



## Honouring The Journey – Linda Davis



My name is Linda Davis. I am the President and Chief Executive Officer (CEO) of **Northumberland Hills Hospital** in Cobourg, Ontario.

As Northumberland County's population continues to grow and age, the need for palliative care services will also continue to grow. Three hundred and thirty-five (335) patients received palliative care at **Northumberland Hills Hospital (NHH)** in 2017-18 — an increase of 16 per cent over the past two years alone, with even greater increases forecast for the years ahead.

The **NHH Palliative Care** program provides pain and symptom management for people experiencing a life-limiting illness — whatever the diagnosis — with the goal to improve quality of life for both the patient and their family. Patients are admitted to NHH for treatment and support with challenging complex

symptoms. Many go home with support from our community partners while others remain for end-of-life care.

While investments in hospital-based palliative care services and supports will be on-going — there will always be a need for hospital-based palliative care — we know, in order to meet the rising demand for palliative care in west Northumberland, investments in other options are also needed to effectively meet the needs of local patients and families.

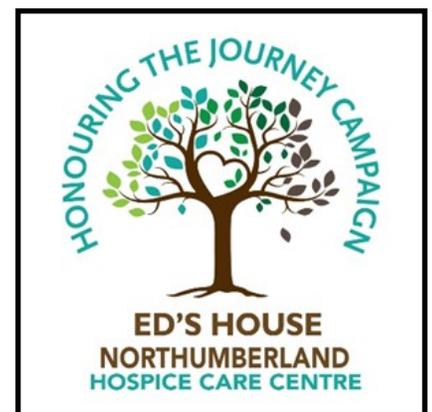
I had the great pleasure of being involved in a project identifying need, raising funds and establishing a hospice in Collingwood. Even further in my past, I was involved with Hospice King-Aurora, which was a program that provided visiting volunteers into homes to support those in need of palliation and end of life care.

Through these experiences, and the great hospital-based palliative care team I have observed at NHH, I have come to understand that the best model for effective palliative care is one that combines multiple options: hospital, hospice and community.

I am so pleased to see west Northumberland's palliative care services growing to provide various options for patients and families. The timing could not be better.

NHH is pleased to collaborate with Community Care Northumberland (CCN) in the growth and implementation of the local Palliative Care Community Team and we applaud CCN's work to establish west Northumberland's first Hospice Care Centre where both the Palliative Care Community Team and a new, 10-bed care facility will be housed.

I have no doubt, with the exceptional people involved, dedicated volunteers driving the effort, the provincial government's continued commitment and the support of this generous community, the Northumberland Hospice Care Centre will be a great success and together we will provide local residents with the care and choices they want at end of life.



## Community Bulletin Board: World Suicide Prevention Day



**World Suicide Prevention Day**

Working together to prevent suicide

September 10, 2018

[suicideprevention.ca/wspd](http://suicideprevention.ca/wspd)

**Cobourg Lions Community Centre**  
**7:00 PM to 9:00 PM**  
Information Session & Candle Light Memorial  
Light Refreshments Served  
**Everyone Welcome ~ No Charge to Attend**

Sponsored by:



Contact: (905)375-5909 or [maureenpollardmsw@gmail.com](mailto:maureenpollardmsw@gmail.com)

### New Exercise Program in Brighton: Mind Body Fusion

This class is a mixture of three mind body fitness practices including Yoga, Pilates and Tai Chi. Yoga postures will be used as the foundation of strength training in this program offering functional strength for everyday life. You don't need to go to the gym and pump iron to be strong, you can build foundational strength in this barefoot program using your body weight. Pilates will be used for leg and abdomen exercises to increase both length and strength in the core. Lower back and postural strength training that leads to increased balance will be a focus of this hour. Tai Chi is incorporated into the relaxation section of the class allowing a flow guided by breath. Use this program as an energizing relaxation that will increase your metabolism and lengthen your body.

**Date:** Tuesdays from September 11 – December 11, 2018 (14 weeks)

**Time:** 5-6pm

**Cost** \$70

**Location:** CCN'S Activity Room – Brighton

To register, please call Gail in our Brighton office at (613)475-4190 or email through this link [here](#).



## Volunteer Development Column: National Back to School Month

As August comes to an end we begin to wrap up our eventful summer of camping, road trips and vacations to the Oceans, we will be missing the smell of crisp salty air, or the feeling of tranquility by lounging in the backyards and just enjoying some beverages during a BBQ with some friends.



The parents of young children need to start preparing for their children to return to school. Mom and Dad, that includes; school supplies, snacks for lunches, backpacks, and what my favorite was, back to school clothes shopping!

For the rest of us we need to be careful when we are out on the roads. All the bus stops and the big yellow school busses that were simply disregarded all summer will soon litter the roads along with all of the tiny children.

School zones you will have to take extra precautions. Beware of three busy times; **morning** (8:00AM-9:00AM), **lunch** (12:00PM-1:00PM) and **home time** (2:30-3:30PM).

Below we have included some charges and penalties of some of the many things we should all be conscious of when returning back to the school months.

- **Meeting a bus:** Section 175 (11) of the Highway Traffic Act: fined \$400 to \$2,000 and get 6 demerit points. (Meeting means to pass the bus with the front of your vehicle facing the front of the bus)
- **Approaching/Overtaking a bus:** Section 175 (12) of the Highway Traffic Act: fined \$400 to \$2,000 and get 6 demerit points. (Approaching/Overtaking means to pass the bus when you are behind it)
- **Distracted driving:** Section 78.1(1) of the Highway Traffic Act: A fine no little than \$300 and not more than \$1000; 3 demerit points or license suspension if you are a novice driver.

Submitted by: Cassidy Kack—Special Event Assistant

## Quick Fact of the Day: Did You Know?



"... and the grapes were trodden by Gaston."

Our sense of smell is about 100 times stronger than our sense of taste.

