

What's Happening?

March 2025

Dear Community Members,

We are delighted to bring you the 3rd 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.



FROM THE ST PIERRE MEDICAL CLINIC

A new service coming soon.....

When Health Care & Community Care Come Together for a Healthier You!

SOCIAL PRESCRIBING

Through Social Prescribing, a Manitoba health care provider will refer a patient/client to a Senior Resource Coordinator who will work with the client to jointly identify and consider community-based programs or services that can improve the client's social connections, health and well-being.

info@ratrivierhealth.ca

Rat River Health Council

Monthly Meeting Highlights



IMPORTANT BY-LAW CHANGES



We are preparing to meet with current and proposed members (including from the RM of Ritchot) to get feedback on our draft amendments. The next step will be an Annual Meeting to adopt these changes.

Community Engagement

After a careful evaluation of the needs of our communities, the Université de Saint-Boniface nursing students who have partnered with us, have undertaken a project that identifies mental health resources to help our Youth, Adults, Seniors, Farmers and Métis/Indigenous Peoples. They are local, provincial and national resources. Look for these posters and access the resources through the QR code (using camera on iPhone). We hope it will be a valuable resource and a catalyst for future endeavors. We look forward to your feedback!

YOUR MENTAL HEALTH MATTERS

TAKE A MINDFUL MINUTE

PRENEZ UN MOMENT DE RELAXATION

5 Things you can say / Choses que vous pouvez dire

4 Things you can track / Choses que vous pouvez suivre

3 Things you can limit / Choses que vous pouvez limiter

2 Things you can try / Choses que vous pouvez essayer

1 Thing you can listen / Choses que vous pouvez écouter

CHECK OUT THIS QR CODE FOR RESOURCES CATERED TO YOU / REGARDEZ CE CODE POUR DES RESSOURCES ADAPTEES A VOUS

UNIVERSITÉ DE SAINT-BONIFACE



Our leaders are emphasizing the value of our hospital to the provincial government, as many communities do the same to ensure a healthy delivery of health care services in Southeast Manitoba. As the population grows and ages, it is time to strengthen emergency, acute and preventative health care services. Let's stand behind our local services and health care professionals!

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 Feature

Physique Plus Fitness Co-op Inc. is a community fitness center established in April 2000 by dedicated volunteers. The objective is to provide a facility for people to meet their health and fitness needs. This facility has a variety of equipment for heavyweight and cardio training. Personal trainers are available. The facility also houses the Red River Physiotherapy and Wellness Centre where every client receives individualized care by staff who go above and beyond! <https://physiqueplus.ca>



De Salaberry and Area Stakeholders Group



Congratulations to CAO Jane Curtis for her appointment to the Winnipeg Regional Health Authority. She was key to creating this Stakeholder Group and was always ready to meet with us and listen to our concerns. We look forward to working with acting CEO Dana Human.

Other Community News

A Job Fair will be held in St-Pierre-Jolys on Wednesday March 26th at 545 Hébert Ave (St Pierre Recreation Centre) from 12:00 pm to 6:00 pm. Come and check out local job opportunities with businesses in the region! Open to the entire community, regardless of past job experience. For employers wanting to sign up and for all other inquiries, please contact Mikayla Ritchot 204-433-2582 or Janelle Banman 204-712-3200 at the Bilingual Services Centre.



Southern Health RHA News

The Emergency Department Hours of Operation are updated on a bi-weekly basis on Southern Health – Santé Sud's web site: <https://southernhealth.ca/emergency-schedules/>

Healthy Living Program Newsletter



And last but not least, we are a successful candidate for the Placemaking: Creating Places and Spaces to Connect grant, funded by Healthy Together Now. We will be receiving \$2,000 for creating signage on trails in parks in St-Pierre-Jolys and the RM's of De Salaberry and Ritchot. The signs will include simple messages for exercises, connection with others and a link to our directory of health and wellness services.