

Elderfit NEWS

Pooling Together for Good Health

Elderfit Annual General Meeting



On March 24th, 23 members attended the Elderfit Annual General Meeting at the LCLC. It was a wonderful meeting where reports for the 2022 year were presented for questions and comments. The snacks were delicious - thanks to everyone who provided them! After the Agenda was completed, several members spoke about their appreciation for the Board, all of the Instructors and our friendly, welcoming participants! We left with big smiles and pride in the wonderful program we've all built together - none other like it!

The reports are all in this Newsletter, so all members can enjoy!

The Board of Directors pictured above from left, seated: Lynne Barkhouse, Marilyn Branson, Sue Rushton, Nancy MacDonald. Left, standing: Lynne McDormand, Susan Swallow, Doreen Fines, Rosalie Studley, Dean White, Sue Nichols.



CHAIR REPORT FOR YEAR END 2022

Thanks, everyone, for coming today to hear about our accomplishments this past year. Things are very slowly returning to a sense of normalcy. It's wonderful to see...and feel! May it continue!

I'd like to thank the Board and the Instructors for their incredible, continuing ability to "go with the flow" and keep this wonderful program going. Susan S. will be giving a report of what our instructors have been up to this year shortly. But, again, I'd like to give a huge thanks to them for their encouragement and support.

I'd also like recognize the LCLC and Oak Island for being responsive to our needs and suggestions as we've worked - and continue to work - our way through all the fine tuning of the relationships between LCLC, Oak Island and Elderfit. One of the adaptations at LCLC that we continue to have has been to welcome LCLC members into our classes in order to enjoy the full pool. Oak Island, too, has collaborated with us to make sure that they, our members and instructors have a great working relationship.

Sadly, we've ended our classes at Best Western but the good news is that we have new members at both Oak Island and LCLC and we've welcomed back many members who are now more comfortable coming for some exercise in the water!

It's also with great sadness that I report the passing of one of our instructors and an amazing, accomplished woman, Maggi Ansell. Those of you who participated in her classes know what a wonderful sense of humour she had and I know that every time I do the chihuahua dog paddle, I'll think of her with a smile on my face.

Our social events are back! And what a success they've been. Lynne will have a report about that shortly. In honour of those who have contributed greatly to Elderfit over the years such as Dr. George McKiel, the founder and Martha Saunders, the foundation of the program for so many years, the Board has started working on the Elderfit Legacy program as a way to remember and honour those people. Keep an eye out for this at our social functions throughout the year.

Most of all, thank you to all of our members for continuing to support us whether by continuing to attend classes or by offering encouraging words. Because of your support, we are in good shape financially and what a fabulous donation we were able to make to Brighter Days this year! Nancy will be giving her report to give you more details. Thanks again to everyone attending today. Here's to a successful 2023...our 25th anniversary!

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Social Committee Report: We managed to pull together three social events in 2022, as members began to venture out after the Covid hiatus. The Spring Luncheon was held at the Riverport Community Centre. Turnout was fewer than expected, but those who attended praised the great food and pleasant venue. Attendance at the Graves Island Picnic was also low. But the Christmas Lunch at the Bridgewater Anglican Church Hall drew out 64 members and guests for a truly festive reunion. An amazing \$5700 was raised for our charity of choice, the Brighter Days Campaign in aid of the South Shore Regional Hospital expansion.

ELDERFIT NEWS

AGM Secretary/Treasurer Report

For 2022:

Financial:

