



NEWS RELEASE – FOR IMMEDIATE RELEASE

**PACE team hosts first conversation of 2025 with ‘The Art of Presence’
on Thursday, January 23 at 5:30 PM**

NORTHUMBERLAND COUNTY, Thursday, January 16, 2025—The Northumberland PACE Speakers Series team is pleased to announce their first virtual conversation of 2025, ‘**The Art of Presence**’ on **Thursday, January 23 at 5:30 PM** featuring guest speaker, Sally Manchester, retired Registered Nurse and active hospice volunteer.

After graduating from the New England Deaconess Hospital School of Nursing in Boston, Massachusetts, Sally enjoyed a diverse career as a Registered Nurse, working in various clinical settings, including Medical/Surgical and Cardiac Intensive Care units, Emergency Departments, and medical offices.

In a volunteer capacity, Sally provides respite support for family members and caregivers of hospice patients. Through these experiences, she has honed her ability to be present and grounded for those undergoing a challenging life situation.

“It has always been my feeling, especially throughout my nursing career, that we are all here on this earth to help each other in the bad times as well as the good,” said Sally. “While the good times are easy, we sometimes need helpful tips on how to persevere through the harder times, while remaining fully present for those who need us most.”

During this virtual discussion, Sally will utilize her experience as a nurse and hospice volunteer to explore how to be present and supportive to others during difficult or life-altering moments, such as a traumatic event or illness.

Sally’s talk will answer important questions like, “*What can I do or say to help a friend or family member deal with a difficult situation?*” and “*Where can I find additional resources to support someone during a difficult time?*”

As is standard within the PACE Talk format, questions from the audience are welcomed. For the January 2025 talk, these questions may be pre-submitted by emailing mbhargava@imcare.ca prior to **January 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 in what is expected to be another informative discussion on a topic chosen by previous PACE attendees!

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 “*The Art of Presence*” today at www.pacetalks.com, where you’ll also find recordings from many of the previous seasons’ talks.

Contact: Amy Seymour, Communications Officer, Public Affairs, Northumberland Hills Hospital, aseymour@nhh.ca or 905-372-6811 ext. 4009.

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, 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 third

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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