

Issue no. 5 | Spring 2023

GiveHealthNB

Innovation in heart care

Advances at the New Brunswick Heart Centre forging the future

Sharing their love

With energy and compassion, people and companies rally to give back

From tragedy emerges an **INCREDIBLE LEGACY**

Remembering
John T. McMillan Jr.,
whose death inspired his friends
and family to raise more than
\$1 million for cancer care



GiveHealthNB

A publication of the Saint John Regional Hospital Foundation

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Editor

Anthony Enman

Photography

Mathieu Savidant
Logan Hudson
Jordan Mattie

Contributors

Kate Wallace
Christine Gilliland

Editorial & Design Services

The Stonehouse Agency
Sarah Henderson

Print

Select Printing & Signs

Contact

Saint John Regional Hospital Foundation
400 University Avenue
PO Box 2100
Saint John, New Brunswick
CANADA, E2L 4L2
P: (506) 648-6400
W: thegive.ca
E: SJRH.Foundation@HorizonNB.ca

Holly and Ken Singh of Thandi Restaurant. They believe in sharing their success with the community. See page 26.

Charitable Registration Number: BN 119132363 RR0001
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GENEROSITY, INC.

Conscientious corporations give back to strengthen their community and fuel innovation in health care





Message from the
President & CEO

Hello Friends,

Our purpose is to inspire donor generosity to improve health-care access for all patients in our communities.

The Saint John Regional Hospital Foundation is built of a team of staff and community leaders passionately committed to our purpose and to celebrating community support in advancing patient care at Horizon's Saint John Regional Hospital and in communities across our province.

Our fifth edition of *GiveHealthNB* is a powerful demonstration of what we can accomplish together. Since our last edition, we welcomed da Vinci, a first-of-its-kind robot, to the province eight months ahead of schedule. Your generosity in helping to bring robotic-assisted surgery to our hospital is already impacting patients and medical professionals daily, setting the stage for the next level of surgical program excellence.

We also recently celebrated the long-awaited groundbreaking for Clinic 1, to be named The J.T. Clark Family Foundation Ambulatory Clinic. Clinic 1 is the busiest clinic at our hospital and has not been updated since 1982. The renovation and expansion will enhance patient care, bringing to life a functional, welcoming space that will be more than double in size.

In this edition, we celebrate these achievements and many more, made possible by heartfelt supporters like you. You'll read about the generosity from all levels of the community, like the John T. McMillan Jr. Memorial Foundation. It reached a milestone of \$1 million of giving to our hospital and its patients. We salute our corporate and community partners, who – through their leadership and determination – have inspired so many others to give.

We continue to be grateful to the health-care staff as well as our patients and their families for allowing us to share their stories. We hope you continue to be inspired by their tenacity, innovation and resilience.

Thank you again for your trust and generosity.

With gratitude,



Jamie Gallagher

FOUNDATION FEATURES



The Rothessay High School boys' hockey teams have given more than \$3,000 to support funding for patient care. Shown here are members of the 2022–23 team.

student who played for St. Malachy's High School who also lost his battle with cancer. So both the teams have a personal connection to the cause.

So the game is now played in their honour - the ones we lost so young. And to help support those who are currently battling the disease.

Q: What does it mean to the team to see the support from the community?

Community is at the core of the charity game and why we do the fundraiser. A lot of the players who were there for the very first game are no longer playing because they've graduated. But what's amazing is that they have now come back to help out in some way. My husband, Ken, coaches the team and my son Kyle, who would have played in the first charity game, is also coaching along with Scott's son, Gareth.

So the current players see this outpouring of support, not just from people who donate money, but also these amazing former athletes and alumni who come back to be part of this really special thing. It's a kind of family. We are one community and we need to support one another.

WHY WE GIVE: ROTHESAY HIGH SCHOOL HOCKEY

Since the 2016–17 hockey season, the Rothessay High School hockey teams have hosted their charity Orange Game and directed the proceeds to support cancer care. Through donations at the door and other efforts, they have raised more than \$3,000 to date.

Team manager Jane Fenwick explained the significance of the charity game to the students and the school.

Q: What is the Orange Game?

The Orange Game is our charity game played annually against St. Malachy's Memorial High School.

Q: Why is it called the Orange Game and why do you support

pediatric oncology?

The charity game is called the Orange Game because that is the colour for leukemia awareness. Back when it first started, we raised funds for a local girl who was diagnosed with leukemia. Her brother played on the team, and we wanted to do something to give back. Since then, we've grown the event to support pediatric oncology at the Saint John Regional Hospital.

Q: What other connections to cancer do the participating teams have?

Well, our former coach, Scott Robarts, had a daughter who was diagnosed and unfortunately lost her battle with leukemia. So the players really felt that loss – because we are a community, a family. Additionally, there was a



Ally Paradis with Theo at Rockwood Park in Saint John.

FUNDING MAKES A 'WORLD OF DIFFERENCE' FOR THEO AND HIS FAMILY

Allyson Paradis and her husband, Christopher Boucher, welcomed their beautiful baby boy, Theodore (Theo) Jacob Boucher in January 2021.

Just a few months later, the family would receive news about Theo's health that would change their lives.

"The pediatric neurologist told us the images we were about to see were going to be very difficult," says Ms. Paradis.

"It was the scariest moment of my life. Every parent wants life to be easy for their child, but all of a sudden, I knew nothing about his future," she says. "Would he ever smile?"



Theo has had to travel all over New Brunswick to receive medical treatment.

Laugh? Walk or talk? Was there a future? Everything was unknown and terrifying."

A series of health issues has caused the family to have to travel frequently throughout the province so Theo can receive highly specialized care.

"Receiving the support from Fuel the Care allows us to be able to reach programs that, without that funding, we would never be able to provide to our son. It has made a world of difference," she says.

For more about this family's story, visit:

thegive.ca/stories/fuelthecare or scan here:



CELEBRATING 20 YEARS OF FUEL THE CARE

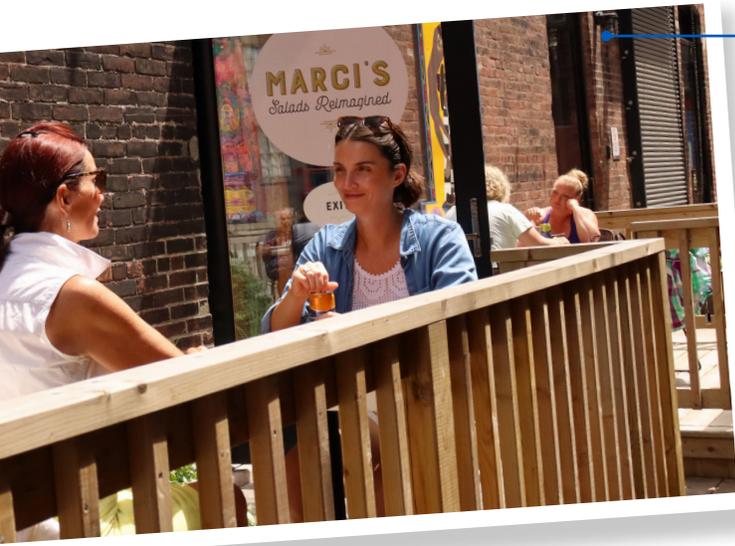
For over 20 years, Irving Oil's flagship community program, Fuel the Care, has helped bridge the distance between home and hospital for local families with children requiring medical assistance.

Since the program started, fuel gift cards have been provided to more than 80,000 families in Quebec, Atlantic Canada and New England, giving them a lift when they need it most.

To mark this milestone on Fuel the Care Day in October 2022, Irving Oil once again offered free parking to all visitors at the Saint John Regional Hospital. Patients and families were greeted throughout the day by Irving Oil employees as they travelled to and from the hospital.

The company's generosity extended beyond the parking lot. To mark 20 years of Fuel the Care, Irving Oil doubled its fuel card donation to its seven partner hospitals in Atlantic Canada, Quebec and New England, for an annual total of almost \$1 million, as well as expanded Fuel the Care across the Atlantic Basin to Ireland, where it has operations.

Nadine Osmond of Irving Oil handing out free parking passes during the annual parking lot party.



