



NEWS & UPDATES

The Bancroft Community Family Health Team (BCFHT) is proud to serve as a teaching site, partnering with the University of Ottawa, Queen's University, and the Practice Ready Ontario (PRO) Program to help educate and mentor the next generation of healthcare professionals. *Throughout the summer months, you may notice several new faces within our clinics as medical students, residents, and internationally trained physicians join our team to gain valuable hands-on experience in rural family medicine.*

These learners play an important role in the future of healthcare, and we are grateful for the opportunity to support their education in a real-world clinical setting. We kindly ask for your patience, understanding, and encouragement as they develop their skills under the guidance of our experienced healthcare providers. Beyond training future physicians, these placements also serve as a valuable recruitment opportunity, helping to showcase the rewards of practicing in rural healthcare and supporting our ongoing efforts to attract and retain healthcare professionals in communities like Bancroft.

RURAL WEEK - MAY 25 - 29, 2026

The Bancroft Community Family Health Team was pleased to welcome two first-year medical students during the final week of May. Sarah and Mariam, twin sisters from the University of Ottawa, spent the week learning alongside our healthcare team, gaining exposure to rural family medicine, and experiencing the collaborative care we provide within our community.

We are grateful for the opportunity to support the next generation of healthcare professionals and to share the rewarding experience of practicing medicine in a rural community.



AVAILABLE GROUP SESSIONS

Open Groups & Classes

- SMART Recovery
- Heart Health
- Healthy You
- Prediabetes
- Tools for Weight Management

Referral Based

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Diabetes Activity Program

ADDICTION SUPPORT

Mon	Tue	Wed	Thu
RAAM Drop-in 12:00 PM – 3:00 PM	RAAM Drop-in 9:00 AM – 11:00 AM SMART Recovery 1:30 PM – 2:30 PM	RAAM Drop-in 1:00 PM – 5:30 PM	SMART Recovery 6:00 PM – 7:00 PM

To register for our internal waiting list - visit our office and complete an application, or visit our website at bcfht.org/join-our-waiting-list/

To register with Healthcare Connect, call 811 or visit ontario.ca/healthcareconnect



PRACTICE READY ONTARIO DOCTORS | MAY 25TH - AUGUST 21ST

DR. NIMA JABER AMSARI WORKING WITH DR. FERREIRA

Dr. Nima Jaber Amsari joins us from Tehran, Iran, where he completed his medical training at Tehran University of Medical Sciences and practiced independently as a family physician/general practitioner. Throughout his career, he has delivered comprehensive primary care to patients of all ages, with experience serving both urban and rural communities and managing a wide range of acute and chronic health conditions.

Over the next few months, Dr. Amsari will be working alongside our team as part of his transition into practice in Ontario. We are pleased to welcome him to the Bancroft Community Family Health Team and look forward to supporting his learning, sharing the rewards of rural medicine, and introducing him to the Bancroft community.



DR. ARASH PAKSERESHT WORKING WITH DR. KEILA



Dr. Arash Pakseresht ("Dr. AP") is excited to join the Bancroft community as a family physician. Having completed his medical training internationally and gained experience across diverse healthcare settings, he brings a broad perspective and a strong commitment to compassionate, patient-centred care.

In addition to his clinical work, Dr. AP has been involved in clinical research and medical education, with a particular interest in evidence-based medicine and lifelong learning to enhance patient care. He values building meaningful relationships with patients and families and strongly believes in collaboration, continuity of care, and community-focused medicine.

Dr. AP looks forward to becoming part of the community, supporting local healthcare needs, and enjoying all that the area has to offer.

DR. FERESHTEH ELYASSI WORKING WITH DR. AHEARN

Dr. Elyassi is an internationally trained family physician with experience in primary care and emergency medicine, having previously practiced in Iran in both clinic and hospital settings. Since moving to Canada four years ago, she has completed the necessary licensing requirements and gained valuable experience within the Canadian healthcare system.

Dr. Elyassi, her husband, and their eight-year-old son, Nami, currently live in Richmond Hill. Over the coming months, she will be working alongside our team, providing patient care while gaining experience in rural family medicine. We are excited to have Dr. Elyassi join us and look forward to supporting her as she becomes part of the Bancroft community.



