everyone loves Rose and her training style. Some of them also attend the classes at the West Vancouver Seniors' Centre.



Stephanie and assistants



Exercising with Rose

West Vancouver Seniors' Activity Centre

Site Coordinator:

Lorraine Bowden

Assistants: Geri Fraser and Barbara Gillingham

Fitness Instructor:

Rose Landry



Lorraine



Geri



Barbara

The WVSAC was a total beehive of activity. The classes are held in a small room and were capped at 18. Rose is a great instructor, and we feel very lucky to be part of her class. The participants are happy and appreciative of the opportunities the North Shore Keep Well Society is providing for their well-being.

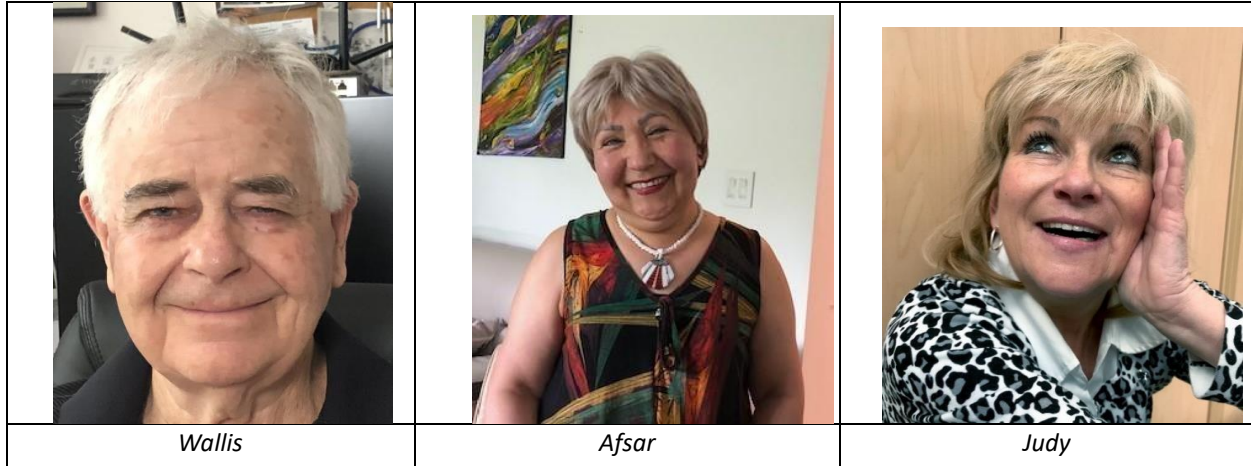


Exercising with Rose

Zoom Exercise classes

Technical facilitator: Wallis Dixon

Fitness Instructors: Afsar Paidar and Judy Bjornson



Zoom became an essential platform for meetings, workshops, and classes of all sorts – including the North Shore Keep Well Society (“Society”) exercise classes – throughout the pandemic. Now that most people have been vaccinated and restrictions have been lifted, many people continue to value participating in group activities via Zoom. The Zoom exercise classes are a great example of how many seniors developed the technical skills and resources to participate in virtual programs when services at community centres were not available. Maintaining these virtual services helps seniors to continue to develop their facility for using this technology.

The participation in the Society’s classes, that are held twice each week and led by Afsar Paidar, continue to grow. In the first three months of 2023, the total attendance was 22% higher than the same three months of the previous year, and the regular participants are very committed to the classes. During the 2022-2023 fiscal year (April - March) 104 Zoom classes were held with a total attendance of 1633, and an average of 16 people per class.

