

North Shore Keep Well Society

Annual Report

2023/2024 Fiscal Year



Contact Information

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www.keepwellsociety.ca

Our Sites

Delbrook Recreation Centre
Lions Gate Community Recreation Centre
North Shore Neighbourhood House North
Parkgate Community Centre
Silver Harbour Seniors' Centre Wednesday's class
Silver Harbour Seniors' Centre Friday's class
West Vancouver Kiwanis
West Vancouver Seniors' Activity Centre

This report outlines the Keep Well Society programs that were delivered during its April 2023 - March 2024 fiscal year.

Message from the President

The Keep Well program for Seniors has been functioning very well since our contagion issues with the community virus have dissipated. All Sites have seen an increase in attendance and we are welcoming new participants at most of the Sites. We are delighted to see our loyal participants as well as new ones. I spoke to a recent new first day attendee and she said, "I am so glad to have found this program!" She had a big smile when she said it.

In May, Mary Ahmadi joined us as Office Administrator, catching on very quickly and efficiently with all the processes involved. Mary attends to everything in the office including attending the Sites for any supplies required. Mary continues to work as an Osteopath and is fluent in Farsi which has been a great help for translation of Farsi to and from our Farsi population.

With the help of our Board Members and a community volunteer, the brochures on our Website have been updated with the current programming schedules at our Sites. Jean Wong (Chinese update), Christine Miller (English update) and Saba Shahrsebi, community volunteer (Farsi update).

Board member/Treasurer Laura DeGrave resigned at the beginning of September, after helping to orientate our new Financial Person. Laura is a long standing Keep Well Society member who also helped as Site Coordinator, with Barbara Gillingham at the West Vancouver Senior Centre. We all wish her well in her future endeavours. Larry Taddei joined the Board as her replacement and has done a great job of catching on quickly and keeping up with our finances as well as helping in other areas.

The Board members alternated as secretary of meetings until Christine Miller came on as Secretary on the Board. She has helped us update the website to try to keep it current. For the last few years, the Board has certainly been a "working" position. All members try to help out where and when they can.

Our Fundraising Chair, Carole Kellough applies for any available Grants that might be good for our Seniors. This includes requests to our local communities that are very supportive with our programs. She has almost completed the Healthy Ageing Program that has been very successful. This program provides seven sessions in different locations on issues like wellbeing, nutrition, physical activity, and mental health, etc.

A Falls and Balance program is in process which will be very applicable and helpful to our North Shore seniors. Joe Brooker, a Board member and physiotherapist, helped to arrange this. It includes Home adaptation as well as exercises to strengthen balance. Carole is hoping to provide videos to put on our website so it will be available online to any senior.

Thank you to our Community Supporters: Capilano Community Services Society, Silver Harbour Senior Centre, North Shore Neighbourhood House, West and North Vancouver Kiwanis, North Vancouver Recreation Centres (including Parkgate), West Vancouver Senior Centre and the Squamish Nation 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, PARC Retirement Living, West Vancouver Community Foundation, District of West Vancouver, District of North Vancouver, City of North Vancouver, New Horizons for Seniors Program and our participants for your financial support. Thank you also to the support from other groups including: Helping Hands Fund, Lohn Foundation, North Shore Sports Medicine, Royal Canadian Legion Lynn Valley Branch #114, GMR Foundation, Hamber Foundation, Sutherland Foundation, Warm Hearts Charitable Fund.

We are very grateful for any support, big or small, that we get to maintain our programs for seniors to stay healthy and out of hospitals. 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 encourage everyone to try and stay safe and protect yourselves from exposure to flu and covid. Both are still active in our community. Please also try to keep your vaccinations updated as they are available.

Cheryl Cowan
President of the Keep Well Society.



Cheryl Cowan
President

Welcome Mary Ahmadi

Mary Ahmadi joined the Keep Well Society team as of May 2023 taking over many office duties working with one assistant administrator. She has done a great job of learning about the details required for supporting the Keep Well office and all the Sites. She has continued doing some double duties since September 2023.



Mary Ahmadi
Office Administrator

Introduction

The 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 Community Center

Site Coordinator: Sanly Lotf zad

Responsibilities are shared with Bernice , Sue , and Carole.

