

Goodwin House Public Statement | March 23, 2020

Update | Goodwin House Infection Precaution Efforts

We all know and accept the steps we must take at this time. And we are all adjusting to the circumstances. While we are living through unprecedented times, we also happen to live in an era designed to support us through it. In these times of social isolation, technology can be one of our best assets.

Our communities typically buzz with activities throughout the day – group fitness classes, communal dining, movie nights, friends and families stopping by for a visit. Over the past month, all that has changed. As we continue to practice social distancing within our own communities, we’re finding new ways to stay active, engaged, entertained and connected.

From residents who have started calling one another daily just to catch up, to staff who are offering to stream exercise classes; from neighbors delivering newspapers, to meetings being held via video conferencing – we are all doing our part.

We are encouraging residents to engage in phone calls and video chats with friends and family. Last week, staff facilitated more than 50 Skype calls between residents and their family members. During one call a resident said, “Talking to you is the greatest joy in my life, there is nothing more meaningful.”

We’ve also provided tips to stay engaged and active while staying home, such as strength training without gym equipment or participating in streamed fitness classes. We also offer art kits for those who might want to paint or draw while our art centers are unavailable, and we’re continuing to find more options to offer, such as exploring interesting [TEDTalks](#), [master classes](#) and [museum tours](#), all from the comfort and safety of home.

We recognize that times like these can stir up feelings of loneliness and separation. These are emotions we all may feel, no matter our age. Reaching out is more important now than ever. Staying connected is key.

We continue to be immensely grateful for the sense of community at Goodwin House, and it is reassuring to see how vibrant it remains, even as it transitions to a more virtual expression.

*We are committed to keeping you, residents and staff healthy.
Please join us in our efforts to keep our community infection-free.*

