

# Infection Precaution Update

## July 31, 2020



### Update on Goodwin House COVID-19 Cases as of Friday, July 31:

GHA	GHBC
<b>Residents:</b> 0 cases	<b>Residents:</b> 0 cases
<b>Staff:</b> 3 cases, 0 pending test results to return to work	<b>Staff:</b> 0 cases, 1 pending test results to return to work

### PPE Q&A with Lisa Wallace

We asked our Corporate Director of Supply Chain, Lisa Wallace, to share how Goodwin House is sourcing our personal protective equipment (PPE) and planning ahead so that we are protected if there are surges of COVID-19 in the fall and winter. Read the attached Q&A for the full interview.



### Read Your Favorite Magazine – and Engage Your Brain

Reading is therapeutic because it actively engages your brain. Other ways to pass the time, such as watching television, are enjoyable but more passive. When you're reading, you're training your mind to focus on new information and take it in. If you want to get the most benefits from reading, you will want to read every day. When you read every day, you're regularly engaging your brain in a workout.

Read a magazine using RBdigital, a free service you can access through [Alexandria](#) and [Fairfax County Public Libraries](#) that offers full digital copies of your favorite magazines to view on a computer or mobile device. Note: You may be required to have a library card to access this service.



## Increase Your Mobility with Home Health

For many of us, the pandemic has meant we're less mobile. For older adults who need to maintain their strength and balance to prevent falls, this is a significant concern.

Now is a good time for you as a resident to assess your mobility. Take some time to think about the following three questions:

1. Do you find moving around your apartment and the community has become more difficult?
2. Do you get short of breath when walking down to get your mail?
3. Do you feel like your balance and overall strength has declined during the pandemic?

If you answered YES to any of these questions, you may benefit from a physical or occupational therapist who can come to your home or meet you in the gym. We can offer you both – safely – right here at GHA and GHBC! And it's covered by Medicare.

The daughter of a GHA resident recently shared: "Knowing that Medicare provides support for older adults to help them recover from losing strength and mobility, I reached out to my mother's primary care physician to ask what could be done. Her doctor immediately wrote a script for Mom to receive physical and occupational therapy at Goodwin House Alexandria. My mother is now two weeks into therapy sessions and is already gaining back strength and balance! I hope more residents and families will explore this benefit that they are entitled to receive from Medicare – one that will help them weather the pandemic in better health!"

### How do you get started?

You will need to consult your doctor and ask about receiving services. Ask your doctor if you qualify for "in-home" service. Your doctor can provide information on the appropriate services for you.

When you've received the referral, prescription or order, call our Goodwin House Home Health Team at 703-824-1390.

