

GH Resource Guide

Goodwin House Emotional Support Resources *Staying Well in Mind & Spirit during COVID-19*





GOODWIN HOUSE

May 1, 2020

Dear Goodwin House Family,

Your health and wellness is our number one priority, always. It is even more so during the COVID-19 pandemic.

Everyone in the Goodwin House family – residents, members, staff, family and friends – have adjusted gallantly to substantial changes in our daily lives. Our ability to adapt to these changes in part depends on the emotional, mental and spiritual supports we have and can access in our lives. As part of the Goodwin House family, you have access to many experts and resources to support you and your loved ones in adjusting to the current situation.

One of the most helpful ways you can sustain your emotional, mental and spiritual wellness right now is to pay attention to seemingly little changes in your daily patterns. Here are some changes to watch for that could signal you may benefit from connecting with Goodwin House’s emotional, mental and spiritual health resources:

- Sleep disruptions such as excessive sleep, inability to sleep, or increase of nightmares
- Increased verbalization or repeating thoughts of anxiety and fear
- Changes in your physical life such as increase or decrease in appetite, headaches, stomach aches, exhaustion, change in exercise patterns, etc.
- Uncontrollable anger or short temperedness; depression can manifest as irritability
- Increased use of alcohol to manage distress

If you find yourself or your loved one experiencing drastic changes in your normal coping methods, please consider reaching out to one of your Goodwin House Professional Social Workers or Chaplains. Everyone in the Goodwin House family has a range of emotional and spiritual supports in place, and we want to support your mental and spiritual wellness during this difficult time.

With gratitude for every person in the Goodwin House family,

*Your GHI professional Social Workers, Chaplains and
Member Services Facilitators*



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Overview of Goodwin House Resources

Whether you are a resident of Goodwin House Alexandria (GHA), Goodwin House Bailey's Crossroads (GHBC) a member of Goodwin House at Home (GHAH) or a patient or family member benefitting from Goodwin House Hospice (GHH), you have a variety of supports available to you. These vary based on the needs and desires of those we serve across GHA, GHBC, GHAH and GHH. For your convenience, we are providing this listing of ways you can enhance your sense of peace and resilience during this difficult time. In addition, the Goodwin House Clinical Pastoral Education (CPE) Program offers resources for residents, members and staff.

Goodwin House Alexandria:

- Gathering a bi-weekly grief group that supports the emotional well-being of individuals who have experienced a recent loss
- Offering individualized sessions by phone and in person to support residents dealing with the threat of illness and death, the inability to see family, and social isolation
- Supporting residents in ways family often do with life-maintenance and administrative needs such as mail, getting financial documents to family, packing and moving, etc.
- Providing individualized faith-based and spiritual support
- Televising religious services throughout the GHA in-house TV channels
- Comforting bereaved families with telephone calls
- Helping families to honor loved ones by creating virtual funeral and memorial services

Goodwin House Bailey's Crossroads:

- Visiting to offer comfort and reassurance with residents individually in their homes on Assisted Living and Health Care Center
- Supporting residents in ways family often do with life-maintenance and administrative needs such as pet care, mail, getting financial documents to family, etc.
- Assisting residents with packing and moving into new apartments when needed
- Helping residents to learn new technology such as FaceTime to connect with their loved ones digitally
- Comforting residents who are confused by the necessary changes and anxious about the present moment
- Supporting the spiritual wellbeing of residents and staff through individual visits
- Taping and televising faith services through the GHBC in-house TV channel
- Providing written materials such as poetry, meditation and spiritual readings that bring hope and comfort
- Comforting grieving families by telephone
- Helping families to honor loved ones by creating virtual funeral and memorial services



Goodwin House at Home:

- Providing emotional support and reassurance to individual members
- Supporting physical health and safety for members by organizing grocery orders and deliveries, access to hand sanitizers, etc.
- Providing emotional support through increased contact via virtual visits and phone calls
- Supporting emotional health through additional care and attention to members who live alone or have increased anxiety
- Sustaining mental engagement through distribution of weekly “virtual gift bags” including activity resources, links to positive stories, Sudoku, puzzles and trivia
- Offering spiritual support phone calls from CPE chaplain interns

Goodwin House Hospice:

- Providing excellent end-of-life care, as before this crisis, as always
- Provide education related to COVID-19
 - How to care for a loved one with COVID-19
 - How to stay well and safe from COVID-19
- Offering education and emotional/spiritual counseling related to COVID-19
- Reaching out to patients more frequently given the fear and isolation
- Sending educational information and resources about grief to families after a loss
- Offering spiritual counseling for patients and their families at end of life
- Offering bereavement counseling for individuals who have lost someone

Goodwin House Clinical Pastoral Education:

- Checking in by phone to ensure concerns are addressed and to offer spiritual support with all residential-living residents at both GHA and GHBC
- Connecting with GHAH members by telephone when requested
- Engaging in live video conversations to uplift the spirits of residents in our Health Care Centers and Assisted Living neighborhoods
- Leading a virtual support group open to all GHI residents, members and patients

Getting In Touch With Us

GHA | Social Workers & Chaplains:

Monica Hutchins-Thomas: mhutchins-thomas@goodwinhouse.org | 703-824-1583

Barbara Bolin: bbolin@goodwinhouse.org | 703-824-1586

Logan Wallace: lwallace01@goodwinhouse.org | 703-824-1195

Chaplain Bruce Stewart: bstewart@goodwinhouse.org | 703-824-1284

GHBC | Social Workers & Chaplains:

Barbara Fornoff: bfornoff@goodwinhouse.org | 703-578-7225

Aaron Zajdel: azajdel@goodwinhouse.org | 703-578-7114

Kristin Salzer: ksalzer@goodwinhouse.org | 703-578-7122

Chaplain Theresa Brion: tbrion@goodwinhouse.org | 703-578-7224

GH at Home | Member Services Facilitators:

Beth Robinson: erobinson@goodwinhouse.org | 571-405-0704

Pricilla Leysath: pleysath@goodwinhouse.org | 703-675-0197

Lauren Bradley: lbradley@goodwinhouse.org | 571-384-0659

GH Hospice | Social Workers & Chaplains:

Anne Van Heyste: avanheyste@goodwinhouse.org | 703-578-7108

Catherine Durham: cdurham@goodwinhouse.org | 703-919-0358

Marcia Baumgartner: mbaumgartner@goodwinhuse.org | 571-319-2471

Kathleen Buday: kbuday@goodwinhouse.org | 703-229-3670

Spiritual Counselor Arion Lillard-Green: alillard-green@goodwinhouse.org | 703-517-8861

Goodwin House Clinical Pastoral Education:

Chaplain Liz Pomerleau, lpomerleau@goodwinhouse.org | 602-291-3920

Chaplain Resident Eleanor Piez, epiez@goodwinhouse.org | 702-578-7112

