



www.childrensnational.org

Out & About

From Arlington Cemetery to the National Zoo

Food & Drink

From Fine Dining to Family Friendly

Shopping & More

From Hair Salons to Where to Buy Scrubs

Answering the most often asked questions by new employees about living & working in the Washington, D.C. area.

Bear Living:

A Resource Guide for Magnet® Nurses at Children's National.

You are an integral part of our growing success as an internationally recognized provider of specialty pediatric care.

If you should have other questions, please do not hesitate to contact Human Resources.



Children's National
Medical Center

www.childrensnational.org



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Welcome.



This Resource Guide was developed by the Shared Nursing Leadership Resource Council. Here, you will find some helpful assistance, based on input from over 400 of our nurses. Data was managed using REDCap (Research Electronic Data Capture) hosted at Children's National Medical Center.





Food & Drink

*From Fine Dining
to Family Friendly*

Favorite Restaurants

Ben's Chili Bowl-DC
www.benschilibowl.com

****Lauriol Plaza Restaurant-DC**
(Number One Pick for Just DC locations)
www.lauriolplaza.com

****Carlyle-VA**
(Number One Pick for Just VA locations)
www.greatamericanrestaurants.com

Sweetwater Tavern-VA
www.greatamericanrestaurants.com

Mike's American Grille-VA
www.greatamericanrestaurants.com

The Blue Dolphin Seafood Bar and Grill-MD
www.bluedolphingrill.com

Pasta Plus-MD
www.pastaplusrestaurant.com

****Jerry's Seafood-MD**
(Number One Pick for Just MD locations)
www.jerrysseafood.com

****Matchbox Vintage Pizza Bistro-DC & MD**
(Number One Pick for DC & MD locations)
www.matchbox369.com

Nando's Peri-Peri-DC & MD
www.nandosperiperi.com

****Sakura Japanese Steak, Seafood and Sushi Bar-MD & VA**
(Number one pick in MD & VA areas)
www.sakurasteakhouse.com

Busboys & Poets-DC & VA
www.busboysandpoets.com



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Things to Do

Maryland

1. Eastern Shore: <http://www.easternshorevisitor.com/maryland-eastern-shore.html>
2. Baltimore Inner Harbor: <http://baltimore.org/about-baltimore/inner-harbor>
3. Annapolis City Dock: http://www.hometownannapolis.com/tour_citydock.html
4. C & O Canal National Historic Park: <http://www.nps.gov/choh/index.htm>
5. Maryland Parks: <http://www.dnr.state.md.us/publiclands/>
6. Deep Creek Lake: <http://www.visitdeepcreek.com/>
7. Six Flags America: <http://www.sixflags.com/america/index.aspx>
8. Strathmore Music Center: <http://www.strathmore.org/>
9. Brookside Gardens: <http://www.montgomeryparks.org/brookside/>
10. Merriweather Post Pavilion: <http://www.merriweathermusic.com/>
11. Glen Echo Park: <http://www.glenechopark.org/>

Virginia

1. Arlington National Cemetery: <http://www.arlingtoncemetery.mil/>
2. Mount Vernon Estate: <http://www.mountvernon.org/>
3. Great Falls Park: <http://www.nps.gov/grfa/index.htm>
4. Steven F. Udvar-Hazy Center: <http://www.nasm.si.edu/udvarhazy/>
5. Iwo Jima Memorial: <http://www.nps.gov/gwmp/marinecorpsswarmemorial.htm>
6. US Air Force Memorial: <http://www.airforcememorial.org/>
7. Wolf Trap Farm Park: <http://www.wolftrap.org/>
8. Manassas National Battlefield Park: <http://www.nps.gov/mana/index.htm>
9. National Marine Corps Museum: <http://www.usmcmuseum.org/>
10. Claude Moore Colonial Farm: <http://www.nps.gov/clmo/index.htm>
11. Old Town Alexandria: <http://visitalexandriava.com/attractions-activites/neighborhoods/old-town/?gclid=CM229buWkKoCFYaD5QodGgfCzw>

