



# Inpatient Family Newsletter

**FEBRUARY 2026**

## News & Resources for You

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Read this letter online at: [HollandBloorview.ca/InpatientLetter](https://HollandBloorview.ca/InpatientLetter)

### Safe Spaces for All

At our hospital, every child, family member, and team member deserves to feel safe, valued, and respected.

We are committed to fostering a welcoming, respectful environment for the Holland Bloorview community. We appreciate your support in reinforcing that behaviour which is disrespectful, disruptive, or threatens the safety and wellbeing of others (e.g. discriminatory language or yelling) is not acceptable. Holland Bloorview's Rights and Responsibilities can be found [here](#).

Thank you for helping us make this a place where children heal, families find comfort, and staff feel supported.

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### Non-smoking policy and cigarette disposal



We would like to remind families visiting Holland Bloorview that smoking is not permitted on hospital property. In addition, smoking within nine meters of hospital entrances or exits, or within 20 meters of the Bloorview School Authority and playground is strictly prohibited. This policy is in accordance with the Smoke-Free Ontario Act and the Ontario Regulation and the Cannabis Act, put into effect to ensure a clean, safe and smoke-free environment for all. Cigarette butts should not be thrown on the ground. There is a cigarette disposal in the waste receptacle located along Kilgour Road outside the hospital entrance.





## Upcoming Meal Voucher Price Adjustments – Effective January 2026

To keep pace with rising food and labor costs, the cost of meal vouchers will be updated in the new year. Meal vouchers will continue to provide a **complete meal** — including a main course and dessert — when redeemed at the 3rd-floor serveries with client meals. They can also be redeemed to purchase food in the cafeteria and at Tim Horton.

Current rates of \$5.00 for breakfast and \$10.00 for lunch/dinner have remained unchanged for several years and no longer reflect operational expenses.

**New pricing (effective January 2026):** Breakfast: **\$6.00**      Lunch & Dinner: **\$12.00**



### Dare to wear a cape!

Capes for Kids is back March 6 to 13, 2026! This fun, community wide fundraiser brings together kids, families, staff, and supporters to help shape the future of disability health care at Holland Bloorview. Participants fundraise, wear their capes with pride, and celebrate the courage and creativity of kids and youth across our hospital.

Clients and families are invited to take part in whatever way feels right. You can fundraise on your own, team up with family and friends, or simply register to be part of the Capes for Kids community.

Ready to join in? [Register](#) online to create your Capes for Kids page and learn how to get involved. Raise \$100 (\$50 for kids) to earn a red cape or, raise \$1,000 to receive a limited-edition gold cape. Every registration helps support programs and care that make a real difference for kids and youth at Holland Bloorview.



### Together We Dare – Dream Big with Us!

At Holland Bloorview, every day is about daring to create a world of possibilities - whether that means trying something new, thinking differently, or showing up for each other.

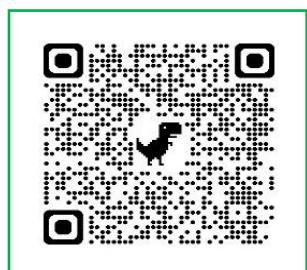
*Together We Dare* is a new bold campaign with a goal that every kid with a disability, here in the hospital and around the world, gets the best care, the latest technology, and a future where they can thrive, belong, and dream big.

You can be part of the DARE! Share your big dreams with your care team, cheer each other on, and help spread the word about building a world where all kids are included. Visit [TogetherWeDare.ca](#) to learn more.

### The Bridging to Adulthood Team

Our team supports clients, aged 14 and older, along with their families, in planning for life after pediatric care ends at 18. We can help you prepare for non-medical adult programs and services, including life skills, employment, independent living, legal matters, post-secondary education, social connections, and more.

Scan the QR code to visit our website and monthly calendar of events and appointments. Feel free to email our team to learn more, we'd love to speak with you: [transitionpop-up@hollandbloorview.ca](mailto:transitionpop-up@hollandbloorview.ca)





## Staying healthy during the high viral season

As the weather gets colder during the fall season, respiratory viruses such as influenza, rhinovirus (also known as the common cold), and COVID-19 tend to rise. Wearing a mask is an effective measure to reduce transmission and keep everyone at Holland Bloorview and our community healthy and safe. A self-serve masking station has been set up by reception. Masking and hand sanitizing stations are also available throughout the hospital.

