

FAMILY MEDICINE/ URBAN FAMILY HEALTH TEAM – UPDATES

We trust that this finds you and yours well. It has certainly been a tricky time as we all complied with the extended lockdown in Ontario and the news of the COVID-19 vaccine arrival. We are very much looking forward to the extensive rollout of the vaccine, initially for high risk populations –including 80+ years old, followed by having many of you getting vaccinated in the upcoming months. While we start going out only as necessary, it remains important to continue to wash your hands, maintain a safe distance from those you do not reside with, and consistently wear a mask when you are in

public. 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 **March**:



The arrival of the COVID-19 vaccine is exciting news for all in allowing us to control the COVID-19 pandemic. Ontario's goal is to vaccinate every eligible person by the end of 2021.

COVID-19 Vaccine for people 80 years and over, Chronic Home Care clients and Indigenous people

The Unity Health COVID-19 vaccine clinics both at St. Michael's Hospital and St. Joseph's Health Centre are now vaccinating members of the public 80 years and older (born in 1941 and before), ambulatory chronic home care clients and Indigenous adults.

How do I book my COVID vaccine appointment?

At this time all 80 years and older (born in 1941 and before) can book by:

- Going to Toronto COVID-19 Vaccine Website: www.vaccineto.ca
- Calling Toronto COVID-19 Call Centre: 1-888-385-1910

Some key points:

- Eligible individuals should only sign up at one vaccination clinic site, preferably the site that is closest to their home. Please do not pre-register or book appointments at multiple locations.
- 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. Our patients will not be vaccinated in our clinic until potentially later in the rollout (when we have the AstraZeneca and Johnson & Johnson vaccines available) for subsequent age ranges.
- 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.
- We recognize that these have been very confusing and anxiety-provoking times, but do want you to know that there will be enough vaccines for everyone over the coming months and we will continue to let you know how to access them to the best of our ability.

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/news/city-of-toronto-unveils-the-black-community-covid-19-response-plan/>

3. People can ask Vaccine questions every night at 8pm to 10pm. Drop-in on this zoom by the University of Toronto experts: <https://www.utoronto.ca/news/daily-zoom-sessions-u-t-researcher-answers-people-s-questions-about-covid-19-vaccines>
4. [Answering your Questions about the COVID Vaccine-](https://www.youtube.com/watch?mc_cid=1cbc92aacc&mc_eid=3148e5d18b&v=pJmsZdJS2jw&feature=youtu.b) geared to family members of an adult with a developmental disability- H-CARDD
https://www.youtube.com/watch?mc_cid=1cbc92aacc&mc_eid=3148e5d18b&v=pJmsZdJS2jw&feature=youtu.b
5. <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/covid-19-about-the-vaccines/>
6. <https://www.toronto.ca/wp-content/uploads/2021/03/8ef0-DS-21-0029-COTMassImmunizationFactSheetSeniorsFinalWeb.pdf>

COVID-19 Vaccine for people 60-64 years of age:

Starting this week, select pharmacies in Ontario, including Toronto are booking appointments for AstraZeneca COVID-19 vaccines for eligible people between 1957 and 1961 (age 60-64), as part of Ontario's pharmacy pilot.

You must have an appointment to get vaccinated at a participating pharmacy. Walk-ins will not be accepted.

To find a list of participating pharmacies by city/location go to: <https://covid-19.ontario.ca/vaccine-locations>

To find out more information about the AstraZeneca COVID19 vaccine go to: <https://www.toronto.ca/wp-content/uploads/2021/03/85f4-AstraZeneca-Vaccine-Fact-Sheet.pdf>

Need Info on COVID-19?

Please note that Toronto Public Health continues to be your best resource regarding any COVID-19 concerns or questions. Their frequently updated website can be accessed at: <https://www.toronto.ca/home/covid-19/>

You may call at 416-338-7600 or at <https://unityhealth.to/patients-and-families/coronavirus-information-for-patients-and-families/>

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. This series on Zoom brings experts from St. Joe's to talk about different topics. Upcoming virtual events include:

March - Mental Health and Staying Connected

April - Sleep and Memory

May - 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, email events@stjoestoronto.ca to register for FREE today.**

March is Nutrition Month!

Butter vs. margarine? Dairy or not? With so many diet trends, it's hard to know what's best for you. Speak with a dietitian to have your questions answered, meet your goals & find your healthy! **Happy Nutrition Month everyone!**

Click on the link below to view a video message from our in-house registered dietitian, Melissa.

<https://www.youtube.com/watch?v=UdJdrxSuZSw>

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 the City of Toronto and the Toronto Transit Commission (TTC) began construction near St. Joseph's Health Centre on February 12, 2021. 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 2021
2. The Queensway from Parkside Drive to Roncesvalles Ave, including The Queensway Bridge – July 2021 to April 2022
3. Roncesvalles Avenue from Queen Street West to Dundas Street West – April 2022 to August 2022

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.

STAY SAFE and Welcome Spring!!!

St Joe's Family Medicine/Urban Family Health Team