Hilary and Sierra Brock enjoying lunch at Marci's, which participated in the Patio Day event.

from Sussex to Saint Andrews offering featured menu items with a portion of the proceeds going to support an area of health care that was important to

RESTAURANTS AND PUBS SHOW THEIR LOCAL LOVE

Business owners throughout southern New Brunswick opened their patios and their menus last summer to support health care at the Saint John Regional Hospital.

The Patio Day fundraiser saw restaurants and pubs

them.

For business owners like Ruth McEachern of Knocks Café in Sussex, it was an easy decision to be involved.

"Having given birth at the Saint John Regional, I know how amazing the staff are. They did a wonderful job taking care of me and my family. Everyone I experienced was caring and compassionate

and did their best to make us all comfortable," says Ms. McEachern.

Participating restaurants and pubs raised more than \$6,200 to support several areas of care, including women and children's programming, mental health and addictions, and more.



Ruth McEachern, of Knocks Café in Sussex, with her baby boy.



From left, Licensed Practical Nurse Courtney Chedore and Registered Nurses Chanti Garrett and Stephanie Bartlett are members of the da Vinci surgical team.

ROBOTIC-ASSISTED SURGERY IN ACTION

Thanks to the generosity of our donors, the Saint John Regional Hospital has welcomed a da Vinci surgical robot to its operating room. The technology is used to perform complex surgeries and has led to better patient outcomes and satisfaction. It has led to shorter hospital stays and lower risks of complications. Patients generally recover faster, with less pain and fewer drugs.

"We have a wonderful team that we work with every day that we have a procedure. The nurses, bio-medical, environmental services, anesthetists and the surgeons – we all work together to collaborate and make this an amazing program for the safety of each of our patients," says Licensed Practical Nurse Courtney Chedore, a member of the da Vinci surgical team.



From left, Janine Doucet, Administrative Director for the New Brunswick Heart Centre, is presented with a cheque for the proceeds of the Radio-thon by Jamie Gallagher, President and CEO of the Saint John Regional Hospital Foundation, and Derek Dobson, Foundation Board Chair.



Volunteers filled the boardroom throughout the day, taking calls from incredible donors during the 11th annual Radio-thon.

FEELING THE LOVE FROM RADIO-THON

The 11th annual Love Your Hospital Radio-thon on Valentine's Day was a success, thanks to donors just like you.

Donors opened their hearts and showed their love in support of the New Brunswick Heart Centre. Volunteers assisted with taking calls from

those donors.

It was an exciting day marked by a large fundraising total. More than \$237,000 was raised to fund innovation and advancements in heart care, including \$100,000 in matching donations from the Beaverbrook Canadian Foundation.

In its 11th year, the Radio-thon is a partnership with Acadia Broadcasting. It celebrates the work taking place at the Saint

John Regional Hospital through inspiring stories from patients and physicians who have benefitted from the generosity of donors.

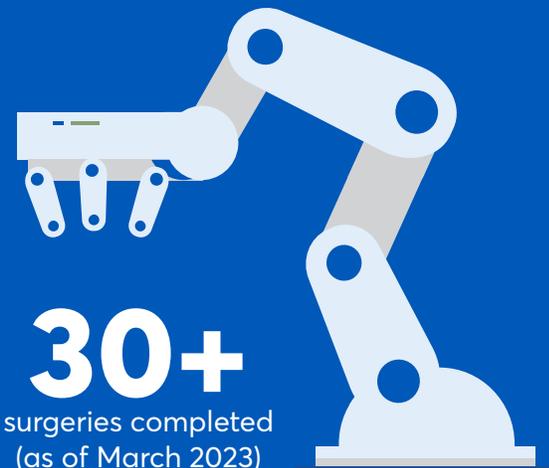
The funding this year will provide the clinicians and physicians with the most up-to-date tools and will continue to position the New Brunswick Heart Centre as a centre of excellence for heart care.

“



I was diagnosed with prostate cancer and was given a choice. I chose robotic-assisted surgery, and it was amazing. I spent one night in the hospital, and the next morning I came home. Thank you to all the donors who brought robotic surgery to New Brunswick. It's something that will help a lot of people. I'm the first one here who had it done, and I feel fantastic.

– Emile Hachey, the province's first robotic-assisted surgery patient



5
medical professionals trained on da Vinci

2
types of surgeries completed with da Vinci (prostate and kidney)



From left, MacKenzie Brimicombe, Isabelle Goguen and Gillian Dobson.

INVESTING IN THE FUTURE OF HEALTH CARE

For Yuna Im, receiving scholarship funding to support her passion of pursuing a career in health care has been a dream. And now, thanks in part to receiving the Franklin MindCare Scholarship, she is that much closer to achieving her goal.

"As someone who grew up in a low-income household, affording post-secondary education has not always been easy, and tuition for medical school can be especially expensive," says Ms. Im. "However, the fund provided by the Franklin MindCare Scholarship has significantly reduced that financial burden."

She is currently enrolled at Dalhousie Medicine New Brunswick. Following completion of her program, she wants to pursue a career related to mental health.

and my participation in Dalhousie's summer psychiatry internship program," says Ms. Im.

To meet rising human resource needs in the field of mental health, a scholarship managed by MindCare NB was established by two New Brunswick philanthropists, Janice Franklin and her late husband, Mitchell Franklin.

The goal of the Franklin MindCare Scholarship is to foster excellence in mental-health care within New Brunswick by increasing the human-resource pool of skilled professionals.

These MindCare endowments are directly supported by donors just like you. And Ms. Im is grateful.

"From the bottom of my heart, thank you for your generous support of students like myself and your commitment to our province's mental health care system."

Three other students pursuing studies in the mental health and addiction fields were also awarded MindCare scholarships in 2022.

MacKenzie Brimicombe, enrolled in nursing at the University of New Brunswick's Saint John campus, Saint Thomas University student Isabelle Goguen, pursuing her Master of Social Work, and Gillian Dobson, a Master of Education in Counselling student at the University of New Brunswick Fredericton campus, each received awards to help further their studies in their respective fields.

For Ms. Brimicombe, the scholarship lifted a weight from her shoulders.

"Financial security allows me to focus more on my studies and work towards developing into the best nurse I can be," she says. "I am immensely thankful."



Yuna Im

KEEPING ERIN'S MEMORY ALIVE

A local generosity movement
snowballs, helping women
with breast cancer.



After breast cancer took the life of Erin Appleby, Denise Miller and a dedicated band of volunteers have organized charity snowmobile rides and more in her memory.

Denise Miller is a get-'er-done kind of person. She's not fond of the spotlight, but she's determined to do all she can to support women with breast cancer.

After breast cancer took the life of Erin Appleby, a friend from high school, Ms. Miller felt driven to help others suffering with this devastating disease.

Since 2015, she and a dedicated band of volunteers have organized charity snowmobile rides, bottle drives, pub crawls, auctions and more – and have raised more than \$60,000 for the Erin Appleby Breast Health Fund at the Saint John Regional Hospital.

“We’re keeping Erin’s legacy alive,” says Ms. Miller. “Erin is synonymous with helping women with breast cancer in this region, as far as I’m concerned.”

The two women graduated together in the 1990s from Hampton High School, where Ms. Appleby was grad class president. Embarking on their new lives after high school, the two worked together at Air Canada for a time.

So, you can imagine Ms. Miller’s reaction when she learned that her long-time friend – a young mother with another child on the way – was diagnosed with breast cancer.

In 2006, just 14 months after her diagnosis, Ms. Appleby lost her battle with cancer. She was 30.

From grief sprung a determination to not only remember a friend but to help others with breast cancer.

Together with about a dozen other women, Ms. Miller staged a snowmobile run to raise money in 2015.

Braaaaap for Boobs was born. (“Braaaaap” being the sound a snowmobile makes when the engine is revved – braaaaap-braaaaap-braaaaap! is a rallying cry among sledders.)

That very first event brought in an eyebrow-raising \$1,400.



Shalyn McRae, the retail manager at Kredl's Corner Market in Hampton, didn't hesitate to support the Braaaap for Boobs team.

breast cancer patients receiving care through the Saint John Regional Hospital by providing funds for essential services.