PATIENT EXPERIENCE SURVEY - FOLLOW UP

Why do I have to tell the receptionist why I want to see my provider?

At the Bancroft Community Family Health Team, patients are often asked to briefly share the reason for their appointment when booking or checking in with reception. This allows our healthcare team to provide the most appropriate and timely care possible. Knowing the nature of an appointment helps ensure the correct amount of time is scheduled, allows urgent concerns to be identified and prioritized appropriately, and helps providers prepare for your visit in advance. Our reception staff are valued members of the healthcare team and are committed to maintaining patient privacy and confidentiality at all times. Providing a general reason for your visit helps your family doctor or nurse practitioner make the most of your appointment and better support your healthcare needs.



Reason for Appointment



1 Concern Per Visit

Why can I only talk about one health concern per appointment?

To help ensure high-quality, safe, and thorough care for every patient, appointments are generally focused on one primary concern or issue at a time. While it can be tempting to discuss several concerns during one visit, many medical issues require careful discussion, assessment, documentation, and follow-up. *Family doctors and nurse practitioners often care for large patient rosters, sometimes 1,000 patients or more, and must balance the healthcare needs of many individuals each day.*

By focusing on one main concern per appointment, providers are able to give each patient the attention and care they deserve, while also helping the clinic remain on schedule and improving access to appointments for the entire community. If additional concerns need to be addressed, our team will gladly work with patients to arrange follow-up appointments to ensure each issue receives the time and attention it deserves.

Why do I have need to see my provider for prescription refills?

Prescription refill appointments are an important part of ongoing healthcare and help ensure medications continue to be safe, effective, and appropriate for each patient's needs. Family doctors and nurse practitioners often need to see patients periodically before renewing prescriptions so they can monitor how the medication is working, assess for side effects, review any changes in health conditions, and determine if adjustments are needed. Some medications also require regular blood work, blood pressure checks, or other monitoring to ensure they are being used safely.

These appointments are also important because patients may receive care from other clinics, walk-in clinics, specialists, or emergency departments where medications may be started, stopped, or changed. In some cases, a patient's primary care provider may not immediately be aware of these updates. Reviewing medications during refill appointments helps ensure the healthcare team has the most accurate and up-to-date information possible, reducing the risk of medication interactions, duplications, or other safety concerns. These visits also provide an opportunity for patients to ask questions, discuss concerns, and ensure their treatment plan continues to support their overall health and wellbeing. *While refill appointments may sometimes feel inconvenient, they are an important part of providing safe, responsible, and high-quality patient care.*



