



MEDIA ADVISORY: FOR IMMEDIATE RELEASE - April 1, 2009

7th Annual Toronto Hike for Hospice Palliative Care - this spring, people from across Canada will join together to kick off **Hospice Palliative Care Week**, and raise awareness and money in support of local, community hospice organizations.

Alliance Hospice, Casey House, Hospice Toronto, Perram House and Philip Aziz Centre have partnered to host this year's Toronto Hike for Hospice Palliative Care. 100% of all the funds raised will remain in the community to provide hospice palliative care and support for individuals living with a life-threatening illness, and their loved ones.

This year's Hike will feature a 5 km *challenge* hike through Riverdale Park or a 2 km leisure walk in historic Cabbagetown, with food, prizes, music, entertainment and lots of stuff to do for the entire family.

The event will be hosted by **Judy Croon** - comedienne, radio host, and co-creator and host of *Laughlines*, an annual all female comedy night in support of Princess Margaret Hospital. Musical performance by **Blair Packham** - songwriter, musician and co-host on CFRB's *Rock Talk*.

Sunday May 3, 2009, with registration starting at 9:30 am and hikes starting at 11:00.

Riverdale Park West in Cabbagetown, Toronto (located at Carlton Street and Sumach Street).

Some facts about hospice palliative care in Canada:

- Hospice palliative care provides physical, psychological, social, spiritual and practical support to people living with life-threatening illness, their loved ones and the bereaved.
- 80% of Canadians say they want quality hospice care, yet less than 15% have access to it.
- Less than one quarter of Canadians who need hospice palliative care services have access to them.
- Hospice palliative care programs allow patients to gain more control over their lives, manage pain and symptoms more effectively, and provide support to family and informal caregivers.
- The Canadian Hospice Palliative Care Association estimates that each death in Canada affects the immediate well being of an average of five other people, or more than 1.25 million Canadians each year.

Team up and come out to support hospice palliative care in Toronto! Form a team and hike with family, friends and coworkers. Walk In Memory of a loved one. Leashed pets are welcome.

Join us on
Sunday May 3, 2009
at **Riverdale Park West**
in **Cabbagetown,**
Toronto
at **9:30 am**

**Hike for Hospice
Palliative Care
National Sponsors**



2009 Toronto Hike for Hospice Palliative Care Partners:

Alliance Hospice

Dedicated to supporting people dealing with advanced illness, death and bereavement. In the client's home and community, our volunteers and staff provide practical, emotional, and spiritual support in collaboration with family caregivers, health care providers, and community support agencies.

www.alliancehospice.ca

Casey House

A centre of excellence providing a full spectrum of residential and community programs for people and communities affected by HIV/AIDS. More than 8,000 people have received our exceptional care since we first opened our doors in 1988.

www.caseyhouse.com

Hospice Toronto

Staff and volunteers work to enhance the quality of the lives of our clients, their families and friends. Started in 1988 as Toronto's first volunteer-based, in-home hospice palliative care program, Hospice Toronto provides skilled compassionate hospice care at no cost for people of all ages and through all phases of their life-threatening illness. Working in collaboration with other health care professionals, support is provided through our Volunteer Visiting Services, Caregiver & Bereavement Support, Expressive Arts and Kits for Kids programs, and through Advocacy and Consultation Services.

www.hospicetoronto.com

Perram House

A palliative care residence that offers both residential and day programs for individuals who have a limited life expectancy. Providing compassionate end-of-life care for those individuals with limited financial means who are unable to care for themselves. Perram House celebrates life and believes that all people deserve a humane, ethical, and dignified end of life with as little physical and psychological pain as possible.

www.perramhouse.ca

Philip Aziz Centre

A home hospice program providing practical, physical, emotional, and spiritual support for people living with AIDS, cancer, and other life-threatening illnesses. Services are delivered through a small professional staff team and a large base of trained volunteers, who work in collaboration with healthcare professionals and other agencies involved in the client's care.

www.philipazizcentre.ca

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