Because of people like Ms. Miller and her fellow fundraising champions, more women in need of expensive prosthetics and prescriptions – even gas money for those who can't afford to travel for treatments – are getting the help they need.

“Can you imagine having to say no to a woman who just had breast cancer surgery, and who suddenly needs one of those expensive, specialized bras to help her heal?” Ms. Miller explains.

“I can't imagine having to say no to one of those women.”

Ms. Miller's passion for helping her fellow community members keeps gaining momentum, even in the face of challenges.

“Sometimes, the weather doesn't co-operate, but we don't let that stop us,” Ms. Miller says.

“I remember one year we didn't have snow here in southern New Brunswick. So, a bunch of us from Kingston went to Juniper in upper New Brunswick. We rolled into town with 25 or so machines. The men were wearing pink. There were bras on snowmobiles. There were flamingos and feather boas. The locals didn't know what they were seeing.”

Ms. Miller and crew, though, made sure the area snowmobile clubs knew ahead of time that the Braaaap for Boobs entourage was coming. The local club members donated, adding more supporters to the growing movement.

What started out as a grassroots community fundraiser on the Kingston Peninsula has expanded to include

neighbouring Hampton and other surrounding areas.

One life touches another life. An act of kindness

“I said, ‘We're going to do this again next year.’ And we did,” Ms. Miller remembers. “We doubled the participants. Everyone really got into it.”

You might say the community's generosity snowballed.

Each year, the Braaaap for Boobs movement grows as more people donate or take part and local businesses join in. The area pubs, for instance, are generous supporters. And it doesn't stop there.

People give not just for the annual snowmobile run every February but all year round. They save up their recyclables for bottle drives or slip Ms. Miller a donation toward the fund.

In 2022, horseback riders taking part in the Red Solo Ride for a Cure donated their proceeds. And then there is friend and former colleague Rob Etmanski, who contributes the proceeds from his sports jersey draws.

The Erin Appleby Breast Health Fund assists

“
**We're keeping Erin's
legacy alive. Erin is
synonymous with helping
women with breast cancer
in this region, as far as I'm
concerned.**

– Denise Miller, donor

by one person multiplies, sharing the gift of healing with many.

The power of philanthropy – the love of humankind – really does have the power to heal.

As the generous community support grows, the number of women the Erin Appleby Breast Health Fund helps grows too.

For Ms. Miller and the many supporters, hearing stories and updates about the real women their money is helping makes them feel even more invested as donors.

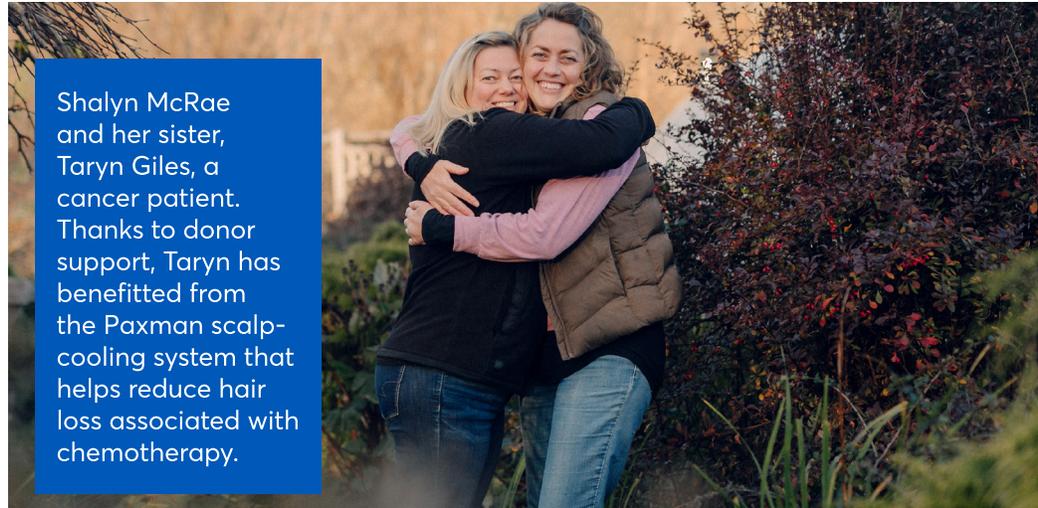
Taryn Giles is one of those women.

The outpouring of love she felt from her community after being diagnosed with stage-four breast cancer was a huge factor in her healing journey. She was treated with chemotherapy, then underwent surgery.

She was also able to benefit from the Paxman scalp-cooling system, brought to the Saint John Regional Hospital through donor generosity. The Paxman helps reduce hair loss associated with chemotherapy by constricting scalp blood vessels so that less chemotherapy drug will reach the hair cells.

“When the use of the cooling cap came up, it was a really big relief to me,” Ms. Giles says.

“The idea of being able to keep at least some of my hair and some of that normalcy that goes with having your own hair



Shalyn McRae and her sister, Taryn Giles, a cancer patient. Thanks to donor support, Taryn has benefitted from the Paxman scalp-cooling system that helps reduce hair loss associated with chemotherapy.

was a big deal. I’ve always had long curly hair and I know, for a lot of people, that’s how they describe me,” she says. “The thought of losing your hair, on top of all the other stuff you’re going through... it’s difficult to swallow.” She’s grateful for

“The generosity of people who give to this fund and make these kinds of resources available – it’s a big thing and it helps people a great deal. Probably more than people will truly understand.”

Her sister, Shalyn McRae, is the retail manager at Kredl’s Corner Market in Hampton. Ms. McRae didn’t hesitate to support the Braaaap for Boobs team when they came looking for prizes for one of their runs.

News of her

To be supported and loved and cared for through the community – there are not really words to describe the gratitude.

– Taryn Giles, cancer patient

the Erin Appleby Breast Health Fund.

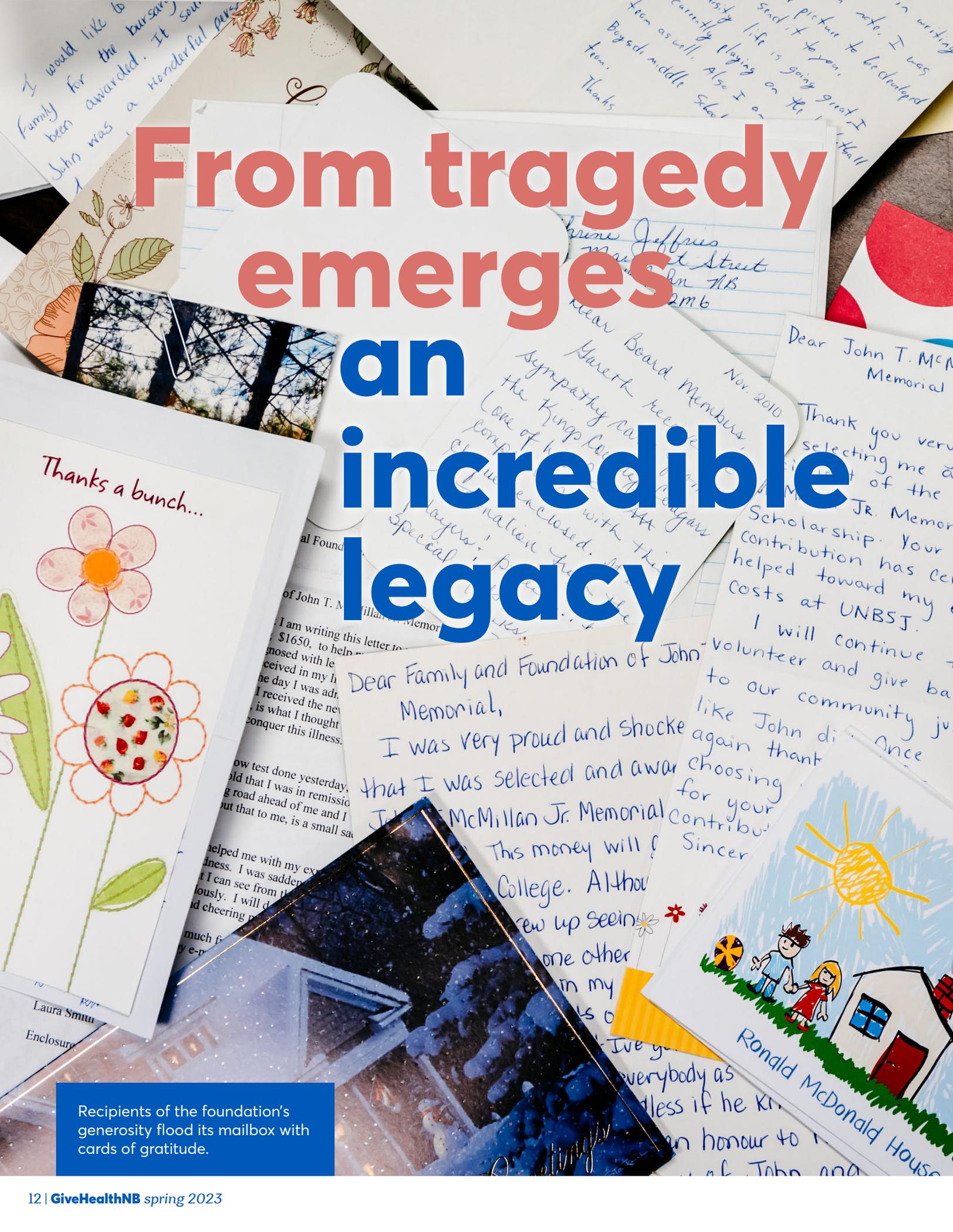
“To have some of those financial and emotional burdens lifted – to be supported and loved and cared for through the community – there aren’t really words to describe the gratitude. Thank you never seems to be quite enough. Until you’re in the situation, it’s beyond description,” she says.

