

Infection Precaution Update

December 31, 2020



Update on Goodwin House COVID-19 Cases as of Thursday, December 31:

GHA	GHBC
Residents: 4 cases	Residents: 18 cases
Staff: 10 cases, 0 pending test results to return to work	Staff: 6 cases, 4 pending test results to return to work

COVID-19 Vaccine Roll-Out Begins at Goodwin House!

After nearly nine months of challenge and loss brought on by COVID-19, we were able to administer the first dose of the Pfizer vaccine to 378 residents and staff at GHA on Tuesday and 331 residents and staff at GHBC on Wednesday.

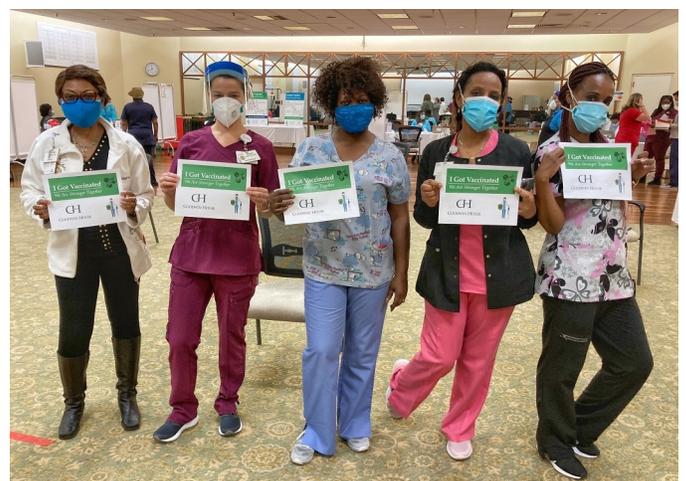
In keeping with Virginia Department of Health (VDH) protocols, residents and staff in the health care centers, memory support and assisted living were first to get the vaccine. In addition, residents with spouses in higher levels of living were vaccinated. Thanks to the availability of extra doses, we were also able to vaccinate a small number of Independent (Residential) Living residents and additional staff at GHA and a small number of additional staff at GHBC.

Those who received their first dose this week will receive their second dose at the next vaccine clinics, which will take place at GHA on Jan. 19 and at GHBC on Jan. 20. As we learn more from VDH and CVS about the second clinics, we will update you. In the meantime, if you have not already done so, please complete the CVS consent form in preparation for the vaccine.

GHA Health Care Center Staff & the CVS team prepare to administer the first vaccines.



GHBC Staff gather for a group shot after getting their first dose of the Pfizer vaccine.



Important Vaccine Information | Please Read

Receiving the first vaccines at Goodwin House allows us to end a difficult year on a positive note. While these vaccines move us forward on the path back to normal, we must all continue to follow our infection precaution protocols. We cannot relax our precautions for two reasons: 1) The vaccine is given in two doses: the first dose offers a 50% efficacy rate at protecting someone from contracting COVID-19; the second dose provides a 95% efficacy rate. 2) It is still unclear if someone can spread the virus even after getting the vaccine, and we need to reach herd immunity in order to feel confident that we can relax our protocols.

Photos and Video from the First Vaccine Clinics

Residents and staff shared in excitement and enthusiasm throughout both vaccine clinics. Enjoy a couple of photos below and watch this video for more action shots taken as the days unfolded. https://www.youtube.com/watch?v=uJP3-djpa_Y



(left) GHA Resident Katie Chinworth is the first to get the vaccine!

(right) GHBC Residents Alex and Ila Malakhoff are among the first to get the vaccine!

Webinar with Dementia Advocate Teepa Snow

We invite you to join a special webinar event with Teepa Snow on January 19, 2021 at 6:00 p.m. Teepa will present “The Effects of Social Isolation on Those Living with Dementia”, a seminar that will equip caregivers with strategies to recognize and reduce the effects of social isolation on those living with dementia. Read the attached flyer for details and the link to register.



Holiday Cheer & Ready for a New Year

We're getting ready to ring in the New Year! After a joyful holiday week filled with delicious meals, fun activities and furry friends, we are looking forward to celebrating the end of 2020 and the start of 2021! Sparkling wine and sparkling cider will be available on New Year's Eve with your dinner deliveries so that everyone can raise a glass.



If you still have room after eating the delicious New Year's meal provided by Dining Services, Chef Brian Patterson offers cooking tips for black-eyed peas and collard greens, as well as the proper (and not so proper) ways to open champagne and other types of sparkling wines. Watch his video, which includes New Years greetings from staff:



<https://youtu.be/3Vc-avSvmGM>

(top) GHA Resident Kathi Menda's canine pal Riley cheered residents and staff with his sweet costume and demeanor. (bottom) GHBC Resident Bill Aylor greets Elizabeth Whitehouse's dog Tucker on Christmas Day.

Messages of Gratitude from Goodwin House Leaders

This virus is creating new ways for everyone to think of how to keep yourself, your family and friends safe. We are in uncharted territory and we will all learn together. So I have gratitude now for every day that we get to be together and stay safe. The struggle you're in today is developing the strength you need for tomorrow.

Barbara W. D'Agostino, GHA Executive Director

Thanks to the Residents for helping us get through the COVID-19 crisis. I know that it is our job to do what we can to protect you, but your calm steadiness through this period has been an inspiration for me. You would say that you've been through much worse in your lifetimes and that this is just another bump in the road of life. I am very optimistic that we are seeing the beginning of the end to all of this, but the next few months will be difficult for us all. Let's continue to help each other. Thanks for your leadership.

Richard Carter, Chief Financial Officer

Wishing our Goodwin House resident family, the happiest holiday season. During this unique time that we're all living through, none of us have to look far to find what we're grateful for - of course it's each of you, our residents! Thank you for doing your best to keep our spirits up as we look forward to a new, healthy and exciting year!

Andy M. Siegel, MHA, Chief Business Development Officer