

# THE INNSIDER

A PLACE LIKE HOME



## INNSIDER TOPICS

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The Children's Inn at NIH





## ZILLY'S CORNER

**MELISSA DELL'OMO, ASSOCIATE DIRECTOR, OFFICE OF THE CEO**

Hello, dear readers! Woof, woof! I hope each of you enjoyed a delightful fall season. Our Halloween festivities were extra special this year with Inn staff, Women for The Inn members, and the NIH Police and Fire Departments joining us for a spooktacular round of trick-or-treating at The Inn! Adding to the excitement, we also recently had a fantastic visit from some players of the Washington Commanders. I had a blast painting pumpkins with them and playing with their mascot, Major Tuddy the Hog!

As we transition into winter, I'm crossing my furry paws for a snowy wonderland! There's nothing quite like the thrill of dashing through fresh snow and trying to catch those delicate snowflakes on my tongue. I'm also eagerly anticipating my 10th birthday in February – can you believe it? Plans for the celebration are underway, and we will make sure to extend invitations to everyone at The Inn!

I continue to be at The Inn a few days a week, so don't forget to swing by the front desk and say hello if you're around. I'm always up for a belly rub and, of course, some tasty treats!

Your friendly therapy dog, Zilly, is signing off until next time.



# RESIDENT SERVICES UPDATES

*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 seamless for families throughout their stay at The Inn.*

## Caregiver Cafe Series

### **CRISTIAN LEMUS - FAMILY PROGRAM COORDINATOR FOR EDUCATION**

There was a Caregiver Café session on October 20, 2023, with special guest Catherine Kihara from the Clinicaltrials.gov team. Six caregivers had the opportunity to learn about the updated clinicaltrials.gov website.

The caregivers had the chance to work alongside the team to provide feedback for the updated website. They learned how it allows caregivers to research and explore various medical conditions and trials easily. This session was translated into four languages: English, Spanish, Chinese, and Vietnamese. Afterward, caregivers said that they found the session extremely insightful and a great way to advocate for themselves and other families.



Caregiver Café is a series of ongoing sessions for our families to increase their knowledge of the National Library of Medicine resources. The goal is to provide educational and wellness resources to teach caregivers the skills they need to better understand their child's medical conditions. It also provides a safe space for caregivers to socialize among themselves. We are so thankful to the clinicaltrials.gov team for providing their services and helping our families feel supported.

# RESIDENT SERVICES UPDATES

## The YANO Experience

CRISTIAN LEMUS - FAMILY PROGRAM COORDINATOR FOR EDUCATION

On November 3, 2023, we had the opportunity to take four of our young adults on an overnight trip to Columbia, Maryland, for Cultural Weekend. We wanted the Young Adult Night Out (YANO) trip to focus on financial literacy, independent living, sightseeing, and fun! We explored the up-and-coming Downtown Columbia area while staying at the Placemakr Hotel. The idea was to explore the different elements of living independently and having their own space as young adults.

*"The hotel made me feel as if I had my own place, and I felt more independent." - D.J.*

The young adults had an amazing time visiting Columbia Mall, where they participated in a financial literacy shopping activity! Each young adult was given a gift card with the expectation that they would pick a winter item to buy. The goal was to stay within budget, being able to purchase the winter necessities along with anything else they desired. We discussed the concept of impulsive buying and the differences between items we want versus items we need. The group kept track of their expenses by completing a shopping expense tracker. Everyone did a great job at staying within budget by finding sales and deals.

*"Shopping on a budget was a fun challenge!" - F.H.*





# RESIDENT SERVICES UPDATES

*The YANO Experience cont'd.*

The young adults dined out at various restaurants, including The Cheesecake Factory and Busboys & Poets. But the fan favorite was the Dok Khao Thai Restaurant for dinner. They were able to taste customary Thai dishes like duck rolls, papaya salads, street noodles, curry dishes, and more!

Thank you, WINN, for sponsoring the YANO Cultural Weekend trip. Our young adults really appreciate these experiences. It is a wonderful way for them to explore different cities, make new memories, and create new friendships and bonds, thanks to The Children's Inn.



“Cultural Weekend is the best experience I’ve had since I’ve been to The Children’s Inn”. ~N.D.

# RESIDENT SPOTLIGHT

## CHELSEY JACKSON - RESIDENT SERVICES MANAGER

Shadae Lindsay is a 10-year-old who has been at The Children's Inn since May 2023. Although far away from her homeland of Jamaica, the 10-year-old still makes a huge impact on the hearts of many of the residents and staff.

Shadae does not shy away from making everyone feel like family, and it truly shows.

Her birthday, which was on November 7, was a special event here at The Inn. Families, staff, and volunteers gathered to celebrate and make her big day special.

For such a little girl, she makes a huge impact!





# 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.
- **Activities with Debra:** Every Monday you can hang out with volunteer Debra and play board games!
- **Happily Hungry:** Join the Family Programming Staff and Danielle in the E kitchen and learn how to cook quick, easy, and healthy recipes.
- **Soccer for the Future:** Join soccer instructor Hannah out on the Sport Court every Tuesday to learn and play soccer with others! No experience is needed!
- **Art Lessons with Dave:** Join Dave in the A/B Kitchen 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
- **Off-campus Field trips:** Be on the lookout for fun off-campus field trips, and be sure to sign up to attend!





