



Newsletter

September - October 2023

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Clinic Reminders

You can **book an appointment online** with your primary care provider on our website (twfht.ca):

1. Click on your site tab on the top of the webpage or scroll down to your site to 'Book an Appointment now'
2. Click on 'Book an appointment with your primary care provider'
3. You will need your health card to book an appointment online

Reminders:

- Use the same spelling of your name as on your Health Card
- When entering your Health Card number, only include numbers. Do not include the 2-letter version code.
- You may be seen by another provider if your primary care provider is not in that day
- Do not book well-baby visits or physicals online.

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Upcoming Health Education Workshops



Toronto Western
Family Health Team

Garrison Creek
Bathurst

TW Family Health Team **Fall 2023 Health Education**

Free virtual workshops & easy online registration

Sept

13
12 pm

Asthma in Children

Want to learn more about asthma in children? Join us for this interactive virtual session about how to manage asthma in children in time for back to school.

Presented by Lillian (Respiratory Therapist) & Olivia (Nurse)
[Click here to register](#)

Sept

20
1 pm

Getting off to a Solid Start: Food Introduction

Is your child less than 1 year old? Are you wondering about what foods to start introducing and what foods to avoid? Join us for an online workshop to help you get started!

Presented by Dr. Burns & Doreen (Dietitian)
[Click here to register](#)

Sept

21
12 pm

Nutrition for a Healthy Heart

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

Presented by Doreen, Dietitian
[Click here to register](#)

Oct

4
12 pm

Advance Care Planning

Have you thought about what is important to you when it relates to your health and personal care? Join us for this workshop to learn more about how to plan for your future and how to choose a person to make the right decisions for you.

Presented by Lina (Social Worker)
[Click here to register](#)

Oct

25
5:30 pm

Sleep Therapy Fundamentals: Part 1

Are you having trouble sleeping, such as falling or staying asleep? This 2-part series is for patients and caregivers interested in learning how to improve their sleep without medications.

Presented by Jadie (Pharmacist) & Laurel (Social Worker)
[Click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

www.twfht.ca



Join us for a free skills-based group:



Toronto Western
Family Health Team
Garrison Creek
Bathurst



Mindfulness Training for Emotional Resilience (MTER)

This 4-week introductory skills-based group is for any patient of the Toronto Western Family Health Team who is interested in learning about mindfulness skills to cope with life's challenges.

In this group you will learn about:

- ✓ What mindfulness is and benefits of the practice
- ✓ Mindfulness and the brain
- ✓ Dealing with difficult emotions
- ✓ Managing stress and increasing resilience

Location	IN-PERSON
	TW FHT – Garrison Creek Site
	928 St. Clair Avenue West, 2nd Floor
Dates	Wednesdays: October 4, 11, 18 & 25
	1:30-3:30 PM
Time	
	Must be able to commit to all 4 sessions



A social worker and occupational therapist will facilitate the workshop.

Interested? Visit our website twfht.ca to register. We will then contact you by e-mail to schedule an intake interview. Please note, space is limited and we are unable to maintain a waitlist.

National Day for Truth & Reconciliation

September 30th is Orange Shirt Day and National Day for Truth and Reconciliation. On this day, we are reminded of the residential school system and how our history continues to affect Indigenous communities to this day. We honour the strength and resilience of the residential school survivors, their families, and remember the missing children who never came home.

Orange Shirt Day

Orange Shirt Day is an Indigenous grass roots movement that began in 2013. It refers to an orange shirt that was taken away from a residential school survivor, Phyllis Webstad, on her first day at the St. Joseph Mission Residential School in 1973. Phyllis received this orange shirt from her grandmother as a gift, but unfortunately, she was forced to take it off and replace it with the school's uniform. The 'Orange Shirt Day' movement calls for everyone to wear an orange shirt on September 30th to highlight the harm caused by the residential school system. It also serves as a journey of healing and affirms that **EVERY CHILD MATTERS**.



