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UPDATES:

NEW VOICE MENU:

We have recently updated our clinic's voicemail menu with important information and instructions. To ensure we are addressing your inquiries efficiently, please listen to all options before leaving a message.

We acknowledge that phone access is often challenging. We continue to experience an incredibly high volume of calls and need to triage based on clinical urgency. We appreciate your understanding.



My UHN is a secure website for UHN patients that lets you see your appointments and results as soon as they are ready. If you have not yet registered for myUHN, you can do so [here](#).

A new version of myUHN will launch on June 4, 2022 to help improve the patient experience.

Important: You will need to sign into your [myUHN account](#) at least once between April 1-June 3, 2022 to make sure your e-mail and password are transferred to the new patient portal.

COVID-19

MANAGING COVID-19 SYMPTOMS:

What to do if you are experiencing symptoms or test positive on a rapid home test?

If you have COVID-19 symptoms, you can take the [Ministry of Health's COVID-19 Self-Assessment](#) for recommendations on what to do next.

In addition, the Ministry has launched a new toll-free phone line to help answer questions from the public regarding evolving COVID-19 testing and isolation guidance.

Phone: 1-888-777-0730

Hours: 8am-6pm, Monday to Sunday

Detailed guidance is also available from [Toronto Public Health](#).

Please review the following documents for further information:

[Looking After Yourself and Your Family During COVID-19 Self-Isolation.](#)

[I think I have COVID. Should I call my doctor?](#)

DOSE 4 COVID-19 VACCINATIONS:

The Ministry of Health has updated their COVID-19 vaccination guidelines to recommend a **4th dose booster of any mRNA vaccine to include people ages 60 and older.**

The Toronto Western Family Health Team will continue to offer COVID-19 vaccinations, including 4th doses to those who are eligible, **to patients of the FHT only.**

- Vaccine clinics will continue to be at the **Bathurst site only** (440 Bathurst Street, 3rd Floor) on **Tuesday afternoons.** Extra clinics are being added, so please check back if the clinics are full
- You must [book online](#)
- If this time is not convenient, or if our clinics are full, you can also book your vaccine through the [City of Toronto](#)

NUTRITION FOR A HEALTHY HEART

Have you been diagnosed with high cholesterol and want to learn about nutritional management?

This workshop will cover:

- Discussion around eating well and controlling high cholesterol levels
- How to include the right kinds and amounts of fats in your diet
- How to increase the fibre content of your diet
- What the Mediterranean Diet is



Next date: **Thursday, May 12th, 2022 from 9:30-11:30am**

Virtual Format: Microsoft Teams

Visit our [website](#) for more details and to register.



Now Registering for **Let's Get Started**

A free program for families with children 2 to 4 years old with additional developmental support needs.

The Program

For Children: Thursday in-person playgroup aimed at developing social, emotional, language, self-help, and play skills through parent-child interaction and intentional play.

For Adults: Wednesday virtual information sessions about child development and behaviour from a team of community professionals. Visual schedules, choice boards, feelings prompts, and other visual resources to help foster communication and encourage positive behaviour.



When: Thursday mornings and Wednesday afternoons from April 21st – May 26th

Time: Thursdays from 10:00 – 12:00 and Wednesdays from 2:00 – 3:00 pm

Who: Families/caregivers of children 2 - 4 years old with developmental support needs

Where: 32 Heath Street West (1 block north of St. Clair subway station)

If you have any further questions or require help with the online registration, please email us at office@mothercraft.org or call Kristi and Megan at 647-200-2133.



[Click Here to Register](#)



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



Planning for My Future Care: How Palliative Care Can Help

Topics

- Benefits of advance care planning
- How to begin your plan and how palliative care can help
- Resources and services at UHN and in the community

Presenters

- **Karen Solomon**, UHN Caregiver Guest Speaker
- **Dr. Breffni Hannon**, Palliative Care Site Lead, Princess Margaret Cancer Centre
- **Dr. Ebru Kaya**, Palliative Care Site Lead, Toronto General Hospital
- **Dr. Warren Lewin**, Palliative Care Site Lead, Toronto Western Hospital

Date and time

Thursday,
April 28, 2022 1:00 p.m. to 2:00 p.m.

How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Apr2022> or use your smartphone's camera or QR code reader app to scan the code.

Submit your questions on SII.do at <http://sii.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



UHN
Toronto General
Toronto Western
Princess Margaret
Toronto East
Michael Bayne Institute

Partner with U of T to improve family medicine teaching and care!

Join our new Family Medicine Patient Advisors Committee, created by the University of Toronto's Department of Family & Community Medicine (DFCM).

What is the opportunity?

- We're looking for **10-15 patients, or caregivers of patients**, who attend a medical clinic linked to the University of Toronto
- Patient partners will work with us on how we train future family doctors. This will help us to improve care at our family health clinics



What is the time commitment?

- ~15 hours per year for 2 years
- 5 to 6 meetings a year (90 minutes each)
- Compensation will be offered to all patient partners as a thank you for their time

How do I apply?

- Fill out a form at <https://bit.ly/3mxKLy> or scan the QR code
- For any questions, contact Dana Arafeh at 416-978-0646 or dfcm.patientpartners@utoronto.ca
- Applications are due by **April 1, 2022**



Your voice is important to us.

We serve all patients with kindness and respect. We want all people to receive excellent care that meets their needs.



Contact us



Phone: 416 603 5888



Website: twfht.ca



Location

Bathurst Site: 440 Bathurst Street, 3rd Floor

Garrison Creek Site: 928 St. Clair Avenue West