

Infection Precaution Update

October 9, 2020



Update on Goodwin House COVID-19 Cases as of Friday, October 9:

GHA	GHBC
Residents: 2 cases	Residents: 0 cases
Staff: 5 cases, 0 pending test results to return to work	Staff: 2 cases, 0 pending test results to return to work

With a very heavy heart, we share news that we have lost a Goodwin House Alexandria resident and friend due to complications from COVID-19. This resident had earlier been hospitalized. We know this is painful news to receive. Goodwin House is a family, so we all feel this loss deeply. Our heartfelt thoughts and prayers are with the resident's loved ones, and with the many residents and staff who have lost a friend.

Update on Quarantines at Both Campuses

Two staff members who worked in the Terrace (GHBC) have tested positive for COVID-19. As a precautionary measure, Goodwin House Bailey's Crossroads has quarantined the residents and staff of the Terrace (Memory Support) and Assisted Living. Goodwin House Alexandria Assisted Living and Stonebrook (Memory Support) also remain under quarantine. We know you join us in wishing a speedy recovery to those who are ill. We hope to be able to reopen these areas again soon.

Reminder of Current Visitor Protocols

All visitors to residents at GHA and GHBC must receive a negative COVID-19 test. Test results are valid for:

- Up to seven days from the day the test was administered for visitors to residents in Assisted Living (both campuses currently under quarantine), Memory Support (both campuses currently under quarantine) and Health Care Center
- Up to ten days from the day the test was administered for visitors to residents in Independent Living

In this week's email to Friends & Family of residents, we are sharing information about free community testing being offered in Alexandria this month.



Mask Fitting Education

During our routinely scheduled testing of GHBC Independent Living residents next week, our Resident Health Committee, supported by our nursing team, will offer residents the opportunity to obtain a better fitting mask and engage them in a discussion of the proper fitting and wearing of face masks. This is our Resident Health Committee initiative to promote better mask compliance within our community. We will take what we learn during our GHBC pilot sessions and apply it to next steps so we can share the program with all residents at both communities.



Active Aging Week & National Walk to End Alzheimer's

The International Council on Aging recognizes Active Aging Week every October. We celebrated it with events throughout the week, and [a blog post from Fitness Manager Carson Fralin](#). <http://bit.ly/gh-comprehensive-exercise-routine>

On Friday, as part of the Active Aging Week events, we combined efforts by adding masks to raise awareness for Alzheimer's. The National Walk to End Alzheimer's is taking place virtually this year. On Saturday, October 10, in support of the D.C. walk, we will be releasing a video of staff and residents wearing these masks to help raise awareness and fight stigma associated with Alzheimer's and other forms of dementia. Check out [our Facebook page](#) this weekend!



Virtual Brain Exercise Class

The brain is not a muscle, but it functions like one. When we exercise it, our brain gets stronger. To keep it strong we need to keep challenging it regularly. Brain exercise includes training the following skills: memory reasoning, processing speed, concentration, logical sequencing, language, problem-solving and visual-spatial skills. [Join a free online course](#) that meets on Tuesdays at 1:00 p.m. The course is rolling enrollment, so you can join any time. Contact Allyson Lehigh, LCSW with Cognitive Care Solutions, to sign up. Call 714.356.7383 or email allyson@cognitivecaresolutions.com.

*We are committed to keeping you, residents and staff healthy.
Please join us in our efforts to keep our community infection-free.*



Infection Precaution