Attendance averages about 26 but varies. Attendees are generally regulars. Most are VERY pleased to attend and consider the program to be excellent. Afsar is so energetic and energizes the room. Blood pressure volunteers who are retired nurses check blood pressure.



Bernice (left) and Sue



Fitness Instructor: Afsar Paidar



Delbrook Exercise class



Sanly Lotf zad

West Vancouver Senior Activity Center

Site Coordinator: Lorraine Bowden

Responsibilities are shared with Geri, Barbara.

Attendance averages about 12. Basically, we manage with one volunteer, namely the site coordinator but there are two volunteers on an on-call basis.

We are fortunate to have Stephanie Fisher as our Blood Pressure volunteer. She comes to the site about twice a month.



Exercise class with Rose



Fitness Instructor: Rose



Lorraine



Geri



Barbara

Silver Harbour

Site Coordinator: Roberta Tottle

Responsibilities are shared with Doreen, Wally, Peggy, Barbara and Joyce.

For Silver Harbour Wednesdays, we have 42 attendees and 5 volunteers. We have Peg McIsaac for Blood Pressure with Roberta Tottle as back up. Also Deanna Charlton and Elaine Hunter for the Blood Pressure as we need them. For Silver Harbour Fridays, we have 35 attendees and 5 volunteers. Del Dimock is our Blood Pressure Volunteer with Roberta Tottle as a back up. The participants were very enthusiastic and willing to provide positive feedback and suggestions. For both classes we combine and have one end of season party in June and one in December.



Roberta



Doreen, Wally, Peggy



Exercise class with Rose

North Shore Neighbourhood House

Site Coordinators: Trudy Hubbard and Wendy Nevison

Responsibilities are shared with Trudy and Wendy.

North Shore Neighborhood House site averages 32 attendees with 2 volunteers. We operate Mondays from 9:30 to 10:30 am with a social coffee chat afterward. Once a month we enjoy goodies provided by participants and free coffee provided by North Shore Neighborhood House. Special speakers are invited to attend our socials frequently.



Exercise with Peggy



Trudy and Wendy



Fitness Instructor: Peggy

Lions Gate Community Center

Site Coordinator: Ching Lei Lee

Responsibilities are shared with Termeh and Monir.

Our Site has averages 40 attendees and 5 volunteers. We operate Thursdays from 10 to 11 am with a social hour afterward. Refreshments are available while one of the volunteers plays the piano.



Ching Lei



Fitness Instructor: Miranda



Exercise with Miranda

West Vancouver Kiwanis

Site Coordinator: Stephanie Fisher

Responsibilities are shared with Stephanie and Kathy.

The number of attendees at the West Vancouver Kiwanis site is 8-10/ class.

The volunteers at this site are 3 or 4 including Kathy McKenzie who is a retired registered nurse and does blood pressure checks every second week. Participants at this site appreciate the ease of access as many do not drive and some have limited mobility. Everyone loves Rose and her training style.



Exercise with Rose



Stephanie and assistants



Fitness Instructor: Rose

Parkgate Community Center

Site Coordinator: Joy Gardiner

Responsibilities are shared with Doug, Sandra, Jene, Pearl and Trish.

This year we have 45 members, about 60 attendees, and 7 volunteers.

Other key volunteers at Parkgate are:

Keep Well Society Vice-President and volunteer Doug Muir; retired nurses Sandra Good and Jene Johnson, working nurse Pearl Peng , and St. John's Ambulance trained and certified Patricia (Trish) Robinson who were conducting blood pressure checks; and kitchen support Chris Waldie.



