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CLINIC UPDATES:

GRADE 7/8 VACCINES:

Preventative vaccines are very important to protect against serious diseases. School closures during COVID meant that many children did not get the vaccines that are typically offered at school through Toronto Public Health.

- During the month of March, in partnership with Toronto Public Health, we are holding no cost clinics for the first dose of Hepatitis B, HPV and meningitis vaccine for children who were in grade 7 between 2020 and 2022.
- This is open to all children who live or go to school within the MidWest Toronto Health Team region or are patients of the TW FHT.

Click here to [register online](#).

COVID VACCINE CLINICS:

We continue to offer COVID vaccine clinics every Tuesday afternoon for 1st, 2nd or booster doses to all patients of the TW FHT ages 11 and above. Our site no longer hosts mass vaccination clinics.

Click here to [register online](#).

MASK MANDATES & ESSENTIAL CARE POLICY:

The Province of Ontario is removing its masking requirements in most indoor public settings, including restaurants, schools, and grocery stores, on March 21st.

However, UHN, including the Toronto Western Family Health Team, will continue to require masking after March 21st.

- Mask mandates will remain in place in high-risk settings, including hospitals, medical clinics, and long-term care homes, as well as congregate care settings, such as shelters, and on public transit.
- We know that masks are a valuable layer of protection, particularly for those most vulnerable to COVID-19, including the immunocompromised. As we transition into a new phase with the lifting of more public-health restrictions over the coming weeks, we remain steadfast in our commitment to protecting the health and safety of our patients and staff.

We will still require essential care partners to show full proof of vaccination against COVID-19 or do a rapid antigen test if they are accompanying a patient into an exam room.

ROUTINE NAIL CARE:

Unfortunately, we are not able to provide routine nail care clinics until September 2022.

Erwin Mendoza, a chiropodist who offers this low cost service, is on leave.

We know that this may be disappointing for many of our patients who enjoy this service. A list of alternate options can be found [here](#).

PHARMACY APPRECIATION MONTH: MARCH 2022

Join us in celebrating pharmacy appreciation month!



Pharmacists are instrumental in making sure you get the most out of any medication you take!

Pharmacy professionals have also been essential in our nationwide public health efforts to keep Canadians safe and vaccinated during this pandemic!

Did you know we have in-house pharmacists?

You can make an appointment with our pharmacists for many reasons:

- To learn about the role of medications & how they might help you reach your health goals
- Discuss concerns or questions that you have about any medication
- A complete review of your medication:
 - Review the reason for the medication
 - Review any possible interactions with food, alcohol, other medicines (prescription, non-prescription, vitamins, minerals, natural products)
 - Review how well it is working for you and how to prevent or manage any side effects
 - Work with your doctor or nurse practitioner to adjust or change your medications to help you reach your health goals

Please speak to your health care provider or request an appointment through the receptionist if you are interested in a pharmacist referral.

DIETITIANS ARE CELEBRATING THE 40th NUTRITION MONTH THIS MARCH!



Dietitians help you make food decisions that are right for you by communicating trustworthy nutrition information, building confidence in your food skills, and working on the influences that impact your food decisions.

Dietitians think of the future health of their clients by supporting patients and groups to make dietary and behavioral changes in the present, which lead to increased well-being and healthier outcomes tomorrow.

The Toronto Western Family Health Team has dietitians working at both the Bathurst and Garrison Creek sites.

Please speak to your health care provider if you are interested in a dietitian referral.

[Click here for an e-recipe book](#), shared by Dietitians of Canada



Health Talk A free online session for patients, families, staff and community members



Healthy Eating on a Budget

Topics

- Tips on saving money at the grocery store
- Where to go when you can't buy enough food
- Budget-friendly recipes

Presenters

- UHN Patient Guest Speaker
- Registered Dietitian

Date and time

Thursday,
March 31, 2022 1:00 p.m. to 2:00 p.m.

How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Mar2022> or use your smartphone's camera or QR code reader app to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.

To register: Go to <http://bit.ly/UHNHealthTalk-Register> or call 416 603 6290

For more information: Email pfep@uhn.ca or call 416 603 6290

www.uhnpatienteducation.ca

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Patient Education



Toronto General
Toronto Western
Princess Margaret
Toronto East
Michael G. DeGroote Institute

WE ARE LOOKING FOR NEW ADJUDICATORS!



Each month, the [Al & Malka Green Artists' Health Centre](#) awards eligible artists a \$760 Joysanne Sidimus Fund, a subsidy to cover their health services based on need.

The Centre is now looking for adjudicators to review applications to determine who receives the subsidy!

Applications will be reviewed once every 2-3 months and adjudicators will be provided an honorarium for their time.

We are looking for candidates who:

- ✓ Have compassion towards artists and are committed to making their lives better
- ✓ Understand the health needs of artists in different professions
- ✓ Have experience working on a team to finalize decisions
- ✓ Are familiar with or have worked in the arts and entertainment industry



Who are artists? Artists can be...

Photographers, playwrights, directors, performers, dancers, writers, singers, poets, musicians, painters, pottery makers, graphic designers, fashion designers, and more!

If you are interested in becoming an adjudicator, or would like to learn more about this opportunity, please provide your contact information [here](#)

Contact us



Phone: 416 603 5888



Website: twfht.ca



Location

Bathurst Site: 440 Bathurst Street, 3rd Floor