- * Donations: Collected for a specific charity from Elderfit members.
 - * \$900 Souls Harbour (Bridgewater location) in honour of Maggi Ansell
 - * \$5700 Brighter Days Capital Campaign (Christmas Charity)
- * GST/HST rebate for Non-Profit Organizations registered with Joint Stocks NS. Each year we apply and receive 50% rebate on the GST/HST we've paid over the previous 12 months. For 2022, that will be \$1265.12
- * Issued 82 total 2022 Income Tax Receipts for members who paid \$60+ for Program Fees. Offered pick up at LCLC, OI or email receipts. (22 emailed; 1 mail; 11 paper copies; 13 no receipt)
- * Elderfit remains in a strong financial situation, mostly due to the current agreement with LCLC that requires us to pay a flat monthly rate of \$1380 (HST incl); this provides us with an opportunity to generate some income if numbers stay healthy and consistent. LCLC is no longer charging us for using the meeting rooms (saves us about \$150/year). Oak Island classes are covering the costs of pool rent for the 8 months they have been operating.
- * Group Events: Small profit of \$137.00 for 2022.
- * Therefore, our additional expenses are small annual ones that total about \$2500 (pool rental not incl).
- * **A reminder to Elderfit members that applications for financial assistance for pool cards may be available. To inquire about financial assistance, email or call Sue at (902) 527-1887. All inquiries will be kept confidential.**
- * Numerous members (mostly at LCLC) take advantage of etransferring money for their pool cards; this works very efficiently, especially with 2 day's notice before picking up the card.

Secretarial:

- * Since Covid began, the agreement with the LCLC management in regards to Elderfit classes continues; for rent of the whole pool we have agreed to accept LCLC members in our classes. We agreed that our program and instructors would not change. Elderfit agreed to follow all safety protocols as set by the LCLC. The Elderfit Board monitors the attendance numbers and expenses on a regular basis to ensure that our program remains viable with this arrangement.

Instructor Committee Report: As with any large family, our Elderfit Instructor family has had a year of ups and downs, losses and gains. In January, 2023 our dear friend and wonderful Instructor Maggi Ansell passed away with the help of MaiD, medical assistance in dying. We will never be able to do the dog paddle again without thinking of Maggi's Chihuahua and laughter. We miss her. Our long time Instructor, Wendy McKinnon, has inspired all of us with her strength in the face of much adversity. In July, 2022, Wendy had a leg amputated. After months of recovery, we are happy to say that she returned to instructing in February, 2023. Way to go, Wendy! March was a productive month for us. We welcomed two new Instructors to the pools. Wendy LeBlanc and Lana Bishop are a great addition to our team. We look forward to their classes.

In May, 2022 the Instructors' Committee held a workshop at the LCLC. Our focus was how to run an Elderfit class and mental health. Our next workshop will be in April.

We have a wonderful, dedicated group of Instructors, which the Committee and the members greatly appreciate.

2022 Membership Report

Total current Enrolment on our list: 149

LCLC	106
Oak Island	43

(* only 12 members don't have email)

Average of Attendance at each pool:

LCLC: 10.7 (210.4) over 12 months

Oak Island: 8.2 over 10 months

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2022 members who did not buy a pool card (or contact us) and were made inactive:

LCLC: 28

Oak Island: 3

TOTAL: 31

(Updated Feb/23)

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Information collected from 2022 waiver forms:

New Members heard about Elderfit:

friend - 19

newspaper - 1

Health Professional - 0

Other - 3 online sources (Y, LCLC)

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Outreach/Marketing Report: This committee was designed to keep a visible presence in the local area through various media in order to encourage new membership. Since COVID has slowly subsided, our membership has been consistently strong, and there have been few activities.

Doreen Fines, Nancy MacDonald, Sue Rushton, and Brenda Fancey arranged a booth at the Healthy Living Fair in the fall, but there was a lot more attention on the Christmas booths and food. People took the brochure but there was no follow up.

The rack card has been updated and reprinted (200 copies) for the the LCLC desk and anywhere else we would like to use them. The last print was 5 years ago. A copy of the card is being circulated. Unfortunately there was a mix up on addresses and they were almost sent to our beloved Martha, so they will not arrive until next week.

Our best marketing tool has been our membership. Word of mouth is the main source of new members. And that is a tribute to how well the Board, the instructors, and the members in general have maintained a terrific program.

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The Elderfit Board of Directors thanks all of our loyal members and instructors for another year of successful classes! Your big smiles and caring friendship make Elderfit a unique exercise program with a "family" atmosphere, enjoyed by all!