

## Next Northumberland PACE talk to explore “Ancient Wisdom with Today’s Food”



**PACE Speakers**

**Ancient Wisdom with Today’s Food**  
**Dr. Deepa Bhargava**

Feb 20, 2019 – 5:30pm  
Community Health Centres of Northumberland

Join the Northumberland PACE partnership for what promises to be a timely and thought-provoking discussion on the impact of food on our overall health and wellness.

Held monthly on the third Wednesday of the month, the next PACE event will take place at the Community Health Centres of Northumberland, 99 Toronto Road, Port Hope, on **Wednesday, February 20<sup>th</sup> at 5:30 PM** with guest speaker **Dr. Deepa Bhargava**. An ear, nose and throat surgeon by training, Dr. Bhargava will explore:

- today’s food and food habits, and how they can affect our health both negatively and positively;
- the scientific relationship between nutrition, the human genome and our individual “microbiome” (a term for the 100 trillion bacteria and other microbes that exist in or on our bodies);
- ancient wisdom learned over thousands of years; and
- tips to act and apply this knowledge and wisdom in our daily choices of food.

PACE (which stands for Personalized Assessment and Change Education) is a partnership between community health-care providers, the NHH Foundation, local residents and students at Loyalist College. A TED-Talks-inspired speakers’ series hosted (on a rotating basis) at NHH in Cobourg and the Community Health Centres of Northumberland, in Port Hope, PACE is offered free of charge. Pre-registration is required, to manage room capacity. To register, and see recordings of past talks, go to [www.pacetalks.com](http://www.pacetalks.com). For further details on the February talk, see the related news release at [www.nhh.ca](http://www.nhh.ca). Questions? Contact Jennifer Gillard at 905-377-7757 or [jgillard@nhh.ca](mailto:jgillard@nhh.ca).

## New Vice President, Chief Financial Officer welcomed at NHH

Northumberland Hills Hospital (NHH) has welcomed **Abhi Mukherjee** to its senior management team.

Mukherjee was the successful candidate following NHH’s recent search for a Vice President and Chief Financial Officer. His first day at NHH was Monday, January 28<sup>th</sup>, 2019.

Most recently with University Health Network (UHN) in Toronto, Mukherjee is a Chartered Accountant (CPA, CA – Ontario) and a Certified Public Accountant (CPA, Colorado, USA) by profession.

“Abhi’s interest in Northumberland was driven by the opportunity to be part of an innovative and closely connected community hospital,” said President and CEO Linda Davis in an internal announcement to hospital staff, physicians and volunteers earlier this year. “His skill set aligns very closely with our own strategic priorities and I am confident that he will be a very good fit with our team, professionally and personally. Please join us in extending a warm welcome to Abhi, as he transitions to NHH and the Northumberland community.”



For further details, please see the related news release at [www.nhh.ca](http://www.nhh.ca).

## Reminder - Applications for 2019 Health Professions Scholarships due Friday, February 15<sup>th</sup>

Do you know a local student pursuing post-secondary education in a health-related field? Please pass this on!

Applications for Northumberland Hills Hospital’s 2019 Health Professions Scholarships are due on **Friday, February 15<sup>th</sup>**.

Introduced by Northumberland Hills Hospital (NHH) in 2003, the purpose of the scholarship program is to provide financial assistance to students from west Northumberland who are pursuing a career in the health care sector. Applicants are evaluated on the basis of their academic achievements, extra-curricular activities, a testimonial explaining their interest in a health-care field and written references. All applicants must be enrolled or accepted for enrollment in a full-time study program.

By supporting local students early in their academic studies, NHH hopes to encourage area youth to consider NHH in their career path when the time comes to select an employer.

The 2019 scholarships (\$1,000 for each student selected) will be presented at a spring meeting of the Northumberland Hills Hospital’s Board of Directors.

Full details, including a downloadable Application Form, are available year round on the **Careers** tab of the hospital website at [nhh.ca/Careers/StudentScholarship](http://nhh.ca/Careers/StudentScholarship).

## Community mental health services at NHH – from walk-in counselling support to crisis intervention, our team is here to help

January 30<sup>th</sup> was Bell Let’s Talk Day, and once again the effort sparked an exceptional outpouring of interest and support for those coping with mental health challenges across the country.

Here in Northumberland, NHH Community Mental Health Services offers a range of mental health supports, from crisis intervention to mobile mental health supports offered in conjunction with local police services to a walk-in counselling clinic, offered Tuesdays and Thursdays at 1011 Elgin Street West, Cobourg, in partnership with Northumberland Community Counselling Services. For details on these and more, please see the Community Mental Health Services pages of our hospital website at [nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth](http://nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth) or call NHH’s Community Mental Health Services team directly at: 905-377-9891 or 1-888-294-7579.