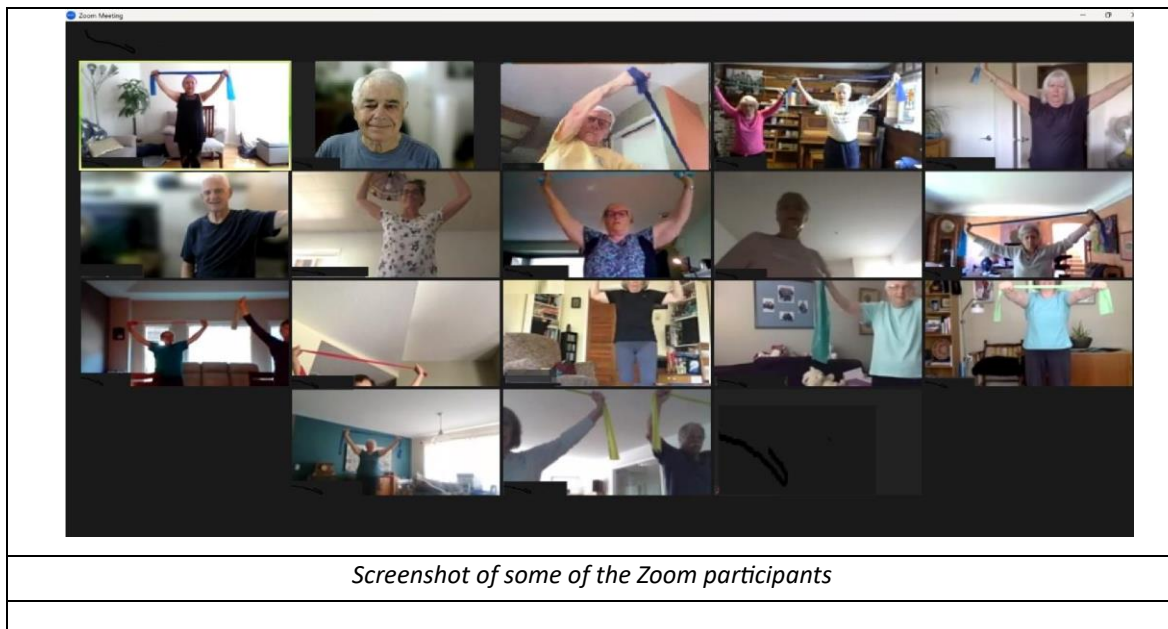
The Zoom classes are appealing to participants for different reasons. Busy seniors can exercise quickly and conveniently in the mornings; others have health, transportation, or health challenges; and some people are uncomfortable

exercising in a group setting because of crowding or feeling self-conscious about their abilities. Some say they like avoiding the driving and parking. The Zoom participants do not feel they need the social component that many in the live classes find very rewarding.

One participant said, “The Zoom classes are a positive time in my week; they benefit me to be physically active and participate with others. Because the classes are on Zoom, I do not need to worry about getting to the class. It is not required that I walk or drive in inclement weather.” In addition, as Afsar says, “There is no holiday from exercise!” This philosophy is easy to accommodate with Zoom classes because they are not dependent on a facility being open and available, particularly during a holiday period or the summer.

Furthermore, there may be other pandemics ahead, so it is prudent to maintain services provided through technologies like Zoom to keep seniors active and to reduce the problems associated with isolation.

There is general agreement that to offer both types of instruction – by Zoom and in live classes – is important so the different needs and preferences of seniors can be met to enable them to be active and healthy.



New Horizons Seniors Program (“NHSP”) Healthy Ageing Workshops

We applied and were fortunate to again receive funding from NHSP to hold Healthy Ageing for Seniors Workshops in the 2022 to 2023 time frame.

Three sets of workshops, each set consisting of 10-2 hour workshops for a total of 30 workshops were held, at the Squamish Nation Elder Centre, the North Shore Neighbourhood House and the Silver Harbour Seniors Centre. In addition, some of our Zoom classes were funded through the NHSP grant, as workshop participants were encouraged to attend both the Zoom and in-person exercise classes. In all 45 people attended these workshops, on important aspects of Healthy Ageing, including Well-Being and Healthy Ageing, Physical Activity, Healthy Nutrition, Healthy Sleep, Mental Well-Being, Social Inclusion and Interconnectedness and Community Integration.

