For families at new Children's Hospital, a place for meditation, laundry
By Karen Robinson
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The fifth floor of the John R. Oishei Children's Hospital's will be home to a new family resource center with an indoor garden.

Families staying in the hospital will be able to use the space for meditation, connecting with the hospital's child life services or simply catching up on laundry.

"We will also have a meditation space where family members can come and have a quiet space for prayer or reflection," said Tara Young, a longtime child life specialist at Women & Children's Hospital in an interview last week about the move to the new hospital on the Buffalo Niagara Medical Campus this fall.

The resource center will have computers they can use to communicate with family members, docking stations to charge cellphones and space to just "take a moment to have a cup of tea or coffee and relax," Young said.

Along with the winter garden and family resource center, a washer and dryer will be located on the floor, as well as a kitchenette for parents, Young said.

"While families are staying in the hospital, this floor will provide many areas and services to help patients and families feel more comfortable," Young said.

The current Family Resource Center at Women & Children's Hospital of Buffalo is located on the first floor just off the main lobby and Hodge Street entrance.