### How to work together and reduce virus spread:

- Getting your flu and COVID-19 vaccine immunizations
- Washing your hands often

While masking is optional hospital-wide except for clinical-facing interactions, it is encouraged to reduce viral spread. The infection prevention and control team continues to monitor viral activity including impact on clients, staff and in the community. Masking protocols will be adjusted accordingly if required. Holland Bloorview will always provide care, regardless of one's ability to mask. Let's work together to keep everyone healthy and safe this viral season!



### Spiritual Care Services at Holland Bloorview

Have you met Ruveyda Durmus, Spiritual Care Facilitator?

Ruveyda has been supporting inpatient rehabilitation and complex continuing care clients, and their families and staff at Holland Bloorview since July 2023. Ruveyda holds a bachelor's degree in religion and Women and Gender Studies, and a Master's in Psychospiritual Studies with Psychotherapy. A fun fact about Ruveyda: She is a registered psychotherapist and enjoys making delicious desserts. Ruveyda works Monday to Thursday and can be reached at ext. 3656.



### Important Reminder from the Bloorview School Authority

This is a gentle reminder to please wear your hospital lanyards when you are coming to Bloorview School to pick up or drop off your child. While your child's classroom team recognizes you, many other staff do not, and it is important for the school to be able to easily identify people that are in the building. Thank you for helping to keep our school safe.



### Data sharing at Holland Bloorview

Holland Bloorview is partnering with data consortiums like KidSights and research partners locally and worldwide so we can bring the health data of children with disabilities and developmental differences together. How? We will share de-identified clinical data (data that does not have any personal information like name or address) with data and research partners.

Learn more about how we are harnessing data to advance pediatric innovation and discovery: [www.hollandbloorview.ca/datasharing](http://www.hollandbloorview.ca/datasharing). Not interested in sharing your de-identified clinical data? Follow the opt-out process on this [webpage](#) or ask your care team.

## Join the Family Leadership Program

Share your experience as a caregiver of a Holland Bloorview client to help us design and deliver the best care and research experience possible for all clients and families. The Family Leadership Program team will work with you to find volunteer roles that fit your interests and schedule. Your lived experience can have impact across the hospital and Bloorview Research Institute. For more information about the Family Leadership program, please scan the QR code for further details.



## Infection Prevention and Control updates

### Infection Control Top 4 Questions for Kids, Youth & Families



How does Holland Bloorview Kids Rehabilitation Hospital prevent infection?



Do you want to know what infections are reported publicly by Holland Bloorview?



How does Holland Bloorview rank in hand hygiene compliance compared to other children's hospitals?



Curious about common infectious diseases such as Influenza, RSV, Rhinovirus or Enterovirus? We've got fact sheets to help you learn more!

Treat every moment as a chance to keep yourself and others safe.

For more information, contact Infection Prevention and Control

📞 (416) 425-6220, ext. 3708, or email

✉️ Clvorra@hollandbloorview.ca



Scan here with your phone for answers

Updated August 2025

### Staying up to date with your measles vaccine

Measles is a highly contagious disease that continues to circulate globally, including in Toronto. Toronto Public Health encourages families to stay up to date with their routine vaccinations including the measles vaccine. For more information about measles, speak to your health-care provider or visit [Toronto Public Health](#).

## Client and Family Centred Care updates

### • Caring Closet by VolunteerABLE

There is a "Caring Closet" in the SODR lounge (behind the sofas) that has been created for all inpatient clients and families to access during their stay. The "Caring Closet" has clothing and some personal items that one might need – all donated from staff, community supporters, and families at Holland Bloorview. All the clothing in the closet has been laundered, folded, and carefully placed into bins by the team from VolunteerABLE. If you have any questions please reach out to your social worker, nursing, and therapy staff members.