sister’s diagnosis rocked her world.

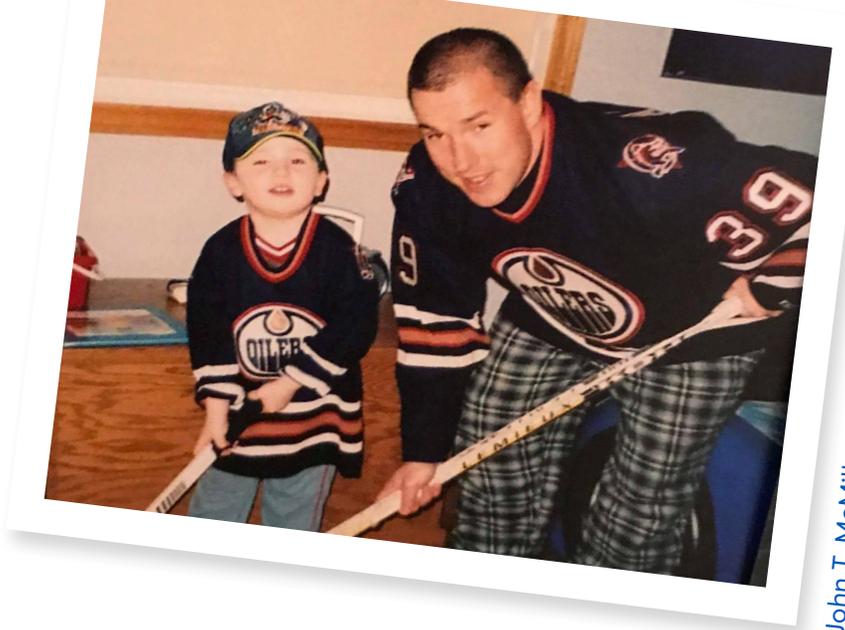
“We felt helpless, not knowing what to do or how we could help,” Ms. McRae says.

“But I can tell you, first-hand, that programs like the Erin Appleby Breast Health Fund and other Saint John Regional Hospital cancer services mean the world to patients and their loved ones.”

From tragedy emerges an incredible legacy



Recipients of the foundation's generosity flood its mailbox with cards of gratitude.



John T. McMillan Jr. with his son, Taylor McMillan.

Family and friends of John T. McMillan Jr. rally to raise more than \$1 million to help cancer patients and strengthen cancer care.

When beloved Saint John shopkeeper John T. McMillan Jr. was diagnosed with a cancer of the blood and bone marrow, his doctors urged immediate and aggressive treatment.

To say that he was shocked by the news would be an understatement.

He was just 34, busy with his growing business and family, staying active as a softball coach, and he felt well.

It seemed unfathomable that he had acute myeloid leukemia. He was determined to overcome it.

“He went in with a fighting attitude, courage and determination,” remembers his wife, Tana McMillan Morrison. “Right until the very end.”

Mr. McMillan died on Aug. 31, 2005 – 53 days after his diagnosis.

Outside the door of the Saint John Regional Hospital’s stem cell laboratory is a plaque with his name on it. For more than a decade, the lab has allowed doctors to treat patients in Saint John who would have otherwise had to travel to Halifax, Toronto or even the United States.

The stem cell transplant program is just one of a variety of investments by a foundation that sprung up in memory of Mr. McMillan, a grassroots effort by his family and friends to honour a man they loved and admired.

Since 2006, the John T. McMillan Jr. Memorial Foundation has given more than \$1 million to the Saint John



Mary Lee and Jack McMillan stand at their family home with a photo of John and Cheri.

Regional Hospital, primarily to help cancer patients and to fund world-class oncology care in New Brunswick.

“The John T. McMillan Jr. Foundation has had a tremendous impact on cancer care here at the Saint John Regional Hospital,” says Jamie Gallagher, President and CEO of the Hospital Foundation. “It is a force in driving innovation within the cancer care program.”

Most recently, the McMillan Foundation helped the hospital buy a DNA sequencer. This sophisticated technology allows genetic testing on a patient’s cancer samples to develop more targeted therapies that are much less toxic and more effective than conventional treatment.

Along with impacting the lives of patients and their families, this technology has another advantage: helping the hospital recruit and retain top doctors and other medical professionals who want to work on the leading edge of care.

Dr. Terrance Comeau, an oncologist and hematologist at the Saint John Regional Hospital, says the hospital’s oncology care is world-class thanks to the investments by the foundation.

“We can offer anything that any other cancer centre in Canada or the U.S. can,” Dr. Comeau says. “It’s second to none.”

When she got the news of the diagnosis, Mr. McMillan’s sister, Cheri McMillan-Lumsden, took a leave from work and put her life on hold in Ottawa to come home.

“I just needed to be there,” she remembers.

Mr. McMillan had someone with him around the clock while he was in the hospital. Mrs. McMillan Morrison would spend the day with him, then Mrs. McMillan-Lumsden and her parents, Jack and Mary Lee McMillan, along with other friends and family, would cover

the night shift.

As an oncology nurse, Mrs. McMillan-Lumsden’s medical knowledge and the advice she could offer was a comfort to family during treatment. But it also meant she understood just how dire her brother’s condition was.

“Even when he was sick, during that short time, he would tell us that when he was better, he wanted to help other people who were going through the same thing,” she recalls.

In the end, his conviction and determination were not enough. But it wasn’t long before his family and friends wanted to do something to carry on his wish.

“When John died, I remember my dad saying to me, ‘We have a choice: we can be bitter and angry, or we can keep his spirit alive and let him guide our lives,’” Mrs. McMillan-Lumsden says. “That’s when we wanted to start raising money.”

“
The John T. McMillan Jr. Foundation has had a tremendous impact on cancer care here at the Saint John Regional Hospital. It is a force in driving innovation within the cancer care program.

– Jamie Gallagher,
President and CEO of the Hospital Foundation



Members of the Saint John Regional Hospital Foundation are joined by the McMillan family as well as members of the board, past and present, of the John T. McMillan Jr. Memorial Foundation for a ceremonial presentation to commemorate their \$1-million achievement.

Jeff MacDonald, a close friend, joined with others who loved and admired Mr. McMillan to organize a steak-and-stein event at a local pub. Their fundraising goal was modest: raise a few thousand dollars to create a memorial bursary for a student at Simonds High School, Mr. McMillan’s alma mater.

The night of the fundraiser, the bar was packed and the donations poured in. An aunt’s “award-winning” (at least among the family) cinnamon buns fetched a \$500 bid in the silent auction. Mr. McMillan’s cousins worked the room, selling hugs and kisses for \$1.

“People just wanted to do something to carry on his spirit,” Mrs. McMillan-Lumsden says.

