

# Minute-to-Minute

## A Monthly Summary of Recent "Fit to Print" Committee Activities

September 2020

### Resident Council Community Meetings

- The Resident Council holds monthly video meetings that are posted on the GHBC website.
- The meetings focus primarily on GHBC management activities including those related to health and facilities oversight during this time of COVID-19. In addition, the activities of a featured Resident Committee are often highlighted.
- The Council members also meet regularly to discuss issues of import to residents.
- The Council maintains close contact with the Executive Director of GHBC.

*Chair: Arthur Welch – Meeting the 3<sup>rd</sup> Monday of the Month at 10:00 a.m.*

### Building Operations and Maintenance

- Renovation on the Ground Floor to add additional offices has begun.

*Chair: Fred Holhweg – Meets the 2<sup>nd</sup> Thursday of the Month at 10:00 a.m.*

### Community Service

- The Committee has maintained its meeting schedule via Zoom with some in-person attendance in the Boardroom.
- Clothing Collection: Usable donated clothing can be left in the designated bin in the Crossroads storage area or picked up at residents' doors. Residents deliver the donated clothing to Goodwill. Manageable 13-gallon plastic bags are the preferred receptacle.
- Box Tops for Education: The number of Box Tops, which are collected in the Resident Business Office, has dropped dramatically in recent months, presumably due to limited grocery shopping.
- Knit for Kids: Resident knitters completed 20 sweaters in the last month, for a total of 203 since the beginning of the new fiscal year on October 1, 2019 and hitting a grand total goal of over 3,000 items since the project's inception.
- Culmore Clinic: The clinic has been successful with its telemedicine program. There are no in-person services so there is currently no need for GHBC volunteers to set up the clinic.
- Pop Tops for Ronald McDonald House: Residents are depositing soft drink pop tops in the jar in the Resident Business Office. At the end of each month, they will be forwarded to the Ronald McDonald House to help support children and families.

Judith Miller, Editor

## **Community Service...continued**

- Usable food is collected in the Resident Business office and donated to the Bailey's Crossroads Shelter. The Good Hope Housing project picked up a lot of condiments, cereal and other excess food items that residents have contributed in recent weeks.
- Volunteering in the Schools: The regular school volunteer programs are on hold until the schools organize their Fall programs.
- Make a Difference Day: The Committee will collect funds in the Rotunda from November 2-6 for Dining Services to provide turkey dinners to the Bailey's Crossroads Shelter again this year.

*Chair: Donna Cornman – Meets the 2<sup>nd</sup> Thursday of the Month at 3:00 p.m.*

## **Dining Services**

- Dining Services staff set up a Task Force in early August to coordinate procedures for expanding dining options with the guidance of health officials. Its first new option, involving served meals on the Bistro Patio, was announced on September 18. More will come as COVID-19 restrictions are eased.
- It is expected that room service will continue and remain robust for as long as the COVID-19 crisis prevails.
- Baskets and special meals with wine or champagne are offered for in-apartment resident special Anniversary celebrations. These are not offered for group gatherings.
- Two full-time cooks have been hired and are in clearance. There is still one full-time kitchen position vacant.
- Coming Events: Hispanic Heritage Month will be celebrated from September 15 to October 15. Food from Spain, Central and South America, and other Hispanic areas will be featured. Upcoming Jewish Holidays will also feature traditional meals and Oktoberfest will be celebrated with typical German foods.
- The Dining Services staff is looking at options for developing an on-line ordering platform. While not everyone will use on-line ordering, even limited use will increase efficiency and reduce the use of paper.
- A Zoom "Food and Wine Experience" is being developed to inform and entertain.
- New Zoom kitchen tours will give residents an opportunity to see who prepares their meals and how they are prepared.
- Zoom Cooking Classes will be presented in the Fall. These will include demonstrations and tips on food preparation.
- The staff continues to work to select local vendors and seasonal fresh food for the Market Place.

