Bancroft Community Family Health Team

NOVEMBER 2026

NEWS & UPDATES

GETTING READY FOR FLU SEASON

As we head into the colder months, respiratory illnesses such as influenza (flu), COVID-19, and Respiratory Syncytial Virus (RSV) become more common. Southeast Public Health reminds residents that staying up to date with recommended vaccinations is one of the best ways to reduce the risk of serious illness and protect those most vulnerable in our community.

The Bancroft Community Family Health Team is pleased to offer Flu, COVID-19, and RSV vaccines! Vaccinations are available by appointment only and are open to the community, including individuals who do not have a healthcare provider with our team.

Not everyone requires every vaccine. Eligibility and recommendations vary based on age, health conditions, and previous vaccinations. Please note that RSV is not an annual vaccine for most people. Along with vaccination, simple steps such as washing your hands regularly, covering coughs and sneezes, and staying home when sick can help reduce the spread of respiratory illnesses.

Fall 2026 Vaccines in Ontario

FLU VACCINE

Who is eligible?
Everyone 6 months of age and older.

How often?
Once every fall (each season).

COVID-19 VACCINE

Who is eligible?
Everyone 6 months of age and older.

How often?
Once every fall (each season).
Wait at least 3 months after your last COVID-19 dose.

RSV VACCINE (Adults)

Who is eligible?
Adults 75 years and older.
Adults 60–74 years may be eligible if you have certain high-risk medical conditions.

How often?
One dose (not annual).
If you have already received an RSV vaccine, you do not need another dose at this time.

These vaccines can be given at the same appointment.

AVAILABLE GROUP SESSIONS

OPEN GROUPS & CLASSES

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

REFERRAL BASED PROGRAMS

- 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

NOVEMBER IS DIABETES AWARENESS MONTH



Bancroft Community Family Health Team (BCFHT) offers a Diabetes Education Program providing support with blood sugar management, nutrition, medications, and healthy lifestyle choices. Our Diabetes Activity Program also helps individuals incorporate safe, regular physical activity into their routines.

Services are available to everyone, including those without a family doctor. Self-referrals and health care provider referrals are welcome. To learn more or book an appointment, call 613-332-1565 ext. 220.

Diabetes Education
Individualized education and support.

Dietitian Services
Nutrition counselling and healthy eating support.

Diabetes Activity Program
A referral-based program to help improve fitness and overall health.

Diabetic Foot Care
Foot assessments and preventative care.

Prediabetes Education
Group education to help reduce the risk of developing Type 2 diabetes.

Diabetes Monitoring
Support with blood glucose monitoring, medications and ongoing education.

ANNUAL PRIVACY TRAINING



On Wednesday, October 28, 2026, staff from the Bancroft Community Family Health Team and The Medical Clinic participated in their annual privacy training.

This training reinforced our responsibilities under Ontario's Personal Health Information Protection Act (PHIPA), which governs the collection, use, and disclosure of personal health information. Ongoing privacy education helps ensure patient information remains protected, confidentiality is maintained, and patient trust continues to be a priority.



CELEBRATING RESPIRATORY THERAPY WEEK - OCTOBER 25-31, 2026



Left to Right - Casey Brown RT, Rebecca Fransky RPN



This Respiratory Therapy Week, Bancroft Community Family Health Team is proud to recognize and celebrate our Respiratory Therapist, Casey Brown! Respiratory Therapists play an important role in helping individuals manage breathing difficulties, improve lung health, and maintain their quality of life.

At BCFHT, Casey is a valued member of our interdisciplinary team, supporting patients through respiratory assessments, education, our Cardiac & Pulmonary Rehabilitation Program, and Smoking Cessation Program. Through these services, Casey helps patients better understand their respiratory health, manage chronic conditions, work toward quitting smoking, and improve their overall well-being.

Thank you, Casey, for the care, compassion, and expertise you bring to our team and community. We appreciate all that you do!



WELCOMING OUR NEWEST TEAM MEMBERS!

October has been an exciting month at the Bancroft Community Family Health Team! Following several weeks of interviews and recruitment, we were pleased to welcome three new team members on Tuesday, October 13th. Each brings valuable skills and experience to our organization, and we are excited to have them on board!



Left to Right
Julie Wannamaker, Jordyn Young, Katelyn Kuehl

Julie Wannamaker – FHT Receptionist
Julie joined us as our new Float Receptionist and has been training alongside our reception teams. She will provide coverage for both the Family Health Team and Medical Clinic during regular staff absences, helping keep our offices running smoothly.

Jordyn Young – FHT RPN
Jordyn joined us as a Float RPN and has started her training in the Medical Clinic to become familiar with our clinical operations.

Katelyn Kuehl – FHT RPN
Katelyn joined us as a Float RPN and has been training alongside Rebecca. She has been learning about our Flu Clinics, Injection Clinic, Holter monitoring, ABPI testing, and Public Health-related services.



Justin Vieira – Peer Support Worker, RAAM Team
Justin joined us at the end of September.
You will find him working with our Rapid Access Addiction Medicine team on Wednesdays and Thursdays.



Janet Holland – Billa Site FHT Receptionist
We are also pleased to share that Janet Holland will be transitioning from the Medical Clinic to the Family Health Team! Janet will be taking on the role of our designated FHT Receptionist at the Billa Street location. With her experience and familiarity with our patients, staff, and daily operations, we know she will be a wonderful addition to the FHT team.

