



## **NEWS RELEASE: HOSPICE NORTHWEST'S HIKE FOR HOSPICE Sunday, May 3, 2015 at Boulevard Lake**

### **FOR IMMEDIATE RELEASE**

**Thunder Bay, Ontario, April 28, 2015** – On Sunday May 3rd, the city of Thunder Bay will join thousands of Canadians as they come together to hike in support of hospice palliative care. 2015 marks the fourth year that Hospice Northwest has hosted this unique national event, which has been raising funds for end-of-life care and grief support services for the past 13 years. Hospice Northwest staff and volunteers are more excited than ever to host this year's Hike. Early registration will be held at the Hospice Northwest office at 63 Carrie Street on Friday May 1 from 9:00 AM – 7:00 PM. Hikers are asked to meet at St. Ignatius High School at 9:30 AM on Sunday May 3<sup>rd</sup> for the Opening Ceremony, with the Hike starting at 10:45 at Boulevard Lake. This family-friendly event will feature a 3 km and 5 km walk around the lake, and will include great entertainment, face painting and clowns for the kids, a fun photo booth, a special remembrance ceremony and some wonderful prizes, including a WestJet trip for two.

Hike Chairman Shane Judge explains, "As we hike around scenic Boulevard Lake on May 3<sup>rd</sup>, our hikers will have an opportunity to pause for a moment of quiet reflection on the historic Black Bay Bridge and gently release a flower into the waters below, in celebration of the lives of those we are here to remember".

The Hike is for all ages and abilities with both a 3 and 5 kilometer route. Hikers can register as individuals or bring along their family, friends and co-workers and sign up as a team.

Since 1987, Hospice Northwest has provided companionship and support to over 1500 individuals in the district of Thunder Bay, but those services would not have been possible without the generous support of our compassionate community donors.

Hospice palliative care programs are still at least 50% funded by charitable donations, and families must bear part of the cost of dying at home, or in long-term care – almost anywhere outside a hospital. The money raised through the local Hike stays in our community and helps to provide physical, emotional and social assistance to individuals and their families and loved ones. Hospice Northwest is working toward ensuring that more Canadians, especially in the district of Thunder Bay, receive the end-of-life care they wish for.

To support or participate in Hike for Hospice Palliative Care, or for more information, please contact Kathleen Buso at 807-626-5570. Ext. 5573 You may also visit our website at [www.hospicenorthwest.ca/hike-for-hospice](http://www.hospicenorthwest.ca/hike-for-hospice)

- 30 -

Media Contact:  
Kathleen Buso, Communications Coordinator  
Hospice Northwest  
807-626-5570, ext. 5573  
[Kathleen@hospicenorthwest.ca](mailto:Kathleen@hospicenorthwest.ca)

**About Hospice Northwest** At Hospice Northwest, you are not alone. Our caring volunteers are there for you, wherever you are, as you face the difficult challenges along life's way. Each client is seen and heard as a person, not as an illness. Your individual needs determine the type of assistance you receive during your end-of-life journey. At Hospice Northwest, we believe in offering support with dignity, so that you can make every moment matter.

**HOSPICE NORTHWEST: OFFERING COMPANIONSHIP AND SUPPORT**