

# The Star

## Summer 2020

### A Little Bird Told Me...

This past Spring, with everything going on, we found that residents were spending more time in their rooms. When our fantastic facilities team was asked to install a bird feeder so that a resident could watch the birds come-and-go, we had no idea what would happen! However, having a bird feeder was so popular, that since then, six more bird feeders have been installed around The Children's Inn. This provides some much-needed entertainment, for residents in their rooms or relaxing outside, to watch the birds swoop around. The next time you're visiting The Inn, make sure to check out what bird might be stopping by for a sunflower seed!

You are  
one  
in a  
melon



The Children's Inn at NIH



### Zilly's Corner

Hi, Friends! This spring has been a little different than in years past, but we are making the best of it here at The Inn. We continue to social distance from one another, wash/sanitize our hands as frequently as possible, and wear masks when around each other. I have also been social distancing from my dog friends, and although it is the safe thing to do right now, I miss them so much! I am happy that the weather is getting warmer and I can spend more time outside. There are lots of activities that can be done outside while still maintaining a safe social distance, such as walks in the park, inflatable dog pools in the backyard and deer-watching on the NIH campus! Please continue to stay safe, and I hope to see you all again soon!



## Groceries Anyone?

April Garber, Resident Services Manager

Can't get out to buy groceries? No problem, we'll bring the groceries to you! With all of the changes happening in the community around us, we don't want you to have to worry about getting the ingredients for your favorite meal or finding that one snack you've been craving for days. Now, instead of having to do all the work of riding in the shuttle to the store, searching the aisles, waiting in line, and carrying everything back to the kitchen yourselves, we can bring everything to you!

To make the process as easy as possible, we have created an online form so that you can request the groceries you need each week. Orders can be submitted right from your phone without even having to get out of bed. Within a few days, the items are delivered from Giant, CVS, and sometimes even specialty stores! Once everything is delivered, our staff makes sure that every item is sanitized before it is bagged for your pick-up right at the front desk.

To ensure your health and safety, The Children's Inn will continue to deliver groceries throughout the summer. If you are planning on visiting The Inn soon, and would like more information about grocery delivery, please email [reservations@childrensinn.org](mailto:reservations@childrensinn.org), or speak to a Resident Services Manager at 301-496-5672.



## ACTIVITIES

**Virtual Game Nights at 7:00 PM:** Join other families in rounds of Jeopardy, Family Feud and other games that can be accessed from your personal device.

**Caregiver Gathering:** Join other parents and caregivers for music and conversation, build friendships, and share support with Cantor Mike.

**Virtual Exercise Classes** –Join fitness instructors Ashley and Stacy for cardio strength workouts that you can do from the comfort of your room. All you need is a yoga mat.

**Young Adult Virtual Sessions :** Young adults ages 18-30 can learn from the expertise of others to build skills and connections. Session topics will include leadership skill development, interview skill building and other opportunities.

**Virtual BINGO:** Residents at The Inn can log on to play BINGO, win great toys and prizes and meet a local Montgomery County Police Officer. Fun for the whole family!

**Family Lunch - Everyday at 12:00 PM:** Enjoy a meal from local restaurants. To promote safe practices, meals are individually packaged and set up for no-contact pick up in the Bistro.

**Family Dinner - Everyday at 6:00 PM:** Enjoy a meal provided by World Central Kitchen. To promote safe practices, meals are individually packaged and set up for no-contact pick up in the A/B Kitchen.

**Grocery Delivery – Various Days and Times:** Order your groceries each Sunday for delivery throughout the week. They can be picked up at the front desk.

**Virtual Concerts – Various Days:** Enjoy Local Artists performing music for a Children's Inn audience.

## Fun in the Sun Activities

Javin Smith, Program Operations Manager

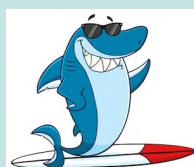


Summer is always a lot of fun at The Children's Inn. While this summer will likely be a bit different than others, we are looking forward to having great experiences with family activities and making new memories together. Some of the fun programs to look forward to include our Virtual Concerts where musicians will perform songs through our virtual platforms and Virtual Game Nights where Inn families can compete against each other in fun games such as Jeopardy, Family Feud and others. We will also have programs such as Mini Golf, Barbecues and Summer Movie Nights, which can all be done while social distancing. We know that there may be challenges, but we are looking forward to being creative to provide all the families who are staying at The Inn this summer, and those at home, with opportunities to have fun! If you have any ideas about what you want to do, please let us know!

