

FAMILY MEDICINE/ URBAN FAMILY HEALTH TEAM, ST JOE'S– UPDATES

This continues to be a difficult year for all, as we enter the third province-wide Emergency lockdown. You and your family are likely adjusting once again to the restrictions and are staying home, all while keeping up with the changing rollout directives for the COVID vaccine. **We strongly encourage you and your family members to get the vaccine as soon as you become eligible.**

Please remember, whether or not you have received the vaccine, it continues to be important to wash your hands frequently, maintain a safe distance from those you do not live with, and consistently wear a mask when you are in public. Please look after each other.

Our team is committed to remain responsive to you and your families' health needs while minimizing the risk and exposure for our patients and staff. Here is an update from our team as of this **APRIL**:

The Unity Health COVID-19 vaccine clinics both at St. Michael's Hospital and St. Joseph's Health Centre are continuing to offer appointments for eligible patients to book their vaccine.

How do I book my COVID vaccine appointment?

Find the location closest to you through:

- Toronto COVID-19 Vaccine Website: www.vaccineto.ca
OR
- Toronto COVID-19 Call Centre: 1-888-385-1910
OR
- Find a list of participating pharmacies by city/location go to: <https://covid-19.ontario.ca/vaccine-locations>



Some key points:

- Eligible individuals should only sign up at one vaccination clinic site, preferably the site that is closest to their home.
- Do not go directly to a vaccination clinic without a confirmed appointment. You will not receive a vaccination without an appointment.
- Please DO NOT call our Family Medicine/Family Health Team to book your vaccine appointment. At this time our clinic will NOT be vaccinating our patients. You will have to attend a Vaccine Clinic site close to your home.
- Please review the information at the websites provided below. If you have any further questions regarding the vaccine, its side effects, or if you have concerns about getting the vaccine, you can call at 416-530-6860 to speak with our clinical pharmacist.

Information is changing quickly! To support you and your family in learning more about the vaccine, we suggest you take some time to **look at the following links**:

1. <https://covid-19.ontario.ca/covid-19-vaccines-ontario>
2. <https://www.toronto.ca/home/covid-19/>
3. <https://www.toronto.ca/news/city-of-toronto-unveils-the-black-community-covid-19-response-plan/>
4. <https://www.toronto.ca/wp-content/uploads/2021/03/85f4-AstraZeneca-Vaccine-Fact-Sheet.pdf>
5. You may call at 416-338-7600 or at <https://unityhealth.to/patients-and-families/coronavirus-information-for-patients-and-families/>

Advance Care Planning: An Essential Conversation for Everyone

April 16th is National Advance Care Planning Day in Canada. The Centre for Clinical Ethics, in collaboration with Unity Health Toronto's Palliative Care Services, invites you to join two interactive Zoom sessions which will explore the ins-and-outs of these crucial conversations. These virtual sessions are free of charge and open to any member of the public who wishes to attend. You are warmly encouraged to invite your friends, family members, loved ones, and colleagues.

Friday, April 16th, 2021

Session One - 3:00 pm to 3:45 pm – The Nuts and Bolts of Advance Care Planning

Session Two - 4:00 pm to 4:45 pm – Staying Connected Even When It's Hard: Having Advance Care Planning Conversations

Zoom link: <https://zoom.us/j/97122728251?pwd=M2dqeWtQY2Y5YkhvRFhzNTdmQjZrQT09>

Passcode: 294477

Please direct all inquiries to Lynda.Sullivan@unityhealth.to or 416-530-6750

For Families with Young children!

As part of their Health and Wellness series, St Joe's is hosting a special program for babies and toddlers this month in collaboration with the High Park Library branch. Sessions are free.

Two sessions: **Toddler Time!** (Thursday, April 22 from 2-2:230pm) and **Baby Time!** (Friday, April 23 from 10-10:30am).

You and your little one(s) can join in for stories, songs and rhymes. **Registration is required by calling 416-393-7671.**

St. Joe's Seniors' Series – via Zoom

St. Joseph's Health Centre Foundation is launching these series to support caregivers and seniors in our west-end community. The St. Joe's Seniors' Series is generously sponsored by Bedford Medical Alert and TD. The last virtual event is happening in **May** on "Heart Health and Staying Active".

