

# THE INNSIDER

A PLACE LIKE HOME



## INNSIDER TOPICS

ZILLY'S CORNER

GROCERY RUNS

CAREGIVER CAFE

WINTER HEALTH TIPS

INN THE KNOW

ACTIVITIES



## ZILLY'S CORNER

MELISSA DELL'OMO,  
ASSOCIATE DIRECTOR  
OFFICE OF THE CEO

Woof, woof! Hi, friends! I hope everyone had a nice fall. Although celebrations are still a little different at The Inn right now, we had a fun Halloween, and I got to dress up as one of my favorite animals –a cat! I also had fun carving pumpkins with our families and enjoying the beautiful fall foliage on the NIH's campus while taking walks with our families and staff. I am looking forward to the winter and all the fun activities we have planned at The Inn, especially during the upcoming holiday season. I also can't wait to celebrate my 8th birthday in February! We will be sure to keep everyone posted with what my birthday party plans are, and maybe we can even invite some of my dog friends this year! I am still coming to The Inn every Monday and Thursday, so please be sure to stop by the front desk and say hello if you are here. I promise I'll do some tricks for treats!

## RESIDENT SERVICES UPDATE: GROCERY RUNS

SAMANTHA LAM, RESIDENT SERVICES ASSISTANT

We've resumed grocery runs for Inn families! This is an opportunity for families to go off-campus to purchase groceries. We have a wonderful volunteer who supervises and provides participating families with gift cards. Families love going on grocery runs as it enables them to procure much-needed items that may not be available to purchase online.