Joy



Fitness Instructor: Rose



Exercise with Rose

Zoom Exercise classes

Technical Facilitator: Wallis Dixon

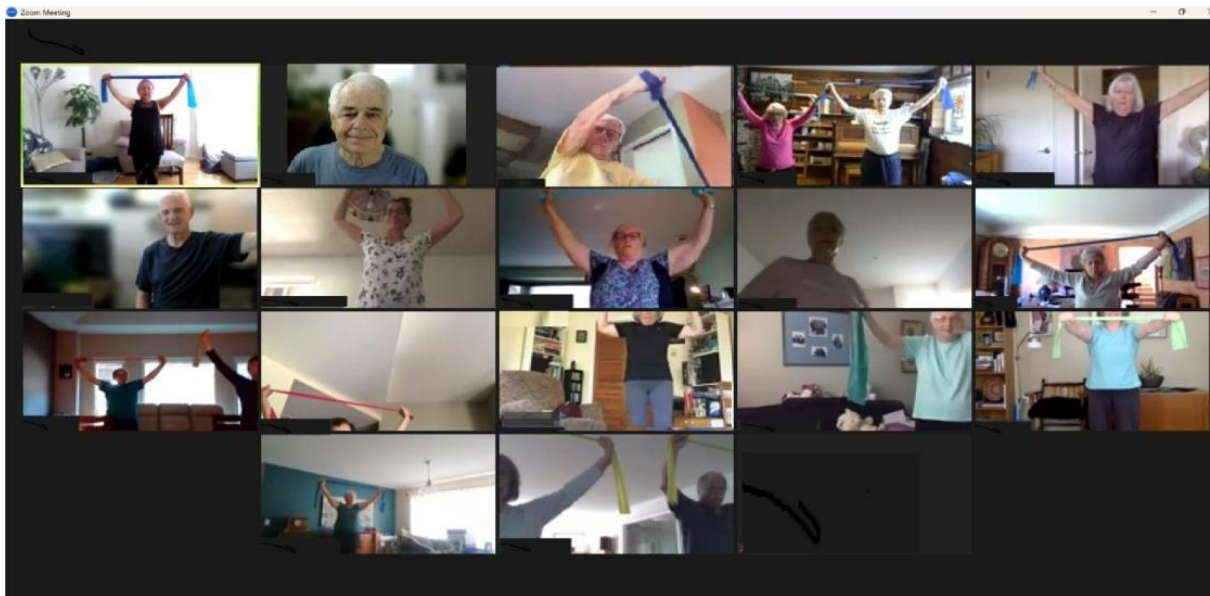
Fitness Instructor: Afsar Paidar

The Zoom classes are held on Mondays and Wednesdays at 9:30, led by Afsar with IT support from Wallis. The average participation is 18 people per class and 106 per month. The participants appreciate being able to exercise from their homes without being concerned with driving and parking. An annual social is organized where they meet in person.



Wallis

Fitness Instructor: Afsar



Screenshot of some of the Zoom participants

Fund Raising Report for 2023-2024

This was a successful year for fundraising, both for organizational funding and project funding. We applied for and received grants from the West Vancouver Foundation, the District of West Vancouver, The City of North Vancouver, the District of North Vancouver, Vancouver Coastal Health, and PARC Retirement Living. We also applied to several private foundations and service clubs and received grants from a few of them. The funding from these sources, plus donations from members attending classes and the purchase of memberships allows Keep Well to continue to operate.

New Horizons for Seniors' Program provided funding again this year. This generous funding enabled us to hold four workshop sessions each consisting of seven Healthy Ageing Workshops, held at the Mollie Nye House, West Vancouver Kiwanis, the Squamish Nation Elder Centre, and the Tseil-Waututh Elder Centre. About 70 people attended these workshops and provided feedback indicating a very high level of satisfaction and enjoyment. This funding also enabled us to offer 95 sessions of the popular twice-weekly Zoom exercise classes. A new workshop leader was engaged this year to present the Healthy Ageing Workshops and brought an increased focus on conversations and participants sharing their experiences.

We applied for a Vancouver Coastal Health Mini Action Grant to fund a project on Falls Prevention for seniors. With this grant, we hired a Kinesiologist who worked with our Board Member, Joe Brooker, a Physiotherapist, to create a 7- 10-minute Balance Exercise session, as a key component in the prevention of falls among seniors. Our instructors were trained on this Balance session and are incorporating the exercises into our exercise program. We also engaged an Occupational Therapist to design and deliver a presentation on Falls Proofing one's Living Environment, to each of our eight sites. A videographer was hired to videotape the updated exercise session with the Balance Exercises and the Falls Proofing Presentation. These two videos will be added to our suite of videos at www.keepwellsociety.ca which members can view at their leisure.

Upcoming in the New Year for Fundraising

New Horizons for Seniors Healthy Ageing Workshops

We have for the fourth year received funding from the New Horizons for Seniors Program to hold Healthy Ageing Workshops in the 2024-2025 year and bi-weekly Zoom exercises. The first sessions of the workshops will be held at Delbrook Recreation Centre from May 28 to July 9.