On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools. – [Government of Canada](#)

Resources

- Orange Shirt Society (founded by Phyllis Webstad)
- Learn to identify which Indigenous land you are on
- How to make a land acknowledgement
- The Truth and Reconciliation Commission's 94 Calls to Action
- Understanding Indigenous Health Inequalities
- Why our kids need to learn about residential schools
- The way forward

Protecting Your Lungs from Wildfire Smoke

Wildfire smoke can irritate the respiratory system and can cause an immune response. This means that wildfire smoke can affect your lungs but can also affect other parts of your body.

People respond differently to wildfire smoke. Some people are at higher risk of health problems, including:

- Infants & young children
- Older adults
- Pregnant people
- People with chronic lung or heart conditions, diabetes, or cancer

What are common symptoms?

- headache
- sore throat
- mild cough
- runny nose or eye irritation
- production of phlegm

What are serious symptoms?

- shortness of breath
- severe cough or wheezing
- dizziness
- chest pain
- heart palpitations (irregular heartbeat)



If you experience any of the *serious symptoms* listed, please seek medical attention immediately.

Additional Resources

- [Health Effects of Wildfire Smoke](#)
- [Wildfire Smoke & Lung Health, BC Lung Foundation](#)
- [Lung Health Foundation, Ontario](#)

What can you do to protect your breathing?

- Reduce outdoor activity when levels are high
- Keep your windows & doors closed. This will help reduce the amount of polluted air in your home.
- Wear a properly fitted N95 face mask. This may help reduce the amount of smoke particles you breathe in.
- Use a portable air cleaner with a HEPA filter to reduce indoor air pollution.
- **Do not** vape or smoke indoors.

Reducing exposure is the best way to protect yourself

World Mental Health Day

October 10 is **World Mental Health Day**.

This is a day that the world comes together to bring *awareness, support, and education* to **Mental Health**. This year's theme is:

“Mental Health is a Universal Human Right.”

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” – World Health Organization

World Mental Health Day is a chance to talk about mental health in general.

How do I look after my mental health?

Exercise, nutrition, and good sleep will boost mental health. Other helpful tips include:

- have a daily mindfulness practice ([click here](#) for examples)
- try a relaxing hobby
- reach out to friends - being social and feeling connected with people you trust can support positive mental health



How do I get help if I am struggling?

If you are struggling with your mental health, you can find mental health supports and programs near you.

To start, here are some things you can do:

- ✓ Talk to your healthcare provider
- ✓ Visit [Connex Ontario](#)

Building your team

It is important to build a supportive team around you. The first steps may be the hardest, but knowing where to look for help is a good start.



Begin building your team:

- Talk with supportive friends & family
- Talk to your family doctor
- Connect with community mental health clinics or organizations, like the [Canadian Mental Health Association](#)
- Call a help line
- Learn more about mental health
- Connect with others who have personal experience with a mental illness and learn more about their recovery journey.
- Attend workshops and education sessions
- Talk with a member or leader you trust from your faith or cultural group

- [Canadian Mental Health Association \(CMHA\)](#)

How do I look after my mental health?

1. Observe & reflect

To start, observe yourself from a curious mindset. Reflecting on when you feel the most or least well.

2. Notice moments of anxiety

Take notice of moments of anxiety or stress, and also notice moments of calm and ease. Good mental health is when you have a balance and do not feel stuck in an unpleasant feeling.

3. Understanding yourself

When you understand yourself, you can build routine and rituals that help maintain your balance.

Where can I learn more?

- ✓ Research & learn about mental health online or at your local library
- ✓ To get started, read this article from the Mental Health Commission of Canada: "[Common Mental Health Myths & Misconceptions](#)."
- ✓ Pick up a book from this list of [self-guided books from SCOPE](#)

Vaccine Recommendations

NEW pneumonia vaccine: Pevnar 20

*“Pneumococcal disease is the name for any infection caused by the *Streptococcus pneumoniae* bacteria. Pneumococcal infections can range from ear and sinus infections, to pneumonia, to more serious conditions called invasive pneumococcal disease.” – [Government of Canada](#)*

What is Pevnar 20?

Pevnar 20, is a one-dose vaccine given to adults in the arm. It is used to prevent diseases such as pneumonia, sepsis and meningitis caused by 20 types of bacteria (*Streptococcus pneumoniae*).