The **Children's Inn** at NIH

A WORKSHOP SERIES

# Caregiver Café

## EDUCATION STATION

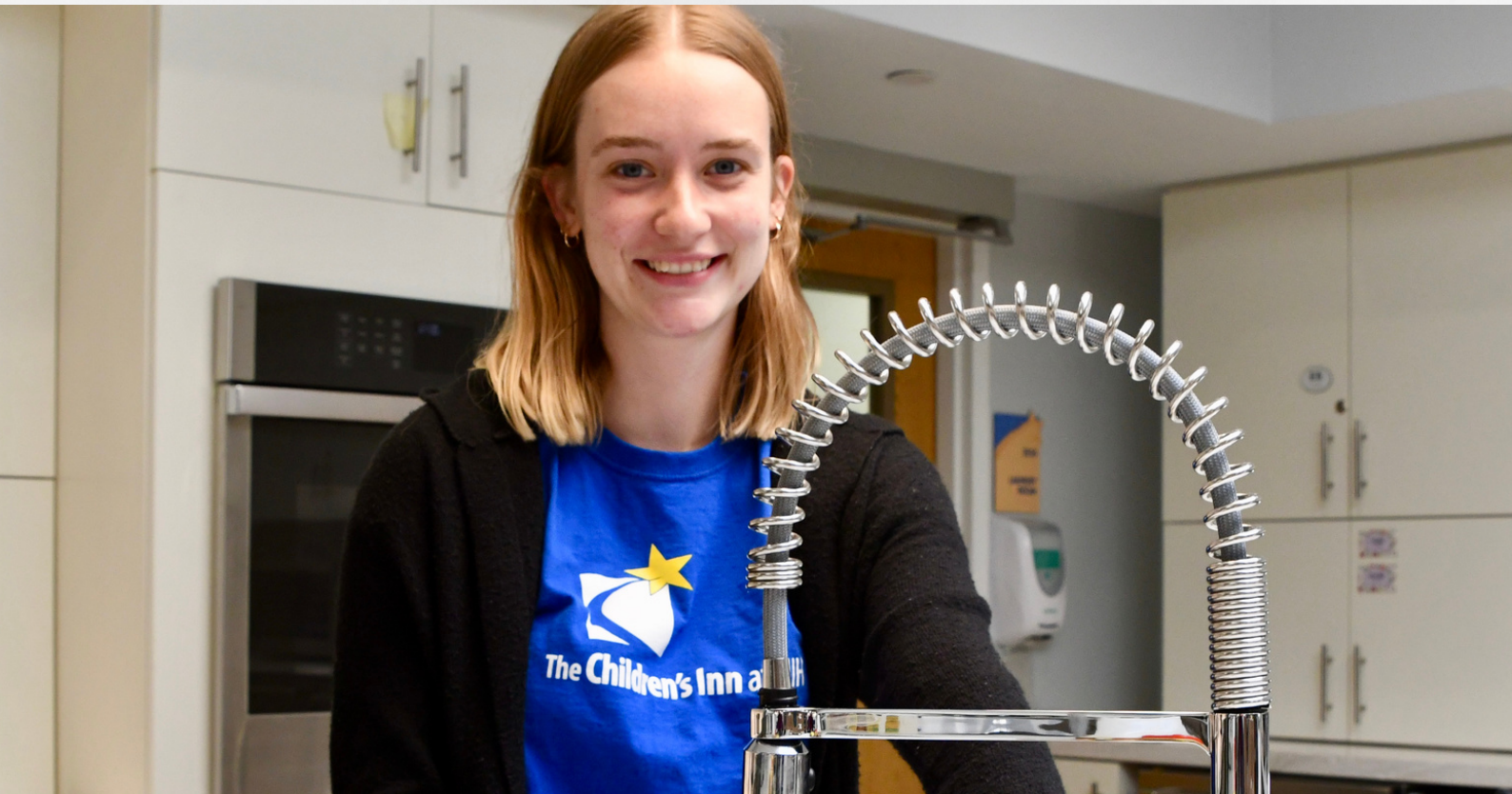
EMILY JOHNSON, EDUCATION COORDINATOR

Caregiver Café is here! In an effort to increase caregiver engagement and develop meaningful support programs, Caregiver Café was developed with the support from the National Library of Medicine, All of Us, and the NIH Office of Patient Recruitment. Our goal for Caregiver Café is to provide caregivers with useful and free resources to learn more about their child's medical condition. Every other Thursday, we will be meeting in the Bistro to learn more about the National Library of Medicine and the virtual resources they offer.

During our first workshop, caregivers learned about Medline Plus, Medline Plus Spanish, and the Genetic and Rare Disease Information Center. Caregivers were also provided with an iPad so they could use these resources during the workshop and learn more about their child's medical condition. In upcoming workshops, caregivers will be provided with opportunities to learn more about the research related to their child's medical condition. Additionally, they will hear directly from an NIH research librarian who will discuss how to interpret medical research.

# WINTER HEALTH & WELLNESS

SHANNON BRONSON, HEALTH AND WELLNESS COORDINATOR



- **Drink Adequate Amounts of Water:** You can become just as dehydrated in winter as you can in summer. Make sure that you are drinking half your body weight in ounces of water each day. For example, if you weigh 120lbs, you must at least drink 60 ounces of water daily.
- **Layer Up:** Wearing multiple thin, moisture-wicking layers is far more effective than one large one. This regulates body temperature, ensuring you can always add or remove a layer if you need to adjust your temperature.
- **Stay Active—Even Inside:** Moving your body gets much harder in the winter as you acclimate to colder temperatures. Join Yoga every Wednesdays at 5:00 p.m. or Tabata on Thursdays at 5:00 p.m. to get your blood circulating!
- **Stay Social:** As it gets darker earlier, we naturally lean toward spending time alone. Make sure you are looking after your mental health by joining a group or attending programs.
- **Wash Your Hands and Sanitize!** It is no secret that the winter months mean sicknesses. Protect yourself and your family by washing your hands and sanitizing frequently.



# INN THE KNOW

KRISTIN ARABIAN, RECREATION COORDINATOR

- At The Children’s Inn, we recognize that schedules can be fast-paced. There are a variety of activities going on and it can be challenging to keep track. Here are some helpful tips:
- **Grab a Calendar:** Hard copies of the ‘activities calendar’ are readily available at the front desk. We also post the calendar on The Children’s Inn website under “For Families.”
- **Join The Children’s Inn Facebook Group:** This a private group that only Inn Families can join. This is a great way to stay connected and receive updates from The Inn.
- **Keep an Eye Out for Inn Chalkboards:** Weekly programs are posted on various chalkboards around the Inn. They are located in the bistro, hallway leading to the E-wing kitchen, and in the E-wing kitchen.
- **Download Happ4Hotel App:** During your stay, receive notifications about The Inn’s program offerings and services directly to your phone. You can also chat with the resident services and family programming teams.
- **Ask a Staff Member:** The resident services and family programming teams are always happy to answer questions.



# ACTIVITIES

**In-Person/ Virtual Bingo:** Residents at The Inn can log on or meet in the multipurpose room to play BINGO, win great prizes and meet a local Montgomery County Police Officer.

**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.

**In-Person Reading with Zilly:** Every Monday, sign up for a time slot to read with the family programming team and Zilly!

**Walking Club:** Join the family programming team for an active stroll around the NIH campus in the evenings.

**Gratitude and Good Food:** Walk together through gratitude sessions with the bestselling 'Five Minute Journal' and have thoughtful conversations with the family programming team and other residents.

**Book Club:** Weekly book club meets for teens and young adults. A great opportunity to read a nice book and have open discussions with other residents.