



Media Release

For immediate release

September 28, 2021

## **Beachburg Senior Walks across the County for Hospice Renfrew**

### **Papa walks again and invites everyone to join in and donate**

Beachburg, ON ~ Russell Mackay, known as Papa to many, walks many kilometres every day in his hometown of Beachburg. His determination and walking is an inspiration to many as Russell is 83, diabetic and legally blind. Last year he and his family and many friends old and new came together as “Team Papa” to walk 130 km from Beachburg to Ottawa to raise over \$120,000 for CHEO.

It was a hardly a day after last year’s big event that Papa started planning his next walk and thinking about what charity he could rally the community around to help. This year he is walking 33 km in three days for Hospice Renfrew.

“We were so overwhelmed by the kindness and generosity of the good people and companies across the Ottawa Valley last year,” shared Russell Mackay. “This year we are proud to support Hospice Renfrew and hope you will join us to help this important cause.”

Hospice Renfrew is a six-bed residential palliative care home that provide services, free of charge, to all residents of Renfrew County and the nearby area. Their expert palliative care team provides compassionate end-of-life care that celebrates life. They fundraise nearly half their operating budget each year.

#### **Papa Walks for Hospice Renfrew Event Overview**

When? Thanksgiving Weekend October 7-10, 2021

Where? 5 km walks across Renfrew County like a rock concert tour - Ottawa Valley charity style!

October 7: Beachburg Community Rally, Main Street 5:00-6:00 p.m. Drive by, donate & cheer him on.

October 8: Walk Kick-Off: Petawawa, Deep River

October 9: Pembroke, Cobden, Westmeath

October 10: Arnprior, Wrap Up Parade: Renfrew

How can you help? You can **donate** in person or online at the Hospice Renfrew website. Check the “Papa Walks for Hospice” fund under the allocation tab. Individual donations and corporate support welcome!

Join in for a **walk** and **cheer** Papa on in a community near you or online. Meet us at the start or finish or along the way of a walk. **Follow along** on the “Papa Walks for Charity” Facebook page and the Papa Walks for Hospice event page, which will map out the journey each day and share more details.

**Join in** for a walk and to cheer Papa on and donate to help with this inspirational event and very worthy cause.

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Please contact for specific times and locations for the community near you. We will send a follow up release with those details next week.