



NORTHUMBERLAND HILLS HOSPITAL



**NORTHUMBERLAND HILLS
HOSPITAL FOUNDATION**
Better Care for Our Community



**COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND**

Northumberland

Family Health Team

IMCare
Internal Medicine Specialists



NEWS RELEASE – FOR IMMEDIATE RELEASE

**Northumberland PACE talks resume –
2019/20 season of health and wellness talks set to launch Wednesday, September 18th**

NORTHUMBERLAND COUNTY, Monday, September 9th, 2019—Now entering its fifth year, Northumberland's PACE speakers' series is set to launch its 2019/20 season of health and wellness talks on **Wednesday, September 18th**.

Inspired by the popular TED Talks, PACE (an acronym for Personalized Assessment and Change Education) aims to share information and spark discussion around a broad range of health and wellness topics that are top of mind with local audiences.

Initiated in 2015 by local IMCare internal medicine specialist Dr. Mukesh Bhargava (now Chief of Staff at Northumberland Hills Hospital), the series was expanded in the fall of 2018 to involve a larger planning group of local health-care partners and patients with an interest in education and knowledge building around health and wellness. Northumberland Hills Hospital (NHH), the Northumberland Hills Hospital Foundation, the Northumberland Family Health Team (NFHT) and the Community Health Centres of Northumberland (CHCN) joined Dr. Bhargava at the PACE planning table last year to build and expand the series, together with patient/caregiver representation from NHH's Patient and Family Advisory Council (PFAC). Access to the talks was also expanded through a unique collaboration with students at Loyalist College, who record most

sessions for viewing via the speakers' series website, www.pacetalks.com. In September, 2019 Richards Printing joined the planning table, to support printing costs.

Lasting approximately one hour in length, the format for the free PACE events continues to be very simple: a monthly 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary. Tickets are FREE, but must be reserved in advance in order to manage room occupancy. Sessions rotate monthly between the community education rooms at the Community Health Centres of Northumberland (99 Toronto Road, in Port Hope) and Northumberland Hills Hospital (1000 DePalma Drive, Cobourg).

“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 (no honorarium);
- 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 2019/20 PACE season will kick off on Wednesday, September 18th in the Port Hope location (99 Toronto Road) with guest speaker **Karen Truter**, a local resident and Nurse Practitioner, on the topic: **“Understanding memory loss, prevention and treatment.”** Next up, on Wednesday, October 16th, is a talk titled *“Music therapy – the science and benefits”*.

Register early to save your seat!

Registration for the September 2019 session is now open at www.pacetalks.com. Talks are held monthly, September through June, on the third Wednesday of the month. A listing of all the talks planned for the 2019/20 season will also be found on this website, and below. Note: registration for future sessions opens approximately 3 weeks prior to the event.

Please bring your questions, your suggestions and your experience and join in what is expected to be another season of lively discussion this month. If you have a smart phone, we invite you to bring it, to participate in real-time event feedback. No smart phone? Not a problem. Audience feedback is also gathered without the help of technology.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for the September 2019 talk today at www.pacetalks.com, where you will also find highlights from the 2018/19 season’s talks.

Date	Topic	Speaker	Location
Wednesday, September 18, 2019	<i>Memory loss - when it becomes a problem and how to get help</i>	Karen Truter	CHCN, 99 Toronto Road, Port Hope
Wednesday, October 16 th , 2019	<i>Music therapy – the science and benefits</i>	Taelor Dunn	NHH, 1000 DePalma Drive, Cobourg
Wednesday, November 20 th , 2019	<i>Farm-to-table eating</i>	Paul Burnham	CHCN
Wednesday, December 18 th , 2019	<i>Don't be a vector! How to prevent spreading infections—and getting them</i>	Dr. Daniel Ricciuto	NHH
Wednesday, January 15 th , 2020	<i>Medical Assistance in Dying (MAID) – Where are we in 2020?</i>	Dr. Mark Essak	CHCN

Wednesday, February 19 th , 2020	<i>Integrative medicine – a panel discussion</i>	TBD	NHH
Wednesday, March 18 th , 2020	<i>Medical marketing – Tips for consumers to help separate fact from fiction</i>	Dr. Rishi Handa	CHCN
Wednesday, April 15 th , 2020	<i>The science of habits</i>	Dr. Mukesh Bhargava	NHH
Wednesday, May 20 th , 2020	<i>Caring for loved ones at home – a caregiver’s perspective</i>	William Prawecki	CHCN

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About Northumberland PACE – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is 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. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, most recently, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information, please visit www.pacetalks.com.

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