

## Welcome to the DC Family Forum!

To help make this weekend amazing, here is some information that might come in useful during your stay. If you have questions or need to contact us, please call

Lisa Soeby at 623-363-7834 or Kathy Jensen at 602-373-7594

### Weather

Weather in Washington D.C. during December tends to be mostly in the lower 50's during the day and overnight lows are in the mid 30's. It is best to dress in layers and be sure to pack hats and gloves.

### What to Wear

Business-casual or "casual-neat" attire is recommended for the duration of the conference.

### HOTEL INFORMATION

Embassy Suites by Hilton Washington D.C. – Convention Center

900 10<sup>th</sup> Street NW

Washington, DC 20001

[\(202\) 739-2001](tel:2027392001)

Check-in: 4:00pm

Check-out: 12:00pm

Valet Parking only- \$45 Unlimited access

Hotel amenities include:

Indoor pool

Fitness Room

Whirlpool

Free Wifi

Breakfast included

Cribs and high chairs

Concierge desk

Luggage hold



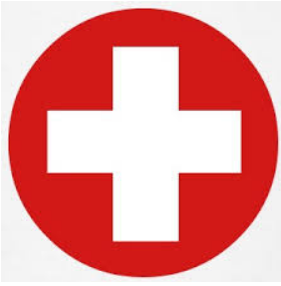
## Schedule of Events

Date	Time	Topic
Saturday, Dec.2	5 - 9pm	Welcome Dinner & Social
Sunday, Dec.3	8:30 - 8:40	Welcome
	8:40 - 9:30	Dr. Jack Kerrigan, What's New? HH Treatment & Research update
	9:30 - 9:45	Break
	9:45 - 10:45	Cognition & Memory with Dr. Berl
	10:45 - 11:00	Break
	11:00 -12:00	Behavior with Dr. Jay Salpekar
	12:00 -1:30	Lunch, Social & REN sign ups
	1:30 - 3:15	<b>Guests Can Select Two Roundtable Discussion. Potential topics:</b> <ul style="list-style-type: none"> <li>• Transitions with Sandra Cushner-Weinstein, PT, LICSW, LCSW-C</li> <li>• Endocrine Issues with Dr. Oliver Oatman</li> <li>• Family Dynamics with Carrin Brandt, LMFT</li> <li>• Alternative Therapies with Dr. Amy Kao</li> </ul>
	3:15 - 4:00	Wrap Up



**Getting Around Washington D.C. using the Metro:**  
 Embassy Suites is closest to Metro Center on the red, blue, and orange lines.

## Nearby Pharmacies:



<b>CVS Pharmacy</b> 1117 10 <sup>th</sup> Street NW (202) 326-1401	<b>Safeway Pharmacy</b> 490 L Street NW (202) 719-2439	<b>CVS- 24 hour Pharmacy</b> 1199 Vermont Ave NW (202) 628-0720
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## Hospitals and Urgent Care:

**Children's National Medical Center (Hospital)**  
111 Michigan Ave NE  
(202) 476-5000

**Metro Immediate and Primary Care: Capitol Hill**  
220 L Street NW  
(202) 544-7580

**Bridgepoint Hospital Capitol Hill**  
223 7<sup>th</sup> St NE  
(202) 546-5700

**Medics USA (Urgent Care)**  
1700 17<sup>th</sup> Street NW  
(202) 483-440

**MedStar Georgetown University Hospital**  
3800 Reservoir Road NW  
(855) 546-2805



## Nearby Restaurants:

**Bolt Burgers**  
1010 Massachusetts Ave NW  
Burgers with a wide selection of toppings.  
[www.boltburgers.com](http://www.boltburgers.com)

**Ming's Restaurant**  
617 H Street NW  
Chinese fare, sushi, and some American influenced dishes

**Chipotle Mexican Grill**  
1045 5<sup>th</sup> Street NW  
Fast food chain offering Mexican fare

**Moe's Southwest Grill**  
1331 Pennsylvania Ave  
[www.moes.com](http://www.moes.com)  
Counter-serve chain dishing up Southwestern staples from burritos to nachos

**Fruitive**  
1094 Palmer Alley NW  
Juice bar serving plant-based light fare  
[www.fruitive.com](http://www.fruitive.com)

**Ollie's Trolley**  
425 12<sup>th</sup> Street NW  
[www.olliestrolleydc.com](http://www.olliestrolleydc.com)  
Burgers and shakes

**Irish Channel Restaurant and Pub**  
500 H Street NW  
Irish and Cajun fare in a pub setting  
[www.irishchanneldc.com](http://www.irishchanneldc.com)

**Potbelly Sandwich Shop**  
1050 K Street NW  
[www.potbelly.com](http://www.potbelly.com)  
Counter-serve chain serving sandwiches and salads.

**McDonald's**  
1235 New York Ave NW  
Fast food chain serving burgers and fries

**Starbucks**  
901 New York Ave NW  
Coffeehouse chain

## Nearby attractions:

Many attractions in Washington D. C. are free. Please be aware that many museums prohibit certain items so be sure to check their website ahead of time.

### **Air and Space Museum** (1.0 miles from hotel)

Independence Ave at 6<sup>th</sup> Street, SW

View thousands of objects on display including the Apollo 11 Command Module Columbia, Charles Lindbergh's Sprit of St. Louis, and a lunar rock. Free.



### **Capitol Building** (0.7 miles from hotel)

East Capitol St. NE & First St. SE

Enjoy the beautiful architecture and deep history of our nation's capitol building. Visit the exhibition hall to view documents, artifacts, videos and computer interactives to have a deeper understanding of how Congress works and the history of our government. Free.

### **Chinatown** (four blocks from hotel)

H Street NW between 8<sup>th</sup> Street and 5<sup>th</sup> Street

Visit about 20 ethnic Chinese and Asian restaurants and small businesses and admire the Friendship Arch on H Street.

### **International Spy Museum** (0.5 miles from hotel)

800 F Street NW

This unique museum is dedicated to exploring the art of espionage and provides a global perspective on "an all-but-invisible profession" that has a significant impact throughout history. Tickets required.

### **Lincoln Memorial** (1.2 miles from hotel)

2 Lincoln Memorial Circle NW

Located on the western end of the National Mall, the Lincoln Memorial impresses with its grand architecture and beautiful view of the mall. Free.

### **Madame Tussauds** (seven blocks from hotel)

1001 F Street NW

[www.madametussauds.com](http://www.madametussauds.com)

Museum chain for life-size wax replicas of famous Americans and historic icons. Tickets required.

### **National Mall** (seven blocks from hotel)

The National Mall is a park in the heart of D.C. that links many attractions including the Air and Space Museum, The Smithsonian Institution, the National Gallery of Art, Museum of Natural History, Capitol Reflecting Pool, National Museum of African American History and Culture, Washington Monument.

### **Smithsonian Museums** (1.0 miles from hotel)

The Smithsonian Museums offers many museums free of charge throughout D.C. including the National Zoo. Many are located along the National Mall.

### **White House** (0.5 miles from hotel)

1600 Pennsylvania Ave NW

Tickets to tour the White House need to be reserved months in advance but you can walk down Pennsylvania Avenue to take a peek at the grounds and White House.