- **Workshops and Events for Families**

Please click [here](#) to access the Family Resource Centre's calendar of monthly workshops and events for families from January – March 2026. Our workshops and events are open to both inpatient and outpatient family caregivers, as well as community families in the childhood disability community. While many of the events will be held over Zoom, some will be offered in-person. Feel free to reach out with any questions: [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

## Upcoming Events:



### CommunityCONNECT: Building Confidence and Health Literacy Skills with Our Kids Health

Date: Thursday, February 5<sup>th</sup>

Time: 10:30 am to 12 pm (Virtual)

Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)



### Family Workshop: PrevNET Bullying Prevention

Date: Wednesday, February 11<sup>th</sup>

Time: 10:30 am to 12 pm (Virtual)

Contact: [Ishwarya.shankar@hollandbloorview.ca](mailto:Ishwarya.shankar@hollandbloorview.ca)



### Parent Support Network: Resources for Black Parents/Caregivers & Families

Date: Wednesday, February 25<sup>th</sup>

Time: 5:30pm to 7pm (Virtual)

Contact: [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca)

## Reminders and Resources for Inpatient Families



### Inpatient Unit Reminders

#### Recommended visiting schedule:

As clients are often participating in therapy programs and school during the day, visits from siblings and other visitors are strongly recommended to take place:

- Monday to Friday between 4:00pm to 9:00pm.
- Saturday, Sunday, and Statutory holidays between 10:00am & 9:00pm

All visiting hours end at 9:00pm

#### Visitors and Accommodations:

- One parent/caregiver (16 years of age or older) plus one child under 30 months may stay by your child's bedside overnight. All visitors must sign-in and obtain a visitor lanyard at the main reception desk on the first floor. All visitors must wear this lanyard whenever visiting the third floor. It helps us to clearly identify visitors and keep your child safe.
- Two persons plus one child under 30 months can be at your child's bedside during the day.

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**Gatherings:** A friendly reminder that clients and families are not permitted to use staff meeting rooms for gatherings. Family visits with more than two people must occur off the unit and take part in non-client care areas (such as cafeteria, Atrium, Spiral Garden, or the front courtyard) depending on the circumstance including weather conditions or hospital-wide programming.

**Lanyards:** For security reasons, all individuals visiting inpatient clients, as well as all inpatient caregivers, must wear hospital-issued identification, such as the red or black lanyards and ID badges, always when on hospital property. Clients must also always wear their ID wristband.

***Thank you for your cooperation.***

**Laundry:** A friendly reminder that parents/caregivers are responsible for their child's personal laundry (except for hospital linens and towels). The laundry room is located on the 3<sup>rd</sup> floor between SODR lounge and the family lounge (3W115). You are welcome to bring your own detergent or purchase from nearby grocery stores. Each machine costs \$2 per load, and payment is by **card only**. If you do not have a credit card, please reach out to your team for assistance.

### **Family Fridge Reminders**

For your convenience, we can provide **ONE** plastic bin to keep all your child's food items from home while they are here – the bin must be labelled with your family name. Please ensure all items fit in the bin and the lid can close.

**Fridge etiquette:**

- *Check the bin on Wednesdays and Fridays and please do not leave food to go bad in the fridge if your child will not be here on the weekend.*
- *Clean up any spills or messes from liquids/foods right away.*

*When your child is being discharged, simply empty out the bin and place the bin in the dirty dishes bin for us to clean and reuse for another family.*



### **Pro Bono Triage Lawyer**

Client families may access the hospital's Pro Bono Triage Lawyer, Rosemary Masemann. Our triage lawyer offers free and confidential legal advice and resources around immigration issues, job protection and workplace accommodation, estate planning, housing law, school accommodations and more. To set up a consultation, email [rmasemann@hollandbloorview.ca](mailto:rmasemann@hollandbloorview.ca) or reach out through your social worker. More information about these legal services can be found on our hospital website at: <https://hollandbloorview.ca/our-services/family-workshops-resources/onsite-legal-program>.



### **Family Support Specialists**

Inpatient caregivers can connect with the Family Support Team by e-mailing [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca) to explore relevant caregiver, sibling and other resources at our hospital and in the community.

