

Infection Precaution Update

October 2, 2020



Update on Goodwin House COVID-19 Cases as of Friday, October 2:

GHA	GHBC
Residents: 3 cases	Residents: 0 cases
Staff: 5 cases, 0 pending test results to return to work	Staff: 0 cases, 0 pending test results to return to work

Update on COVID-19 Cases at Goodwin House Alexandria

At Goodwin House Alexandria, three residents in Assisted Living and five staff members have tested positive for COVID-19. Two of the residents are recovering comfortably in their apartments, where they are receiving care from a small team of staff members who are dedicated solely to care for them. One resident is receiving treatment in the hospital. A few of the COVID-positive staff members are experiencing symptoms, and the others are asymptomatic. All are recovering and quarantining in their homes. Additional staff who were exposed to these positive cases are self-isolating at home. We know you join us in sending thoughts and prayers to all of these residents and staff members for a speedy recovery.

When we learn of a new case within our community, we immediately conduct contact tracing to determine if other residents and staff members have been exposed. We inform those who may have been exposed and ask them to self-isolate.

Here's What You Can Do to Help

We can all do our part to keep infection from spreading within our community. We ask everyone to continue to follow good hygiene, social distancing and mask wearing practices. It's especially important to practice social distancing while you're eating and socializing. Leave plenty of space between people in seating areas and at tables. Wear your mask when you are not actively eating or drinking. Self-isolate if you have reason to believe you've been exposed to a positive case. All of these measures help everyone stay healthy.



Thank You From the IPP Team

The team responsible for guiding our COVID-19 efforts is aptly named the "Infection Precaution and Planning Team" (IPP Team). For the last eight months, this team has regularly reviewed and frequently updated our infection precaution protocols. Thank you for following these protocols, and for all you do to encourage staff members, friends, family and one another. Your efforts and support make a big difference. We are grateful for you! From all of us on the IPP Team:

Rob Liebreich
Justin Carwile
Cathy Farmer
Lindsay Hutter
Dr. Margaret Gloria

Linda Lateana
Barbara D'Agostino
Elizabeth Klint
Cynthia Carney
Andy Siegel

Fran Casey
Karen Doyle
Dr. Mariatu Koroma-Nelson
Josh Bagley
Ann Lam

Celebrating Fall Festival & Oktoberfest

This week, residents enjoyed some fun fall celebrations. All enjoyed the opportunity to socialize while maintaining safe social distance.

On Tuesday, residents at GHBC celebrated Oktoberfest. Residents enjoyed German beers and pretzels with beer cheese in their apartments while they tuned into a virtual accordion concert. One resident displayed his large collection of beer steins. Some artistic residents used the pretzels and beer steins as models in a drawing class.

At GHA, residents celebrated on Thursday with a Fall Festival. Residents sold homemade arts and crafts such as cards, books, magnets and purses. Bagged lunches were provided, and a caricaturist came in to draw pictures of residents.

Pictured Above: GHBC Residents celebrate Oktoberfest by drawing pretzels and beer steins.

Pictured Below: GHA Residents James and Sheila Hoben show off their caricature drawing during the Fall Festival.



National Walk to End Alzheimer's

We are making plans to join this year's National Walk to End Alzheimer's, which is being held virtually. Communities around the nation are engaging in this annual event that raises awareness. Last year, we joined the walk on the National Mall. This year, we are planning to support the walk in a different way. Keep an eye out for more details to come early next week.



Webinar for Caregivers of People with Dementia

Insight Memory Care Center is hosting a Virtual Caregiver Bootcamp later this month. Designed for those who are caring for loved ones with dementia, this free extended webinar will feature Liz Pomerleau, our Director of Clinical Pastoral Education. Learn about the general stages of dementia, costs of long-term care and caregiving and how to stay connected with your loved one. The webinar will take place on October 24, 2020 from 9:00 a.m. to 12:30 p.m. Learn more and sign up at <http://bit.ly/dementia-caregiver-bootcamp>.

Breathe and Balance

Enjoy a greater sense of well-being and enhanced energy from participating in free gentle yoga classes online. Learn various yoga postures, techniques in progressive relaxation, breathing practices and meditation that help reduce stress and balance your mind, body and spirit. The classes are designed specifically for adults facing illness, stress, or a need to re-center.

Nearly 300 million people practice yoga around the globe. When you practice yoga, your brain releases chemicals that not only help you relax but also lower your stress and anxiety levels. Sign up for free virtual yoga and energy balancing sessions through the Smith Center for Healing and the Arts. <https://smithcenter.org/programs-retreats-calendar/>



*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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