Each workshop session was structured to include a presentation by the Workshop Leader on the theoretical knowledge on the topic, a practical presentation by a health practitioner with demonstrations and opportunities to practice, and discussions and brainstorming on sustaining healthy habits in accordance with the practitioner’s recommendations. Health practitioners participating in the workshops included a physiotherapist and a registered dietitian. A singer and a yoga instructor also participated.

Two Keep Well Board members also volunteered to share their knowledge and expertise with workshop participants. Doug Muir shared his musical talents by opening and closing sessions with a song. Joe Brooker, a practicing physiotherapist, presented on common physical challenges faced by seniors and led participants on exercises to combat these challenges.

Critical aspects of the workshops were on providing opportunities for participants to engage in meaningful social activities, by conversing and brainstorming, mentoring their peers by sharing their lived experiences, finding joy by singing and listening to music;

to increase physical activity through the exposure to different exercise modalities; and to develop new practices and skills to slow down ageing in the areas of nutrition, relaxation and sleep.

As with previous workshops, feedback from the participants was positive, with comments on the usefulness of the new learnings, the enjoyment and fun experienced, and the positive impact on mood from the increased social engagement and connections.

Respectfully submitted by Carole Kellough



*Carole Kellough
Board and Committee Member*

Announcements

The North Shore Keep Well Society announces with sadness the recent passing of two previous Board Members.



Elinor Ames, 91 years old, was a very educated person who held several degrees from universities and most recently was employed by Simon Fraser University. She became President of the Keep Well Board and really seemed to know what was needed and how to accomplish things in a kind and effective manner. Elinor passed away on February 2, 2023. Our sympathies go out to her family.



Dr Robert Clarke became a Board Member until he and his wife, Susan, moved to Sechelt. Dr Clarke (or Bob, as he preferred) passed away suddenly on February 18, 2023 at the age of 79. He joined the Keep Well Board and quickly became Vice President. Bob was well known on the North Shore in the community and also within the dental community, having his own practice for many years. He was very well respected and will be fondly missed. Our sympathies go out to his family.

Board of Directors

Executive

President – Cheryl Cowan

Vice-President – Doug Muir

Secretary – Maureen Malcolm/Directors

Treasurer – Laura DeGrave

Directors

Joe Brooker

John Charles

Georgiana Forguson

Carole Kellough

Afsar Paidar

Marsha Unheim

Board Committees 2022/2023

Finance Committee

Laura DeGrave – Chair, Georgiana Forguson, Carole Kellough, Doug Muir

Fundraising Sub-Committee

Carole Kellough – Chair, Joe Brooker, Laura DeGrave, Heather Dunsford, Georgiana Forguson, Afsar Paidar

Health Committee

Marsha Unheim – Chair, Joe Brooker, John Charles, Cheryl Cowan

Personnel Committee

John Charles – Chair, Cheryl Cowan, Carole Kellough

Communications Committee

Cheryl Cowan – Chair, Georgiana Forguson, Afsar Paidar

Events Committee

Marsha Unheim – Chair, Doug Muir, Maureen Malcolm, Afsar Paidar

Programming Committee

Afsar Paidar – Chair, Michelle Messenger

Special Projects Committee

Doug Muir – Chair, John Charles, Cheryl Cowan, Laura DeGrave, Georgiana Forguson, Maureen Malcolm

Special Thanks

to our 2022/2023 Sponsors

**Vancouver Coastal Health
PARC Retirement Living**

GMR Foundation

City of North Vancouver

District of North Vancouver

District of West Vancouver

Estate of Bette Rumble

West Vancouver Foundation

North Vancouver Foundation

North and West Vancouver Community Centres

Thank you to our members and participants whose generous donations ensure that the Keep Well programs continue. We gratefully acknowledge all who support the North Shore Keep Well Society.