*Chair: Judith Miller – Meets the 2<sup>nd</sup> Tuesday of the Month at 9:30 a.m.*

## Employee Gift Fund

- The Employee Gift Fund is an annual campaign, run entirely by resident volunteers, that raises money to distribute at year-end to all GHBC staff below the level of Director or Administrator to thank them for their service. It is the only way our employees can receive gifts from residents and residents' families.
- The 2020 campaign kicks off Friday, October 30, and closes Sunday, November 29. Gift checks will be presented to staff on Friday, December 4. The theme of the 2020 campaign is "A Blizzard of Giving."
- In this pandemic year, the traditional Employee Gift Fund activities involving large gatherings cannot be held. In their place, the Gift Fund Co-Chairs and Committee have planned a two-part COVID-19-compliant kick-off.
- On Friday, October 30, committee members volunteering as Gift Fund Ambassadors will be in the Rotunda from 10:00 a.m. to 6:00 p.m. to promote the fund and answer questions.
- On Monday, November 2, at 10:00 a.m., there will be a virtual kick-off presentation featuring testimonials about the amazing GHBC staff. It will be on Channel 2 and on the GHBC Website.
- Throughout the month of November, residents will be asked to support the Employee Gift Fund. Suggested contributions are \$4.00 to \$7.00 per person multiplied by the number of days the donor will have lived at GHBC this year. Contributions to the Employee Gift Fund are not tax deductible.
- The amount of each gift is determined by the employee full-time or part-time status and by the length of service. Last year, the Gift Fund wrote just over 500 checks in amounts ranging from \$50.00 for the newest employees to \$2,360.00 for full-time employees with over 25 years of service.
- Residents interested in joining the Employee Gift Fund Committee are welcome. For more information or to volunteer, contact one of the Co-Chairs: Nancy DeMarco, Ext. 7372, [nancydemarco69@gmail.com](mailto:nancydemarco69@gmail.com) or Eleanor Karro, Ext. 7466, [eleanor.karro@verizon.net](mailto:eleanor.karro@verizon.net).

*Co-Chairs (2020): Nancy DeMarco and Eleanor Karro – Meets as needed.*

## Finance

- Regular monthly meetings of the Committee will resume in October.
- The Finance Committee also has quarterly meetings with the GHI Chief Financial Officer, Richard Carter.
- Richard Carter and Linda Lateana presented the FY 2021 Budget to all residents via a video on Monday, September 14. Copies of his detailed presentation can be obtained from Jamie Blake at [jblake@goodwinhouse.org](mailto:jblake@goodwinhouse.org).

## **Finance Committee...continued**

- GHI remains financially strong even though disruptions were caused by the high costs of testing for residents and staff and the purchase of necessary protective equipment for the staff.

*Co-Chairs: Carolyn Buttolph and George Towner--Meets 3<sup>rd</sup> Wednesday of the Month at 3:00 p.m.*

## **Fine Arts**

- The Art Center has been very active, even with the mandate for fewer participants in each class. Art Coordinator, Adrienne Wyman, who joined GHBC in late March, has introduced numerous classes that are attracting residents new to the art scene at GHBC.
- The first exhibit, “The Art of Joy,” incorporates the skills of our longer-time artists, including the impressive pink flower which is an anchor of the show, as well as by newer residents’ works, like the subtle, textured pastels that produce a many-layered exhibit of quiet beauty.
- Every week there are new imaginative classes, such as painting sunlight or making a mandala. And every week there are suggestions for watching an art documentary on line or on your TV.
- The ceramics class, with an online teacher, is back. The class is structured so that both beginners and advanced ceramicists can participate.
- The Art Center also has a new, welcoming look, thanks to the committee volunteers who are participating in the cleaning, reorganization and labeling of art materials available to residents.

*Chair: Margaret Kelley – Meets 3<sup>rd</sup> Friday of the Month at 2:00 p.m.*

## **Fitness**

- Exercise classes have been limited in size due to COVID-19 precautions but Sherry Compton, as the sole instructor, has maintained over 15-classes a week.
- There is also a variety of resident-led and video fitness classes each week. (Yoga, Pilates, Tai Chi).
- Residents must sign-up to attend classes. The class sign-up sheets are put out on the fitness desk the day before at 2:50 p.m.
- The pool is open, and working well with a maximum of three people at a time for 40-minute sessions.
- The pool sign-up is put out on Wednesday afternoons at 1:30 p.m.; swimmers are able to sign-up for two sessions per week.
- The Fitness Specialist position has been offered and accepted by the top candidate. HR is currently undertaking background clearance, COVID-19 testing, and orientation.