## LAUGHTER



Where do sharks go on vacation?



Finland!

# Educational BINGO is More Than A Game

Tori Seal, Education Program Coordinator

Since the beginning of April, Family Programming at The Inn has offered Educational BINGO to accompany our virtual programs. While traditional BINGO is played by connecting five numbers in a row, our new version incorporates educational lessons.

The majority of the BINGO board is associated with a program offered exclusively from The Children's Inn, with a handful of programs that are live stream options from other educational institutions, such as the Cincinnati Zoo & Botanical Garden Home Safari series, or Scholastic Learn at Home daily projects. For each program that residents attend, the BINGO board provides questions aligned with the topic and provides feedback to give a more in-depth look at the material. Just as with traditional BINGO, there are prizes involved. As a means to prompt increased attendance, the BINGO board includes three weeks' worth of programs and is strategically structured to ensure participants at least attend two weeks of programs prior to being eligible for a BINGO.

To enhance this virtual program experience, The Children's Inn has been very fortunate to collaborate with several guests virtually. For instance, we have hosted guests as part of our "Author Series" such as renown author Andrea Beatty of "The Questioneers Series" and Jenny Han of "To All The Boys I've Loved Before." We have also started a new series for all ages, titled "Occupation Exploration Week."

For one week each month, we will have 3-4 guests share with our residents the ins and outs of their occupations. This is an opportunity to learn fun facts about different professions such as being a magician, or a local D.C. actor, a Rockville City police officer, or even a zookeeper and more!



Our hope for BINGO is to continue the activity through summer as a feature of our Camp INNcredible. Lastly, what about the prizes? For traditional BINGO, five in a row, residents receive a \$10 Amazon e-gift, or if they complete the entire BINGO board, which is referred to as a "Black Out," they receive a \$20 Amazon e-gift card.

If you are visiting The Inn this Summer and would like to learn more about the educational services available, please email Tori, The Inn's Education Program Coordinator, at [Victoria.shriver@nih.gov](mailto:Victoria.shriver@nih.gov). You can also stop at the Learning Center while you are here. Visitors are always welcome and school supplies are always available!

## PROGRAMS

### Word Search

*Find these "beachy" words! Look up, down, backward, forward and diagonally.*

S	B	E	A	C	H	B	A	L	L
U	P	O	L	F	P	I	L	F	S
N	N	M	C	S	K	R	N	F	H
A	B	E	A	C	H	A	B	U	E
C	M	C	A	R	C	O	C	N	L
H	H	I	S	E	A	G	U	L	L
Y	P	B	W	T	B	B	B	S	S
A	A	A	A	S	P	H	A	T	C
W	G	X	S	U	L	N	G	K	L
A	L	W	C	O	D	H	A	Q	I

BEACH  
SEAGULL  
SAND  
BEACHBALL  
FLIP FLOP  
SHELLS  
SUN

SWIM  
BOAT  
FUN



**Camp INNcredible** is an opportunity to explore new adventures with different themes each week! Activities will include the following:

**AdventureINN** provides virtual opportunities for the entire family to take field trips to Washington DC or other fun sites around the country. Come explore museums, monuments and cultural activities.

**ExperimentINN** is The Inn's science program that provides hands-on learning experiences for our school-aged residents. Under Tori's leadership, this has included experiments such as testing for acids and bases, exploring DNA, making homemade glue and much more. Channel your Inner scientist!

**INNvironmental Avengers** is a time for children of all ages to bring their thinking caps and receive support from a certified teacher as they learn about ways to protect the environment. INNvironmental Avengers occurs on a bi-weekly basis.

**ReadINN** is an interactive way to meet authors, learn about writing and get fun new books! There will be a book of summer that will keep us reading. Keep an eye out for the Summer Reading Program.

**Virtual Happily Hungry Cooking** is an interactive way for families at The Inn to slice and dice Ingredients as they learn new recipes with Certified Nutritionist, Danielle Cook.