

# THE INNSIDER

A PLACE LIKE HOME



## INNSIDER TOPICS

ZILLY'S CORNER

RESIDENT FEEDBACK

TUTORING

SPRING HEALTH TIPS

ACTIVITIES





## ZILLY'S CORNER

SABRINA MANZOOR,  
FAMILY PROGRAMING INTERN

Woof, Woof! Hi, friends! I hope everyone had a wonderful holiday season filled with love and joy. The most important holiday just passed which was my birthday! Oh...and Valentine's Day. I had so much fun at my birthday party since I got to be with all of my friends, and I was spoiled with so many treats. My friends celebrated my birthday with me as they were eating delicious Georgetown Cupcakes, looking at their goodie bags, and giving me lots of cuddles. The whole Inn was decorated with Valentine's Day decor, and I could feel all of the love in the air! I am super excited for the spring season to come since the weather will be warmer and there are so many activities planned for St. Patrick's Day, Easter, and more! 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 am craving some belly rubs!



# RESIDENT SERVICES UPDATE: RESIDENT FEEDBACK

**ERICA METZ, RESIDENT SERVICES ASSISTANT**

We have a new activity here at The Inn, and it's called The Jamboard! This is our newest program evaluation method, used to collect open-ended responses. Our weekly Jamboard is hosted by Resident Services Intern, Erica, where she hosts two questions per week that go live on Mondays at 5pm on the Bistro TV. This is a space where residents are welcome to share their mindful thoughts and experiences about The Inn's programs and services. Residents are then awarded a prize for their participation in this evaluative approach. The feedback we are receiving from this activity will streamline the new ways we will adapt our services so that they are more inclusive, fun, and supportive of our resident's needs. Here are some of the themes we've already hosted: "Goodbye 2021!, Munchin' Monday, & Love Letters". Be sure to tune in for our newest themes and give your feedback!

# EDUCATION UPDATE TUTORING

**DARYA SOLTANI, FAMILY PROGRAMMING INTERN**

As usual, education and tutoring are a top priority here at The Children's Inn at NIH! We have on-boarded new tutors and continued working with tutors who have been supporting The Inn for many years. John Weiner, a Children's Inn volunteer of over 20 years, has begun an English tutoring program for Spanish-speaking caregivers! Every Monday, he meets with the caregivers to practice reading and speaking basic English phrases. So far, caregivers have learned about the different rooms in a house, titles such as Mr. and Mrs., and can answer questions about where things are located! In upcoming sessions, caregivers will continue expanding their vocabulary and conversation skills! This is only one example of the fantastic academic support we have here at The Inn! We look forward to onboarding more tutors to help support our residents!



# SPRING HEALTH & WELLNESS

GAL DASKAL, HEALTH AND WELLNESS COORDINATOR



## 5 INNteresting Tips For a Better Night's Sleep!

1. Make a schedule and set a consistent bedtime and wake time.
2. Open your curtains in the morning! Morning sunlight exposure helps set your circadian rhythm.
3. Do not eat highly processed foods or foods high in fat too close to bedtime.
4. Dim your lights two hours before bedtime and avoid using screens about half an hour prior to bedtime.
5. If possible, avoid LED lighting during sleep and before bedtime.



# 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!

**Music Class:** Every other Monday sign up for Music class with Darya our family programming intern to learn how to read music and play the piano!

**Happily Hungry:** Join family programming and Danielle in the E kitchen and learn how to cook quick, easy, and healthy recipes.

**Art Lessons with Dave:** Join Dave in the E kitchen every Friday and learn tips and tricks on how to paint, color, and draw like a professional!

**VisArts:** Residents at the Inn can log on to zoom or meet in the multipurpose room to create unique fused glass art with an instructor from VisArts!

**Chopped Challenge:** Residents can compete with others in a variety of cooking challenges, show off your cooking talents!

**Paint Hour:** Join Family programming in the Multipurpose room and learn how to paint various artwork with an instructor from MuseArts!