

Infection Precaution Update

December 4, 2020



Update on Goodwin House COVID-19 Cases as of Friday, December 4:

GHA	GHBC
Residents: 0 cases	Residents: 2 cases
Staff: 10 cases, 0 pending test results to return to work	Staff: 7 cases, 0 pending test results to return to work

New Cases in Context

As residents have seen from our daily COVID updates this week, we have two resident cases of COVID-19 in our Health Care Center at Goodwin House Bailey's Crossroads (GHBC). We also are tracking several new staff cases at GHBC and GHA. These new cases are unfortunate, and require us to continue with more restrictive protocols for the safety of all. Contact tracing remains in place and we will contact you if you had exposure to someone who tested positive. The cases referenced above are overall doing okay, but all healing thoughts are welcome.

To date, we have performed over 16,000 tests (98%+ of these are PCR tests) to identify COVID-19 across all of Goodwin House Incorporated (GHI), with about 100 total positive cases across residents and staff. This is a positivity rate of 0.6% for all of GHI. In contrast, the current positivity rate in Arlington is 5.5%, Alexandria is 6.7% and Fairfax is 8.7%. Though we appreciate our low positivity rate, we still have positive cases and this compels us all to remain focused on practicing hand hygiene, proper mask wearing and social distancing. Thank you!

(left) The Alexandria Garden Club donated over 75 holiday flower arrangements to GHA – 25 were raffled and over \$325 in proceeds went to the Arts Center.

(right) Dr. Ben Wilmot stands next to the Angel Tree that went up at GHBC this week. Dr. Wilmot is an active member of the Community Service Committee.



Message of Gratitude

The decision to implement tighter protocols, as we did over Thanksgiving, is not one we make easily. We want residents and their loved ones to be able to spend time together safely. We are grateful to hear that residents are appreciative of these hard decisions. Chief Operating Officer Linda Lateana recently received this affirming note from a resident:

“Of course I was disappointed not to spend Thanksgiving with my family. I am sure many others felt equally disappointed. Nevertheless, you made the right decision. Keeping residents safe (even from themselves) is a priority. All of GHI management and staff can take pride in the record both houses have set.”

Update on Quarantines

While the CDC has revised their guidance on quarantines from 14 days to 10 days, they made their revision based on an effort to get more people to follow their guidance—not because the risk factor had changed. Our safest option is to continue to implement a 14 day quarantine for those residents who left campus to visit with loved ones over Thanksgiving weekend. For all other situations, we will continue to follow the attached Resident Guidelines. Thank you for following the protocols that help to keep us all safe and healthy!

New StrongerMemory Packets Available

Remember StrongerMemory? This program is designed to help people with mild cognitive impairment or early signs of dementia. Back in June, we offered 11 packets to get you started. We've just added another five you can download and use. Re-visit our article on StrongerMemory and scroll to the bottom to find the new packets.

<https://bit.ly/stronger-memory-blog>



We take testing seriously, though we can make it fun! Charity Ampong and Comfort Boateng had some fun during GHA's latest round of staff COVID-19 testing. Watch a clip of them here:

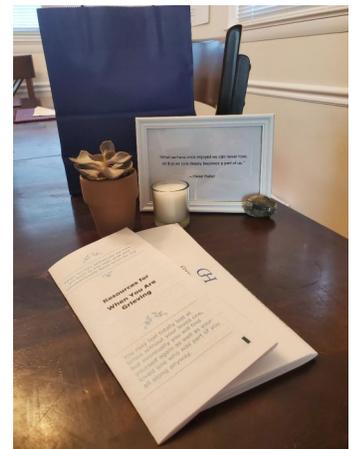
<https://youtu.be/N9tqPSoKJtw>

Honoring Acts of Service—Ceca Award Honorees

This week, we'd like to recognize Theresa Brion, Chaplain at GHBC as this quarter's Ceca Nominator Honoree. This award is given to someone who devotes time and effort to making thoughtful and thorough Ceca nominations. We recognize them for their support of other employees and the Ceca program. Theresa received the award for nominating the most employees this quarter. We join GHBC in extending our congratulations and gratitude to Theresa for her thoughtfulness and support of fellow colleagues. Thank you, Theresa!

Hospice Team Makes Extra Efforts to Provide Comfort

In September, we shared how the Hospice team is offering special Bereavement Bags to those who are receiving services. These Bereavement Bags have been a wonderful resource for loved ones as they are unable to follow the usual rituals of gathering to grieve during the pandemic. The Hospice team has distributed more than 48 of these bags since September. They are reaching out to loved ones who've experienced loss since March of this year. We recognize and honor the Hospice team for the extraordinary compassion and care they provide to patients and their loved ones.



Our Playbook Helps Our Community—and Country

People and organizations both regionally and throughout the United States have downloaded our COVID-19 Playbook. It's not just other senior living communities who have taken advantage of this resource. The Cities of Fairfax and Manassas, INOVA Health Systems, Crowell and Moring law firm and Toyota Motor North America are just a few organizations outside of senior living who have downloaded our Playbook. Thank you for your help as we have refined the protocols that are now being used across the country!



*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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