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## Online booking system for Family Accommodations

Family Accommodations has an updated [webpage](#) and a user-friendly online booking system. It's designed to offer a seamless experience for families and guests, provide easy access to details around booking requirements and payment options, and enable clients and families to book accommodations online.



## Join the BLOOM Community for Resources on Parenting Children with Disabilities

Want to learn about parenting children with disabilities? [Sign up for Holland Bloorview's monthly BLOOM e-letter](#). It combines real family stories and the best expert advice with the latest news and opinion on disability.



## Semi-private spaces for breastfeeding and chestfeeding

Holland Bloorview is a breast/chestfeeding-friendly facility. Families, staff, and visitors are welcome to breastfeed, chestfeed and/or express milk any time and anywhere while onsite. There are two spaces designated for families, staff, and visitors to nurse in a semi-private, quieter environment.

Spaces are located at The Grocery Foundation Resource Centre on the 1st floor and on the 2nd floor, west wing, behind registration. Both spaces include specialty nursing chairs with high backs for additional privacy. To learn more, visit our website at <https://bit.ly/434s5LH>



## Family Mentor Program

The Family Mentor Program can connect you with a trained peer support volunteer who has experience as a Holland Bloorview caregiver. They can provide you with social support, a listening ear, and help you find the resources you need during this challenging time. To learn more about this program and how you can be matched to a mentor, please go to: [www.hollandbloorview.ca/familymentor](http://www.hollandbloorview.ca/familymentor)



HB Family Support Network

## HB Family Support Network

This is a private, moderated Facebook group designed for families and caregivers of kids and youth who currently receive or have received services from Holland Bloorview. The group aims to provide helpful resources and a sense of community in a supportive online space. Become a member today: <https://www.facebook.com/groups/hbfamilysupportnetwork>. Please be sure to answer all group questions when submitting your membership request.



## Spotlight Award Program

If you would like to thank a staff, student, or volunteer, give them a Spotlight Award by filling out a green feedback card and submitting it to the drop-box in front of the Family Resource Centre (1st floor); or sending an e-mail to [feedback@hollandbloorview.ca](mailto:feedback@hollandbloorview.ca). More information about Holland Bloorview's recognition program can be found <https://hollandbloorview.ca/our-services/your-feedback-matters/spotlight>.



## Food Services Information

For information on the food options in and around Holland Bloorview, please consult with the Food Services Fact Guide which is located in all inpatient rooms and can be found on our hospital website at:

<https://hollandbloorview.ca/our-services/about-your-visit/onsite-amenities/cafeteria-and-food-services>



## Emergency Preparedness

Holland Bloorview aims to provide a safe and secure environment for all patients, visitors, staff, and volunteers. It is possible that while you are visiting Holland Bloorview you will hear an **emergency code** called over the public address system. Staff are trained to respond to these codes. They will provide direction on what you need to do during a code. For more information on emergency preparedness visit our hospital website at:

<https://hollandbloorview.ca/about-us/impact-public-reporting/emergency-preparedness>

Our inpatient care team and managers are always available to answer your questions, address concerns, or listen to your ideas about how we can continue to improve our communication with you.

- **Cara McCarthy**, interim clinical operations manager for the Brain Injury Rehabilitation Team (BIRT) [cmccarthy@hollandbloorview.ca](mailto:cmccarthy@hollandbloorview.ca) (416) 425-6220 ext. 6061.
- **Michelle Balkaran**, clinical operations manager for Complex Continuing Care (CCC) [mbalkaran@hollandbloorview.ca](mailto:mbalkaran@hollandbloorview.ca) (416) 425-6220 ext. 6028.
- **Marcia Sivilotti**, clinical operations manager for Specialized Orthopedic and Developmental Rehab (SODR) [msivilotti@hollandbloorview.ca](mailto:msivilotti@hollandbloorview.ca) or (416) 425-6220 ext. 6338.

## Questions, Comments Concerns

Feedback or ideas about your experience at the hospital may be shared with Kimberley Siu-Chong, client and family relations facilitator at (416) 753-6084 or [feedback@hollandbloorview.ca](mailto:feedback@hollandbloorview.ca)



## Holland Bloorview Kids Rehabilitation Hospital

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A teaching hospital fully affiliated with the University of Toronto