Who is Pevnar 20 for?

In Canada, Pevnar 20 is approved for use in adults 18 years and older.

What are the current recommendations for Pevnar 20?

Ask your primary care provider if Pevnar 20 is right for you. [Click here](#) to learn more about this vaccine from the National Advisory Committee on Immunization (NACI).



COVID-19 Vaccine

The National Advisory Committee on Immunization (NACI) recommends a COVID-19 booster beginning in the fall of 2023. [Click here](#) to learn more about all COVID-19 vaccines from the Ontario Ministry of Health.

Highlights of NACI recommendations

1. For people previously vaccinated against COVID-19: NACI recommends a dose of the new formulation of COVID-19 vaccine if it has been at least 6 months from the previous COVID-19 vaccine dose or known infection.
2. **Immunization is especially important for people at increased risk of COVID-19 infection or severe disease:**
 - Adults 65 years of age or older
 - Residents of long-term care homes & other congregate living settings
 - People with underlying medical conditions
 - People who are pregnant
 - People in or from First Nations, Métis and Inuit communities
 - Members of racialized and other equity-deserving communities
 - People who provide essential community services

(Strong NACI Recommendation)

Become a Patient Partner

Would you like to partner with UHN and other patients and family caregivers to help improve care and service?



Patient Partners are:

- Patients and family caregivers who have had care at UHN
- Willing to share their experience to help improve care and service
- Living well in the community with their health condition

The Patient Partner Program:

- We recruit and prepare you for your role as a Patient Partner
- Then, you will partner with UHN leaders and staff in different ways.
- You may:
 - Take part in committees and hiring panels
 - Join focus groups
 - Share your story and care experience with others

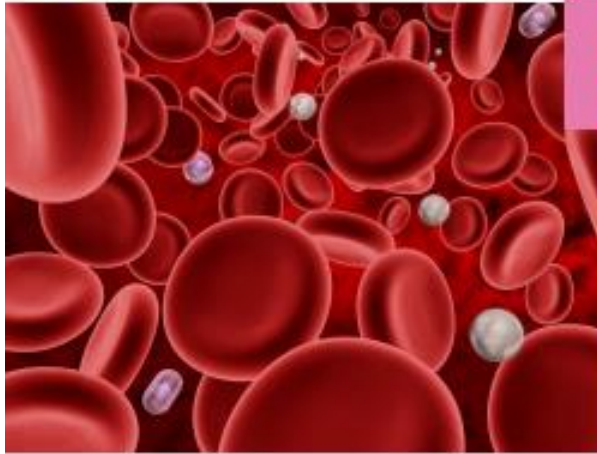
Would you like to help the Toronto Western Family Health Team co-design services or provide feedback on initiatives?

**If so, get referred to become a UHN Patient Partner!
Please speak to a provider next time you are in the clinic.**

UHN Patient Education



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



Sickle Cell Disease

Topics

- What is Sickle Cell Disease?
- The Social Context of Sickle Cell Disease
- Resources available in Ontario
- Lived Experience of Sickle Cell Disease

Presenters

- **Patient Guest Speaker**
- **Sinthu Srikanthan** - Social Worker, Red Blood Cell Disorders Clinic
- **Colleen Johnson** - Nurse Practitioner, Red Blood Cell Disorders Clinic

How to participate

Submit your questions by **Friday, August 25th** at:

slido.com/UHNHealthTalk

Date and time

This virtual presentation will be released on YouTube on:

Thursday, September 28, 2023 at 1:00 pm



Watch this recording and past events at:

bit.ly/UHNHealthTalksPlaylist or scan the QR code using your smartphone camera or a QR code scanner app

For more information, email pfep@uhn.ca or call 416 603 6290



www.UHNPatientEducation.ca

Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

Contact Us



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Website: twfht.ca



Locations

Bathurst Site: 440 Bathurst Street

Garrison Creek Site: 928 St. Clair Avenue West



Do you have feedback about our newsletter?

Do you want to learn more about other health education topics?

If so, [click here](#) to give us your feedback