

# The Goodwin Living Team Update

## News You Can Use

January 12, 2026 | [Bit.ly/gl-team-update](https://bit.ly/gl-team-update)

### Total Rewards Statements Coming Soon!

We are excited to share that your 2025 Total Rewards Statement (TRS) will be available in the [ADP portal](#) in early February, and a copy will be mailed to your home address at about the same time. The TRS shows the value of your wages (salary) and the value of your benefits, such as 401(k), PTO and insurance, to illustrate your total compensation for the year. To see your statement, go to [WorkforceNow.adp.com](https://WorkforceNow.adp.com). Click on Myself>Total Rewards.



### Benefits - Your Retirement and Principal!

Principal manages the Goodwin Living 401(k) plan, but did you know they also provide tools for your financial security? Log in to [Principal.com](https://Principal.com) to learn how to pay down debt, use the will preparation feature, create a budget and more. Principal also offers an Education Hub with dozens of brief articles on financial topics. Check out their website at [Principal.com](https://Principal.com) to learn more. You can register for your account at [Principal.com/welcome](https://Principal.com/welcome).



[Click here for the 2026 Benefits Guidebook](#)

### Team Members on the Move

Congratulations to these team members who were promoted between October and December 2025! [Click here to see the list.](#)

### Thank You, Goodwin Living Team Members!

Because you gave with your hearts in 2025, our mission grows stronger every day. The Goodwin Living Foundation is grateful to work alongside a team that believes deeply, gives wholeheartedly and supports each other every step of the way. We look ahead to 2026 with excitement for all we will continue to make possible—together!



Goodwin Living  
Foundation  
Together, We Change Lives.

### StrongerMemory Now Available in 7 Languages

We're excited to share that, through a partnership with Fairfax County, StrongerMemory has expanded into five additional languages. In addition to English and Spanish, the workbook is now available in Chinese (Traditional and Simplified), Farsi, Korean and Amharic at no cost.

This expansion makes StrongerMemory more accessible to older adults and caregivers. Many team members have loved ones whose primary language is not English, and we hope this makes it easier to share a trusted brain health resource with them.



# Celebration of Cultures & Traditions GHBC

If you haven't signed up yet, there is still time. [Click this link now](#) or scan the QR code to the right to register. All team members and residents are invited to attend this special event!



Thursday, January 29, 2026  
GHBC Auditorium | 2:30 p.m. - 3:30 p.m.

## DEIB Calendar - January -March 2026

Check out the special occasions and observances for **January through March 2026** [by clicking this link](#). Important dates during this time include MLK day, Lunar New Year, Ramadan, Purim and much more.



## Winter Wellness EAP Sessions This Month

Delivering customer satisfaction is rewarding, but it also comes with a unique set of demands. This session will help you identify common stressors in this role. You'll gain tools for managing stress during difficult interactions and releasing the tension afterwards. We'll share strategies to help you get ahead of stress and bring your best to work each day. Choose from one of six sessions listed below!

GHBC - January 16 | 2:00 p.m. or 3:30 p.m. | Auditorium  
GHA - January 20 | 2:00 p.m. or 3:30 p.m. | Auditorium  
TVA - January 23 | 2:00 p.m. or 3:30 p.m. | Auditorium

**Do You Need Help?**  
Call the [Employee Assistance Plan \(EAP\)](#)  
866-395-7794  
Use the Employer ID "Episcopal"

## Raffle Challenge

Where can you find the Tuition Assistance application? Text your name and the correct response to Jeanne Hobbs at 703-517-3633.

Winner of the December raffle challenge - **Barbara Chapins, I.T.** Pet insurance is available to PT and FT team members through Nationwide.

