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CLINIC UPDATES:

PRESCRIPTIONS:

Taking your medication as prescribed is a very important part of maintaining your health.

At least two weeks before your medication supply runs out, ask your pharmacy to fax a medication renewal request to **416-603-5059**.

Your doctor will respond to the pharmacy fax request within three business days. If your doctor decides that they need to see you before renewing your prescription, we will contact you to book an appointment.

In urgent circumstances, your pharmacy can give you a small supply of your medication until your doctor sends in the full prescription. Some pharmacies may charge you for this service. Pharmacies cannot provide this bridging for any controlled substances, including narcotics.

As of Monday, Monday March 14th, questions or requests for prescription renewals will not be addressed by phone by our reception team. We thank you for your understanding and cooperation.



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 21.

- 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.

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.](#)

NON-OHIP-COVERED SERVICES:

Did you know that some of our services are not covered by OHIP?

Please see [list of non-OHIP insured services and fees](#) on our website.

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 an in-house pharmacist?

You can make an appointment with our pharmacist 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
- Smoking cessation
- Questions about drug coverage

Please speak to your health care provider or request an appointment with 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



Patient Education



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Contact us



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Location

Garrison Creek Site: 928 St. Clair Avenue West