

FOR IMMEDIATE RELEASE

Walk in memory of a loved one: Hike for Hospice

(LONDON, ON, September 26, 2017) – As summer turns to fall, it can be a time to think ahead to upcoming holidays spent with family and friends. For those remembering someone special who has died, it may also be a time to reflect on shared memories.

The **9th Annual Hike for Hospice** presented by Great-West Life, London Life and Canada Life, coming up on **Saturday, September 30**, provides an opportunity for Londoners, such as Danielle DeBie, to come together and remember their loved ones while raising money for compassionate end-of-life care at St. Joseph's Hospice.

As a mother, grandmother, wife, daughter, sister, aunt, and friend to many, Valerie DeBie lived an amazing life. She was known as a caregiver, always looking out for the wellbeing of others and since her passing at St. Joseph's Hospice in 2016, her daughter Danielle DeBie has continued her mother's legacy. Danielle sits on the planning committee for the annual fundraiser, Hike for Hospice, helping to raise awareness and funds for end-of-life care.

"While sitting in my mom's room at St. Joseph's Hospice, I learned about the Hike and how the organization receives only 50 percent funding from the Ministry of Health and Long-Term Care (having to raise an additional \$1.3 million each year from the community). I told my mom about the event and I committed that would give back in whatever way I could" shares Danielle.

Danielle works alongside a team of committed volunteers trying to raise over \$50,000 for St. Joseph's Hospice. "The Hike for Hospice allows the community to unite in the remembrance of our loved ones while enjoying the beautiful surroundings of Kilally Meadows," says Director of Community Engagement and Development at St. Joseph's Hospice, Marisa Kanas. "Our goal is to make a memorable event for all participants by including such highlights as a Memory Tree, remembrance ceremony and a light breakfast followed by a choice of 1 km, 2.5 km or 5 km walk, wheel or run. Everyone will receive a t-shirt to commemorate their participation and will enjoy a post-hike pizza lunch generously donated by Boston Pizza."

"It truly takes some amazing people to make saying goodbye to our loved ones a little bit easier and my family is very thankful for the support we received from the staff and volunteers at St. Joseph's Hospice," shares Danielle. "Please join me at the Hike for Hospice on Saturday, September 30 so future families, like mine, can receive the same quality care and support."

About Hike for Hospice 2017:

Where: Kilally Meadows (815 Windermere Rd, London, ON N5X 1J9)

When: Saturday, September 30, 2017 - Registration 10 a.m. | Hike 11 a.m. | Lunch 12 - 1 p.m.

Admission: Adult/Youth \$20 (includes t-shirt, lunch and hike admission) | Kids under 12 - free (a donation would be gratefully accepted)

Online: www.sjhospicelondon.com

Social Media: Facebook: /SJHospiceLondon Twitter: @SJHospiceLondon

About St. Joseph's Hospice:

All proceeds from Hike for Hospice 2017 will support St. Joseph's Hospice, a charitable organization that provides compassionate care and companionship to palliative and bereaved individuals and families in London and Middlesex. Since welcoming the first resident February of 2014, St. Joseph's Hospice has cared for more than 483 people in its 10-suite hospice home, as well as providing programs and services in the community. For more information, please visit www.sjhospicelondon.com.

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