



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**First Northumberland PACE Speakers Series talk of 2023 to spotlight a timely topic, 'Emergency Preparedness at Home'**

**NORTHUMBERLAND COUNTY, Wednesday, January 18, 2023** — The Northumberland PACE Talk series continues on **Thursday, January 26 at 5:30 PM** with a panel-style virtual discussion on the topic of Emergency Preparedness at Home, featuring area first responders from across Northumberland County. This session also marks a shift in the traditional cadence of monthly PACE Talks, which will move from Wednesday to Thursday evenings in the new schedule.

The PACE Partners are pleased to welcome a panel of local experts to lead the discussion, including Constable Jason Salisbury from Cobourg Police Service, Keith Barrett, Deputy Chief of Operations for Northumberland Paramedics, and Rachel Dunbrack, Firefighter with The Corporation of the Town of Cobourg, who will be lending their expertise to this upcoming PACE Talk panel.

In light of Ontario's historic December 2022 snowstorm which saw many Ontarians, including Northumberland County residents, lose power and become stranded in their vehicles, the topic of Emergency Preparedness at Home remains top-of-mind. During this talk, attendees will have the opportunity to hear from our panel about best practices and resources to utilize at home during emergencies, which can include both medical and environmental.

As is standard within the PACE Talk format, questions from the audience will be addressed, and these can be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to January 19, 2023.

Since 2018, The Northumberland PACE talks have been hosted as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE speakers series adapted to a new, 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 2022-23 season.

Lasting an hour in length, each PACE event 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 will be hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *Emergency Preparedness at Home* today at [www.pacetalks.com](http://www.pacetalks.com), where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

**Contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto: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 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. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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