


# THE COMMUNITY / LA COMMUNAUTÉ

- Web site and Rack cards to describe community to people who are interested in working here AND to promote the health care services in our region.
- Meet and Greet with Centre's staff to show community's appreciation and to gather feedback.

**A One-Stop Shop for Great Health Care Services**



*In the Rat River Corridor, less than 30 minutes south of Winnipeg, the communities of St-Pierre-Jolys, St. Malo and Otterburne offer many great health care services to help you and yours stay healthy! These services are all within a 10-minute radius and can easily be accessed.*

The health care services delivered through the Centre médico-social De Salaberry District Health Centre in St-Pierre-Jolys are administered by Southern Health-Santé Sud. Patients tell us "the Centre is one of the cleanest, it serves great food and has efficient and caring support staff!"

- Hospital
- ER Open 8:00 to 20:00
- Laboratory Services and X-Ray
- Emergency Medical Services (ambulance)
- Medical Clinic with physicians and nurse practitioners; satellite clinic in St. Malo
- Midwives
- Health Promotion
- Personal Care Home
- Community Health Services Programs: Home Care, Public Health, Families First, Palliative Care, Mental Health
- Palliative Care Family Room
- MB Telehealth Site
- Spiritual Care
- Therapy Services

Lots of free parking for patients!

Many private and non-profit health-related services in our communities complement the health care services above:


- Pharmacies
- Chiropractor
- Fitness Centre
- Massage Therapists
- Dentist
- Physiotherapist

**For more information:**

Medical Clinic – St. Pierre ..... 204-433-7263  
Community Health Services ..... 204-433-7636  
Centre médico-social De Salaberry District Health Centre . 204-433-7611

Visit our website for more detailed information on Health Care Services and healthy activity opportunities!

**Rat River Health Council 2008 Inc.**  
St-Pierre-Jolys, MB R0A 1V0 info@ratriverhealth.ca



[www.ratriverhealth.ca](http://www.ratriverhealth.ca)

- Cartes de promotion
- Semaine rurale
- Présentations aux étudiants à l'U de Saint-Boniface
- Contactes réguliers avec les étudiants en médecine venant de nos communautés
- Contactes réguliers avec les recruteurs de l'ORS/Santé en Français
- Promotion des ouvertures sur notre site web et le bulletin.



# INFORM COMMUNITY / INFORMER LA COMMUNAUTÉ

- Web site
- ½ page in Community News Bulletin
- Waiting room TV's
- Board Members representing 7 organizations
- Health Promotion



- Site web
- Demie-page dans le bulletin communautaire
- TV`s dans les salles d'attente
- Membres du conseil administration venant de 7 organisations
- Promotion de la santé



# INFORM INFORMER

## SOUTHERN HEALTH-SANTÉ SUD

- Feedback from community to members, web site...
- End of year meetings with Southern Health-Santé Sud to ensure progress with plan.
- Participation on new Local Health Involvement Group.
- Partnership opportunities with community.

- Réactions de la communauté: aux membres, par le site web...
- Rencontres fin de l'année avec l'ORS pour assurer du progrès avec le plan.
- Participation sur le nouveau Groupe local de participation en matière de santé.
- Occasions de partenariats avec la communauté.





The best we can be!

Le mieux que nous pouvons être!







## HEALTH PROMOTION



Guest Speaker:  
Irene Ascough  
Healthy Living Facilitator

The Rat River Health Council 2008 is committed to Health Promotion. The World Health Organization's definition of Health Promotion is the process of enabling people to increase control over, and to improve, their health.

The focus is to create good health by addressing the conditions that lead to chronic disease and working with the community to make positive changes to our environment.

Southern Health – Santé Sud's Healthy Living Staff now have the responsibility for Health Promotion, and work in the community to increase awareness of available programs and services by...

1. Stocking the **Health Corner** located across the Lab in the De Salaberry District Health Centre with over 450 brochures on a wide-range of health topics and services including tobacco reduction, healthy eating, physical activity, mental well-being and injury prevention.
2. Offering 'Get Better Together' free of charge on an annual basis. This 6-week workshop is designed to help people take control of their health by through sharing. To find out more or to register for an upcoming workshop [click here](#) or call 1-204-428-2760 or email [gbt@southernhealth.ca](mailto:gbt@southernhealth.ca).
3. Partnering with groups and organizations on a variety of initiatives, programs and workshops. Groups include but are not limited to: (click on the ones listed below for more information)

- [Rat River Recreation Commission](#)
- [Jolys Regional Library](#)
- Services to Seniors – local coordinators: Claudette Rémillard and Suzanne Musick
- Public Health Nursing – local Public Health Nurse – Michèle Martel