



*Northumberland*

**Family Health Team**



## **NEWS RELEASE – FOR IMMEDIATE RELEASE**

### **A COVID Conversation – Three Unique Experiences with COVID-19 to be Focus of Next Virtual PACE Talk**

**NORTHUMBERLAND COUNTY, January 12, 2020** — The Northumberland PACE Talk series will return virtually for the 2021 season, with the first session planned to focus on *A COVID Conversation – Three Unique Experiences with COVID-19*. This virtual PACE Talk will take place through Zoom on **Wednesday, January 20 at 5:30 PM** with a panel of speakers, including Dr. Pavel Ketov, an Emergency Department physician at Northumberland Hills Hospital (NHH), Dr. Michael Barrie, Chief of Anesthesiology at NHH, and Dr. Madhav Rao, a cardiologist from Scranton, PA and a survivor of COVID-19.

During this informative PACE Talk, panelists will share their unique experiences with the virus—from the changes that COVID-19 has brought to the delivery of primary care in the community to steps taken to manage risk from COVID in a surgical environment, to the lived experience of a COVID survivor.

Beginning in 2018, The Northumberland PACE talks have been hosted as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE Talk series adapted to a new, virtual format as a result of the COVID-19 pandemic. The timely topic of *A COVID Conversation* will kick off this year's series, with future topics planned for 2021 including:

- Virtual health care
- End of life care options in Northumberland

- Advance care planning
- Maintaining our mental health in a global pandemic
- Lifestyle improvements in our control (sleep, physical exercise, etc.)

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. Virtual PACE Talks will follow this same format.

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

**Pre-registration is required** and space is limited to the first 300 registered attendees. As this event is being hosted through Zoom, attendees will need a Zoom account, internet access, and should plan to login to the event 5 minutes prior to the start. Register for *A COVID Conversation* today at [www.pacetalks.com](http://www.pacetalks.com), where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

**Contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto: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 typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. 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, as well as local patients and caregivers are all represented on the PACE planning table. Talks are held monthly at 5:30 PM, 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. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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