



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Join NHH staff, community partners for a walk around the NHH walking path and a drop-in Seniors' Community Resource Fair highlighting services and supports for seniors and their caregivers in our community**

**NORTHUMBERLAND COUNTY, Thursday, June 21, 2018**—June is Seniors' Month in Ontario, and to celebrate, NHH is joining together with many of the community partners who support seniors and caregivers in our region to host a **Seniors' Community Resource Walk and Fair** on **Thursday, June 28<sup>th</sup>**, for our 7<sup>th</sup> Annual Seniors' Month Celebration.

**Meet in the NHH Bistro at 1:00 PM on June 28<sup>th</sup>!** We'll begin with a stroll around the NHH walking path together—to demonstrate the collective strength of our community resources and partnerships AND the benefits of staying active—and then network in NHH's *Peter B. and Mary T. Smith Community Education Centre* for a drop-in Seniors' Community Resource Fair until 4:00 PM.

Local residents, physicians and area health-care professionals who work directly with older adults and their caregivers are encouraged to attend to learn about geriatric health and wellness options in the community and the referral processes. In addition to selected NHH services and health professionals, community teams that will be represented at the Seniors' Month Community Resource Fair include:

- Alderville Health and Social Services
- Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton
- Bridge Hospice
- Canadian Hearing Society VON Day Program
- Central East LHIN Home and Community Care Services
- Community Care Northumberland (Northumberland Hospice Care Centre, Home at Last, and Palliative Care Community Team. etc.)
- Community Health Centres of Northumberland
- local elder abuse liaison police officers;
- local long-term care experts;
- Northumberland Hills Hospital Auxiliary;
- Northumberland Family Health Team;

- Safe Communities Northumberland County
- Seniors Care Network
- The HELP Centre; and more.

“This unique networking and education opportunity aims to increase consumer awareness of the services available for seniors and caregivers in our region, increase relationships between our hospital staff and community partners, and—by extension—increase the likelihood that older persons can link up with the services that best meet their identified care or wellness needs,” says Sarah Gibbens, Geriatric Emergency Management Nurse at Northumberland Hills Hospital, and organizer of this Seniors’ Month event.

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**About Northumberland Hills Hospital** – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East Local Health Integration Network. For more information, please visit [www.nhh.ca](http://www.nhh.ca) or follow us on Twitter [@NorHillsHosp](https://twitter.com/NorHillsHosp).

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