

What's Happening?

January 2026

Dear Community Members:

We are delighted to bring you the 7th Edition of the Rat River Health Council 2008 Inc. (RRHC) E Newsletter. 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, the Village of St-Pierre-Jolys and the RM of Ritchot.



FROM THE ST-PIERRE MEDICAL CLINIC

In June 2025, Roxanne Maynard began a new full-time, bilingual position as Health Services Manager – Primary Care. She has 17 years of nursing experience in a variety of roles. Roxanne is originally from St. Malo and tells us “I am proud to work in the communities where I live and enjoy seeing them grow and thrive. I’m really excited to be involved in the Clinic and community that it services. I look forward to working with the community partners.”

If you desperately need a same-day appointment, [CLICK HERE FOR MORE OPTIONS.](#)

NEW: Medinav, an online app that allows you to book your own appointments at the Quick Care Clinic in Steinbach. For more information: <https://www.medinav.ca/>



AND <https://southernhealth.ca/find-us/clinics/quickcare-clinic/>

Rat River Health Council 2008 Inc. Monthly Meeting Highlights

info@ratriverhealth.ca



TWO-PRONGED APPROACH



A BIG thank you to Bigway for fundraising \$2291.37 for Repos Jolys activities.

We are working with support from AMBM and Triple R to play an important role for meaningful health care reform. We have proposed a two-pronged approach to Southern Health – Santé Sud:

- 1) **Community Engagement:** Strengthening the role of local communities in supporting health care delivery.
- 2) **Structural Innovation:** Establishing a new system design to ensure long-term sustainability, improved access, and enhanced outcomes.

What WE can do:

We are actively requesting funds for a Regional Community Navigator, to help bridge the current patchwork of services and decrease costly emergency care visits. We continue to educate ourselves to best support the structural changes that are not in our control.



Community Engagement

The 3rd year nursing students have now completed their 1st semester project which was an online survey: Your Voice Matters. 100 residents from 3 municipalities responded. The 2nd semester project will help to address concerns raised in the survey. Stay tuned....

The De Salaberry Health District Centre Foundation is offering 2 bursaries of \$1,000 each to individuals who are in their final year of a health-related program. Deadline: February 28, 2026.

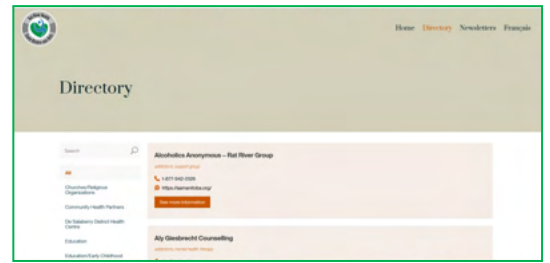
[Fill out application by clicking here.](#)



DID YOU KNOW?

We encourage you to visit our on-line directory of health and wellness services. The goal is to provide easy access to services that are often unknown or not recognized as part of the system that helps keep us healthy. If you see any errors or omissions, please email us and we will gladly update.

GO TO <https://service.ratrivierhealth.ca>



DIRECTORY FEATURE

The community hamper program has recently been merged with the Meals on Us program at the St Pierre Fellowship Church. This is a much needed program and we thank the dedicated volunteers. For more information visit: <https://spbf.ca/meals-on-us>

Meals on Us



De Salaberry and Area Stakeholders Group



New hours for Ste Agathe Medical Clinic

Wednesdays 3 to 6 pm

Highlights of January Meeting

* Flu rates are high and measles still in circulation. * Pilot program for new applications to Personal Care Homes. * Working with Ginew on discharge planning. * 2 locum doctors from Rock Lake pick up shifts, as well as 2 doctors from Niverville. * Majority of recent closures were due to nursing shortages or being over capacity. Patients can still get triaged and seen by a nurse. * Need to get creative for triage areas and spaces. * The 0.4 is still available in the clinic. * Networking to highlight Francophone locations. * Access to « one single door » for Mental Health in early January. Starting with adults and then to self referrals. * Prioritizing recruitment and retention in the region. Ideas are welcomed. * Continue conversations about returning « H » signs on Hwy 59. * Agency nurse use is reduced with the Provincial Float Pool of Nurses. * Restructured clinic managers. Looking at what other roles can accompany Dr's and NP's. Currently not enough space or funding. Interviewing more casual clerks for front desk for bilingual services. Looking at upgrading clinic with more interdisciplinary team. * Municipalities present all experiencing growth.



More Community News

Did you know that there is now a medical clinic in St Adolphe? A husband-and-wife physician team, Mayoma and Lyness Fetuga, are excited to have opened their family practice from the same building as the St Adolphe Pharmacy. For more information : <https://stadolphemedicalclinic.ca/>



News from Southern Health RHA

Emergency Room Updates: <https://southernhealth.ca/emergency-schedules/>

Social Prescribing Program

NEW A new role for the Senior Resource Coordinators. In our region, we have three: Ritchot, St-Pierre-Jolys and De Salaberry Services to Seniors. The program is called “Social Prescribing,” where a healthcare provider refers a patient/client to one of our Coordinators who will work with the client to identify community resources that could improve their social connections, health and well-being. It’s a holistic, non-clinical approach that aims to improve quality of life and reduce pressure on the medical system.



Thanks to a grant from Public Health - Healthy Living, we will be partnering with local businesses to promote the health benefits of walking.

Click here for [Healthy Living Community Updates](#) (news/grants)

To receive our E Newsletter directly, email us at info@ratriverhealth.ca