The Foundation is very excited to offer these educational sessions as part of our Promise to continue to meet the health needs of our west-end community. This is St. Joe's 100th year anniversary and a lot has changed in 100 years, except our Promise to be here for our neighbours. **If you are interested in attending, simply email events@stjoestoronto.ca to register for FREE today.**

Health Promotion Mindfulness Group

This is a great opportunity to learn and practice skills on Mindful Awareness and Stabilization. The four zoom group sessions (PIHIPA and PIPIDA compliant) will allow you to learn and practice tolerance and acceptance of challenging emotions that impact your daily outlook in life, as well as your behaviours and relationships.

Sessions are FREE and will take place on **Wednesdays, June 2, 9, 16 and 23.**

To Register NOW please call 416-530-6947 x2237. Leave your name and number, and a team member will confirm receipt of your call and will provide you with the Zoom link to join in the sessions.

Temporary COVID Isolation Emergency Support Fund (COVID IESF)

This one-time fund has been established to assist individuals who due to a severe financial hardship are not able to access COVID testing and/or complete the required period of isolation. This one-time assistance is available through FCJ Refugee Centre, and is for individuals not eligible to receive any other financial support. Learn more at:

<https://www.fcjrefugeecentre.org/2021/02/temporary-covid-isolation-emergency-support-fund/>

Important reminders:

>Virtual Care: Our team is committed to keeping your phone or video appointment, please make every effort to be on time for your phone and/or video appointments.

>In-person Visits/Care: Since we are limiting the number of patients coming in to our clinics, it is extremely important that you attend your in-person appointment(s); please remember that a missed appointment or failure to advise of cancellations 24hrs in advance of your appointment will result in a \$40 charge.

If you think that you need an in person appointment, please call us to book a telephone or video visit first to discuss your concern(s).

If you come to an In-person appointment/clinic:

St Joe's continues to actively screen any person(s) entering the hospital for potential risk of COVID-19 to ensure the safety and well-being of our people and patients. We strongly encourage you to use the East Entrance when you come to your in-person appointment in Family Medicine during the day. If you come after 1600hrs, please use the Tranquility Entrance.

Any patient, and their family/essential care partners (ECPs) must pass the screening criteria at the entrance before they are allowed in the hospital. Patients under the age of 18 and/or those requiring support due to mobility, cognitive, significant language barrier, intellectual/developmental disability are limited to one essential care partner (ECP), guardian or designated parent. While you are anywhere in the hospital, you (and your care partner) will have to:

- 1) Make sure you are wearing a mask,
- 2) Use the hand sanitizer dispensers or wash your hands and
- 3) Keep physical distance (6 feet-2m apart) from others

To help keep everyone safe and to adhere to the occupancy limit of our waiting room, we ask that you do your best to arrive no earlier than 15mins before your scheduled appointment time. Once registered, please stay in our waiting area, using the properly identified seats. One of our team members will come to get you whenever ready to see you.

City of Toronto construction around St. Joseph's Health Centre

Please be advised that as of February the City of Toronto and the Toronto Transit Commission (TTC) began construction near St. Joseph's Health Centre. This project is expected to tentatively last until the Fall of 2022 and will impact intersection traffic, pedestrian routes and TTC functions around the hospital. The work will occur in the following locations:

1. The King Street West, Queen Street West, The Queensway and Roncesvalles Ave (KQQR) Intersection – Feb to Jul
2. The Queensway from Parkside Drive to Roncesvalles Ave, including The Queensway Bridge – Jul/21 to Apr/22
3. Roncesvalles Avenue from Queen Street West to Dundas Street West – April/22 – Aug/22

Construction schedules are always subject to change so the dates outlined above are tentative. The City of Toronto's webpage, <http://toronto.ca/kqqr> will have up-to-date information on any traffic, public transit or pedestrian route impacts to support your visit to the hospital. **Please plan ahead to ensure you give yourself enough time to travel to your appointment.**



We Are Here for You!

You can always consult our website at: <https://stjoestoronto.ca/areas-of-care/family-medicinurban-family-health-team/>

under Patient resources.

Should you have any questions or concerns about your health, please call us at 416-530-6860 Monday to Friday from 9:00 to 17:00hrs.

**St Joe's Family Medicine/
Urban Family Health Team**

