



HELP US CELEBRATE 15 YEARS!

THURSDAY
OCTOBER
18TH
4:00 - 7:00 PM

In celebration of our 15th anniversary, we invite you to join us for a special **BEHIND THE SCENES TOUR**. Staff, physicians and volunteers welcome the opportunity to **thank you** for your continued support, **demonstrate** the services available to you, and **highlight services and supports** expected to grow in the coming years.

Tours will depart every 15 minutes. Free parking available!
Space is limited, kindly RSVP by October 16th to
aburns@nhh.ca or at 905-372-6811 ext 3068

For further details please visit NHH.CA



NORTHUMBERLAND HILLS
HOSPITAL FOUNDATION
Better Care for Our Community



Northumberland PACE 2018/19 season of health and wellness talks launches with expanded partnership

Championed by Northumberland Hills Hospital Chief of Staff Mukesh Bhargava, a group of area health-care providers and patients have come together to offer **PACE 2018/19**, a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope.

An acronym for **Personalized Assessment and Change Education**, PACE was launched three years ago by Dr. Bhargava, when he realized that a growing number of patients in his IMCare internal medicine practice were approaching him for more information on integrative medicine (the integrated use of healing practices from both conventional, or 'Western' medicine, and other complementary healing practices) and health-related changes they could make to get healthy. The questions were often around topics not covered in treatment, such as the benefits of yoga or mindfulness.

In 2018, seeing the rising interest, Dr. Bhargava broadened his local planning for the series to include others with an interest in education and knowledge building around health and wellness.

Northumberland Hills Hospital (NHH), the Northumberland Family Health Team (NFHT), the Community Health Centres of Northumberland (CHCN) and Loyalist College have since joined Dr. Bhargava to build and expand PACE, together with patient/caregiver representation from NHH's Patient and Family Advisory Council (PFAC).

"Our team will continue to collect topic and speaker ideas from session attendees and the community at large," said Dr. Bhargava, "and we will continue to observe the founding principles of PACE, namely:

- the speaker or speakers must speak for free;
- sponsorships will not be accepted (to avoid bias);
- there will be no solicitation at the events; and,
- our talks are offered as conversation starters, not individualized medical advice."

The 2018/19 PACE season kicked-off at NHH on September 19th with an introduction of the new partners and a discussion on the topic of *Integrative Wellness and the Use of Technology*. Next up, on Wednesday, October 17th, is an interactive talk by Registered Dietitian Adam Hudson, titled *What to Consider When Preparing Food for Those Dealing With An Illness*. The October talk will take place in Port Hope, at the Community Health Centres of Northumberland, 99 Toronto Road.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period and a 10-minute moderator summary. PACE talks occur the third Wednesday of each month, from September through June.

For a listing of the current 2018/19 speaker and topic line-up, please see below or visit the PACE website at www.pacetalks.com. Seats are available free of charge, on a first-come, first reserved basis. Pre-registration is required, to manage room occupancy limits.