The steak-and-stein raised more than \$17,000.

“We realized at that point,” Mr. MacDonald says, “that we needed to do something more

than a bursary. We thought we could expand our pillars.”



From a humble fundraiser at a local pub, that effort has grown into a thriving philanthropic organization advancing cancer care in New Brunswick.

The John T. McMillan Jr. Memorial Foundation is as grassroots as they come.

“I love that it’s a family committed to doing this and working together to raise money,” says Jamie Gallagher of the Saint John Regional Hospital Foundation. “That’s so unique and inspiring.”

The small but mighty board of directors comprises Mr. McMillan’s cousins and uncles, his sister and long-time friends like Mr. MacDonald.

While most foundations have an endowment fund from which

they donate the interest from their investment returns, the John T. McMillan Jr. Foundation actively fundraises every year.

They started contributing to the Saint John Regional Hospital Foundation the same year they were founded, in 2006, growing their support since then.

“We’ve gone from small donations and trying to raise a few thousand dollars for a scholarship to being major partners in The Give campaign at the Saint John Regional Hospital,” Mr. MacDonald says. “And here we are, more than 15 years later, and we’re reaching a major milestone.”



While John had a lot of support during his treatment, he and his family knew that was not the case for everyone.

“When patients are diagnosed with cancer, it turns their world upside down,” says Dr. Comeau.

For many, money worries only add to the stress.

Often, patients and their caregivers have to take time off or completely stop working during treatment.

The John T. McMillan Jr. Memorial Foundation started the Families Helping Families fund to help patients with cancer and other life-threatening illnesses cover rent, mortgage payments or other household bills. It can help pay for transportation, especially for patients travelling out of town or out of the province for testing or treatment. And it can help with the cost of medication and therapy that the health-care system or private

insurance don't cover.

"It's already the most stressful time of your entire life," says Mrs. McMillan-Lumsden, who is witness to the chaos cancer can cause in her job as an oncology nurse. "And then to add financial worries on top of that, it's too much."

The memorial foundation has given more than \$400,000 towards the fund, which is administered by the Saint John Regional Hospital Foundation.

Dr. Comeau has seen its positive impact on countless patients.

"Families Helping Families has been instrumental in helping these patients and their families

get through these troubling times," he says.



To appreciate the tremendous commitment and support that fuels the John T. McMillan Foundation, one must understand how deeply the man memorialized by it was loved – not only by his family and friends but by people across Saint John and beyond.

He was well known, in no small measure, because of the convenience store he established in east Saint John.

When Little John's Variety opened in 1995, it quickly



Jeff MacDonald, chair of the John T. McMillan Jr. Memorial Foundation, left, leads a meeting with director Ken Dobson, right, and other members of the board to discuss updates.

became a popular spot for locals to grab their pop and chips, bread and milk. It wasn't just convenience that kept them coming back, though – it was the uncommon welcome they got from the store's namesake proprietor. Little John relished his role of shopkeeper.

"John was everybody's friend," his father, Jack McMillan, says. "He was a real people person."

The store was staffed with local teens who went to his old high school, Simonds High. More than just a boss, he encouraged them to get an education beyond Grade 12 and to dream big.

"He mentored them," says Mrs. McMillan-Lumsden, Mr. McMillan's younger sister. "It wasn't just a job. It was a family."

Little John's was active in the community, providing food for the local breakfast program and donating popcorn and treats for fundraisers at area churches and schools.

And Mr. McMillan helped keep the neighbourhood harmonious in little ways, too. One time, when an elderly woman expressed concern about local kids cutting through her property, Mr. McMillan offered to talk to them on her behalf. When it was cold outside, he invited people waiting for the bus to come inside the store to warm up. The driver would pull up and knock on the door.

"Bus is here!" Mr. McMillan would holler.

When he wasn't working, he was with his young family – his wife, Tana, son Taylor and daughter Maggie – and his large

extended family that ran into dozens of cousins, aunts and uncles.

But before even opening Little John's, Mr. McMillan already had a reputation as someone with a unique ability to rally others. He was legendary for the pub crawls he organized in Halifax during his university days.

Mr. McMillan was the type of person you just wanted to be around. It didn't matter who you were – he made you feel important.

His love of fun was always tempered by a sense of caring and a desire to help. On Saturday mornings, he'd round up his university housemates to go to the library to help teach kids to read.

"He got a lot of joy from making other people feel better," Mrs. McMillan Morrison says.

Even now, nearly 20 years after his death, his parents will hear stories from strangers who knew him. Last Halloween, a man who'd moved in up the street brought his daughter trick-or-treating at the McMillans'.

"I just had to come and meet you," he told them. He'd played volleyball with Mr. McMillan and had happy memories of their time together on the team.

"After all these years, people still come to us to say that they remember him," says Mary Lee McMillan, John's mother. "It's

amazing."

A few months after Mr. McMillan died, a local boy came to John's parents' house to share a poem he'd written in John's memory. He called it *Remembrance of a Friend*.



John T. McMillan Jr.
at his convenience store,
Little John's Variety.

"Everybody's friend, John, was gone," he wrote, "but his memory will live on forever. I see him every time I see my street, John T. McMillan Avenue. I say, 'Hi, John. How are you doing?'"

Little John's Variety is still there, on what is now John T. McMillan Avenue. The street was renamed in his memory after community members



Dr. Terrance Comeau, an oncologist and hematologist at the Saint John Regional Hospital.

petitioned City Hall to make the change following his passing.

Inside the bright and bustling store are a photo of Mr. McMillan, a plaque honouring his memory and a coin dropbox on the counter for donations to the memorial foundation that embodies Mr. McMillan's community spirit and special knack for bringing people together for a good time and good cause.



The annual John T. McMillan Jr. Memorial Foundation casino night and dance has become a staple of the Saint John social calendar, a bright spot in the dark and cold of January.

"It's like old home week," says Mr. Gallagher – as much a reunion for Mr. McMillan's friends and family as a fundraiser.

"John was always the centre of anything fun," Mrs. McMillan-Lumsden says, and the event captures that vibe. "Just that energy in the room – you can

definitely feel he's there with you. It's the closest I get to being with him again."

Little "John details" are woven into the evening. Each year, there's a T-shirt inspired by the tees he always made for the events he loved to organize.

They use the same simple logo – of a jolly, rotund monk holding a beer stein – that a friend of Mr. McMillan's designed back in university for those legendary pub crawls.

"It's fun to carry that on because he would have a T-shirt for everything," Mrs. McMillan-Lumsden says.

Her brother did not like to dress up. Even at his wedding, she says he wanted to wear jeans. At the casino night, the men on the foundation board are easy to spot: they're the ones wearing sports coats over T-shirts with jeans and

white sports socks in honour of Mr. McMillan's casual dress code.

Live music is provided by Big Fish, the event's resident band, which played at John and Tana's wedding.

"We've just carried all that through," Mrs. McMillan-Lumsden says.

She marvels at the creativity of her fellow directors in creating the event. One year it was a circus theme, complete with acrobats and fire jugglers. For a country-and-western concept, they brought in a mechanical bull for guests to ride. This year's event, "Johnopoly," which took place on Jan. 21 at the Saint John Trade and Convention Centre, had a board game theme.

"The sky's the limit when it comes to the ideas these guys come up with," says Mrs. McMillan-Lumsden, who joined



John T. McMillan Jr. with wife Tana.

the board as a director two years ago. “I’m just in awe of this group that has been doing it since the beginning. They never say never.”

Earlier this year, the board of Mr. McMillan’s foundation made an epic announcement at the casino-night fundraiser: they had met, and were blowing by, the milestone of giving \$1 million to the Saint John

Regional Hospital Foundation to support cancer care in New Brunswick.

“It’s hard to process it,” Mrs. McMillan-Lumsden says. “A million dollars is a lot. It’s pretty special. It’s a milestone we’ve talked about for so long that finally getting there is incredible.”

In all, the foundation has raised and gifted more than \$1.5 million to worthy causes since 2006. And all from the community.

“We don’t have a large group of corporate donors,” Mr. MacDonald says. “We deal with dimes and nickels that people save up to come to our event. We’ve managed to take those dimes and nickels and make them into a significant contribution to Saint John and the province.”