*Chair: Marietta Tanner – Meets 1<sup>st</sup> Thursday of the Month at 12:30 p.m.*

## **Green Team**

- In recent months, as food service at GHBC changed due to the pandemic, the Green Team has worked with the Dining Services staff to inform residents about composting.
- Most of the disposable containers and bags used in the delivery of meals safely to residents' apartments are compostable, along with food waste.
- A display was set up in the Rotunda which shows exactly which containers are compostable and which are recyclable. GHBC residents have shown a great deal of willingness to follow these guidelines as they eat in their own apartments and dispose of containers and food waste on their own.
- Another Green Team initiative has been to support separate glass collection. Because Fairfax County does not recycle glass within single-stream recycling, it has to be handled separately. Glass bottles and jars are collected by resident volunteers on every residential floor in the Crossroads and the Pointe. During the "lockdown," GHBC staff transported the glass to the County glass recycling operation in Lorton. In recent weeks, resident volunteers have assumed this responsibility and are taking glass to Mason District recycling bins. It is estimated that our 23 residential floors generated over 3500 bottles and jars in the last five months!

*Chair: Jane McKeel – Meets Quarterly*

## **Grounds**

- The Knoll Garden gardeners have been very busy for many months. With so many restrictions, the Garden has been a wonderful outlet, not just for those tending their sections, but also for residents walking through and sitting in the shade to enjoy a bit of nature.
- Due to COVID-19, we are not having a Fall Work Party. However, much work is being done with new plantings and mulching.
- There is a waiting list for the resident planting boxes located behind the Clinic. Residents interested in a box should get their names on a list with Carol Parker, the Grounds supervisor.
- The Grounds Committee is looking into ways to improve the walking areas currently in use and checking modifications that may be needed in such things as curbs.
- In addition, a subgroup is looking into creating additional walking areas.

*Co-Chairs: Anne Blacksten and Madi Green - Meets 2<sup>nd</sup> Wednesday of the Month at 1:00 .m.*

## **Health Committee**

- The Health Committee has been holding Zoom meetings each month.
- In the most recent meeting with the Executive Director, it was agreed that the Committee will help monitor the GHBC public areas regarding upholding our health protection protocols and reporting to him if there are areas that need improvement.

## **Health Committee...continued**

- We will soon set up a table in the Rotunda to help residents select healthy and safe face masks.

*Chair: Nancy Randolph – Meets 1<sup>st</sup> Friday of the Month at 10:00 a.m.*

## **Marketing**

- Even though no Marketing Events have occurred for over six months, GHBC is fulfilling its occupancy goals for residential living.
- GHBC has been unable to offer any higher-level care openings to non-residents since the beginning of the pandemic, however the second and third floors are still quite full.
- The marketing staff has been offering webinars to non-residents already "in our system" which have been well attended. They have also been sending out the weekly COVID-19 status reports to these folks, many of whom have applauded our transparency.

*Chair: Sally Recinos – Meets the 4<sup>th</sup> Tuesday of the Month at 3:00 p.m.*

## **Movies**

- In the absence of any “new” movies, the Movie Committee is featuring movie “oldies.”
- The Committee will be making choices for the next several months’ viewing on Channel 43 and would be happy to receive residents’ suggestions in the green box located in the Resident Business Center opposite the Mail Room.

*Chair: Jeanette Wurster – Meets 3<sup>rd</sup> Monday of the Month at 2:30 p.m.*

## **Newcomers Group**

- Under the current COVID-19 guidelines, monthly Newcomers meetings are being held via video. They include residents, plus a speaker, and a host.
- Meetings are filmed on a Tuesday and shown on Channel 2 TV and on the resident website on the following Tuesday at 4:00 p.m.
- Links to the previously-filmed meetings are posted on the resident website.
- Our upcoming Newcomers program schedule on Channel 2 for the remainder of 2020 is as follows:
  - ◇ Tuesday, September 29, 4:00 p.m. – Resident Council Elections, Joan Lewis and Finance, Carolyn Buttolph.
  - ◇ Tuesday, October 27, 4:00 p.m. – Facility Management, Chris Floyd.
  - ◇ Tuesday, November 24, 4:00 p.m. – Fitness Center, Sherry Compton.
  - ◇ Tuesday, December 22, 4:00 p.m. – Dining Services, Peter Moutsos and Judith Miller.