More information will be available at www.keepwellsociety.ca and emailed to each member and participant for whom we have email addresses.

Falls Prevention



Rose leading exercisers in NSNH on the balance exercises

North Shore Keep Well Walk

On September 8, 2024, we will hold our first Walkathon from John Lawson Park to Dundarave Park and return. This year, the Walk will be in honour of Bette Rumble, who was a long time Keep Well member, and generous KW benefactor.

We hope this will be an enjoyable and memorable event, with speeches, entertainment, KW instructor led pre-walk warm up exercises, post-walk door prizes, and food.

Please mark your calendars and plan on attending this event.

The purpose of the Walk is to remember Bette, to raise the profile of KW in the North Shore community, to build a sense of community in our organization, and to raise funds for our continued operations.

More details on this exciting walkathon will be available in June, by email and on our website.



Carole Kellough
Board and Committee Member

Events

Volunteer Tea and AGM

In October 2023, we held our first in-person Volunteer Appreciation Tea and Annual General Meeting since the COVID pandemic at the Mount Seymour United Church.

We welcomed approximately 55 past and current Board members and volunteers. Everyone was treated to a sit down tea with sandwiches and baked treats, and tea and coffee. Each attendee was presented with a potted plant.

We were happy to see so many familiar faces, reminding us that without our volunteers who give so unstintingly of their time, our organization would not have continued and flourished for over three decades.



Board of Directors

Executive

President – Cheryl Cowan

Vice-President – Doug Muir

Secretary – Christine Miller

Treasurer – Larry Taddei

Directors

Joe Brooker

Carole Kellough

John Charles

Afsar Paidar

Viktoriya Fedorchuk

Jean Sharma

Board Committees 2023/2024

Budget and Financing

Larry Taddei

Fundraising Committee

Carole Kellough, Jean Wong, Afsar Paidar

Health Committee

Joe Brooker, Cheryl Cowan, Viktoriya Fedorchuk

Personnel

John Charles, Cheryl Cowan, Viktoriya Fedorchuk

Communications

Christine Miller, Cheryl Cowan, Viktoriya Fedorchuk, Jean Wong

Events

Afsar Paidar, Jean Wong, Carole Kellough, Viktoriya Fedorchuk

Membership

Trudy Hubbard

Governance Committee

Larry Taddei, Jean Wong

Nominating Committee

Cheryl Cowan, Carole Kellough, John Charles

NORTH SHORE KEEP WELL BOARD MEMBERS



Cheryl Cowan



Doug Muir



Larry Taddei



Joe Brooker



John Charles



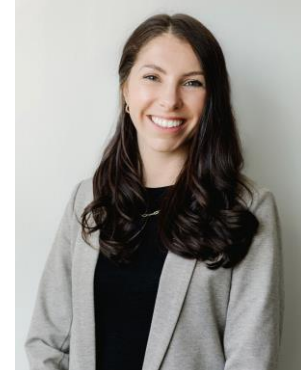
Carole Kellough



Afsar Paidar



Jean Wong



Viktoriya Fedorchuk



Christine Miller



Trudy Hubbard

Special Thanks

to our 2023/2024 Sponsors

**Vancouver Coastal Health
PARC Retirement Living
City of North Vancouver
District of North Vancouver
District of West Vancouver
West Vancouver Foundation
Helping Hands Fund
Lohn Foundation
North Shore Sports Medicine
Royal Canadian Legion Lynn Valley Branch #114
GMR Foundation
Hamber Foundation
Sutherland Foundation
Warm Hearts Charitable Fund**

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

We extend our heartfelt gratitude to all of the Keep Well volunteers, including Site coordinators and other Site volunteers, and volunteers who perform blood pressure checks and massages. Your dedication makes a significant difference to the Keep Well Society. Without the volunteers' efforts and commitment, we would be unable to continue to operate.

At Keep Well Society we are grateful for your contributions which enable our Society to achieve its Mission of helping North Shore Seniors to prolong their ability to live healthy, independent community-based lives.

Announcements

The Keep Well Society is sad to announce the recent passing of previous Keep Well President Ted Stokes.

Ted was a gracious and well-respected gentleman, and we were privileged to have him as our Keep Well president. He will be sorely missed.

