

Goodwin House Public Statement | August 21, 2020

Update | Goodwin House Infection Precaution Efforts

Below, please read a letter that we distributed via email to families and friends of Goodwin House Residents on Friday, August 21, 2020.

We've enjoyed a lovely stretch of mild weather this week, here in Northern Virginia. The opportunity to spend comfortable time outdoors has put smiles on our faces. We hope you've enjoyed some fine summer weather this week, too!

Visitors' Guide

Visitors have been scheduling time with residents on campus for since June for Independent Living Residents and more recently to see residents in higher levels of living. We wanted to provide you with a Visitors' Guide to answer the most frequently asked questions about campus visits. Please review this guide before you make your next visit to campus. We also welcome your feedback on the guide--contact us.

GHA only: As a reminder, visits can continue to be scheduled with Independent Living Residents as well as Assisted Living Residents of The Dominion. We are unable to schedule visits with residents of the Small Houses (Nursing Care), The Richmond (Assisted Living) and Stonebrook (Memory Support) at this time. We hope we can allow visits with residents of these areas again soon.

You're Invited: "Stay Connected & Stress Less" Webinars

The pandemic takes an emotional toll on all of us, yet we might not be openly discussing it. Open dialogue can lead to better connection and togetherness at times like these—it helps us to address our concerns and makes us feel less isolated.

Goodwin House residents and their families are invited to join us for a webinar series hosted by Sharon M. Weinstein, a registered nurse, certified speaking professional and author. In thoughtful explorations of the 5Fs—Fear, Family, Frustration, Future and Fun—Sharon will gently encourage us to recognize our concerns so she can offer solutions we can use to ease our stress and boost our feelings of engagement.

Join us for this three-part webinar series on Wednesdays at 3:00 p.m. from September 2 - 16. Register here. <https://bit.ly/stay-connected-webinars-ghi>

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



Congratulations to Our Winners!

This week, LeadingAge Virginia (LAVA) honored two amazing groups of individuals at Goodwin House — the Silver Panther Huddle (a group of GHBC residents) and the Goodwin House Dementia Advance Team (an interdisciplinary team of staff members leading the Dementia Initiative of the Goodwin House Incorporated Strategic Plan). Each group received annual awards in recognition of their contributions to senior living.

The Huddle won LAVA's 2020 Advocacy Award, and the Dementia Advance Team was named the 2020 Dementia Friends Champion of the Year. Read more about their awards in this week's Resident Update.

Watch the videos on the [Silver Panther Huddle](#) and [Dementia Advance Team](#) that we created for LAVA's awards ceremony, held virtually this week.

Summer Weather

As we head into the final week of August, we hope you enjoy the waning days of summer, as well as wonderful and safe visits with family and friends. And always [remember to stay hydrated](#) — It's a message we keep front and center with residents!