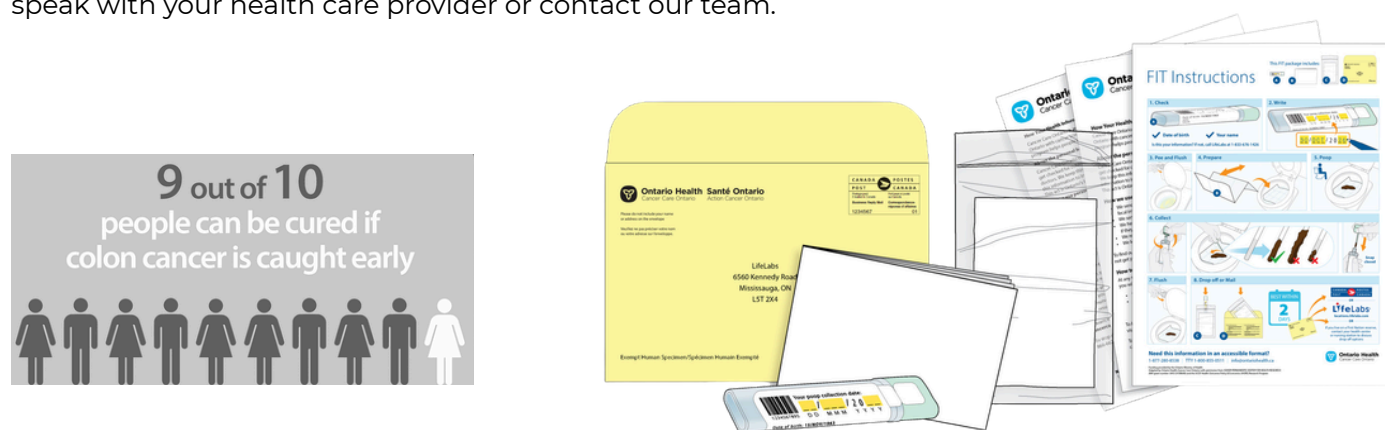
Prescription Refill Appointment

PREVENTATIVE CARE

At the Bancroft Community Family Health Team, we are committed to supporting early detection and preventive care in our community. Ontario has announced important changes to colorectal (colon) cancer screening that will help more people access screening earlier. Beginning July 1, 2026, the age for average-risk colorectal cancer screening will be lowered from 50 to 45 years old. Individuals with a family history of colorectal cancer may also qualify for earlier screening at an even younger age.

Colorectal cancer is one of the most treatable cancers when caught early, and screening can often detect concerns before symptoms develop. The FIT (fecal immunochemical test) is a simple at-home screening test available through Ontario's screening program.

At the BCFHT, we also offer a Preventative Care Program for individuals both with and without a primary care provider, helping ensure more people in our community can access important screening and preventive health services. If you have questions about eligibility or would like more information, please speak with your health care provider or contact our team.



STRENGTHENING OUR TEAM BRINGING INNOVATION TO PATIENT CARE



The Pri-Med Canada Conference, held May 6–8, 2026 in Toronto, brought together primary care professionals from across the country to explore the latest evidence-based practices and innovations in healthcare. Sessions focused on key topics relevant to nursing and primary care, including chronic disease management, women's health, mental health, diabetes care, respiratory illnesses, cardiovascular health, obesity management, and improving patient outcomes through collaborative care.

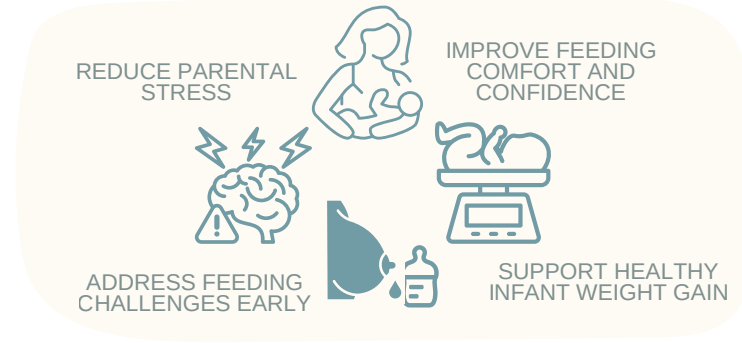
Staff attending the conference gained valuable clinical updates, practical tools, and new approaches to patient education and team-based care. The conference also highlighted the importance of interdisciplinary collaboration, emerging healthcare technologies, and staying current with best practices to support high-quality patient care in community settings. In addition to educational sessions, attendees had opportunities to network with healthcare professionals and explore new healthcare resources and services through the conference trade show.



LACTATION CONSULTING SERVICES ARE BACK!

INDIVIDUALS MAY SELF REFER - OPEN TO THOSE WITH AND WITHOUT A PRIMARY CARE PROVIDER

- ✓ Latch and positioning support
- ✓ Sore nipples and feeding discomfort
- ✓ Milk supply concerns
- ✓ Newborn feeding assessment
- ✓ Pumping guidance
- ✓ Bottle transitions and combination feeding
- ✓ Feeding confidence and reassurance for parents



WEAR IT GREEN DAY - MENTAL HEALTH AWARENESS - MAY 14, 2026

Staff proudly wore green to support mental health awareness and remind our community that no one has to struggle alone.

Small conversations can make a big difference. Let's continue to support one another, practice kindness, and help break the stigma surrounding mental health.



PHYSICIANS DAY - MAY 1, 2026



We extend our sincere gratitude to the dedicated physicians of the Bancroft Community Family Health Team & Medical Clinic.

Thank you for your compassion, leadership, and commitment to providing exceptional care to our community each and every day. Your work makes a meaningful difference in the lives of patients, families, and colleagues alike.



WORK ANNIVERSARY CELEBRATIONS

JUNE

Jocelyn Jan (9 years)
Mallory Kelly (7 years)

