



"Health care touches all of us – our friends, our neighbours, our families. Including a gift in your will ensures the best care continues, right here at home."

-Sandra Clark, Legacy donor

Your Care Connection

You Are Creating A Healthier Future Right Here At Home

"I never thought I'd work in health care, but I'm so proud I did...
And I'm proud to keep giving back."

Sandra Clark's path didn't lead her to the front lines of care – but it did lead her to the heart of it.

A self-proclaimed "non-nurse" (she gets queasy at the sight of a needle!), Sandra spent 11 meaningful years as Senior Director of Finance at the Saint John Regional Hospital Foundation.

"I wasn't wearing scrubs, but I saw what generosity makes possible every single day," she says.

That's why Sandra decided to include a gift to the Foundation in her will.

"I wanted to keep helping – not just now, but long into the future. That's what legacy giving is: an act of love that lasts. And you don't have to be wealthy! After ensuring your loved ones are provided for, even a small gift from your estate can have a

lasting impact on the future of health care in New Brunswick."

To those of you, like Sandra, who have already made this meaningful gift, thank you.

Sandra's story is a beautiful reminder that we all have something meaningful to give. Whether it's time, talent, or a gesture that lives on...

We all have the power to shape a healthier tomorrow.

Would you like to learn more about how you can make a gift to the future of health care? Contact Kayleigh Perkins at 506-333-3952 or kayleigh.perkins@horizonnb.ca.

"Sometimes, I think healing is about finding your way back to yourself."

- Truly Hayward, cancer patient and grateful donor



You can support local cancer patients and those who care for them.

Donate Now

sjrhfoundation.ca/cancersupport



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There's something unspoken between people who've been through cancer. A kind of humility. You don't have to explain yourself. They just get it."

-Truly Hayward, grateful cancer patient and donor

"It gave me back more than I ever expected." How your gifts help Truly heal in body, mind, and spirit.

When Truly Hayward signed up for her first nutrition class at the Cancer Support Program, she wasn't expecting anything life-changing.

She just wanted to get out of the house.

"I'd been feeling low," Truly admits. "After cancer and divorce, you kind of lose your footing. You lose a bit of yourself."

But what she found that day – and in the weeks that followed – was something much deeper than recipes and meal plans.

"It was after the class, when someone would quietly put the kettle on," Truly remembers. "We'd gather with herbal tea and little healthy snacks, and just... be. No pressure to talk about cancer, though sometimes we did. Other times it was grandkids, vacations, or a good book someone was reading. With a warm mug in hand and no expectations, it felt like a little circle of safety – like we were all gently exhaling, together."

Truly's experience reflects what program manager Kari Graham sees every day: "Sometimes the most meaningful support doesn't come during the class. It comes during the conversations after. That's when people realize they're not alone."

Thanks to your generosity, Truly was able to take part in yoga, mindfulness and relaxation sessions, and the Stay Strong program at the YMCA. Each one helped

rebuild her physical and emotional strength – but it was the sense of community that made the biggest difference.

Thanks to your support, the Cancer Support Program continues to grow. This spring, Kari and her team are launching music and art therapy, a garden club, and more – all focused on healing the whole person.

And Truly? She's not only a participant – she's now a donor, too.

"This program brought light back into my life," she says. "I want others to feel that, too."

Your kindness helps ensure that when they need it most, patients find a warm, welcoming space and a team ready to walk beside them every step of the way.

The Cancer Support Program is 100% donor-funded.

That means every element of the Cancer Support Program – from physiotherapy to guided meditation to the simple comfort of herbal tea – is funded by generous people like you.

The program is **open to anyone with lived cancer experience and their loved ones** or caregivers.

If you're interested in joining or if you know someone who might benefit from the program, reach out to Kari Graham at (506) 649-2060.



A Heartfelt Thank You From Dr. Burnell

Medical Oncologist, Greater Saint John Area, Horizon Health Network

For Dr. Margot Burnell, cancer care is deeply personal. Every day, she and her team walk beside patients through their most vulnerable moments.

"We don't just treat cancer – we care for people," she says. "Thanks to caring people like you, we're there every step of the way."

Support from the community transforms care, funding vital equipment, soothing spaces, and emotional support programs. Dr. Burnell dreams of a future where cancer is no longer a threat.

Until then, she's committed to growing the Cancer Support Program, which provides essential services



"Thank you from the bottom of my heart."
-Dr. Margot Burnell

to navigate the emotional and practical challenges of a cancer diagnosis.

"I'm so grateful for the donors who stand with us. Your support helps us deliver world-class care with compassion and makes the journey a little easier, a little lighter for so many."

Tiny Patients. Huge Hearts.

How you helped deliver comfort, connection, and care.

Whether it's a difficult delivery, a preemie in the NICU, or a mom recovering from complications, every pregnancy and birth is unique. Thanks to your generosity to Women & Children's Health last spring – our medical professionals now have better tools and more comfort-focused equipment to support families during those fragile moments.



What's a turtle tub?" It's a mobile bathtub cart – safe for bathing babies at the bedside, so parents can help (and learn tips from the pros).

UPCOMING EVENTS

Patio Day
22-Aug-25

SJ Cardiac Walk
06-Sep-25

Race by the Sea
20-Sep-25

Visit sjrhfoundation.ca/community-fundraisers for more events

Fundy Trail Cancer Walk
27-Sep-25

Giving Tuesday
2-Dec-25