



**Presentation to the**  
***Active Aging Symposium***  
**June 6, 2008**

**by Pamela Baxter**  
**Program Director**  
**North Shore Keep Well Society**



There are three kinds of seniors:

The *no-go* seniors

The *slow-go* seniors

The *go-go* seniors



Health and  
Wellness  
Organization

Dedicated to  
helping *go go*  
seniors Keep  
themselves  
Well



Exercise



Blood Pressure Checks and Health Monitoring





Hands -on





**8 Sites  
across the  
North Shore**

**Large 70**

**Medium 40**

**Small 15**



- **20 Years Old**
- **Funded by:**
  - **Vancouver Coastal Health**
  - **Donations**
  - **3 North Shore Municipalities**





## **PARTICIPANTS' PERSPECTIVE**



**300 people sign in per week**





**PARTICIPANTS – Donations are Welcome**



**PARTICIPANTS - 20% ARE MEN**





**PARTICIPANTS - MULTICULTURAL**



**PARTICIPANTS – One Hour of Exercise**





**PARTICIPANTS**



**PARTICIPANTS**





**PARTICIPANTS**



**PARTICIPANTS – The importance of Touch**





**PARTICIPANTS – Consult Fitness Instructor**



**Participants – 125 Blood Pressure Checks Per Week**



**PARTICIPANTS – Shoulder and Head Massage**





**PARTICIPANTS – Foot Massage**





**PARTICIPANTS – Hand Massage**



**PARTICIPANTS – Weight Checks**



**PARTICIPANTS – Chit Chat, Share Goodies**





**PARTICIPANTS – Speakers Once a Month**





# **VOLUNTEERS' PERSPECTIVE**

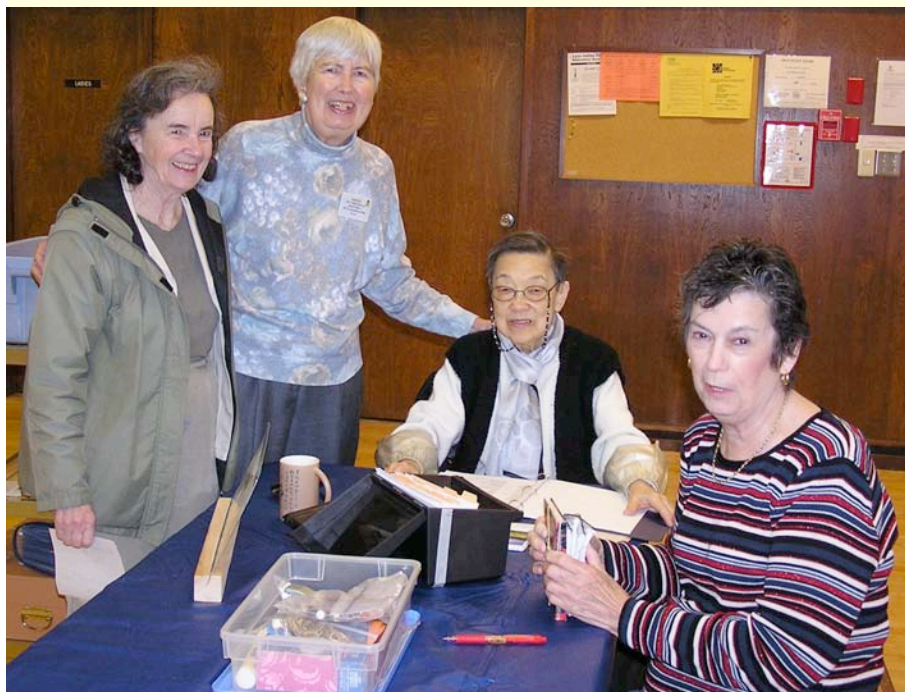


**160 VOLUNTEERS**



**VOLUNTEERS – Set-up**





**VOLUNTEERS – Registration Desk**





**VOLUNTEERS – Make Coffee**



**VOLUNTEERS – 39 Nurse Volunteers**





**VOLUNTEERS – Shoulder and Head Massage**





**VOLUNTEERS – Hand Massage**



**VOLUNTEERS – Foot Massage**





**VOLUNTEERS – APPRECIATION**





## EDUCATION



## VOLUNTEERS - Nurses' Forum



## EDUCATION



## VOLUNTEERS - Massage Workshops





## 8 Morning Programs across the North Shore







**(604) 988 - 7115 ext. 27**

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

**Keep Well Provides Value to Seniors on the North Shore by giving them the opportunity to stay healthy.**

**Keep Well is fundamental to sustaining the health care and social system for our growing population of seniors.**



## **North Shore Keep Well Society**

**We are working to:**

- Maintain Keep Well and make it more visible**
- attract more participants and more volunteers**