Every donation truly matters.

“Sometimes I hear people say, ‘I don’t have a lot to give; I only have \$5, \$10 or \$50,’” Mr.

Gallagher says. “Whatever the number, every little bit counts. Those contributions have a huge impact here at the hospital.”



A million dollars is a lot. It’s pretty special. It’s a milestone we’ve talked about for so long that finally getting there is incredible.

— Cheri McMillan-Lumsden, sister of John T. McMillan Jr.

That Mr. McMillan is so well and widely remembered is a great comfort to those who knew and loved him most.

“It’s overwhelming to be part of all the support and love after all these years since John’s passing,” Mrs. McMillan-Lumsden says. “People are still so passionate about keeping his legacy alive.”

For Mr. McMillan’s daughter, Maggie, who is in her first year in the nursing program at Dalhousie University and who lives in the same dorm her father did as a university student, the

memorial foundation is a way to connect to the father she lost too young.

“To see the great work being done in my dad’s memory is really important to me,” Maggie says. “It makes me a proud daughter and proud of my dad’s friends and family members who have worked so hard to keep my dad’s spirit alive.”

And for all who knew and loved Mr. McMillan, his memorial foundation

is an ongoing source of comfort and pride. As it helps others, it helps them, too.

“It takes a lot of the sadness away,” Mrs. McMillan-Lumsden says. “Instead of feeling angry and sad, we focus all that energy to try and help others.”

“I think John would be so pleased that we could take such a tragedy and turn it into something so positive.”

Tana McMillan Morrison, right, and daughter Maggie look back through old photo albums and remember fondly the man that John was.



FORGING THE FUTURE OF HEART CARE

*Donor support
drives innovation
at the New
Brunswick Heart
Centre*



It was not how Will Thornback expected his day to go.

He was working from home in uptown Saint John when, by mid-morning, he felt pain and burning in his chest.

“I thought it was GERD,” he says, using the acronym for gastroesophageal reflux disease. “I just thought I needed an electrolyte drink.”

It was much more serious. Luckily, his wife insisted on calling 911.

Even when EMTs arrived minutes later and told him he was having a heart attack, he was still in disbelief. He had no history of heart disease nor any red-flag risk factors. He was, he thought, a healthy 50-year-old.

But when he was rushed into the Emergency Room at the Saint John Regional Hospital and on to cardiac surgery without delay, the reality—and seriousness—of his condition became

undeniable.

In the New Brunswick Heart Centre’s Cardiac Catheterization Laboratory on the fifth floor of the Saint John Regional Hospital, Mr. Thornback’s surgeon and a team of cardiology nurses went to work on his two blocked arteries. One was completely clogged, the other 80 per cent blocked.

“Everything was happening really quickly,” he says. The heart team moved equipment into place, connected an IV, and got him changed into a hospital gown. Having the head nurse by his side, explaining each step, was a great comfort.

“I wasn’t worried, and I didn’t have any questions because they

were telling me everything that was going on,” he says. “They were completely in control. This is something that they do all day long. They’re lifesavers, right?”

Through a small incision in his wrist, his surgeon inserted a small tube – a catheter – with a tiny balloon on the end to stretch the blocked artery. The surgeon then placed a stent, a small wire mesh tube that helps keep the artery open.

Lying on the operating table under gentle sedation, Mr. Thornback looked up in awe at a large monitor where an angiogram, a live X-ray of his heart, was displayed.

A computer programmer who co-founded a tech company with his wife, Linda Thornback, he was intrigued by the sophisticated tools surrounding him in the cutting-edge lab. It looked to him like something out of Star Trek.

“I almost forgot that I was having a heart attack; I was so enthralled with the science,” he says.

“
**I almost forgot that I was
having a heart attack; I was
so enthralled with the science.
From a technology standpoint,
it was incredible to witness.**

– Will Thornback, patient



“From a technology standpoint, it was incredible to witness.”

Meanwhile, back home, his wife, who could not accompany him to the hospital due to COVID restrictions, waited 30 minutes, as the EMTs had suggested, before checking in with the ER. She was amazed to hear that her husband was already in surgery.

“You realize that those resources are so quickly assembled in an emergency,” she says. “A 100 per cent blockage can kill you quickly. Will was stented within an hour

of us calling an ambulance, and I believe that saved his life.”

Three days later, Mr. Thornback was discharged. Friday afternoon, he was soaking in the warm spring sunshine at Mispic Beach, on Saint John’s East Side, with his family. The shock had worn off, and he was starting to reflect on what he’d gone through.

“Oddly enough, it was a really fantastic experience,” he says.

He marvelled at the winning combination of “science and psychology,” as he puts it,

Linda and Will Thornback at their home in uptown Saint John. The couple was plunged into a crisis when Mr. Thornback suffered a heart attack at age 50.

the blend of high-tech tools and human-centred care that made his treatment so timely, compassionate and successful.

Before his heart attack, he had never heard of the New Brunswick Heart Centre. Now, he’s grateful for the quality of care he received there.

“We didn’t know how lucky we were until that day.”

When Dr. Jean-François Légaré came to the New Brunswick Heart Centre in 2016 as Chief of the Division of Cardiac Surgery, he arrived with a vision: “I want this Heart Centre to be the best in Canada.”

(For those services, most patients go to Halifax or Toronto.)

As New Brunswick’s only tertiary cardiac care centre, the Centre serves patients from across the province and Prince Edward Island – nearly a

and support is rare in his highly competitive profession. Having worked at one of the world’s largest cardiac surgery and cardiology centres in Leipzig, Germany, he knows first-hand what that looks like.

“Germany was exciting because it was a very large institution offering world-class care,” he says. “But you were a very small cog in a very large machine.”

He had little patient contact or opportunity to collaborate with his colleagues. He contrasts that with the team at the Heart Centre here, which includes more than 25 physicians from various sub-specialties, a cadre of nurses, pharmacists, therapists, other health-care professionals, the administrative team and the cleaning staff.

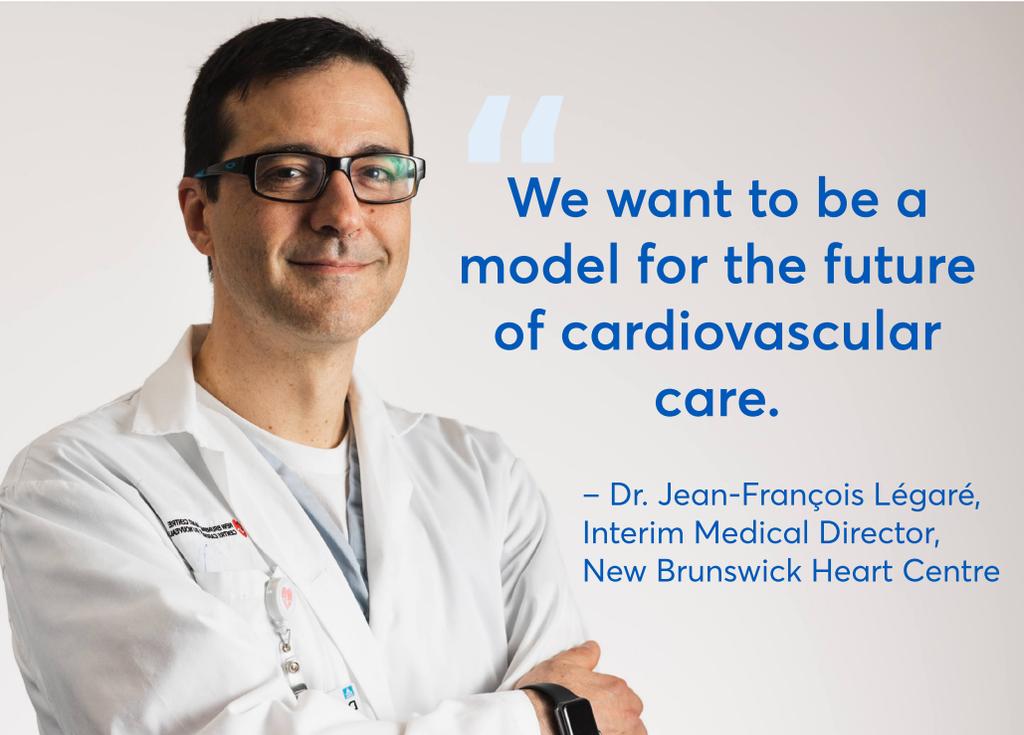
The Heart Centre is organized to maximize efficiency for patient care and patient visits, which Dr. Légaré says is quite unusual – and beneficial.

