



NEWS RELEASE – FOR IMMEDIATE RELEASE

Independent Living as We Age –

Join the Northumberland PACE Speakers Series Virtually to Explore the Topic of Independent Living as We Age on Thursday, October 23 at 5:30 PM

NORTHUMBERLAND COUNTY, Thursday, October 9, 2025 — The Northumberland PACE Speakers Series is kicking off the 2025-26 season with a virtual conversation, ***Independent Living as We Age*** on **Thursday, October 23 at 5:30 PM** featuring guest speaker, Micki McLean.

In addition to having 20 years of practical experience working in the retirement industry, McLean holds a Long-Term Care (LTC)/Retirement Facility Administrator Certification. During this session, she'll share real-life stories and insights gained from working with LTC residents and their families. This talk is an opportunity for attendees to discover the challenges and realities of finding the right living arrangements, and to learn how to recognize when it's the right time to make the transition.

As is standard within the PACE Talk format, questions from the audience are welcomed. For the October 2025 talk, these questions may be pre-submitted by emailing mbhargava@imcare.ca prior to **October 23, 2025**, 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.

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 what is expected to be another informative discussion.

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 *'Independent Living as We Age'* today at www.pacetalks.com, where you'll also find recordings from many of the previous seasons' talks.

Contact: Jennifer Gillard, Vice President, Patient Experience, Public Affairs and Strategic Partnerships, Northumberland Hills Hospital, 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. 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, Community Care Northumberland, the Ontario Health Team Northumberland (OHT-N) as well as local patients and caregivers are all represented on the PACE planning table. Talks are held monthly at 5:30 PM, typically on the fourth 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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