Bear Living:
A Resource Guide for Magnet® Nurses at
Children’s National.

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.

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

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

Magnet® status is granted by the American Nurses Credentialing Center, which certifies nurses based on a comprehensive process addressing patient care excellence in the context of the American Nurses Foundation’s Magnet® Recognition Program, recognizing excellence in patient care, nursing practice, personal and professional growth, quality improvement, and innovation in nursing and the work environment. Magnet® is a registered trademark of American Nurses Foundation.

www.childrensnational.org
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
Hair Salons

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

Virginia
- Alexandria
  - Aveda Cice Salon Spa
  - London Bob Hair Design
  - The Sugarhouse
  - Anne Weich Salon
  - Allure Hair Salon
  - New Image Hair Salon
  - PHD for Hair

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 Bächers 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

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

Columbia / Hagerstown Areas
- Renaissance Salon & Spa
- Dakota Salon
- About Faces Day Spa & Salon
- Hey Red
- Strands II
- Patrick’s Hair Design
- Act: Hair Designs
- Merie Norman
Favorite Restaurants

**Laurioli Plaza Restaurant-DC**  
*Number One Pick for Just DC locations*  
www.laurioliplaza.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

**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
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
Out & About
From Arlington Cemetery to the National Zoo

Things to Do

Maryland
3. Annapolis City Dock: http://www.hometownannapolis.com/tour_citydock.html
5. Maryland Parks: http://www.dnr.state.md.us/publiclands/
8. Strathmore Music Center: http://www.strathmore.org/

Virginia
4. Steven F. Udvar-Hazy Center: http://www.nasm.si.edu/udvarhazy/
7. Wolf Trap Farm Park: http://www.wolftrap.org/
11. Old Town Alexandria: http://visita lexandriava.com/attractions-activities/neighborhoods/old-town/?gclid=CM229buWkKoCFYaD5QodGgfCzw

District of Columbia
2. The National Zoo: http://nationalzoo.si.edu/
3. Great Falls Park: as above
5. Penn Quarter: http://dc.about.com/od/neighboorhoodprofiles/p/PennQuarter.htm
7. Glen Echo Park: as above
9. Smithsonian: http://www.si.edu/
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 unequaled 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).