

Goodwin House Public Statement | September 4, 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, September 4, 2020.

Happy Labor Day weekend! Most years, this holiday weekend is viewed by many of us as our last summer hoorah, dip in the pool, picnic with friends or long weekend away before fall arrives. This year, we thought we'd focus on the meaning of Labor Day. According to the [U.S. Department of Labor](#), the holiday "constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country."

We think 2020 brings new levels of meaning to this year's Labor Day. At Goodwin House, we are deeply grateful to our staff, who continue to be dedicated to providing services and care under circumstances few could have imagined. What's more, they remain committed to our infection precaution protocols, which is helping us keep your loved ones safe and healthy.

Welcoming Visitors

We are delighted to see more and more of your faces on our campuses as you visit with your loved ones. Just today, we welcomed family and friends for 19 visits with GHA residents! We are especially pleased that the residents of the Health Care Center are once again able to welcome visitors. We also extend a note of welcome and gratitude to our new music therapist, who has made a world of difference in her work with residents in Assisted Living and Health Care, often prompting walking and singing down the halls! We welcomed family and friends for 87 visits with GHBC residents this week! We are especially happy that the residents of the Health Care Center are enjoying the beautiful weather, varied activities and outdoor visits.

Plans for Casting Ballots in 2020

GHBC residents were featured in a recent [ABC News article](#) addressing concerns about health and safety as older adults seek to cast their ballots this year. We were delighted to see the high profile media attention to this issue! Reporters aren't the only ones taking an interest in this issue. Residents at both GHA and GHBC are acting as voting aides within the communities. The aides are working diligently to stay informed of the evolving situation and share updates as they receive them. They also help other residents understand their voting options and assist those who need help through the process.

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



We are encouraging all residents to vote absentee by mail this year. If your loved one needs assistance, direct them to this week's resident update [link] where they will find contact information for voting aides on their campus.

Encourage Loved Ones to Wear Their Mask

This week, we also issued an important reminder to residents about wearing masks! Please help reinforce these guidelines with your loved ones:

- Masks must be worn at all times when outside their apartments.
- Masks must cover their nose and mouth completely.
- Masks must be worn when they are not actively eating or drinking.

Thank you for helping to emphasize this important safety measure. Mask wearing is one of the key protocols that are helping to keep our case rates low!

September is World Alzheimer's Month

In recognition of World Alzheimer's Month, we'd like to share a program designed to help those experiencing cognitive decline – StrongerMemory. Our President & CEO Rob Liebreich initially developed the StrongerMemory program to help his mother. He worked with experts in social work and therapy to create simple exercises anyone can do to help improve cognitive function, or reduce the loss of it that can come with a diagnosis of Alzheimer's and other forms of dementia. [Visit our blog](#) to read more about the program. If you think your loved one could benefit from this program, encourage them to download the Stronger Memory exercises from the blog page. Then, work with them to stay engaged with the program. Feel free to download, use and share it yourself too!

Wishing You a Happy Start to Autumn

This has been a crazy year, with some months seeming to stretch on forever and other's flying by. We think Frank Sinatra said it best:

"One day you turn around and it's summer
Next day you turn around and it's fall" - *The September of My Years*

It may be several weeks before fall is in full Sinatra swing. We hope you will make the most of the last days of summer and that you're looking forward to the start of autumn.