

**Snowstorm story has a happy ending,
thanks to community support**



(L-R) **Amanda Lent, RN**, is shown with **Victor Spencer** and volunteer community driver **Keith Taylor** of Community Care Northumberland

January 17 may go down as one of the biggest snow days to hit our region in a long time but our team had the privilege to be part of an amazing patient story on that day, and with that patient's consent we have to share.

Mr. Victor Spencer travels regularly to NHH for dialysis, a critical life-sustaining treatment. On the morning of Monday, January 17, he headed out to his car in downtown Cobourg with the plan to make his way, carefully, to the hospital.

Unfortunately, somewhere between his front door and his car he fell and was not able to get up.

In the snow and cold for approximately an hour, Mr. Spencer was fortunately spotted by a passing snow plow driver, who quickly called an ambulance which took him to the Emergency Department (ED) at NHH where he was treated for hypothermia.

Still in need of dialysis, Mr. Spencer was taken from the ED to the Dialysis Unit, where he received the treatment he had set out to receive earlier in the day.

His journey was not done, though. Because he had been brought to NHH by ambulance he had no transportation home. Area taxis were out of service due to the storm, or very delayed. The nursing team reached out to partners at Community Care Northumberland and Keith Taylor, a volunteer driver, quickly stepped up to get Mr. Spencer, still smiling despite his ordeal, safely home.

This story of good luck and Northumberland spirit was inspiring for every member of our team who had the opportunity to help Mr. Spencer on January 17. THANK YOU to all the first responders, front-line care providers and community volunteers who go above and beyond to care for one another... regardless of what nature throws our way! We really are stronger together.

WORSENING SYMPTOMS FROM COVID-19? QUESTIONS?

The COVID-19 Clinical Assessment Centre is here to help

- ✓ Quick, direct access to a clinician
- ✓ Alternative to the ED for those with questions or worsening symptoms
- ✓ Booked appointments, often same day; no need to wait in the ED
- ✓ Phone-based triage option to start; often avoids need for in-person visit
- ✓ On-site testing with results in 12-24 hours; provincial eligibility applies
- ✓ COVID-specific treatment with approved medications as applicable

Open daily, from 8:00 AM to 4:00 PM

Please CALL AHEAD to 1-905-377-7783 or toll free 1-833-678-2435 for a phone-based assessment prior to arriving on site. Walk-ins also accepted. Visit nhh.ca/covid-centre for more.

In all urgent situations, call 911 or go directly to nearest ED

Virtual
PACE Talk
Pets and Wellness

With Dr. Janet Hoy-Gerlach

February 16, 2022
5:30 - 6:30p.m.
Hosted virtually on Zoom
Register at
PACETalks.com



The Northumberland PACE speakers' series will return next month with a discussion on *Pets and Wellness*, exploring the positive impact animals can have on one's health and well-being.

As with all PACE events through the pandemic, our discussion will be held via Zoom. The guest speaker this month is Dr. Janet Hoy-Gerlach, an expert on the health benefits of the human-animal bond. Dr. Hoy-Gerlach will share tips for being more intentional at incorporating pets into one's wellness journey, and highlight ways to maximize the benefits for both humans and animals.

Gather your pets and join the Northumberland PACE partners for what promises to be another great discussion. The event is free but pre-registration is required. Find the registration link and details, including recordings of previous PACE conversations, at pacetalks.com