

NPLC LENS

Belleville Nurse Practitioner-Led Clinic
Fall 2025 Newsletter – Issue 23



Shaune Bernier

Creative Director

Upcoming Events

Community Pap Clinic
Oct 16, 2025

Registered Patient Pap Clinics
Thursday Oct 16th 2025
Monday Nov 3rd 2025
Thursday Dec 11th 2025
Thursday Jan 15th 2026
Wed Feb 11th 2026

Clinic Closures
Mon, Oct 13th 2025 -Closed
Wed Nov 26th 2025 - Closed
Wed Dec 24th 2025 –
8:30am -12:30pm
Dec 25th 2025 –Jan 4 2025 –
Closed

Teamwork That Puts Patients First

At our clinic, great care doesn't come from one person alone—it comes from a team. From the friendly smile at the front desk, to the nurse who listens with care, to the providers who work together to build your treatment plan, every step of your visit is shaped by teamwork.

Our staff support each other so that we can support you. Whether it's coordinating appointments, sharing expertise, or making sure your questions are answered, we work as one to provide care that is seamless, compassionate, and centered on your needs.

Because when our team works together, you get the best care possible.

Older Adult Fair



On September 10, our clinic proudly took part in the **Older Adult Information Fair**, an event dedicated to sharing resources and support for seniors in our community.

This year's fair drew strong interest, particularly around **Healthy Meals, Dementia Care, and navigating the process of finding primary care providers**—topics that continue to be top-of-mind for many older adults and their families.

The clinic's booth was staffed by a team of professionals eager to share expertise and answer questions:

- **Alison Walker, Registered Dietitian** – provided practical advice on planning nutritious, affordable meals.
- **Anita Chard, Social Worker** – discussed supports available for individuals and families affected by dementia.
- **Scot Mundle, Chiropractor** – spoke about maintaining mobility and preventing injury in older age
- **Shaune Bernier, Finance & Office Assistant** – helped guide attendees through the process of connecting with primary care services.

Visitors had the chance to speak one-on-one with staff, gather resources, and learn about programs that can improve daily living and overall well-being.

Welcome our New Board Member



Danielle Holbrough has called Belleville home for the past 10 years and has been working as Criminal Duty Counsel for the past two. Prior to that she worked as a Staff Lawyer at the Community Advocacy & Legal Centre (CALC).

She worked primarily in the areas of consumer law, social assistance, and public legal education at CALC. She also assisted with the Justice & Health Partnership Project, which focused on the intersection of the social determinants of health and common legal issues. She served on the Board of CMHA-HPE for over 6 years as well. Danielle looks forward to working with the BNPLC Board and supporting the important work that the BNPLC does for the community.

🌿 Why Keeping Your Health Card Updated Matters 🌿

We know that life gets busy, and small details like checking your health card can easily slip through the cracks. But keeping your card up to date is one of the simplest ways to make sure your care goes smoothly.

When a health card is expired or outdated, referrals to specialists or diagnostic tests can sometimes be rejected. That can cause delays in getting the care you need — and no one wants that.

Here's why updating your card makes a difference:

- **✅ No interruptions** – Referrals and appointments go through without a hitch.
- **✅ Coverage protection** – Your visits and treatments are billed properly, so there are no surprises.
- **✅ Seamless care** – Your records, prescriptions, and follow-ups stay connected to you.

Quick tip: Check the expiry date on your card today. If you've moved, changed your name, or received a new card, let us know so we can update your file too.

It's a small step that helps us provide you with the best, uninterrupted care possible. 💙

✦ How Nurse Practitioners Make a Difference in Ontario ✦

When you walk into a clinic or community health centre, the warm smile and attentive care you receive may come from a **Nurse Practitioner (NP)**. These highly trained health professionals are redefining the way Ontarians experience healthcare.

What makes Nurse Practitioners unique?

