*Frequently Called Support Services for Independent Living*

**Reception Desk/ Security:** Dial "0" for 24-hour information or emergency for either Reception Desk or Security. Call for medical emergencies. At night or on weekends ask for the nursing supervisor. From outside 703-820-1488.

**Emergency Response Technology**: Call "0" or knock the telephone off the hook or use a pull-cord. Call the Clinic ext. 7227 for a Personal Emergency Transmitter (PET) pendant, for a one-time fee, to enable you to notify the Reception Desk if you need assistance anywhere in the building or on the grounds.

**Internet: Resident IT Help Desk:** Ext. 1277.

**Social Worker:** Call ext. 7225 for counseling and emotional support with life transitions, help with problem solving, referrals to internal and external resources (including legal and financial and professional organizers), education on mental and cognitive health, caregiver support, and end of life planning.

**Clinic Nurse or Nurse Practitioner:** Ext. 7227. Call for a wellness visit or a sick visit, for education on physical health conditions or for assistance with a prescription transfer or a doctor's order for blood work or rehabilitation. Call for information on doctors and a dentist that come to GHBC. Call to relay information on a new health condition, new medications, or pending surgeries.

**Transportation:** Ext. 7244. Call for pricing and to schedule transportation to outside doctors and for information on our shopping shuttles.

**CVS Pharmacy:** 703-820-1061 (phone), 703-824-1353 (fax). Located at GHA, this pharmacy dispenses prescription medication, OTC medication, and all pharmacy products. CVS delivers to the Reception Desk once a day at 5:00 p.m. at no additional charge. CVS further assists residents through our Cassette Program. CVS will fill your prescriptions and dispense the medication in a weekly pill box. CVS provides this service for a fee.

**Rehabilitation:** Call the Clinic, ext. 7227, with a prescription for on-site Physical Therapy, Occupational Therapy, or Speech Therapy. Arrange for an assessment prior to purchasing costly assistive devices at ext. 7660.

**Fitness Center:** Ext. 7331. Call about classes and assistance in creating or maintaining an exercise program.

**Registered Dietician:** Ext. 7252. Call for an individual consultation on nutrition.

**Dining Services:** For reservations call ext. 7645. For questions about Dining Dollars or Guest Coupons call ext. 7257. For room service (delivery fee applies) call ext. 7645. For a medical meal tray, call the Clinic ext. 7227 for a nursing assessment and meal needs.
Catering assistance, contact Dennis Peregrina, dperegrina@goodwinhouse.org.

**Housekeeping:** Ext. 7244. Call for fresh linens, trash pick-up, or for help with a spill.

**Personal Laundry and Dry Cleaning:** Ext. 7234. Call for pricing and to arrange a drop off.

**Goodwin House Home Care:** Ext. 7232 for assistance with bathing, dressing, supervision for safety, etc. (private pay).

**Goodwin Home Health:** Ext. 1390 or 703-824-1390 for skilled care provided in the home and generally billed to insurance/Medicare.

**Goodwin Hospice and Palliative Care (Care Connections):** Ext. 7108. Call for support managing chronic pain or living with a chronic or terminal health condition. Palliative care is now known as Care Connections.

**Chaplaincy Services:** Ext. 7224. Call for pastoral or spiritual support or for assistance in connecting with community or regional faith community resources. A chaplain is available to you 24/7 through the Reception Desk (dial “0”) outside office hours.

Updated October 2023