



What's Happening?

July 2024

Dear Community Members,

We are delighted to bring you the first edition of the Rat River Health Council 2008 Inc. (RRHC) ENewsletter. As you may know, RRHC was established in 1994 by the community and for the community to pursue quality healthcare services.

We proudly support and promote services provided by the De Salaberry District Health Centre, as well as those by private and non-profit organizations within the RM of De Salaberry and the Village of St-Pierre-Jolys.

You are receiving this ENewsletter as a member of our current by-laws.

YOUR HEALTH IS PRIORITY! Get your PAP done JULY 10!

Did you know cervical cancer screenings are due every three years from ages 21-70?

Has it been a while since your last? 15 minutes of your time for 3 years of peace of mind.

Call the St Pierre Medical Clinic at 204-433-7263 **Make an appointment for Pap Day July 10th**



Rat River Health Council Monthly Meeting Highlights



By-Laws Update

We are currently updating our by-laws and proposing to include the RM of Ritchot. A councillor has been attending our meetings since April 2023. An Annual Meeting to adopt these changes will be scheduled for fall.

Community Engagement

In May, we provided pizza lunches to staff at the St Pierre Medical Clinic and Community Services. They suggested regular communication between them and the community, leading to the creation of this ENewsletter.



Community Engagement

Each spring, two 1st-year medical students spend a week with health care professionals at the De Salaberry District Health Centre. The RRHC then introduces them to the community through local accommodations, a bbq in the park and a tour of the area. These are efforts to encourage rural practice. Thank you to all community members who showed our great hospitality!

Did You Know?

With the help of a Healthy Living grant from Southern Health RHA we have created an on-line directory of health and wellness services located in the RM of De Salaberry and the Village of St-Pierre-Jolys. The goal is to provide easy access to services that are often unknown or not recognized as part of the system that helps to keep us healthy. **GO TO** <https://service.ratrivierhealth.ca/directory/>

Directory Feature



In this section we wish to highlight a service in our new directory. Our first choice is the Bilingual Services Centre located on Hwy 59 in St-Pierre-Jolys. In this building, you have easy access to federal and provincial government services as well as assistance with employment needs. 204-433-3340 Thank you to helpful staff!
<https://www.gov.mb.ca/csbsc/services/services-by-region.html#st-pierre-jolys>

De Salaberry and Area Stakeholders Group



Formed by the Southern Health Regional Health Authority following local requests, this regional group first met in March 2023. It includes representatives from the Village of St-Pierre-Jolys, the Town of Niverville, the RMs of De Salaberry and Ritchot, schools, Chambers of Commerce, seniors' residences, and more. These quarterly meetings address matters crucial to our residents' wellness. We faithfully participate in these meetings.

Other Community News

New rental spaces are currently being built in St-Pierre-Jolys, providing homes to our residents. Stay tuned for more updates as this project progresses.



Southern Health RHA News

RRHC members recently participated in the “Communities Making a Difference: Learning from Each Other” virtual conference. For the Keynote Speaker’s presentation go to: [Moving Forward in Health Equity](#) Five communities presented their projects funded by Healthy Living grants, including Ste Anne Food Bank’s Intermingle event and Dominion City’s Roseau Valley School’s Love My Community Day.

LAST BUT NOT LEAST....

We wish to help promote the great things that the Healthy Living Program does for our communities. Its goal is to support, share information, advocate and collaborate with you, communities and partners to reduce health differences and to achieve optimal health for individuals and communities. There is great information in their Newsletter which will return in the fall in a bilingual format. [Healthy Living Community Update June 2024](#)