



NEWS & UPDATES



WEAR A LIFE JACKET

Wear a properly fitted life jacket at all times when on or near the water.



BOAT SOBER

Alcohol and boating don't mix. Never drink and operate a boat or watercraft.



CHECK THE CONDITIONS

Check the weather forecast and water conditions before you go.



PLAN YOUR TRIP

Let someone know where you're going and when you expect to return.



CHECK YOUR EQUIPMENT

Inspect your boat, engine, and safety gear before heading out.



SWIM SMART

Swim in supervised areas, never alone. Know your limits and stay within them.

HEALTHY SUMMER. HAPPY MEMORIES. SAFE CHOICES

As summer gets underway, the Bancroft Community Family Health Team is pleased to welcome our Practice Ready Ontario physicians and 3rd Year Medical Students, who will be gaining valuable experience while helping care for our community.

We hope everyone enjoys a safe and active summer. Whether you're spending time at the lake, exploring local trails, or enjoying time with family, remember to stay hydrated, wear sunscreen, supervise children around water, and take precautions to prevent injuries.

As many of our staff and providers take well-deserved vacations throughout July and August, we encourage patients to plan ahead for prescription refills and routine healthcare needs.

Please note that the Bancroft Community Family Health Team will be closed for our annual summer shutdown August 3–7. Individual physician offices may have different schedules, and Family Health Team services will resume on Monday, August 10. Planning ahead will help ensure you have everything you need for a safe, healthy, and enjoyable summer.

AVAILABLE GROUP SESSIONS



OPEN GROUPS & CLASSES

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



REFERRAL BASED – PAUSED FOR SUMMER

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Diabetes Activity Program



ADDICTION SUPPORT



Mon

RAAM Drop-In

12:00 PM – 3:00 PM



Tue

RAAM Drop-In

9:00 AM – 11:00 AM

SMART Recovery

1:30 PM – 2:30 PM



Wed

RAAM Drop-In

1:00 PM – 5:30 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/

OR



To register with **Healthcare Connect**, call 811 or visit

ontario.ca/healthcareconnect

BCFHT WELCOMES TWO - 3RD YEAR MEDICAL STUDENTS

In addition to the three Practice Ready Ontario physicians that joined our team this summer, we are also pleased to welcome two third-year medical students who will be completing their summer placements with us. Their presence enhances our commitment to teaching and learning while helping to support patient care and the future of family medicine.



“Hello! My name is Mina, and I’m a third-year medical student at Queen’s University–Lakeridge Health. I’m originally from Toronto and plan to pursue a career in family medicine. **A fun fact about me is that this will be my fourth time returning to Bancroft,** having previously spent time throughout pre-clerkship. Outside of medicine, I enjoy swimming, running — I’ll be completing a half marathon in October — and participating in Hyrox/fitness competitions. I’m looking forward to spending the summer here!”

“Hello everyone! Thank you for welcoming me to Bancroft, I am grateful to have the opportunity to learn from the wonderful preceptors and patients in this community. My name is Meghan and I am a Medical Student from Queen’s University in Kingston. I am originally from Chatham in Southwestern Ontario, but I have spent quite a bit of time in Haliburton and this area holds a special place in my heart! My areas of interest in medicine include rural family medicine, women’s health and preventative medicine. I love to be outside and enjoy outdoor activities such as running, cross country skiing and golf. In my free time you can find me spending time with my family and friends, lounging on the dock, or out on the lake paddle boarding or canoeing. My favourite Kawartha Dairy flavour is pralines and cream! I look forward to meeting you all in the clinic or at the hospital, and once again thank you, I feel very privileged to have this experience.”



Queen's
UNIVERSITY



Lakeridge
Health

MD Family
Medicine Program

SENIORS FAIR - MAYNOOTH - JUNE 5, 2026

On Friday, June 5, RPN's Rebecca Fransky and Brenna Sheppard represented the Bancroft Community Family Health Team at the Seniors Information Expo in Maynooth.

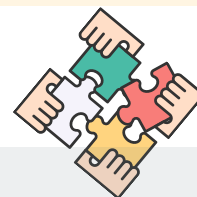
The event provided a wonderful opportunity to connect with local seniors, share information about the programs and services available through our team, and promote healthy aging within our community. Rebecca and Brenna enjoyed meeting attendees, answering questions, and collaborating with other community organizations dedicated to supporting the health and well-being of older adults.

Thank you to everyone who stopped by to visit our booth and learn more about the services we offer.



STRENGTHENING OUR TEAM

BRINGING INNOVATION TO PATIENT CARE



On June 18th and 19th, our dietitians attended the Primary Care Dietitians' Association 2026 Annual Conference to expand their knowledge and stay current with the latest evidence-based nutrition practices. Educational sessions covered topics including chronic disease management, diabetes care, cardiovascular health, healthy aging, behaviour change strategies, and interdisciplinary collaboration in primary care. The knowledge gained will support our team in providing high-quality, patient-centred nutrition care and improving health outcomes within our community.



PRIMARY CARE DIETITIANS' ASSOCIATION
Association des Diététistes de soins Primaires

Blending the science of nutrition with the art of food.
Professionnels en fusion de la science de la nutrition et de l'art de l'alimentation.



On June 24, the nurses from the Bancroft Community Family Health Team and the Medical Clinic participated in their annual First Aid and CPR recertification training. This important training ensures that our nursing staff maintain the knowledge, skills, and confidence needed to respond effectively in emergency situations.

Regular recertification helps keep our team up to date with current best practices in emergency care and reinforces our ongoing commitment to providing safe, high-quality care to our patients and community. We are proud of our staff's dedication to continuous learning and professional development.

OFFICE CLOSURE NOTICE

— Closed August 3–7, 2026 —

AUGUST 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CIVIC HOLIDAY				

THIS CLOSURE INCLUDES ALL FAMILY HEALTH TEAM PROVIDERS, INCLUDING THE NURSE PRACTITIONERS

INDIVIDUAL PHYSICIANS OFFICE CLOSURES MAY VARY

The first week of August has consistently become both our busiest vacation period for staff and practitioners and one of the quietest weeks of the year for patient visits. To support staff well-being and ensure consistent healthcare coverage throughout the remainder of the summer, the Bancroft Community Family Health Team schedules an annual August shutdown. This planned closure gives our team the opportunity to spend time with their families, recharge, and return refreshed. Many of our practitioners have family who live several hours away, making this dedicated time away especially meaningful. We appreciate your understanding and look forward to continuing to provide high-quality care when we reopen.



WORK ANNIVERSARY CELEBRATIONS

JULY 2026



FAMILY HEALTH TEAM

- Dr. Carolyn Brown – 40 Years
- Sandra McGrath – 15 Years
- Joelle Shen – 7 Years



MEDICAL CLINIC

- Jennifer Kellar – 30 Years
- Lindsay Yonemitsu – 8 Years
- Candice Kemp – 2 Years
- Karli Osborne – 1 Year
- Trinity Dexter – 1 Year