

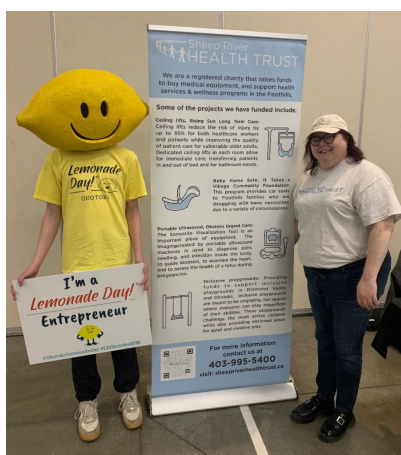


Sheep River HEALTH TRUST

Healthy Developments

May 2026 Edition 14

Spring/Summer weather has arrived just in time! We have so many exciting changes and amazing events coming up. While we won't wilt in the rain, it's always helps to shine a little light on our good work.



Lemonade Day Teaches Young Entrepreneurs about Philanthropy

On April 22, the Okotoks Optimist Club invited the Sheep River Health Trust to participate in a Mentor Session for Lemonade Day at the Viking Rental Hall.

Not for profits and charities were invited to speak with over 70 kids about our mission and the impact we have on the community.

Lemonade Day participants are being taught that giving back to the community is an important part of developing a business. These children will take some of their earnings from Lemonade Day and make a donation to a charity of their choice.

I met a young entrepreneur who exclaimed that "He is giving all his money to Okotoks Urgent Care!" He showed me a scar from when he fell on his head and Urgent Care doctors stitched him up. After explaining that we buy medical equipment for the Okotoks Health & Wellness Centre he said "Well that's pretty important. I'm going to sell a lot of lemonade to help out!"

Thanks to the Okotoks Optimist Club for including us and teaching kids how they can make a difference. On June 13, remember that you are not just buying lemonade, you're also supporting future philanthropists and entrepreneurs.

Parting is Such Sweet Sorrow

"Thank You" to Our Outgoing Chair

Dana Johnson

The Sheep River Health Trust would like to thank Dana Johnson for his many years of dedicated service to the Board of Trustees. Dana joined the Board in May 2017 and has served in the roles of Treasurer and Chair, providing thoughtful leadership, guidance, and support to the organization over the years.

We are grateful for the time, energy, and perspective Dana brought to the Trust and for the meaningful impact he has had on our work in the community. Thank you, Dana, for all you have contributed — we look forward to staying connected in the future.



Radiothon - Taking Over the Airwaves for Health & Wellness

The Sheep River Health Trust is holding the 13th annual “Together We Make a Difference” Radiothon on Thursday June 18. Starting this year there are more ways to listen than ever before. You can tune into the Eagle (100.9FM) from 9am – 6pm to listen to our live broadcast from the Okotoks Health & Wellness Centre. We will also be broadcasting on Sun Country (99.7FM) live at RONA Black Diamond between 10am - 2pm.

This year we are fundraising for 12 projects that benefit the health and wellness of the Foothills Community. As a kick off to Radiothon, on June 15-17 all of these projects will be featured on the the Eagle, Sun Country and 1140AM. Hear about where your donations go and the impact they have on the community!

Then Thursday June 18 join us onsite for Radiothon! With two locations and so many ways to donate, we make giving easy and fun!

***Okotoks Donation Station - The Okotoks Health
& Wellness Centre***

1. Make a \$25 donation and win a prize.
2. Buy some amazing pizza from Il Forno Vagabondo - 10% of proceeds are donated to Radiothon.

Diamond Valley Donation Station - RONA Black Diamond

1. Visit RONA Black Diamond for our \$5 BBQ
2. Make a \$25 donation to enter a draw for a major prize awarded by the end of the day.

Can't make it in person? No problem! Call us at **403-995-5400**. To donate online from now until the end of June visit:

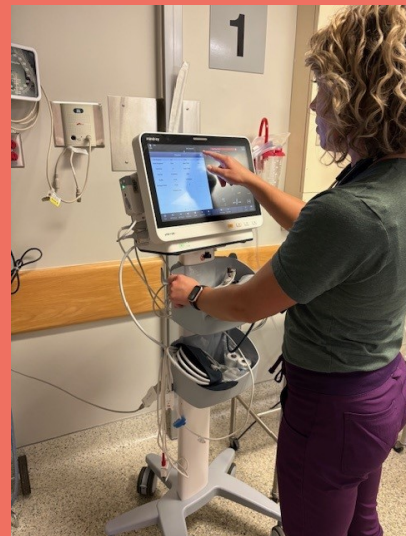
<https://www.canadahelps.org/en/dn/143685>

***THIS JUST IN! - On June 1 visit our website
for a special announcement about
The Together We Make a Difference Radiothon Raffle!
*Hint: This prize is so amazing it will change your reality!***

Spotlight on 2026 Funding Priorities

***Cardiac Monitor
\$15,474.91***

Cardiac monitors in the Emergency Department provide real-time tracking of a patient's heart rhythm, vital signs, and overall heart function. They help healthcare teams quickly detect arrhythmias, heart attacks, or medication effects—critical information for patients with chest pain, cardiac arrest, or dizziness. Without these monitors, patients must often be transferred to the city for care.



To learn more about the Sheep River Health Trust

Call: 403-995-5400

Visit: sheepriver.healthtrust@ahs.ca

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