

## Hike for Bethell Hospice scheduled for Sunday, May 5 in Inglewood

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Lace up your shoes and get ready for the ninth annual Hike for Bethell Hospice on Sunday, May 5.

Held each spring during National Hospice & Palliative Care Week, the hike is an event for Bethell Hospice Foundation, raising awareness and funds for hospice palliative care in our community. The Foundation hopes to raise \$150,000 through this year's hike.

"Last year, we had between 400 to 500 participants," said Julie Hymers, associate director of marketing and communications for Bethell Hospice Foundation. "Everyone is welcome to participate and encouraged to gather pledges in support of Bethell Hospice."

Hikers will meet at the Lloyd Wilson Arena in Inglewood, and enjoy a route along the Caledon Trailway, many hiking in remembrance of a friend or family member. The hike celebrates not only those who were residents of Bethell Hospice, but all those who are loved and remembered. Fundraising events like the hike ensure that Bethell Hospice will always be available in our community, at no cost to anyone in need. About 100 percent of proceeds from the hike for Bethell Hospice go directly to support programs and service including the operation of the hospice residence itself.

"Government funding alone covers only direct care medical staffing costs," said Hymers. "Each year, Bethell Hospice Foundation must raise \$1,000,000 to keep the doors of Bethell Hospice open, and provide personalized palliative care and support at no cost to Bethell Hospice residents, program participants or their families."

Opening ceremonies get underway at 10:00 a.m., followed by an accessible, five-kilometre hike along the trailway, and a barbecue lunch expertly prepared by the Caledon Lions Club. Registration is just \$25 (free for kids 12 & under), and includes lunch, a limited edition hike t-shirt and a full tax receipt. Hikers are encouraged to gather pledges of support, post inspirational messages and photos on the memory board, and bid on treasures in the silent auction.

National Hospice & Palliative Care week begins on the first Sunday in May.