*Dottie Moser – Meets as Needed*

## **Spiritual Life**

- The Spiritual Life Committee started in late summer to meet regularly about every two weeks to develop programs to raise consciousness about racism and anti-racism and to prepare the annual Senior Quest for Meaning Series for the fall and spring.
- Coming meetings will be devoted to selecting videos for Channel 2 and the Resident Website that discuss the history of systemic racism, various problems associated with racism, and programs promoting anti-racism. They will also plan for speakers, panels, workshops, exercises, and other activities that will help develop better awareness of racism and promote anti-racism.
- The Committee selected for its theme for Senior Quest this year “From Crisis to Hope,” with an emphasis on reasons for hope in dealing with the various difficulties accentuated by the pandemic. A different subject will be selected each month and panelists will discuss what they or their organizations are doing to alleviate the crisis.
- In keeping with the nature of Senior Quest Series, focus will be on humanistic and inter-religious principles and values that should underpin activities and give hope.

*Chair: Tony Tambasco-- Meets as Needed*

## **Trips and Outings**

- At the onset of the pandemic, all local trips and outings were cancelled, including the overnight trip to Winterthur and Longwood Gardens and a planned October trip to Montpelier and Monticello. Both of these overnight trips had been fully subscribed.
- The plan is to organize these trips in Spring and Fall of 2021 and hope that they will not have to be cancelled again.

*Chair: Carolyn Buttolph – Meets 3<sup>rd</sup> Monday of the Month at 3:30 p.m.*

## **VaCCRA**

- The VaCCRA Chapter at GHBC spent the last month organizing a voter “drive” to enroll residents in the process of completing the vote for the General National Election. Residents provided assistance with completing applications to get ballots.
- This has been a total community effort with residents participating from all levels of care.

*Chair: Jean Bacon – Meets as Needed*

## **Veterans Committee**

- Our only visible action these days is our “Historic Battle Movie Program.” Residents can sign up for these movies in the Resident Business Office.
- Planning is underway on the annual Veterans’ Day event of Wednesday, November 11, 2020. The virus will require major changes to past routines.
- Work continues on several routine matters and in preparation for future projects – for example, an update and expansion of the Resident Veteran listing and the GHBC Heroes’ Recognition display.

*Chair: Bill Rockey – Meets 1<sup>st</sup> Tuesday of the Month at 1:00 p.m.*

## Lectures and Speakers

- Our planning group has designated the 2020-21 series, September - May, in honor of our esteemed friend Brent Scowcroft, who died earlier this summer.
- One of our early programs will be a panel discussion led by Tom Pickering, fellow resident and former Under Secretary of State, who will discuss experiences working with Brent.
- First, however, we will begin with Walter Russell Mead providing a global assessment of issues, then participating in a Q&A discussion with eight of our residents.
- Other upcoming programs, which for the foreseeable future will be pre-recorded for in-house TV, include:
  - ◊ Israeli-Palestinian Situation: Aaron David Miller
  - ◊ Weaponizing of China's Belt and Road Initiative, Kashmir and S. Asia - Promises and Problems: Ambassador Teresita Schaffer
  - ◊ Impact of COVID-19 on Foreign Policy: Walter Mead
  - ◊ The White Helmets: Saving Lives in Syria - Journalism Today: Ishaan and Bhumika Tharoor

*This is an informal planning group Chaired by Allen Anderson*

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## Notes from the Editor:

This publication is an outgrowth of the 2016 Resident Council's desire to provide more information about the activities of the many Committees at GHBC. It is no longer issued under the auspices of the Council but is a creature of my lasting interest in having all residents know of the many activities and interests of our very active residents. This issue is particularly inclusive of information for Newcomers. All Committees welcome new members.

I have retained the names and pre-COVID-19 meeting days and times after the Chairs' names so that residents, particularly Newcomers, will know what life might be like when we are able again to meet in person.

As always, I appreciate constructive feedback – positive and negative.