



In this newsletter:

- [Seeking TWFHT Board Member Applications](#)
- [Clinic Reminders](#)
- [COVID-19 Vaccines](#)
- [Weight Management Webinar](#)

SEEKING MEMBERS FOR BOARD OF DIRECTORS

Are you interested in becoming more involved at the Toronto Western Family Health Team? Did you know that all Family Health Teams have an independent governing Board of Directors?

The TWFHT is currently looking for new members to join its Board, who have one or more of the following skill sets:

- Financial management
- Health equity/diversity/anti-oppression
- Community partnership
- Academic profile/ works in academia

The Board meets for two hours once every quarter. Meetings generally take place in the evening.

Membership of the Board includes patients, community partners, physicians and hospital leadership.

Board membership is a 3 year term, renewable once.

Like all Boards, the TW FHT Board is responsible for strategic and financial oversight.

If you are interested in putting your name forward for consideration for a TWFHT Board position, please provide a letter of interest together with a copy of your current CV to Mary Kelly mary.kelly@uhn.ca by **August 27th at the latest.**

CLINIC REMINDERS

A reminder that health cards must be shown at every visit, including virtual visits.



If your health card has expired, please see the [Service Ontario website](#) for renewal options, some of which have changed during the pandemic.

If you do not have your health card, you may be charged for the visit.

PHONE LINES

- We continue to have an extremely high volume of calls.
 - Our phone lines are busiest when the clinic opens in the morning and at lunch time (between 12 and 1pm), so if you cannot get through, please try again a little later.
 - **Our phone lines are closed on Wednesday mornings** as this time is dedicated to meetings and academic work. Please call after 1:30pm on Wednesdays.
- Bathurst patients: We strongly encourage you to **request appointments through our [online messaging system](#)**, as we will be able to respond quickly and efficiently
- Garrison patients: We encourage you to book appointments with your physician [online](#)

CLINIC VISITS



Studies have shown that traditional annual physicals do not benefit the health of patients.

Instead, periodic health assessments done at intervals recommended by your primary care provider are more beneficial. These visits are intended to address screening tests and preventive health.

We recommend the following:

Patients age 13 to 17 years – annual periodic health assessment

Patients age 18 to 49 years – periodic health assessment every 3 years

Patients age 50 and above – periodic health assessment every 2 years

Starting September 7, 2021, we will be booking periodic health assessments again.

We continue to be fully open onsite and urge patients to book in person visits. We will continue to offer virtual (phone and video) visits as well.

NO SHOWS

We are experiencing a very high demand for appointments. If you do not plan to or cannot attend your appointment, please remember that we require **24 hours notice**. This will allow other patients to access the clinic in a timely manner.

Anyone not providing at least 24 hours notice will be charged.

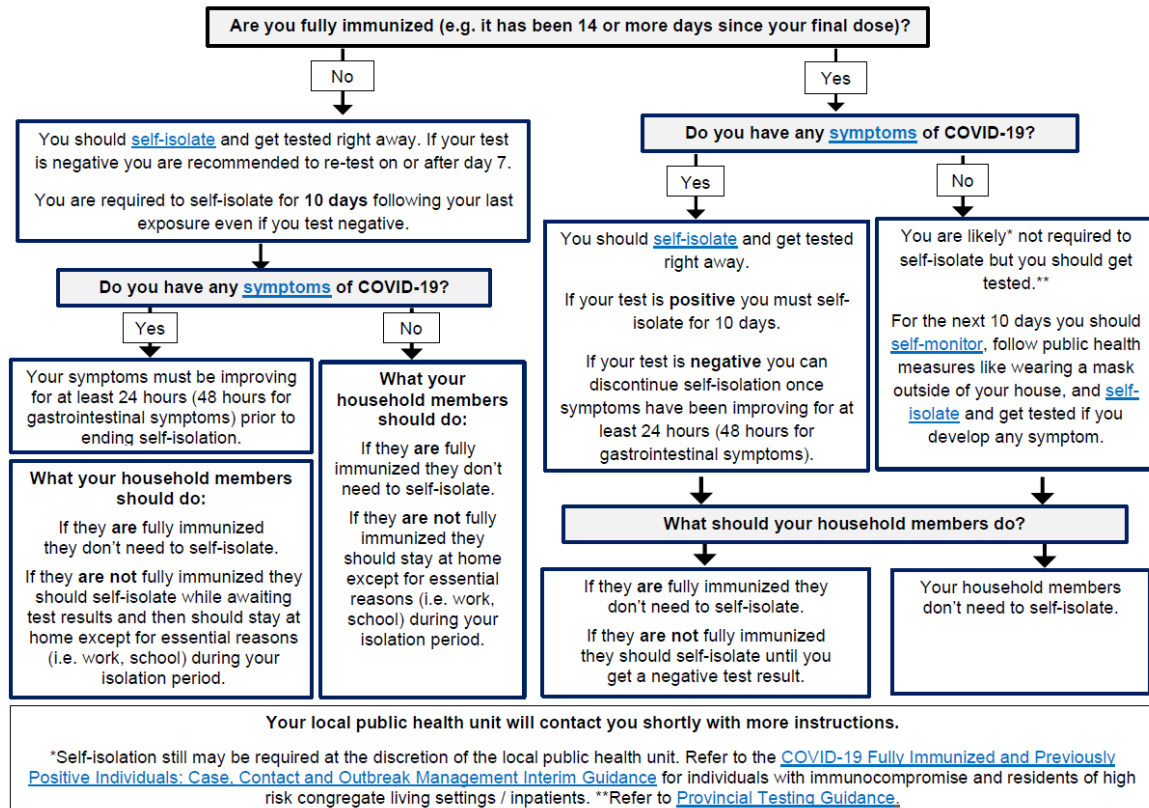
COVID VACCINE CLINICS

The TWFHT continues to offer both Pfizer and Moderna vaccine for both dose 1 and dose 2 at the Bathurst location.

- As you may have heard, a fourth wave of COVID is starting and all health experts tell us that the ONLY way to prevent another lockdown is to get vaccinated. We are all enjoying our summer of increased freedom – it is extremely important that everyone age 12 or over get vaccinated as soon as possible so that we can continue to live the lives we all enjoy.
- Both Pfizer and Moderna mRNA vaccines have been given to millions of people worldwide. They are safe and highly effective at preventing serious complications of COVID, hospitalization and death. We would not recommend these vaccines to our valued patients if we did not 100% believe in their safety.
- The only reason a patient should not get Pfizer or Moderna vaccine is if they had a previous severe reaction to any vaccine.

Please [visit our website](#) for more information and to book your appointment.

You've been exposed to someone who has tested positive for COVID-19, now what?



HOW TO MANAGE YOUR WEIGHT WEBINAR



Interested in learning more about weight management and healthy lifestyle behaviors?

We now offer an online webinar for weight management.

The program will cover:

- How weight, nutrition, and physical activity affect your health
- The differences between body weight and body fat
- How food choices affect your body and health
- 10 steps for a healthier lifestyle that you can start doing today

Referral Process: You must be referred by your family physician

Upon receiving the referral, the dietician will send you an email with a link to access the webinar. There are three parts to the webinar:

- 1) Pre test
- 2) Webinar
- 3) Post test

This course can be accessed from anywhere you can get an internet connection!

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