



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

Questions about Medical Assistance in Dying (MAID)?

Learn more at the next PACE talk, with Dr. Mark Essak – January 15, in Port Hope

NORTHUMBERLAND COUNTY, Friday, January 10, 2020—This month's PACE conversation will take place at the Community Health Centres of Northumberland, 99 Toronto Road, Port Hope, on **Wednesday, January 15th at 5:30 PM.**

Join guest speaker **Dr. Mark Essak** for a talk titled "**Medical Assistance in Dying (MAID) - Where are we in 2020?**". Dr. Essak will discuss the legislative amendments that led to Canada's legalizing of MAID, eligibility requirements for MAID, and the statistics available to date on uptake in Ontario and beyond.

A family physician with over 30 years of experience, Dr. Essak practices with the Northumberland Family Health Team, a network of 20 affiliated physicians and regulated health care professionals serving over 26,000 patients in West Northumberland. A past Chief of Staff at Northumberland Hills Hospital, Dr. Essak was recognized in 2012 by the Rural Ontario Medicine Program for his long-standing commitment to mentoring the next generation of physicians, particularly those with an interest in rural/community medicine. He is one of several physicians in the community with the specific training required to provide MAID to patients who meet the necessary eligibility criteria, both in hospital and in the community.

The Northumberland PACE talks are free, monthly public education sessions on a broad range of health and wellness topics, and consistently draw large groups of community members with a range of questions and perspectives.

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, and a 10-minute moderator summary.

PACE talks start at 5:30 PM on the third Wednesday of each month, and rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centres of Northumberland, 99 Toronto Road).

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion this month.

Pre-registration is required to manage room capacity. Register for Dr. Essak's session today at www.pacetalks.com, where you'll also find a listing of the upcoming speaker and topic line-up along with video highlights from last season's talks and video and audio recordings from PACE talks delivered earlier this season.

Next up for PACE? *Integrative medicine – A panel discussion* with speakers Dr. Alban Merepeza, Dr. Vineeta Ahojja, Dr. Barbara Weiss and Dr. Sarah Vosburgh on Wednesday, February 19, 2020 at Northumberland Hills Hospital in Cobourg. Registration for the February PACE talk will open the week of January 13th.

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 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 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 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.

– END –