“Ultimately, all of this teamwork is very positive for patients,” he says.

That was Mr. Thornback’s experience.

“I’m still amazed at how well they work together, the technology they use, and the team environment between the doctors and the nurses,” he says.

Mrs. Thornback, a project manager, marvels at how integrated and efficient the full spectrum of her husband’s care has been, from the ambulance and emergency surgery to his follow-up at the Heart Centre’s Cardiac Rehabilitation Program,



“We want to be a model for the future of cardiovascular care.”

– Dr. Jean-François Légaré,
Interim Medical Director,
New Brunswick Heart Centre

Now, as the Centre’s Interim Medical Director, an appointment he received in 2022, Dr. Légaré is leading an ambitious team of physicians, nurses, pharmacists, therapists and other cardiovascular professionals to keep pushing the Heart Centre to the leading edge of cardiac care in this country.

A “big program in a small city,” the Heart Centre has “always punched higher than its weight,” says Dr. Légaré.

Founded in 1991, it provides the full spectrum of cardiac care except for heart transplantation and long-term mechanical support to treat heart failure.

million Atlantic Canadians. The only cardiac catheterization, electrophysiology and cardiac surgical centre in the province, it conducts nearly 1,000 surgeries annually.

“That is in the ballpark of many centres in Canada,” Dr. Légaré says, “and we’re at the cutting edge of what cardiac surgery should look like.”

While technology and tools are part of their evolution, he says one of the Centre’s greatest assets is its team culture.

“There aren’t different silos,” he says. “We all work as a team to approach every single patient.”

That kind of collaboration

which teaches heart patients healthy habits to manage their disease.

“The way the system is laid out is perfectly designed,” she says. “You can almost see the data flow chart with the arrows pointing to your next step: this is where you go through your blood work, this is where you go through rehab, this is what you do now. Every step is really clear.”



While Will Thornback was just minutes from the Saint John Regional Hospital when his cardiac emergency struck, Tom O’Connor was more than 200 kilometres away when his struck last year.

It was one of those gorgeous March days that could make even the most adamant sunseeker appreciate winter: snow sparkling, clouds skittering across a bright blue sky, the winds light, the air crisp.

Mr. O’Connor, a retired education consultant, saw the perfect conditions for cross-country skiing.

He geared up and set out through the forest behind the century-old farmhouse where he lives with his wife, Susan, near East Grand Lake. Their 27-hectare homestead has been in the family since the 1870s.

About a kilometre out, Mr. O’Connor stopped for a rest. He was distinctly unwell. He had searing chest pain, was sweating

copiously, and had increasing numbness in his legs.

“As time passed and the symptoms increased, I knew I had to get home,” he says. He got his skis back on and used his arms and poles to power a slow return home.

“It was the hardest physical

“That morning, we thought we’d have the whole day. And then, you have a tragedy in the afternoon. Each day is very precious.”

– Tom O’Connor, patient

thing I’ve ever had to do in my life,” he says.

Along the way, he had an epiphany: “I thought I was dying,” he says. “I had one objective in mind: to see my wife again.”

Susan O’Connor was out front shovelling when her husband hauled himself through the back door and into the kitchen, collapsing on the cot next to the wood stove. When she came in, her surprise at seeing him back so soon turned to concern.

She leapt into action, calling 911. It was 4:30 p.m.

Her husband was rushed by ambulance to the Upper River Valley Hospital in Waterville, where he was admitted to the emergency department before being transferred to the

Saint John Regional Hospital’s Surgical Intensive Care Unit.

At the New Brunswick Heart Centre, he underwent a thoracic endovascular aortic repair, or TEVAR, to fix a tear in the inner layer of his main artery – the aorta.

This emergency was completely unexpected. At 75, Mr. O’Connor was active, had no history of cardiovascular disease and took no medications. A blood pressure issue he says he didn’t take seriously enough was the main risk factor for his condition.

Today, his blood pressure is controlled, and his CT scans look good. He’s replaced a daily cigar and drink with early-morning walks and yoga. His wife nourishes him with healthy homemade food and has bought a walkie-talkie for him to bring when he’s out in the woods.

Most of all, he has a newfound sense of being a survivor.

“I have an appreciation of everything that is like a rebirth,” Mr. O’Connor says. His gratitude is mixed with the realization of just how quickly your life can change.

“That morning, we thought we’d have the whole day. And then, you have a tragedy in the afternoon,” he says. “Each day is very precious.”

After he’d recovered, he wrote a letter to the hospital to express

his gratitude.

Along with his letter, he included a cheque to give back to the system that was there for him in his time of greatest need. He wanted to pay forward the gift of life to the next patient.

Like Mr. Thornback, he says he is the beneficiary of a comprehensive cardiac care system, starting with the ambulance to the local hospital, the transfer to the Saint John Regional Hospital and his treatment at the Heart Centre.

“Many skilled people, only some of whom I met in person, contributed to my treatment,” he wrote in his letter. “I was thinking about these wonderful people. How can I give them a tiny fraction of what they gave me?”



People like Tom and Susan O'Connor have helped fund

a number of groundbreaking investments at the New Brunswick Heart Centre so it can stay on the cutting edge of care.

In 2010, the Heart Centre achieved a first in Atlantic Canada when it pioneered the use of minimally invasive cardiac surgery, which uses smaller, less invasive incisions than conventional surgery.

Since the founding procedure – a mitral valve replacement – thousands of patients, including Mr. Thornback and Mr. O'Connor, have had minimally invasive surgeries for a range of procedures, including valve replacement and repair, coronary artery bypass grafting, cardiac tumour resections and congenital heart defect repairs.

The benefits are clear: smaller incisions have less post-operative bleeding, scarring and pain; fewer surgical wound

complications such as infection and poor healing; a shorter recovery time and quicker return to work and daily living.

Along with the latest technology and tools, that innovation agenda extends to new processes and strategies to maximize their impact on the greatest number of patients.

“We always try to look for new ways of doing things that are more efficient, less costly, and better for patients,” Dr. Légaré says. “And that involves innovation on every level.”

He points to their Transcatheter Valve Implantation – or TAVI – Program, the first in Atlantic Canada. In the past, patients underwent open-heart surgery to replace or repair their aortic valves. A single procedure can take the surgeon all day. Patients are sedated, and some must go to the intensive care unit. This approach is still in use at some heart centres in Canada.

Compare that with the Heart Centre's team-based TAVI Program, which includes members from clinical cardiology, interventional cardiology, cardiac surgery, cardiac anesthesia and interventional radiology. Using minimally invasive techniques, patients are awake during the procedure, and it takes a fraction of the time. And instead of a multi-day hospital stay, they are often discharged the next day, with excellent outcomes.

“It's evolved dramatically,” he says. “We're a program that constantly tries to understand how we can apply these



Tom O'Connor with his wife, Susan, at their farm property in East Grand Lake. He was about a kilometre away cross-country skiing when searing chest pains took hold. All he could think about during the slow, painful journey home for help was seeing her again.

technologies to a larger number of patients.”

Today, approximately 15 per cent of surgery patients undergo minimally invasive surgeries.

“But we still are stuck doing surgery with big, long instruments through small holes,” Dr. Légaré says.

Now, just over a decade after founding its minimally invasive program, the Heart Centre is welcoming the next generation of surgical technology into its operating rooms.

In October, the Saint John Regional Hospital Foundation’s ambitious campaign to acquire a da Vinci, the world’s leading surgical robot, reached its goal early, with more than 1,000 donors collectively donating more than \$1.7 million by October.

The Thornbacks were among those donors. They’d been intrigued by the technology, which appealed to their interest in innovation. They gave \$15,000 to the campaign.

“It just looked really interesting, and we are very supportive of New Brunswick health care modernizing,” Mrs. Thornback says.

