

Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

October 2026

Garrison Creek Site

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Clinic Updates & Reminders

Flu Shot Clinics



The TW FHT will be offering Flu Shot Clinics. Please check [our website](#) for flu shot updates and vaccine availability at the end of October.

Important information about flu shot clinics:

- When available, our clinic will offer regular and high dose flu shots for anyone 6 months of age and older.
- Due to the high demand of flu shots and limited supply provided to us, we encourage you to get your flu shot at your local pharmacy or TPH Clinic.
- We will NOT be offering COVID-19 vaccines

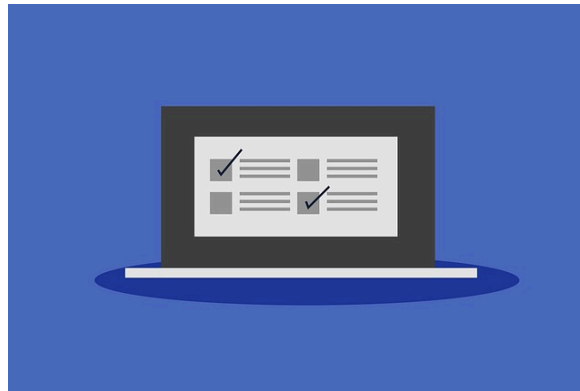
[Learn more about Flu Shot and RSV Clinics at TW FHT](#)

Online Resources

[Flu Shot - Frequently Asked Questions](#)

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The SPARK Tool: A Health Equity Questionnaire



TW FHT wants to learn more about you!

Starting later this fall, the Toronto Western Family Health Team will begin collecting information about our patients' demographics and social needs (for example, factors such as race, sexual orientation, and ability to afford essential needs such as food, housing, or medication).

Why are we doing this?

These questions help us understand who you are so we can give you better care. It is important to ask these questions to make healthcare equitable for everyone.

How will we be sharing this survey?

If you have an email on file and are over the age of 18, you will receive an invitation to complete an email survey with your appointment reminder.

Is it mandatory?

No, participating in the survey is completely voluntary and in no way impacts the care you receive at our clinic.

For more information check out the [SPARK Patient Brochure](#)

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Health Promotion: Health Topics

Breathe Easier: Care for the Planet



1 aerosol puffer can have a carbon footprint up to a
170 km car journey



The aerosols that push out the medication from these types of puffers are **harmful greenhouse gases**¹

If you use an inhaler for asthma or COPD, there may be opportunities to reduce its environmental impact while maintaining good control of your breathing symptoms. Some inhalers have a much lower carbon footprint than others.

Four Ways to Make Inhaler Use More Sustainable

1. Confirm you need an inhaler: Make sure your asthma or COPD diagnosis has been confirmed with the right testing when possible.

Regular medication reviews can help ensure you are using the right treatment.

2. Consider lower-carbon inhalers if possible:

Metered-dose inhalers (MDIs) contain propellants that contribute to greenhouse gas emissions.

Dry powder inhalers (DPIs) and soft mist inhalers (SMIs) often have a much lower environmental impact and may be suitable for many patients. Some people are not able to use dry powder inhalers, so it is important to check your inhaler technique.

3. Use your inhaler correctly: Good inhaler technique helps medication reach your lungs effectively.

Ask your healthcare provider or respiratory therapist to review your inhaler technique or watch a video online:

[How to use your inhaler - Canadian Lung Association](#)

4. Dispose of inhalers properly: Return used or expired inhalers to a pharmacy when possible.

Proper disposal helps reduce environmental harm from leftover medication and propellants.

Talk to Your Healthcare Team

Every inhaler choice should be based on your health needs. If you are interested in a lower-carbon option, ask the following questions:

- Is my current inhaler still the best choice for me?
- Could a dry powder or soft mist inhaler work for my condition?
- Can someone review my inhaler technique?
- How should I dispose of my used inhalers?

For many patients, choosing the right inhaler, using it correctly, and disposing of it properly can benefit both personal health and the environment.