District of Columbia

1. DuPont Circle: <http://dc.about.com/od/neighborhoodprofiles/p/DupontCircle.htm>
2. The National Zoo: <http://nationalzoo.si.edu/>
3. Great Falls Park: as above
4. Georgetown: <http://dc.about.com/od/neighborhoodprofiles/p/Georgetown.htm>
5. Penn Quarter: <http://dc.about.com/od/neighborhoodprofiles/p/PennQuarter.htm>
6. Eastern Market: <http://www.easternmarket-dc.org/>
7. Glen Echo Park: as above
8. Adams Morgan: <http://dc.about.com/od/neighborhoodprofiles/p/AdamsMorgan.htm>
9. Smithsonian: <http://www.si.edu/>
10. The National Mall: <http://www.nps.gov/nacc/index.htm>



Shopping & More

*From Hair Salons to
Where to Buy Scrubs*

Hair Salons

DC

Bubbles
Bang Hair Salon & Spa
Red Door Spa
Andre Chreky Salon
Urban Style Lab
Salon Cielo
Demi Mode Hair Studio
O Salon

Maryland

Southern MD

Studio M Salon
Galleria Salon & Spa
Regis Salons
Hairline
Michelangelo's Hair Studio Inc
Christol Salon & Spa
Julian's Hair Design

Montgomery County Area

Red Bloom
Salon Red
Salon 4
Hela Salon & Spa
Bella Bethesda Salon
George Bacchers Salon
Alchemy Salon
O'Hair Salon

Prince George / Anne Arundel County Areas

Ell Hair Co
Regis Salons
Bubbles Hair Salon
Robert Andrews Salon & Spa
Hair Experience
Shear Bliss
Illusions Hair Designs
Morgan Gerard Salon & Spa
Pearl's Beauty Salon
Wow U Salon

Columbia/Hagerstown Areas

Renaissance Salon & Spa
Dakota Salon
About Faces Day Spa & Salon
Hey Red
Strands II
Patrick's Hair Design
Act 1 Hair Designs
Merle Norman

Virginia

Alexandria

Aveda Circe Salon Spa
London Bob Hair Design
The Sugarhouse
Anne Welsh Salon
Allure Hair Salon
New Image Hair Salon
PhD for Hair

Arlington

Modern Day Spa
Hair Gallery
PR & Partners
Illusions Hair Salon
Nolas
Silk Salon & Spa
Natural Body Spa &
Shoppe LLC

Fairfax/Tyson's Corner

Red Door Spa
Salon Cielo
Zoe Salon & Spa
Shapes Salon & Day Spa
The Ritz-Carlton Spa

Sterling/Reston/Leesburg

Regis Salon
Salon Sensational
Massage Envy
Cloud Nine Salon & Day Spa





Shopping & More

*From Hair Salons to
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Where Children's National Medical Center Nurses Get Their Scrubs

*"Bear Wear" available at Children's National Employee
Shop via our intranet or Dr. Bear's Gift Shop at
www.childrensgiftshop.org*

Online:

allheart.com

Lydiasuniforms.com

UniformAdvantage.com

Scrubs123.com

Scrubsshopper.com

Tafford.com

MD

Scrubs and Beyond in Arundel Mills

Annapolis Uniform

Uniform City

Scrub Pro

Linn Uniforms

VA

Scrub Up -Dulles Town Center

Uniform City Outlet- Potomac Mills

Lynford Uniforms, Inc

Nova Uniforms

All

Target

Walmart

Burlington Coat Factory





Food & Drink

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Favorite Chain Restaurants

Chipotle Mexican Grill
(Number one pick of chain restaurants)
www.chipotle.com

The Cheesecake Factory
www.thecheesecakefactory.com

Panera Bread
www.panerabread.com

Outback Steakhouse
www.outback.com

Olive Garden
www.olivegarden.com

PF Chang's China Bistro
www.pfchangs.com

Carrabba's Italian Grill
www.carrabbas.com

Ruth's Chris Steak House
www.ruthschris.com

Red Lobster
www.redlobster.com

Chick-fil-A
www.chick-fil-a.com

Maggiano's Little Italy
www.maggianos.com

Rosa Mexicano
www.rosamexicano.com

Bonefish Grill
(Tied for number one pick in MD & VA areas)
www.bonefishgrill.com

Legal Seafood
www.legalseafoods.com

An Easy Place to Call Home.



Welcome to The National Capital Area, an ideal choice for work and play. At the heart is Washington, D.C., with its unequalled history, museums, monuments and culture. Nearby are the vibrant suburbs of Northern Virginia and Maryland, offering unsurpassed quality of life. Commuting is convenient with our shuttle service that takes you to the local subway system (The Metro).

