

Life Enrichment Q&A | April 17, 2020

Tiffany Proctor (GHBC) and Maura Ferrigno (GHA)

Q: Can I coordinate with a GH staff member to help my loved one get on a video call with me? Who can help me set that up? How does it work?

Absolutely! We are happy to help you set up a Skype visit with your loved one. If your loved one does not have a device that supports video calling, let us know, and we can provide them with one for the call.

Use these helpful links to get yourself set up with a Skype account. Your loved one will need their own Skype account as well. Let us know if they need help setting up their account.

Helpful Links:

- How to Use Skype for beginners: <https://youtu.be/NRcb3uB3Jac>
- How to install on iPhone or iPad: <https://youtu.be/Vn1ITWHfO4g>
- How to install on Android device: https://youtu.be/ft4i5_1-ZfQ

Once you're set up on Skype, coordinate with your loved one on the best date and time for the video call. Then reach out to us to schedule the call, providing us with their Skype ID or email address associated with your loved one's Skype account.

GHA: Contact Megan Fritz mfritz@goodwinhouse.org | 703.824.1125.

GHBC: Residents in Healthcare or Assisted Living contact Marc Weingrad mweingrad@goodwinhouse.org. Residents in Residential Living contact Tiffany Proctor tproctor@goodwinhouse.org.

Q: I miss my weekly card games with friends. What can I do instead?

Please do not gather with friends to play together in person, even if you are trying to maintain social distancing. There are options available for playing together online instead. We will be distributing information on virtual card play options so that you can play with friends safely.

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Please join us in our efforts to keep our community infection-free.*



Q: What are you offering to help us keep physically fit?

The capabilities and space available in each building mean that we have slightly different options available at GHA and GHBC. Both buildings offer exercises classes streaming on in-network channels. See the *Gazette* and *West Winds* for the full schedule of virtual offerings.

GHA offers many virtual classes on the in-network TV channel and via web conferencing. See the *Gazette* for full details. Some in-room equipment is available for GHA residents, upon request. A few small, in-person classes are also being held, while practicing social distancing.

GHBC residents can attend some small group fitness classes in-person, while practicing social distancing. The Fitness Center remains open, with every other machine turned off to enforce social distancing. We are working to live stream more fitness classes soon.

Q: Are you offering any resources to help us stay mentally active and engaged?

We've been offering activity packets at both communities. These activity packets usually include items like puzzles, brain teasers, and crosswords. If you'd like to receive an activity packet, contact Lindsay Mueller (GHA) at lmuellet@goodwinhouse.org for residents in Residential Living and Megan Fritz (GHA) at mfritz@goodwinhouse.org for residents in the Health Care Center and Assisted Living. Contact Elizabeth Whitehouse (GHBC) at ewhitehouse@goodwinhouse.org.

Both communities are also streaming guided meditations periodically. Check the *West Winds* and *Gazette* for more information.

Q: What resources are you offering to help us stay socially active and engaged?

We understand that residents who typically meet in person are now utilizing video call services like Zoom. We encourage all residents to do the same!

COVID-Companion Program with Goodwin House and St. Stephen's & St. Agnes School:

We launched the Companion Program, pairing students with 10 companions at Goodwin House Bailey's Crossroads and 11 companions at Goodwin House Alexandria. We hope that this connection to High School students will boost residents' wellbeing and quality of life, while also giving participants a meaningful connection. Students will learn about the past and present through the personal stories and wisdom of older adults. Volunteers call their companions 1-2 times per week at minimum, with some corresponding over email between calls. Eventually, we

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hope these relationships will grow into creative collaborations, including biographies, artwork, or other projects around shared interests. We look forward to hosting a reception for students to meet our residents when conditions become safer.

Q: What spiritual resources are you offering?

Church services are being streamed on Sundays at GHBC (Channel 2), and Thursdays and Sundays at GHA (Channel 973). Monday mornings, the Reciting of Rosary is being live streamed at GHA on channel 973.

We can also coordinate virtual visits for you with our chaplains. If interested, please contact Bruce Stewart (GHA) at bstewart@goodwinhouse.org or Theresa Brion (GHBC) at tbrion@goodwinhouse.org.

CPE interns are making check-in social calls to residents. If you'd like to receive a call, please contact Liz Pomerleau (GHA) at lpomerleau@goodwinhouse.org or Theresa Brion (GHBC) at tbrion@goodwinhouse.org.

Q: What are you offering to help keep us informed?

We continue to publish our weekly newsletters, the *Gazette* (GHA) and *West Winds* (GHBC). Both newsletters have recently featured articles providing guidance to residents regarding scams about the virus.

GHA residents can find all of the latest flyers on the Touchtown community app, under "Emergency Communications". Last minute changes to schedules and/or events are posted on Touchtown immediately. The recording of the April 15 GHA Town Hall will be shown again on April 22 at 3:00 p.m.

GHBC residents can find the programming schedule on the digital signage screens on the first floor. Executive Director, Justin Carwile will broadcast a virtual Town Hall meeting next Thursday on Channel 2 to give the latest updates to our community and to answer resident questions.

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