



Northumberland
Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

Northumberland PACE Speakers Series welcomes Dr. Elizabeth Selby and Scott MacCoubrey for April’s conversation, ‘Getting Organized Before You Die’

NORTHUMBERLAND COUNTY, Tuesday, April 11, 2023 — The Northumberland PACE partners’ speakers series will resume on **Wednesday, April 26 at 5:30 PM** with a virtual discussion led by Dr. Elizabeth (Beth) Selby and Scott MacCoubrey on the topic, **‘Getting Organized Before You Die.’**

Dr. Beth Selby is a long-standing member of Northumberland Hills Hospital (NHH)’s Board of Directors, where she is currently serving as Board Chair.

She holds an Honours Bachelor of Applied Science from the University of Guelph, as well as Bachelor, Master and Doctorate degrees in Education from the University of Toronto and a range of education-related certifications.

Beth dedicated her professional career to Ontario's education system in a diverse range of roles, which included a classroom teacher, Superintendent, Principal, Supervisor of Teacher Interns, and a Faculty Advisor.

She is an active member of the Northumberland community, having served as a Board Member of YMCA Northumberland and Past President for the Rotary Club of Cobourg.

Scott MacCoubrey is a third-generation president and owner of MacCoubrey Funeral Home Ltd—previously operated by his late father and grandfather—which has served Northumberland County for over 30 years at both their Cobourg and Colborne locations.

He is also a Past President of the Rotary Club of Cobourg, Past Chairman for the Ontario Independent Crematoriums, and Past President with the Board of Management for the Ontario Funeral Service Association.

At the April PACE talk, Beth will share her recent personal experiences with navigating the death of a loved one and its many intricacies, while Scott provides a professional and logistical insight into the death care industry.

As is standard within the PACE Talk format, questions from the audience will also be addressed. These questions may be pre-submitted by emailing mbhargava@imcare.ca prior to **April 26, 2023**, or time permitting, posed live during the event itself.

Since 2018, the Northumberland PACE partners have been hosting free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a variety of questions and perspectives. Like many other events, the Northumberland PACE speakers series adapted to a virtual format as a result of the COVID-19 pandemic. Participating partners continue to increase, with the [Ontario Health Team of Northumberland](#) joining the founding partners at the planning table for the current season.

Lasting an hour in length, each PACE talk consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion on a topic chosen by previous PACE attendees!

Pre-registration is required and space is limited to the first 300 registered attendees. This event is hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for '*Getting Organized Before You Die*' today at www.pacetalks.com, where you'll also find recordings from many of the previous seasons' talks prepared by student partners from Loyalist College.

Contact: Jennifer Gillard, jgillard@nhh.ca or 905-377-7757.

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 typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of

Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, the Ontario Health Team Northumberland (OHT-N) as well as local patients and caregivers are all represented on the 2022-23 PACE 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. Talks are held monthly at 5:30 PM, typically on the third Thursday 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. Pre-registration is required. For information, please visit www.pacetalks.com.

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