Health Centre Herald

Dr. Kingston Memorial

Community Health Centre   **Apr 2022**

"Keep the doors open to community-based health care"

The Kingston Centre is a not-for-profit charitable organization. The Centre has a small staff and is overseen by a volunteer community board. The Centre has been struggling financially for years but had steadily decreased the gap between revenue and operating cost over the past few years. This was accomplished through cost saving measures such as acquiring solar panels, a lighting solutions retrofit through NS power and space rental opportunities. Any fundraising we have done has been used for community-based programming rather than for operational funding. Most donors prefer their money go toward programming rather than overhead expenses. Yet, without a way to generate sufficient funds to cover operational expenses, we will not be able to provide any community-based programming.

You may ask "How are they in a financial crisis when they continue to provide programming addressing the barriers and gaps in health and wellness throughout Richmond County?" We are able to provide programming through external grant funding and some donated monies. The operational costs paid for by these grants only cover expenses to administer the grant itself. They in no way contribute to the operational costs of the building.

The Centre is grateful for the excellent care provided by the health professionals who practice at the Centre. The health professional (through NSH) and physicians working at the Centre do contribute to covering operational costs, unfortunately, their contributions are not quite sufficient to completely cover them so the Centre runs a monthly deficit.

Currently, staff of the Centre are responsible for administering 12 active grants, two privately funded projects and ongoing funding for Cape Breton South Recruiting for Health (CBSRH). These programs are key to enhancing the well-being of persons throughout Richmond County. They help to address challenges people face because of isolation, inadequate housing and poor mental health. In this way, they help to decrease chronic health issues and the need for health professionals.

Healthy People! Healthy Communities!

What have we done?

Over the years we have developed a network of connections throughout Cape Breton and Nova Scotia. From these connections we have endeavored to increase the well-being of citizens of Richmond County.

Just in the past two years we have reached 1907 residents of Richmond County with grant funded, non-clinical programs. Since 2016 we have brought over 35 grant projects and 6 privately funded projects for example:

Programs

- ◆ **Seniors' safety & Social Inclusion program -** Available to Richmond County residents 55+ FREE of charge (2017—present)

- ◆ **Mind, Body Spirit - A**ddressing seniors' mental health and social isolation. (2018-2019)

- ◆ **Richmond River Roots Market Garden** - Addressing food security, education & organic farming methods. (2020—present)

- ◆ **Mental Health First Aid** - Free Mental Health First Aid training for residents and service providers throughout Richmond County. (2019)

- ◆ **Photovoice Project** - Richmond Country residents sharing experiences with mental health, isolation and poverty through the lens of photography. (2018)

- ◆ **Java Club -** JAVA music program - training staff to deliver program to both long term care facilities in Richmond County. (2018-on hold with COVID)

- ◆ **Technology Program -** DKMCHC worked with the Richmond County Literacy Network to provide iPads and training to isolated seniors to connect with family, resources and their wider communities.

- ◆ **Emergency Collaboration Forum** - After hurricane Dorian the DKMCHC recognizing a need for a collaborative emergency response, organized, funded, advertised a 2 day event and attended to follow-up items as well. (2019).

- ◆ **Emergency Kits –**Purchased Red Cross emergency kits and worked with community partners to distribute to vulnerable residents in the event of an emergency. (2021)

- ◆ **Seniors Holiday Happiness** - Worked with multiple partners to reach close to 1000 seniors across Strait Richmond. Provided everyone with a free meal, Christmas ornament, card and entertainment DVD. (2020)

- ◆ **Fire Safety -** Distributed free smoke detectors to Richmond County residents. Worked with local fire departments and Telile to produce a Fire Safety Public Service Announcement. (2020-2021)

In total we have been able to secure $1,488,604.00 in funding over the past 5 years. Hopefully your, a family member or friend had an opportunity to benefit from this work.

How Can you Help?

While grants and funding have enabled the DKMCHC to provide non-clinical programs it does not support our operational costs.   Our top priority is to continue actively recruiting to fill that gap. In the meantime we are struggling to meet the continued rise in operational costs.

Share with us your ideas/suggestions on how we can continue to provide the vital health care services to our community, Meet our financial obligations and keep the doors open.

Tuesday May 24, 2022

Hybrid Annual General Meeting

Dr. Kingston Memorial Community Health Centre

Please join the Dr. Kingston Memorial Community Health Centre for its Annual General Meeting. This is an opportunity for you to meet the board members, hear about our programs and services in Richmond County communities, and how you can become more involved.

Presentations at 6 pm AGM at 7pm

For more information or to request the meeting link contact Sherry Sampson

902-587-2800 Ext 3

Mission:

Quality health services and programs that are accessible and responsive to our communities' needs.

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Dr. W.B. Kingston
MEMORIAL
COMMUNITY HEALTH CENTRE

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