



## NEWS RELEASE

**It's a boy! First NHH baby of the new year welcomed by first-time parents Seana Boers and Jeff Cook of Port Hope on Friday, January 1<sup>st</sup>**

**NORTHUMBERLAND COUNTY, Saturday, January 2<sup>nd</sup>, 2021** – Northumberland Hills Hospital (NHH) has welcomed its first baby of the new year! A first child for Seana Boers and Jeff Cook of Port Hope, Ontario, the baby boy—named Silas Theodore Cook—weighed 5 pounds and 4.6 ounces (2,400 grams) at birth.

The couple had planned to deliver at Peterborough Regional Health Centre, where their midwife, Caitlin Murray of Kawartha Midwives holds privileges, but Silas had other plans in mind, and was delivered at home, in Port Hope, shortly after 7PM on New Year's Day, explained Seana from her room at NHH. "Our midwife was concerned about a potential complication immediately following delivery. With support from Northumberland Paramedics we were quickly taken to the closest hospital, NHH, where the delivery was completed with the help of Dr. Hameed and the team in the NHH Emergency and Maternal/Child Care departments."

"We are extremely grateful to everyone who supported us," said Seana. "Our midwife, Caitlin Murray, Dr. Asiya Hameed, the NHH Obstetrician-Gynecologist, the paramedics and the nurses here at NHH – everyone has been wonderful. We'd also like to send a special thanks to Dr. Emma Smith and Respiratory Therapist Ashley Paluch for their help with our son's care. Despite the unexpected ambulance ride, it's been a great experience, from birth to our first night here at NHH, and today."

As is tradition at NHH, Seana and Jeff will go home with a gift from the family of the first baby born last year – a lovely gift basket prepared and delivered in mid-December.

The Maternal/Child Care team at NHH welcomed 583 births at the hospital in the last fiscal year, thanks to a strong partnership with local obstetrician-gynecologists, family physicians, anesthesiologists, and several local midwifery groups.

Designed with the unique needs of newborns, their mothers and family members in mind, NHH's Maternal Child Care unit is equipped with six labour and delivery beds, each in their own private suite, a Caesarean-section operating room, advanced fetal and patient monitoring and a comfortable family lounge.

Expecting a baby of your own in 2021? NHH partners with the Haliburton, Kawartha, Pine Ridge District Health Unit to help soon-to-be parents get ready for their baby's arrival. Call 905-372-6811, ext. 4122 for more information and to sign up. Further details, including a "Getting Ready For Baby" online resource, will be found on the NHH website at:

<https://nhh.ca/Patients/PatientCareServices/AcuteCare/MaternalChildCare>

**About Northumberland Hills Hospital** – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and

palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of Ontario Health (East) – formerly the Central East Local Health Integration Network. For more information, please visit [www.nhh.ca](http://www.nhh.ca) or follow us on Twitter [@NorHillsHosp](https://twitter.com/NorHillsHosp).

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