



October 2022

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Dear Patients,

We hope this letter finds you well. As is typically the case at this time of year, Autumn brings with it numerous updates and developments in and around our office... Please take the time to review this newsletter carefully!

FLU SHOTS ARE COMING...

As our patients know, we strongly recommend getting a flu shot EVERY year. While **we do not yet have flu shots** in our office, the first shipments of flu shots are expected to go out to primary care clinics in the coming weeks.

Once we do receive them, rest assured that we will begin administering shots in our office, and will communicate plans for our regular Flu Shot Clinics. Our expectation is that **our Flu Shot Clinics will likely occur in late Oct/early Nov**, as we have typically done in the past. In the interim, flu shots will eventually also be widely available at many pharmacies.

If you do receive a flu shot somewhere other than our office, we strongly encourage you to let us know so we can update your chart accordingly!

RESOURCES

- Ontario.ca: [The Flu - flu facts](#)
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COVID UPDATES

We continue to encourage our patients to ensure that they are adequately protected against COVID-19.



All Ontarians 18 and older are now eligible for the **Bivalent booster shot**, which specifically targets the Omicron variant of COVID-19 that has been circulating more recently. Booster shots are recommended at least 6 months after a previous vaccine dose or COVID infection, although 3 months (84 days) may be considered based on age, risk and health status. If getting a booster dose after a recent COVID infection, 6 months (168 days) may provide a better immune response.

- Ontario News Release (Sep 25): [Ontarians 18+ Eligible for Bivalent Booster](#)
- Toronto Public Health: [COVID-19 Vaccine Eligibility & Doses](#)

Pfizer and Moderna shots are now available for **children aged 6 months to 5 years** as well. Appointments can be booked through the [Ontario vaccination portal](#); likewise, vaccination is available at community locations throughout the city, such as the North York Family Health Team's Family Friendly COVID-19 Vaccination Clinics (Tuesdays in October, 240 Duncan Mill Rd, #803: www.nyfht.com).

As always, guidelines and recommendations relating to COVID-19 continue to evolve. Please see below for common questions and answers as well as relevant updates.

- *Confused About COVID?* - <https://dfcm.utoronto.ca/confused-about-covid>

OCEAN - ONLINE ENGAGEMENT

As mentioned in our July newsletter, our office has begun using the Ocean Patient Engagement Platform, and will continue to roll out its use in the coming weeks and months. Please note that you may start to receive new and different forms of online correspondence from our office, including:

- Secure email messages
- Appointment reminders
- Intake forms
- Clinical forms & screening tools - *to be completed in advance of appointments, and automatically uploaded directly to your chart upon completion*
- eReferrals

Emails that arrive via Ocean will typically appear from *Generations Family Health Centre* <no-reply@cognisantmd.com>. Please ensure that you add this address to your junk filter.



We will also be introducing the option to book certain appointment types online, via Ocean's Online Appointment Booking (OAB) system.

OAB Link:

<https://ocean.cognisantmd.com/online-booking/e888e030-3f51-4639-b421-0a0a6b1858f2>

While the adoption of OAB will be somewhat progressive and some limitations will be in place (ie. certain appointment types will still need to be booked through our reception staff), we hope to continue to expand upon these welcome and convenient additions to our clinic.

AFTER HOURS COVERAGE

Beginning this month (Oct 15), our weekend After Hours Clinic will take place on Saturday mornings, 9:00am-12:00pm. This clinic is intended for urgent/acute concerns; appointments can be booked same-day by contacting the office.

PATIENT SURVEY

The OurCare project is conducting a research survey to hear from people across Canada about their views on primary care and what better would look like to them.

Help us hear from as many people as possible. [Take the survey](#) and [use these materials to share the research survey link with others.](#)

The OurCare project is being led by Dr. Tara Kiran from the MAP Centre for Urban Health Solutions, Unity Health Toronto. For more information, visit ourcare.ca.