

# PRESS RELEASE

For Immediate Release

March 30, 2023



## Outdoor Garden Courtyard Will Inspire Hope, Healing and Wellness for Patients and Families

(Sackville) - The Sackville Memorial Hospital (SMH) Foundation has launched its **Rest Restore Reconnect Campaign** with an ambitious \$150,000 goal. Funds raised will be invested in a much-needed therapeutic Outdoor Garden Courtyard for patients, families, and staff.

The area - located outside and behind the hospital (access will be from the Brunswick West patient lounge) - will be transformed into a three-season space for patients to relax and heal. This much-needed area will foster wellness in an environment for those yearning for a quiet spot and time to reflect, outside of their hospital room.

The courtyard will offer multiple benefits to patients, such as reducing stress and anxiety, and supporting recovery, while addressing their emotional and social needs. Just having access to sunlight is proven to help ease mild depression and improve sleep quality.

SMH Facility Business Manager Sarah Brown says this is welcome news. “A serene space would provide a significant improvement to a patient’s physical and psychological wellbeing. This is needed now more than ever.” She continued by stating that “the pandemic reinforced and highlighted the need for this project. An outdoor space will offer a comforting environment to go to, where patients can experience the tranquility of nature and a break from the reality of being hospitalized.”

Campaign Chair Carolle de Ste-Croix urges everyone to donate to this project. “We all understand the importance of wellness. Our friends and family deserve to have access to a comforting space, and people to inspire healing during their health journey, offering hope that they have a life beyond their illness and symptoms,” says de Ste-Croix.

The proposed design is for an outdoor, covered porch area of 450 sq. feet, with a seating area that includes ample furniture, a robust flower garden, and barrier-free

pathways. Construction will commence late spring with an expected completion in late fall.

If you would like to donate, you can contact the Foundation at 364-4205, drop by the hospital, or donate securely on-line at [www.smhf.ca/donate](http://www.smhf.ca/donate).

If the campaign goal is exceeded, the additional funds will be used on the Hospital's other priority needs. **Our Hospital. Our Health Care.**

-30-

**For more information contact:**

Julie Thebeau, CFRE  
Sackville Memorial Hospital Foundation  
Julie.Thebeau@HorizonNB.ca  
(506) 381-9021

