

Infection Precaution Update

October 16, 2020



Update on Goodwin House COVID-19 Cases as of Friday, October 16:

GHA	GHBC
Residents: 2 cases	Residents: 3 cases
Staff: 2 cases, 0 pending test results to return to work	Staff: 3 cases, 0 pending test results to return to work

Flu Vaccines Have Arrived!

Our flu vaccines have arrived! We are holding clinics for residents to get their flu vaccines on the following days:

- GHA Residents in the Original Building: October 21
- GHA Residents in the Tower: October 22
- GHBC Residents (All): October 22

GHA residents received more information in your mailboxes.
GHBC residents will find more information in West Winds.



Testing & Quarantine Guidelines—Residents & Visitors

In August, we provided you with an easy reference document that provided guidelines for a range of scenarios that would require you to quarantine and be tested for COVID-19. We're sharing those guidelines again, as well as guidelines that apply to visitors. Both are included with this Update for your convenience. Printed copies of these documents will also be posted in the Library and Business Center on each campus.

Immune-Boosting Nutrition—Q&A with Our Dietitians

This week, Registered Dietitians Alison Liggett and Saba Barkneh shared tips on how nutrition can help boost our immune system. We hope these tips will help you stay healthy as we go into the fall and winter. Their Q&A is attached to this Update. Here's to enjoying what we eat and boosting our immune systems!



Celebrating the Holidays

With the holiday season approaching, we recognize this year presents us with unique challenges. The IPP team and Dining Services teams are working together to find a way to celebrate and bring a sense of community to everyone. Our celebrations will be different this year, yet we will still make them special.

We Are the Number 10 Top Workplace for 2020!

In June, we learned that we made the list of 2020 Top Workplaces in the Washington Metro area. This week, we learned that we ranked number 10 among large companies!



Organizations receive this designation based solely on employee surveys. This year, more than 400 companies competed to be on this list — a record number! Thank you for all you do for our staff to make Goodwin House a wonderful place to work.

Celebrating 50 Years with Audrey Keith

You may remember that in August we honored Audrey Keith for her 50 years of service with Goodwin House. Audrey shared memories of her time at Goodwin House and offered words of wisdom we can all appreciate. Watch her delightful video here: <http://bit.ly/audrey-keith-50>



Enjoy Concerts from the Kennedy Center

Reap the benefits of a brain boost thanks to the [Kennedy Center's Digital Stage](#). If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory. The Kennedy Center is providing access to thousands of free virtual concerts. Enjoy performances from the Kennedy Center stage and beyond with new releases daily.

<https://www.kennedy-center.org/digitalstage/>

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



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