



Seven organizations receive over \$203,000 in funding to support health and wellness in the Tri-County area

The Reciprocity Health Fund addresses the social determinants of health – the social and economic conditions that impact a person’s health.

FOR IMMEDIATE RELEASE

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YARMOUTH, NS – Seven community-based programs are receiving \$203,390 in funding to support a variety of health- and wellness-related activities in the Yarmouth, Digby and Shelburne areas. The funding is through the Reciprocity Health Fund, which supports community-based projects addressing the social determinants of health – the living conditions people experience that influence a wide range of health outcomes and risks.

The grants are enabling these organizations to expand or create new health-related activities and preventative health measures in reducing health inequalities and improving wellness of those they serve:

- Rotary Club of Yarmouth – \$12,800
- SchoolsPlus Yarmouth – \$6,500
- Tri-Country Women’s Centre – \$71,100
- Tri-County LiveWell Community Wellness Initiative - \$70,000
- Yarmouth County Historical Society - \$1,900
- Yarmouth Life Skills for Disabled Adults - \$16,840
- Victorian Order of Nurses Tri-County - \$24,250

The newly established Reciprocity Health Fund is an endowment fund made possible by an anonymous donor who wanted to have a positive impact on the health of people in and around Yarmouth County. It is administered by the Community Foundation of Nova Scotia through an annual call for proposals. Dates for the 2023 Reciprocity Health Fund Call for Proposals will be announced in the new year.

Quick Facts

- Food insecurity, income, education, employment, housing, social inclusion, geography, early childhood development, gender and access to health and social services are some of the many social determinants of health.
- The barriers to health and wellbeing faced by many Nova Scotian communities are, in part, a by-product of the province's unique demographics, with some 43% of Nova Scotians living rurally, more than double the national average.^{1,2}
- Nova Scotia's large rural population is made more vulnerable by the well-documented shortage of primary care physicians and access to mental health services.^{3,4}
- Food insecurity is one of the largest problems facing our rural communities with Nova Scotia being the most food insecure province in Canada.⁵ Food insecure households are at greater risk of chronic health conditions such as diabetes and hypertension.⁶

Quotes

"The Reciprocity Health Fund is a fantastic example of local donors supporting local community-based programs that have been reviewed and adjudicated by people with local knowledge. We're proud to have helped facilitate a fund that is committed to reducing health inequalities and building capacity at the local level, while making a positive difference on the quality of life for people living in the Tri-County area."

--Daniel Holland, CEO, Community Foundation of Nova Scotia

"Through this funding, the Tri-County Women's Centre is better able to meet the primary healthcare needs of those we serve. It is allowing women and the 2SLGBTQ+ community to access healthcare in a timely manner, outside of the emergency department, at a female-led clinic. We are most grateful for this support."

--Trish McCourt, Executive Director, Tri-County Women's Centre

"This funding is an incredible investment in food security and nutrition for seniors and persons with disabilities in our community. It allows us to reach into areas of the Tri-Counties and serve clients in rural areas who need meal support, as well as access to transportation."

--Derrick Babin, Senior Manager, Community Support Services, VON

Backgrounder: Reciprocity Health Fund Grant Recipients

Associated Links

¹ Statista. 2022. [Population Distribution of Nova Scotia, Canada, in 2016, by Rural/Urban Type](#).

² Statistics Canada. 2022. [Population Growth in Canada's Rural Areas, 2016 to 2021](#). Release date: February 9, 2022.

³ Alicia Draus. 2021. [Doctor Shortages a Key Election Issue in Nova Scotia](#). Global News.

⁴ Amber Fryday. 2021. [Roughly One Nova Scotian Dies Every 72 Hours from Suicide](#). Global News.

⁵ Ian Wilson, Mary Wilson, and Shirley Hardin. 2022. "[Deserted](#)." Lunenburg Doc Fest [Documentary].

⁶ Canada Without Poverty. [Just the Facts: The Impact of Poverty – Food Security](#).

