



# 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**

### **Delving into the Science and Benefits of Music Therapy**

**NORTHUMBERLAND COUNTY, Tuesday, October 1<sup>st</sup>, 2019**— This month's PACE conversation will take place at Northumberland Hills Hospital, 1000 DePalma Drive, Cobourg, on **Wednesday, October 16th at 5:30 PM** with guest speaker Taelor Dunn exploring the topic of *Music Therapy – The Science and Benefits*.

Born and raised in Cobourg before attending Acadia University in 2008, Dunn has returned to Northumberland County, and maintains strong family ties in the community. Through music techniques and interventions, Dunn works with clients ranging from newborn to 96 years of age to realize physical, mental, and spiritual goals.

Though she has focused on employing music therapy in the mental health and long-term care fields in the past, today she works primarily with kids and adults with varying special needs and utilizes guitar, piano, voice, and percussion instruments in her practice. During this exciting PACE conversation, Dunn will be utilizing her past experience and some key examples to explore what music therapy is, who it can benefit, and why it can be so effective in helping clients realize their goals.

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 Centre of Northumberland, 99 Toronto Road).

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

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Taelor Dunn’s October 2019 session today at [www.pacetalks.com](http://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.

Next up for PACE? *Farm-To-Table Eating*, with Paul Burnham, on November 20<sup>th</sup>, 2019, at the Community Health Centre of Northumberland in Port Hope. Registration for the November PACE talk will open the week of October 14<sup>th</sup>.

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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](http://www.pacetalks.com).

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