- **Holistic Care:** NPs don't just treat symptoms—they take time to understand your whole health story, focusing on prevention, wellness, and education.
- **Accessibility:** With Ontario facing physician shortages, NPs are bridging the gap by providing primary care, diagnosing conditions, prescribing medications, and managing chronic illnesses.
- **Community Connection:** Many NPs work in rural, remote, and underserved communities where access to healthcare can be limited. Their presence means fewer long drives, shorter wait times, and care closer to home.
- **Patient-Centered Approach:** NPs listen deeply, partner with patients in decision-making, and ensure that every person feels seen and heard.

The Impact in Numbers:

- More than *4,000 Nurse Practitioners* practice across Ontario.
- They serve in **nurse practitioner-led clinics, family health teams, hospitals, long-term care, Indigenous health centres, and community clinics.**
- Countless Ontarians rely on NPs as their **main point of care**, building trust and long-term relationships.

Why it matters:

At a time when our healthcare system is under pressure, Nurse Practitioners are proving that compassionate, expert care can be both accessible and innovative. They are champions of equity, ensuring that everyone—from children to seniors—receives the care they deserve.

🌱 *Nurse Practitioners aren't just healthcare providers. They are educators, advocates, and partners in health. In every community across Ontario, they are making a measurable difference—one patient at a time.*

Resources: NPAO <https://npao.org/np-week-november-10-16-2024>

Health Awareness 2025

November

Prostate Awareness Month

Nurse Practitioner Week – Nov 10-16

December

National Handwashing Awareness Week – Dec 5-11

Congratulations NP Kristy Naulls

At the annual NPAO conference held on September 24, 2025, Nurse Practitioner Kristy Naulls, NP-PHC, MN, CRE, and proud NPAO member, was recognized with the **Preceptor Award**, celebrating her outstanding dedication as a mentor and educator within the healthcare community.



Kristy serves as a clinical educator and preceptor for numerous NP students from diverse university programs across the country. She is deeply committed to advancing the nurse practitioner profession and enhancing awareness of the vital role NPs play in primary care.

Currently practicing at the Belleville NPLC, Kristy has guided more than 60 students through their clinical training. She was also the recipient of NPAO's inaugural **Patient Choice Award**, further highlighting her impact on both patients and learners alike.



Welcome NP David Klaver

Please welcome David Klaver, MN, NP-PHC, to the Belleville Nurse Practitioner-Led Clinic. David completed his BScN at McMaster University in 2016 and cared for patients in Kingston General Hospital's step-down ICU and ICU, where he developed a passion for preventive health care, longevity, and improving quality of life.

He later completed the MN – Primary Health Care Nurse Practitioner program at Queen's University and joined BNPLC in September 2025. Outside the clinic, David enjoys spending time outdoors and brings perspective from his years competing as an elite cyclist, with a continuing interest in human performance.

Province Invests \$4.45 Million to Expand Primary Care Access in Hastings and Prince Edward Counties

Belleville, ON — The provincial government has announced a major investment to strengthen access to primary health care in the region. At a press conference held at the Belleville and Quinte West Community Health Centre, local MPPs Tyler Allsopp and Ric Bresee unveiled **\$4.45 million in new funding** aimed at connecting more residents to family doctors and primary health teams.

The funding, part of Ontario's ongoing efforts to expand primary care access, will support **eight local health teams** across Hastings and Prince Edward Counties. These teams will work together to identify, process, and connect as many as **10,675 residents** who currently lack regular primary care to appropriate providers.

"This investment will make a real difference in our communities," said MPP Allsopp. "By expanding the reach of local health teams, we're ensuring more people can get the consistent, high-quality care they need close to home." The Belleville and Quinte West Community Health Centre, a key partner in this initiative, will play a central role in coordinating services and helping patients navigate the system.

MPP Ric Bresee added, "Access to a family doctor or nurse practitioner is essential to a healthy community. This funding brings us closer to ensuring that every resident has a trusted primary care provider."

Local health leaders say the funding will also ease pressure on emergency rooms and improve continuity of care for residents with chronic health needs.

The province's investment is part of a broader plan to strengthen community-based health care and reduce the number of Ontarians without a primary care provider.

Resources: [\\$4.5 million to connect patients to primary health care | Quinte News](#)

