

NEWS RELEASE

FOR IMMEDIATE RELEASE

**Northumberland PACE Speakers Series presents
Dementia: How to be an effective care partner
with Dr. Jenny Ingram**

NORTHUMBERLAND COUNTY, Tuesday, May 19, 2026— The Northumberland PACE Speakers Series presents “Dementia: How to be an effective care partner,” with guest speaker Dr. Jenny Ingram, Internal and Geriatric Medicine Specialist, researcher, and documentary producer. The talk will be moderated by Jennifer Gillard, Vice President, Patient Experience, Public Affairs and Strategic Partnerships at Northumberland Hills Hospital, with introductions by Dr. Mukesh Bhargava, Internal Medicine Specialist, Cardiovascular and Neurovascular Focus practice, IM Care. The virtual conversation will take place on Zoom on **Thursday, May 28, 2026**, starting at **5:30 PM**. The session is free and open to the public. **Register [here](#).**

During this PACE talk Dr. Ingram, who has worked in the development of dementia protocols for primary care providers and who also serves as the Ontario Co-investigator for Research on the Organization of Healthcare Services for Alzheimer’s Disease, will provide insights into her research and share coping strategies for individuals living with dementia and their caregivers.

“PACE is excited to have Dr. Ingram share her considerable expertise and knowledge of dementia and to hear about her findings from more than two decades of trials and research work”, says Gillard. “Her insights into early detection and how to best support those experiencing the related physical and mental challenges of this disease, invaluable to improving patient care.”

Dr. Ingram is also founder of the Kawartha Centre, a community-based research site and clinic specialized in Alzheimer research trials, and helped establish the [Geriatric Assessment and Intervention Network \(GAIN\) Clinic](#), an interprofessional team of healthcare professionals who work collaboratively with patients and families and their primary care providers to strengthen supports and capacity for older adults whose health concerns threaten their ability to live independently at home. Dr. Ingram recently produced the documentary film, *No More Silent Battles*

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that shines a light on dementia care in Canada and advocates for alternative models of care that are grounded in community, expertise, and family resilience.

About Northumberland PACE Speakers Series

Launched in 2018, the Northumberland PACE (Personalized Assessment and Change Education) Speaker Series is a free, virtual series that explores a variety of health and wellness topics. The hour-long, virtual events are formatted as a 30-minute presentation followed by a 20-minute questions-and-answers period. Past and current speakers are community members representing local health providers, organizations and caregivers. The PACE Speaker Series is presented by partners Northumberland Hills Hospital (NHH), the NHH Foundation, internal medicine specialists IM Care, the Northumberland Family Health Team, The Community Health Centres of Northumberland, Community Care Northumberland, the Ontario Health Team Northumberland (OHT-N), as well as local patients and caregivers.

The PACE format welcomes questions from the audience that may be pre-submitted by emailing mbhargava@imcare.ca or time permitting, posed live during the event itself. The presentation will be recorded and made available on the PACE website. This event is hosted through Zoom, and attendees are asked to join five minutes prior to the start. For more information please visit: pacetalks.com.

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