



Northumberland
Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

End of Life Care Options in Northumberland Focus of Next Virtual PACE Talk

NORTHUMBERLAND COUNTY, March 8, 2021 — This month, the Northumberland PACE Talk series will continue for the 2021 season with a feature presentation titled *Dying Happens – An Overview of Navigating the Medical System in Northumberland at End of Life*. This virtual PACE Talk will be led by Dr. Kate Everdell and will take place through Zoom on **Wednesday, March 17 at 5:30 PM**.

A family physician, Dr. Everdell has practiced in Port Hope since 2016, is active on the medical staff at the Northumberland Hills Hospital (NHH) and serves as the Medical Director for Ed's House Hospice Care Northumberland. During this informative PACE Talk, Dr. Everdell will discuss advanced care planning and substitute decision makers, review local supports for end of life care both physically and emotionally, and explore the palliative care options in the community.

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. Future topics planned for 2021 include:

- 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(s) 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 *Virtual Care* today at 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 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.

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