Remember... the best inhaler is one that controls your symptoms effectively.

Online Resources

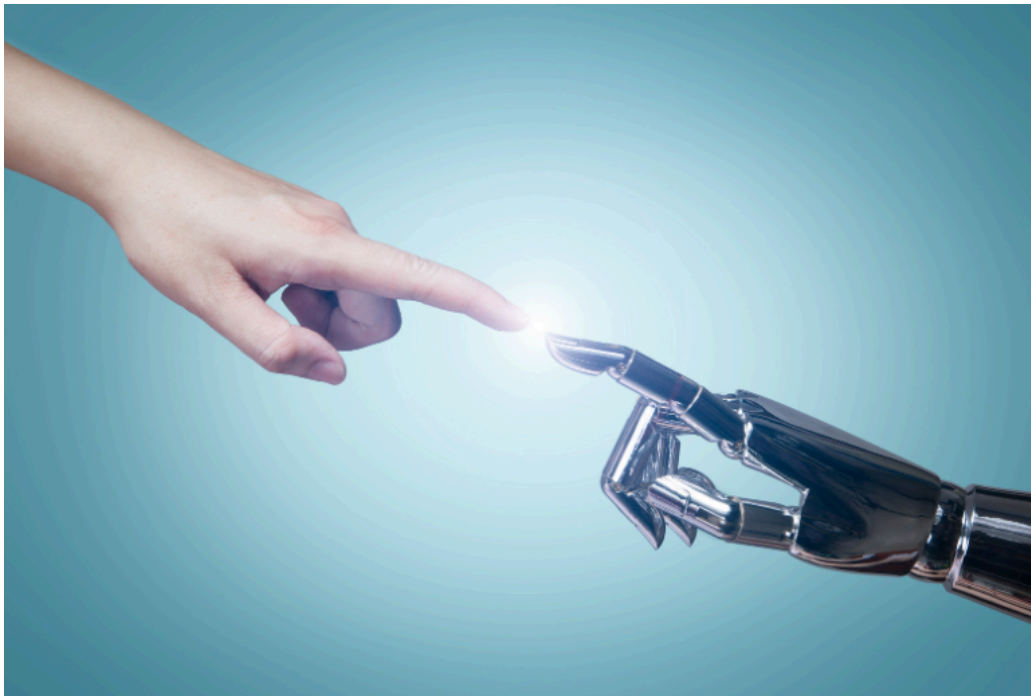
- [Inhaler Infographic](#)
- [Patient Inhaler Disposal Poster](#)
- [How to use your inhaler - Canadian Lung Association](#)
- [Lung Health Program - Toronto Western Family Health Team](#)

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Upcoming Health Education Workshops October 2026

TW FHT Monthly Program Calendar

Your Health and AI: Part 1 and Part 2 - A Beginner's Guide to the Benefits and Risks (Online)



Learn what generative AI is, the pros and cons of AI use and how it can help you in your health journey.

*Please sign up for each session separately

Sign up for this workshop

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Advance Care Planning (Online)



Have you thought about what is important to you when it relates to your health and personal care? What if you are not able to make decisions about your health? Who would be the best person to make these choices for you?

Sign up for this workshop

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Migraines: A Survival Guide (Online)



Are you an adult that suffers from migraines? Do you want to learn more about migraine headaches and the different treatment options available?

Join this workshop to understand migraine symptoms and potential causes. And learn about what lifestyle changes you

can make and how you can improve your quality of life with migraines

[Sign up for this workshop](#)

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**Living Well as We Age:
Staying Healthy, Active and Connected
(In person at Garrison Creek site)**



This workshop will share simple but useful tips for living well as you age. You will learn how to keep your mind active and sharp, manage stress, stay active, and make safe choices about medications and vaccines.

This workshop is available to patients from both the Bathurst and Garrison Creek sites. Space is limited.

[Sign up for this workshop](#)

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up-to-date health information

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