

Infection Precaution Update

March 13, 2020

We are providing residents with weekly updates of our ongoing infection precaution efforts to address public health concerns regarding the coronavirus (COVID-19).

Visitation Protocol Update

As shared with residents and families yesterday, we are limiting all non-essential visitation on our campuses. A letter about the new policy and our infection precaution efforts was sent by email to family members. You can find copies of what was sent in the library, at the reception desks and on the GHBC resident website.

If you wish to add family members to the new email list so they can receive our updates on a timely basis, please provide names and email addresses to:

- GHA: Jane Rosman - 703.824.1234 - jrosman@goodwinhouse.org
- GHBC: Jamie Blake - 703.578.7209 - jblake@goodwinhouse.org

Building Access Points

Effective 12 noon today, access to both campuses is limited to the Main Entrance, Staff Entrance and Loading Docks. All other entrances and access points are closed. Key cards will no longer work at closed access points. GHA Employees are asked to use the employee entrance during daylight hours and the front entrance at night.

Routine Medical Appointment Off Campus?

Following consultation with our Medical Director, Dr. Mariatu Koroma-Nelson, our clinical team is advising residents to reschedule any off-campus medical appointments that can be postponed.

Please continue reading on other side

*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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Dining Services Infection Precautions

You'll have noticed several changes in our dining venues, include removing salad bars, condiments, self-serve fruit and dessert stands. We're offering pre-made salads and/or preparing salads for residents, and individually packaged condiments upon request. In addition, we have transitioned to paper menus for our dining venues.

Highlighted Hygiene Tip

Heard of "jazz hands"? It's a cabaret-style dance move popularized by the musical "Fosse", and can be a great way to greet fellow residents and staff. See this link for a definition: <https://www.urbandictionary.com/define.php?term=jazz%20hands>

Learning Moment of the Week

Leverage new-found free time – learn something new this week! March is Women's History Month—a celebration of women's contributions to history, culture and society that has been observed annually in the United States since 1987.

Check out one of the many books in our library about famous women in history:

- *See Jane Win*, an inspiring story of the Women Changing American Politics by Caitlin Moscatello
- *A Women of No Importance*, the untold story of an American spy who helped win World War II by Sonia Purnell

Or watch a movie:

- *The Iron Lady* (2011): Margaret Thatcher, the first Prime Minister of the United Kingdom, reflects back on her life
- *Hidden Figures* (2016): African American mathematicians, Dorothy Vaughan, Mary Jackson and Katherine Johnson help NASA send the first man into space
- *Harriet* (2019): based on the life of Harriet Tubman, who escaped slavery and led hundreds of enslaved people to freedom on the Underground Railroad

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