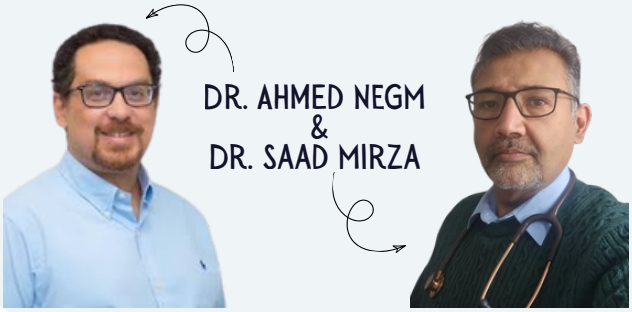
THE MEDICAL CLINIC | — UPDATES —



MORE CHANGES AT OUR BILLA ST. LOCATION!

Christine (Chris) Tucker – Medical Clinic Receptionist
We are excited to welcome Christine (Chris) Tucker to our Medical Clinic team! Chris will be working at our Billa Street location as the receptionist for Dr. Ahmed Negm and Dr. Saad Mirza. We look forward to having her join the team and getting to know her!





DR. AHEARN PRACTICE CLOSURE - JANUARY 31, 2027

The Bancroft Community Family Health Team and The Medical Clinic wish to inform the community that Dr. Micayla Ahearn will be closing her family medicine practice effective January 31, 2027.

We recognize that changes to primary care can be concerning for patients and families, particularly in rural communities where access to family physicians remains a challenge.

Our team has been working to support patients through this transition, including exploring opportunities for reassignment to other primary care providers where capacity allows. Unfortunately, due to the ongoing shortage of family physicians, we are unable to guarantee that all patients will be reassigned.

All patients affected by this closure will receive direct communication by letter mail, outlining their individual circumstances and any next steps. If you are a patient of Dr. Ahearn and have not received a letter by November 15, 2026, please contact her office directly.

Patients who are not reassigned to another primary care provider are encouraged to register with Health Care Connect, Ontario's program that helps individuals find a family physician or nurse practitioner accepting patients. Registration is available by calling 811 or visiting the Health Care Connect website.

We sincerely thank Dr. Ahearn for her contributions to patient care and our community. We appreciate the understanding and patience of our patients and community as we navigate this transition and continue working toward improving access to primary care in North Hastings.



Current Learners – BCFHT

Learner	Program	Placement Dates
Jane Porter	MS3 Medical Student	Sept. 14 – Dec. 18, 2026
Rhea Saini	MS3 Medical Student	Sept. 14 – Dec. 18, 2026
Dr. Ahmad Abubasheer	PRO Physician	Aug. 24 – Nov. 13, 2026
Dr. Oghenebrume "Brume" Bekibele	PRO Physician	Aug. 24 – Nov. 13, 2026
Erica Atfield	NP Student	Sept. 15 – Dec. 15, 2026
Catherine Wu	MS4 Medical Student	Oct. 12 – Nov. 6, 2026

Did you know?

From April 1, 2025 to March 31, 2026, we had **32 LEARNERS**

Since April 1, 2026, we have had **15 LEARNERS**



Our Providers and Locations

Family Physicians, Nurse Practitioners and Physician Assistants provide care at the following clinic locations:

19 Oak Street

Family Physicians

Dr. Steven Griffin
Dr. Melissa Fransky
Dr. Jennifer Gerasimoff
Dr. Eric Blanchard

Nurse Practitioners

NP Jordana Bain
NP Shari Comerford
NP Jordanna Fenato

16 Billa Street

Family Physicians

Dr. Dayna Noltie
Dr. Micayla Ahearn
Dr. Ahmed Negm
Dr. Saad Mirza

1 Manor Lane

Family Physician

Dr. Parambir Keila



Physician Assistants | Mark McLennan and Kevin Penney work across 19 Oak Street and 16 Billa Street.



WORK ANNIVERSARY *Celebrations*

NOVEMBER 2026

FAMILY HEALTH TEAM

NOV 10 — **Krystal Zierbarth**
- *1 Year Anniversary*

NOV 24 — **Jenny Mclean**
- *1 Year Anniversary*

MEDICAL CLINIC

NOV 8 — **Janet Holland**
- *5 Year Anniversary*

NOV 15 — **Beth Holstein**
- *5 Year Anniversary*

Bancroft Community
Family Health Team

PATIENT WAITING LIST UPDATE

Effective August 19, 2026, the Bancroft Community Family Health Team will no longer be accepting new applications for our internal patient waiting list.

Already on our list?

If you are already on our waiting list, you do not need to take any action. You will remain on our existing list while we continue the process of attaching patients to a provider.

Looking for a family doctor or primary care provider?

Please register with

Health Care Connect

Ontario's program that helps connect people to available doctors or nurse practitioners.

You do not have to give up your current doctor or nurse practitioner to register for Health Care Connect.

What's next?

Once we have worked through our existing internal waiting list, we will transition to accepting new patients through the **Health Care Connect** list.



Thank you for your patience and understanding as we make this transition.

HOW TO CONTACT
Health Care Connect

Ontario's free service that helps you find you a family doctor or nurse practitioner close to home.

ONLINE
Register or update your information online.

healthcareconnect.ca

BY PHONE
Call Health Care Connect toll-free.

1-800-445-1822
TTY: 1-866-797-0007

You can also dial **811** and ask to speak to Health Care Connect.

BY MAIL
Complete the paper registration form and mail it in.

Health Care Connect
P.O. Box 1448
Stn. Main
Kingston, ON K7L 5P9

BY FAX
Fax your completed registration form.

1-866-253-0707

IMPORTANT TO KNOW
- You must live in Ontario to register.
- You do not have to give up your current doctor or nurse practitioner to register.
- Keep your information up to date to help us reach you when a provider becomes available.

Once registered, you will be matched with a provider when one is available in your area.

REGISTER TODAY!
Don't wait. Register now and take the first step toward connecting with a primary care provider.

Health Care Connect ONTARIO