



Sheep River HEALTH TRUST

Healthy Developments

August 2025 Edition 11

So far this summer we achieved some amazing things.

***We're not finished with some exciting events coming in
September!***

The 2025 Radiothon Reaches a New Milestone

Every year the community rallies to support the "Together We Make a Difference" Radiothon. This year marked many successful firsts. The most exciting news is that for the first time ever, we raised over \$100,000!

Even our donation stations had some changes as our Okotoks location moved to the Okotoks Health & Wellness Centre for the first time and we started a Donation Station in Diamond Valley at the RONA BBQ that raised over \$6,400!

Thank you to everyone that supported Radiothon. We particularly want to recognize our Difference Makers, Miracle Makers and Health Champions: The Rotary Club of Okotoks, Foothills Energy Co-op, Infinite Chartered Professional Accountants, Okotoks Urgent Care Physicians, Okotoks Ford, Sobey's, Foothills Century 21, Partners, Anthem, Foothills County, Acon Transportation West, and Okotoks Buick Chevrolet GMC.



Back by Popular Demand The Diamond Valley Memory Workshop

Back in 2024, the Sheep River Health



Trust hosted its first Memory Workshop at the Okotoks Seniors Club. There was an overwhelming response and 60 spots filled up quickly. We received positive feedback and many requests to offer this workshop in Diamond Valley and High River.

Due to the high demand, our Board of Trustees have decided to organize a Memory Workshop in Diamond Valley on Saturday September 13 at the Valley Neighbours Club from 1pm – 4pm. This event will focus on topics such as how to keep your memory sharp, normal aging brain changes, memory issues that might need help, and how to support a loved one with memory loss. Stay tuned for an upcoming event in High River!

To register go to: <https://bookwhen.com/2025-diamond-valley-memory-workshop>

Casino Volunteers Needed

Casino Nights are scheduled for Sept. 18 and 19 at the Ace Casino Blackfoot. This is an amazing fundraiser for our charity. As always, the key to success are the volunteers. Anyone over 18 years old can volunteer.

This is a great opportunity to support medical equipment purchases and programs at the Okotoks Health Centre, Oilfields General Hospital and Rising Sun Long Term Care.

On the job training is provided, parking is free and meals are provided by the casino and at no expense to the volunteers!

Please note that each volunteer can only fill one position. If you're able to volunteer for more than one time slot you must volunteer for the same position.

Thank you in advance to everyone



Sign Up Here:
[Casino Volunteer Sign up](#)
or Scan the QR Code to

who is finding time in their busy schedules to volunteer. We really appreciate you!

Volunteer!

Upcoming Events: The Season of Giving

As much as we want summer to last, when September arrives we start planning for one of our busiest fundraising seasons, Christmas – The Season of Giving.

The Sheep River Health Trust Season of Giving includes: The Avenue of Trees, Photos with Santa, Light Up Okotoks – The Flip the Switch Raffle, Breakfast with Santa and the Points of Light Campaign.

What will your tree look like?

Ten individuals or organizations come up with a theme and decorate a tree that is included in the month-long Avenue of Trees display for everyone to enjoy. Each tree is then sponsored for \$500 with the proceeds returning to the Trust. Closer to Christmas, every tree is then given to anyone in need of a Christmas tree in the Foothills Community.

Interested in getting friends or a group together to decorate a tree? August is a great time to start planning and get creative. Our deadline to accept tree designs is Oct. 31. The perks of decorating a tree include attending an exclusive Decorating & Recognition Party in November where there's goodies to enjoy while decorating and prizes to be won!

To decorate a tree call our office for more information: 403-995-5400



Anthem



Sobeys

partners
Development Group





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