About Community Foundation of Nova Scotia

The [Community Foundation of Nova Scotia \(CFNS\)](#) is a charitable giving facilitator. Our purpose is to inspire giving and steward funds to help build Nova Scotia communities of respect, belonging and possibility. We help donors make sustainable philanthropic impact on causes they care about at the grassroots level. We do this by endowing funds for donors, managing donation programs and convening conversations that make a positive difference in our communities.

Established in 2008, CFNS has more than \$18 million in philanthropic investment under management, including 120 funds and 22 scholarship and award funds. We're part of Community Foundations of Canada (CFC), the national network for Canada's over 200 community foundations that reaches 90 percent of our country's communities.

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Reciprocity Health Fund Grant Recipients Backgrounder

Rotary Club of Yarmouth – \$12,800

The Meals on Wheels program delivers some 30 hot meals daily to seniors and those at risk of poor nutrition. The nutritious four-course meal, prepared at the kitchen of the Yarmouth Regional Hospital and delivered by volunteers, often provides enough food for two meals. Recipients are referred to the program by social services, Victorian Order of Nurses and other healthcare professionals, either short or long term in supporting food stability and accessibility.

SchoolsPlus Yarmouth – \$6,500

The Central Learning Garden brings together residents living in and around Yarmouth, including at-risk children, youth and families experiencing food insecurity, to participate in a community garden. Centrally located at the former Yarmouth Central High School, the garden provides a venue for people to connect with the earth, grow fresh produce, and learn food and gardening skills, while building social connections and strengthening the sense of community. With a focus on sustainable food practices, the Central Learning Garden advances access to good, healthy food in supporting the food security needs of the community.

Tri-County Women's Centre – \$71,100

The Tri-County Wellness Clinic (formerly known as the Leahey Wellness Clinic) provides primary healthcare to women and their families in the Tri-County area. Supported by a team of female clinicians, women without a family physician or those seeking care specific to women's issues can access healthcare in a timely manner, outside of the emergency department, without the need for a referral. A variety of health-related and educational services addressing both mental and physical health are offered, including health needs specific to the 2SLGBTQ+ community. The clinic also reduces barriers for women who may have had traumatic experiences that inhibit them from seeking medical care from a male primary care physician.

Tri-County LiveWell Community Wellness Initiative - \$70,000

The LiveWell Community Wellness Initiative is a community-delivered physical activity program designed to ensure those with compromised health can comfortably participate. Part of a province-wide initiative developed by the YMCA of Nova Scotia, LiveWell is focused on adults living with chronic diseases, such as diabetes, arthritis and hypertension, with a goal to

equipping them with the skills and knowledge to manage their condition and improve their quality of life. The evidence-based program will be offered in both Yarmouth and Shelburne by two knowledgeable LiveWell coaches locally engaged and connected to the regional healthcare community.

Yarmouth County Historical Society - \$1,900

The award-winning Yarmouth County Museum and Archives is an important educational, cultural and economic component of the community. It is also a major local tourist attraction serving clients of all ages. The acquisition of an automated external defibrillator (AED) - used to help those in cardiac arrest - will help to improve health outcomes should a cardiac emergency occur. With staff and selected volunteers trained in its use, the onsite, life-saving medical device brings peace of mind to visitors and staff alike.

Yarmouth Life Skills – \$16,840

The Inspiring Fitness and Healthy Food Security program allows Yarmouth Life Skills to support the mental and physical wellbeing of its members while helping them be happy, productive citizens of the community. Members are able to focus on their physical and mental health through yoga programming and membership at a local fitness facility, while access to fresh, nutritional food at greatly reduced prices through a local grocery store food program helps to support their food security needs.

Victorian Order of Nurses (VON) Tri-County – \$24,250

Through its expanded Meals on Wheels program and transportation services, volunteers provide nutritious, frozen meals and accessible transportation to seniors and persons with disabilities living in the underserved rural areas of Yarmouth, Shelburne and Digby. The program offers a convenient, healthy meal option for those unable to cook or access nutritious food, delivered to their homes by volunteers, who also provide a friendly safety check-in at the same time. Transportation services offered by VON make it possible for those without access to adequate transportation to maintain their independence. Clients receive door-to-door transportation to essential medical appointments, as well as for grocery trips and more.