

THE INNINSIDER

A PLACE LIKE HOME



INNSIDER TOPICS

ZILLY'S CORNER

RESIDENT SERVICES UPDATES

CAREGIVER WEEK

OFF-CAMPUS FUN

ACTIVITIES



The Children's Inn at NIH



ZILLY'S CORNER

MELISSA DELL'OMO
ASSOCIATE DIRECTOR,
OFFICE OF THE CEO

Woof, woof! Hi, friends! I hope everyone had a nice fall. We had a super fun Halloween with the NIH police department joining us for trick-or-treating at The Inn! I have also enjoyed the beautiful fall foliage on the NIH's campus while taking walks with our families, volunteers, and staff. I am looking forward to the winter and hope we get lots of snow! I love running as fast as I can through a fresh snowstorm and trying to catch snowflakes on my tongue 😊. I also can't wait to celebrate my 9th birthday in February and can't believe I will be 9! We will be sure to let everyone know my birthday party plans, and maybe we can invite some of my dog friends this year! I still come to The Inn a few days a week, so please be sure to stop by the front desk and say hello if you are here. I will never turn down a belly rub and some treats!



RESIDENT SERVICES UPDATES

ALLISON BRISMAN, RESIDENT SERVICES OPERATIONS MANAGER

The goal of the Resident Services Team at The Children's Inn is to promote a homelike environment of support and understanding for families of The Inn, demonstrating an ability to cope with and offer comfort to people in acute personal crises. We aim to provide customer-centered services and information to make the transition as seamless as possible for families throughout their stay at The Inn.



Recently the Resident Services Team brought back grocery store trips on Tuesdays where families can travel with a volunteer, intern, or team member to the local grocery store. In addition, families have the option to pick up grocery gift cards to purchase their choice of grocery items. Families have enjoyed the option of the grocery store trip as well as the gift cards as it meets their individual needs to create a "place like home" environment. The Resident Services team is working to improve the Isolation breakfast and Relish lunch orders process during the check-in process. The goal is to ensure families are well informed and have the resources to utilize the services The Inn offers to their full potential.

CAREGIVER WEEK

GAL DASKAL, FAMILY PROGRAMMING



Caregiver Week provided respite opportunities for caregivers. They were able to take time for self-care, comradery, and reflection.

Events consisted of coffee with Zilly—caregivers partook in Animal Assisted Therapy with Zilly without the children. The following day they had a special session of Happily Hungry, where they worked as a team to create a feast using in-season produce and healthy ingredients. Caregivers also learned why the food they were making was healthy and were able to build on their existing culinary skills.

The following day, The Inn hosted a Caregiver party, complete with Mocktails and feather boas—again, providing the caregivers with a moment to demonstrate our appreciation for their tireless dedication. Caregivers, regardless of linguistic barriers, were able to befriend one another and form connections. The final event of the week was a breakfast that caregivers enjoyed. Caregivers who did not know each other before the week became friends by the end of the week, and that is what The Inn is all about.

OFF-CAMPUS FUN

**KRISTIN ARABIAN, RECREATION COORDINATOR
FAMILY PROGRAMMING**

Recently, we've been offering various field trips based on family requests and if the spaces follow The Children's Inn COVID guidelines. We've recently taken our families to VisArts, where they had the opportunity to design glass art at the VisArts studio. Families find this field trip very relaxing and unique. We've also gone to Lucky Strike to bowl. The bowling trip has been highly requested by our families. Many of our families have never bowled so this was a great experience for them. "I've never been bowling before, that was so cool," said Joshua, one young adult. We've also been to the movie theater, Dave&Busters, an indoor soccer field, and many more. We will continue to implement more field trips like these and many new ones so our families can enjoy new fun experiences safely and together.



ACTIVITIES

- **In-person/Virtual Bingo:** Families at the Inn can log on to zoom or meet in the multipurpose room to play BINGO, win great prizes, and meet a local Montgomery County Police Officer. Fun for the whole family!
- **Virtual Exercise Classes:** Join fitness instructors, Ashley and Stacy, for cardio strength workouts/yoga 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!
- **Happily Hungry:** Join Family Programming and Danielle in the E kitchen and learn how to cook quick, easy, and healthy recipes.
- **Soccer for the Future:** Join Hannah a Soccer instructor out on the Sport Court every Tuesday to learn and play soccer with others! No experience is needed!
- **Shining Stars:** Join the Family programming team in the bistro for fun games, activities, and crafts at least three times a week.
- **ExperimentINN:** Every Thursday families can sign up to be a part of a new science experiment and learn something new!
- **Art Lessons with Dave:** Join Dave in the Bistro every Wednesday and learn tips and tricks on how to paint, color, and draw like a professional!
- **VisArts Field Trip:** Families can sign up to attend a field trip to VisArts to create unique fused glass art.