The couple had moved from Ontario to New Brunswick in 2020 largely because of the province’s widespread fibre optic network, which allows them to run their tech company from here. They have been impressed in general by New Brunswick’s technology infrastructure and, specifically, the innovation agenda at Saint John Regional Hospital.



“They’re thinking of new ways to solve problems,” she says. “For a small province, they are really embracing technology.”

They had donated to the campaign before Mr. Thornback’s heart attack. During his treatment at the Heart Centre, surrounded by high-tech medical tools, he reflected upon how he was the beneficiary of previous investments in leading-edge equipment.

Several departments at the hospital will use the da Vinci, including Urology, Gynecology, and the Heart Centre. That kind of cross-departmental collaboration and sharing is unique.

“It’s not just the cardiac surgery robot,” Dr. Légaré says. “It’s a robotic surgery program for the province on multiple levels.”

At the Heart Centre itself, he says there are many ways to use the robot beyond entirely robotic cardiac surgery, such as for bypass. Some 60 per cent of its surgeries involve bypass, which involves taking arteries from the leg or chest to create new routes

The da Vinci robotic surgery system will lead to improved outcomes for patients, but it will also be a drawing card – luring new surgeons wanting to work at a centre offering leading-edge equipment.

to bypass blocked arteries. But some of those arteries are hard to access.

“A robot allows you to get at it much easier,” he says. “So you could do part of the procedure with the robot and the rest of the procedure normally.”

The Heart Centre is developing da Vinci training for its surgeons.

Meanwhile, as Dr. Légaré and his colleagues look to attract the next generation of specialists – many of whom studied robotic surgery as part of their medical training – the da Vinci is a powerful recruitment tool.

He is excited to welcome new colleagues to the Heart Centre who share a drive to build the program and bring new knowledge, energy and ideas.

“The practice is changing,” Dr. Légaré says. “We want to be a model for the future of cardiovascular care.”



Saint John businesses are giving back, benefitting patients and fuelling innovation in health care.

GENEROSITY, INC.

It's 10 a.m., and despite her jam-packed schedule, Holly Singh makes time to talk about something deeply rooted in her values and those of her business.

Holly and her husband, Ken Singh, own and operate Thandi Restaurant in uptown Saint John. And like many local business owners, the Singhs are deeply invested in the community – always ready to leap into action whenever they see a need.

“We believe we’re on this earth to try to live a good life, to make a difference and to help others. That’s always been one of our mantras,” Mrs. Singh says.

“We have always tried to be involved in the community. We feel that what you give, you get back tenfold. Ken and I give to our community, and we know that our community supports us in return.”

They’re also acutely aware of how fragile life can be and how

urgently important it is to have access to first-class health care, right here at home.

Mr. Singh is undergoing treatment at the Saint John Regional Hospital for cancer and other complicated, life-threatening issues.

“Ken’s diagnosis was life shattering,” Mrs. Singh says. “But from the very beginning he kept a positive attitude and he’d say, ‘This isn’t going to put me down.’”

The family is very appreciative of everything staff at the hospital have done for him and are determined to give back.

“We feel like the medical staff are passionate. The concern they showed really touched us,” Mrs. Singh says. “When Ken got sick, he said, ‘You know, I’d like to do something for the hospital.’ So that’s what we did.

“We’re lucky and blessed to have a good business. We’ve worked hard all our lives. Our children are all doing well, we

feel that we can help others and that’s what we want to do.”

This past November, the couple hosted their first-ever, and wildly successful, Butter Chicken Friday fundraiser in support of cancer care at the Saint John Regional Hospital.

After the last bite was enjoyed and the final tally was counted, the Singhs were thrilled to make a heartfelt and generous \$7,500 donation to support cancer patients at the Saint John Regional Hospital. This, in addition to their support of many other local non-profits, has positively shaped our community.

They made their donation during GivingTuesday, taking advantage of a remarkable \$20,000 matching gift offer from Saint John LNG.

GivingTuesday is a global generosity movement that was created in 2012. It falls just after Black Friday and Cyber Monday, the biggest shopping days

of the year, which reinforces that every act of generosity counts – that everyone has something to contribute toward building a better world.

And while the Singhs don't like to talk much about all the ways they help others, they appreciate hearing about the impact it is having.

"When Kenny goes to the hospital, he feels great. Everybody knows him and they thank him so much for what we do. He's shy, though. He doesn't like to talk about that a lot. But hearing that he's making a difference makes him feel good," Mrs. Singh says.

Jamie Gallagher, President and CEO of the Saint John Regional Hospital Foundation, says he's impressed at how progressive businesses here – small and large alike – are at giving back.

"Ken and Holly Singh are wonderful examples of entrepreneurs who care deeply about their community. We're so grateful to them and to all the other leaders, businesses, and organizations who give so generously to the Foundation to support our hospital."

He cites, as one example, Saint John LNG – giving back to the community is built right into the company's values.

"We understand

our responsibility to be a good citizen in our community and we are committed to being a good neighbour," says Courtney Jones, General Manager of Saint John LNG.

"We focus our support on youth, community development, education, and health," Ms. Jones says. "Each year, we set aside a budget for giving back to the community, both through direct contributions and through our employee matching gift program. Quite a few employees also give significant hours helping in the community. Being connected and giving back is a core value," she says.

"Keeping Saint John and the surrounding areas healthy and giving the best care possible is really big for us," Ms. Jones says. "Several employees have received care at the Saint John

Regional Hospital. We want to keep everybody healthy. We want a thriving community, so supporting health care is high on our list of priorities."

The pledge to match GivingTuesday donations was just another way for the company to support the hospital, and Ms. Jones says the plan is to keep going.

"Our charitable giving and sponsorships help us communicate our values, build awareness for our business and our industry, and build goodwill in our community. Partnering with an organization like the Saint John Regional Hospital Foundation helps us meet those goals. It makes our employees feel good about the company they work for, and because it's health care, it touches everyone in some way or another," Ms.



Ken and Holly Singh



Staff of Saint John LNG present their \$20,000 matching gift donation, collected on GivingTuesday, to Andrea Watling, centre, of the Saint John Regional Hospital Foundation.

Jones says.

In addition to their GivingTuesday gift, Saint John LNG made transformational donations to The Give: Clinic 1 Expansion campaign, which will directly impact patient care here in our region.

“We’re proud to support the Saint John Regional Hospital Foundation. It’s big dollars for us and we really believe we can see the impact. The donations we have made to the Saint John Regional Hospital Foundation have been among the most important contributions or series of contributions that we’ve ever done – and we will continue.”

And like the Singhs, Ms. Jones also has a

personal connection with cancer.

“Cancer has touched my family numerous times. My mother is currently battling it,” Ms. Jones says. “Supporting cancer care at our hospital is important so we

can find a cure for this terrible disease. We need funding going to technology that will improve care for cancer patients in our community. We also need funding to support those who are watching their loved ones fight cancer.”

Holly Singh notes that many local businesses are giving back, which engenders pride.

“We all do our best to support the community. And, like I said earlier, when we give, it comes back to us tenfold. When we’re generous with the gifts we have, even more good comes back to us. That’s what we believe.”

“Partnering with an organization like the Saint John Regional Hospital Foundation makes our employees feel good about the company they work for, and because it’s health care, it touches everyone in some way or another.

– Courtney Jones, General Manager,
Saint John LNG

EVERY DONATION TRULY MATTERS.

“

Sometimes I hear people say, 'I don't have a lot to give; I only have \$5, \$10 or \$50.' Whatever the number, every little bit counts. Those contributions have a huge impact here at the hospital.

– Jamie Gallagher,
President and CEO,
Saint John Regional Hospital Foundation





The J.T. Clark Family Foundation Ambulatory Clinic
Clinique de soins ambulatoires La Fondation Famille J.T. Clark



CONSTRUCTION HAS BEGUN

The busiest spot in our hospital is being transformed, thanks to *you*



30+
impacted
SPECIALIZED SERVICES



40,000+
enhanced care provided to
PATIENTS ANNUALLY



\$12 million
raised supporting the renovation and
DOUBLING THE FOOTPRINT

Donor generosity is helping revitalize ambulatory care at our hospital. The Clinic 1 renovation is underway, improving accessibility, creating operating efficiencies, and adapting to future health-care needs.

Learn more at thegive.ca/clinic1

