

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

We hope you and your family are remaining healthy and optimistic, while adjusting to the restrictions and are staying home. We also know that many of you have already received the vaccine through the many clinics and locations across the City that are quickly expanding availability to those over 18 years old. Vaccines remain an important part in our collective fight against COVID-19. **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 while enjoying outdoor activities. 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.

### Already vaccinated?

**Please call us at 416-530-6860 to let us know if you already received the COVID vaccine. This will help us in keeping your health records up to date.**

### Are you 18 and older and want to book your first dose COVID vaccine appointment?

Find the location closest to you through:

- Toronto COVID-19 Vaccine Website: <https://vaccineto.ca/landing> OR
- You can also visit: [www.toronto.ca/covid19](http://www.toronto.ca/covid19) and <https://unityhealth.to/>
- Toronto COVID-19 Call Centre: 1-888-385-1910
- Find a list of participating pharmacies by city/location go to: <https://covid-19.ontario.ca/vaccine-locations>

### Family friendly pop-up vaccine clinics for priority groups aged 12 to 17

As of May 20, Unity Health's COVID-19 vaccination clinics at St. Joseph's and St. Michael's will release appointments for a family friendly pop-up clinic starting Monday, May 24.

#### Who is eligible:

- Those who are 12 to 17 years of age who live in the following high risk areas:
  - **St. Joseph's:** Postal codes starting with M6K, M6N, M8V, M9A, M9B, M9C, M9R, M9V and M9W
  - **St. Michael's:** Postal codes starting with M4X, M4Y, M5A, M5B and M5E
  - **Proof of address is required** (i.e. government-issued ID; bank, utility or phone/internet bill; or lease agreement). This can have the name of an accompanying adult instead of the youth.
- Those who are 12 to 17 years of age with the following health conditions:
  - Organ transplant recipients and individuals awaiting organ transplant
  - Hematopoietic stem cell transplant recipients
  - Neurological diseases in which respiratory function may be compromised (e.g., motor neuron disease, myasthenia gravis, multiple sclerosis)
  - Haematological malignancy diagnosed <1 year
  - Kidney disease eGFR < 30
  - Individuals who are pregnant at time of vaccination
  - Obesity (BMI > 40)
  - Other treatments causing immunosuppression (e.g., chemotherapy, immunity weakening medications)
  - Intellectual or developmental disabilities (e.g., Down Syndrome)

**NOTE:** Proof of age is required – youth must be 12 years of age or older on the date of vaccination.

**To book and learn more go to:** <https://unityhealth.to/patients-and-visitors/covid-19/vaccine-clinics/>

## Reminders:

- 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 convenient & 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!

Ontario is now pausing the distribution of AstraZeneca for first doses. This action has been taken as a result of higher-than-expected rates of blood clots associated with the vaccine. No doubt this has left many members of our community with questions. Research is taking place to analyze the impact of mixing vaccines for those who have already received the AstraZeneca first dose. Others are continuing to seek guidance in making decisions. More information to come on this. 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/covid-19-protect-yourself-others/covid-19-vaccines/>
3. <https://www.toronto.ca/wp-content/uploads/2021/03/85f4-AstraZeneca-Vaccine-Fact-Sheet.pdf>
4. <https://unityhealth.to/patients-and-families/coronavirus-information-for-patients-and-families/>
5. <https://www.toronto.ca/wp-content/uploads/2018/04/96a2-tph-making-vaccines-easier-teen.pdf>

## 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.

## St Joe's is 100 years!

This year St. Joseph's Health Centre turns 100 years old and together with you, we celebrate a century of exemplary care. We are incredibly proud of our rich and honourable past. Please enjoy the archival photos and learn from our history, go to: <https://stjoestoronto.ca/your-health-centre/st-joes-100th/st-joes-100-photos-of-our-past/>

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

Please be advised that 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 July/21
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
4. 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**

