



# Sheep River HEALTH TRUST

## *Healthy Developments*

September 2024 Volume 7

### Radiothon Block Party Celebrates Donations from Community

On June 20<sup>th</sup> the Sheep River Health Trust teamed up with the Eagle 100.9FM to host Radiothon. The broadcast lasted nine hours. We raised over \$72,000 in sponsorship and individual donations from those that visited our Block Party onsite. New this year was the inclusion of local businesses as Block Party Neighbours that held fundraisers for us during the month of June. Thank you again to Big Beaver Brewing, Monkey Mountain, Rebel Bean, Quesada and Hubtown Brewing.



Seen from Left to Right: Harrison O'Nyons - The Eagle, Mickey McGarvie - Sheep River Health Trust Boardmember, Joelle Jacobs - The Eagle, Andrea Mitchell - Sheep River Health Trust Executive Director, Christine Oakes - Shee River Health Trust Fundraising & Communications, Logan Coutts - The Eagle.

### 100 Women Who Care Foothills' Donation Helps Support School Breakfast Program



In August, the Sheep River Health Trust was nominated as one of three charities to receive a donation from the 75 members of the Foothills branch. "100 Women Who Care" donated \$7,700.00, which will go towards the School Breakfast Program. Thank you to the "100 Women Who Care Foothills" for their generous donation.

Seen left to right, Andrea Mitchell, Executive Director of the Sheep River Health Trust and Kayla Christensen,

## Foothills Ladies Compassion Cup Celebrates Sweet 16 with Donation to Sheep River Health Trust

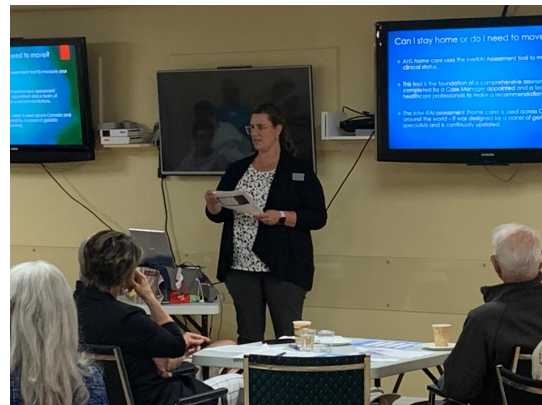


Sheep River Health Trust was chosen as one of the chosen charities for the 2024 Foothills Ladies Compassion Cup. Celebrating sixteen years as one of the most popular golf tournaments, it was held at the Turner Valley Golf Course on August 12. With registrations, sponsorships, auction items and a 50/50 draw, the event was able to donate \$13,200.00. Thanks to all the ladies that took part!

Seen left to right, Mrs. Imler, Kate Gernat, Chair of the Foothills Ladies Compassion Cup, Andrea Mitchell, Executive Director of the Sheep River Health Trust.

## Overwhelming Response from Community Sparks First Ever Memory Workshop

On Sept. 18 the Sheep River Health Trust hosted its first Memory Workshop. The workshop explored various memory disorders including Dementia and Alzheimer's. Jennifer Mallamo from Brain Health Catalyst and Chelsea Jani from Longevity Care presented useful information about how the brain works and what the experience of having memory problems looks like. Information was also presented about long-term planning and resources available in the community. The workshop took place at the Okotoks and District Seniors Club and approximately 60 people attended. Registration filled up in one day and there is also a high demand to hold this workshop in the future.



Seen here, Chelsea Jani, Director of Longevity Care presenting information to a large crowd at the Memory Workshop.

## Season of Giving - Upcoming Events

**Flip the Switch Raffle** - Nov. 19 for  
**Light Up Okotoks** - Nov. 22  
(Tickets go on sale Nov. 1-19.)

**Photos with Santa** Nov. 16 – Dec. 19  
(Booking open to the public on Oct. 7)



**Avenue of Trees – Nov. 17 – Dec. 17**

**Breakfast with Santa – Dec. 14**

**Interested in sponsoring or decorating a tree?  
Call us at 403-995-5400.**

**Thank you to our 2024 Health Champions**



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