

Infection Precaution Update

April 9, 2021



Update on Goodwin House COVID-19 Cases as of Friday, April 9:

GHA	GHBC
Residents: 0 cases	Residents: 0 cases
Staff: 1 case, 0 pending test results to return to work	Staff: 0 cases, 0 pending test results to return to work

Due to a new staff case at GHA, we must quarantine the Health Care Center and Assisted Living until we can test all staff and residents of these areas next week. We will share with GHA more specifics once we are able to get test results.

Safe Path Forward | Updated Guidelines

New updates to our Protocols & Guidelines go into effect today! Updates include outdoor dining at restaurants and online scheduling for visits with residents in Independent (Residential) Living. See the Guidelines distributed today for full details.

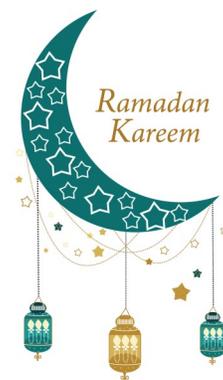
Reminders for Visitors

As more and more of your loved ones return to our campuses, please remember:

- Guests must sign in at the screening kiosks in the Lobby.
- Guests must go straight to apartments or designated visiting areas and remain there for their visit – they may not visit other areas of campus.
- Guests may not stay overnight.

Dedicated Spaces for Prayers During Ramadan

In the Muslim calendar, Ramadan is a holy month during which Muslims fast by refraining from both eating and drinking between sunrise and sunset. It is also a time for spiritual reflection, prayer and spending time with loved ones. In observance of Ramadan, we have dedicated spaces at both GHA and GHBC where staff may go for prayers. The GHA Promenade Conference Room and GHBC Media Room are reserved daily from April 12 to May 11 between 10:00 a.m. and 2:00 p.m. Please help us keep these areas quiet, peaceful and uninterrupted. Ramadan Kareem! (Have a generous Ramadan!)



Podcast on Living and Dying Well

Many of us lost loved ones over the course of the past 15 months, yet the pandemic prevented us from being able to celebrate their lives or be with them in their final moments. This has made a difficult time even more challenging. Seeking to foster helpful and healing discussions, Goodwin House sponsored an online conversation hosted by The Trinity Forum, a D.C. based organization that seeks "to connect thinking leaders with leading thinkers."

Titled "Being, Living, and Dying Well," the online conversation featured Lydia Dugdale, MD, who serves as Associate Professor of Medicine and Director of the Center for Clinical Medical Ethics at Columbia University. In her recent book, "The Lost Art of Dying: Reviving Forgotten Wisdom," Dr. Dugdale revisits ancient wisdom about living and dying well that was originally shared in the wake of the Black Plague.

"We have so many traditions to help us cope with the suffering and loss that we all experienced this past year," said Cindi Carney, executive director of Goodwin House Palliative Care and Hospice. "With this, we find yet another beautiful tradition from the 1400s that helps us cope with our grief and find hope in living and dying well." While some of questions during the conversation come from a Judeo – Christian context, Dr. Dugdale's comments are inclusive of many faith traditions. We note this as Goodwin House embraces all religious and secular traditions.

<https://youtu.be/V5nH-AIVp-o>

Staff Efforts at The Campagna Center Make News

Based in Alexandria, The Campagna Center serves a mission to deliver exceptional educational and social development programs for children, teens and adults. The Campagna Center serves a diverse population, and many of the parents of the children who are served are first responders who rely on the Center to care for and educate their children so they can work.



Since last summer, Goodwin House has extended our testing resources to The Campagna Center, where nurses from our Palliative Care and Hospice team help to facilitate monthly testing. This week, Local DVM reporter Rebecca Burnett went to see the team in action and shared the story online. <http://bit.ly/dvm-campagna>

We thank the Goodwin House Palliative Care and Hospice team for their community support!