

Goodwin House Public Statement | Oct. 2, 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, October 2, 2020.

In this week's Resident Update, we shared information about recent COVID-19 cases at Goodwin House Alexandria. Three residents in Assisted Living and five staff members have tested positive for COVID-19. All residents in GHA Assisted Living are under quarantine, with two of the COVID-positive residents receiving care in their homes at GHA, and the third resident receiving care in the hospital. All COVID-positive staff members are recovering at home. Anyone who may have been exposed to these cases has been asked to self-isolate.

We know you join us in sending good wishes for a speedy recovery to those who are ill.

Time to Remain Vigilant

We can all do our part to keep infection from spreading within our campuses and throughout our wider community. We ask everyone, including family members and friends of residents, to continue to follow good hygiene, social distancing and mask-wearing practices.

It's especially important to practice social distancing while you're eating and socializing. If you are dining around people outside of your household, wear your mask when you are not actively eating or drinking.

Self-isolate if you have reason to believe you've been exposed to a positive case. If you feel unwell, practice extra caution by self-isolating until you know for certain that you are not contagious.

All of these measures help everyone stay healthy and help keep our region's COVID-19 case rate low. Thank you for joining us in our efforts to keep staff, residents and one another safe. Thank you, also, for spreading the word about [the COVID-19 Playbook](#) that Goodwin House has developed based on our experience thus far. It's available on our website as a complimentary resource to organizations such as schools, churches and businesses that want to resume more of their regular operations and services safely.

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



Celebrating Fall Festival and Oktoberfest

This week, residents enjoyed some fun fall celebrations and the opportunity to socialize while maintaining safe social distance.

On Tuesday, residents at GHBC celebrated Oktoberfest. Residents enjoyed German beers and pretzels with beer cheese in their apartments while they tuned into a virtual accordion concert. One resident displayed his large collection of beer steins. Some artistic residents used the pretzels and beer steins as models in a drawing class.

At GHA, residents celebrated on Thursday with a Fall Festival. Residents sold homemade arts and crafts such as cards, books, magnets and purses. Bagged lunches were provided, and a caricaturist came in to draw pictures of residents.

Extended Virtual Webinar for Those Caring for a Loved One with Dementia

Insight Memory Care Center is hosting a Virtual Caregiver Bootcamp later this month. Designed for those who are caring for loved ones with dementia, this free extended webinar will feature Liz Pomerleau, our Director of Clinical Pastoral Education. Learn about the general stages of dementia, costs of long-term care and caregiving and how to stay connected with your loved one. The webinar will take place on October 24, 2020 from 9:00 a.m. to 12:30 p.m. Learn more and sign up at <http://bit.ly/dementia-caregiver-bootcamp>.

International Day of Older Persons

October starts with International Day of Older Persons. Every year on October 1, the United Nations encourages everyone to take time to recognize and appreciate the contributions older adults make to our world. This year, we wrote [a blog about it](#) and shared it on [Facebook](#) & [LinkedIn](#). Be sure to follow us on social media. And to keep up with our blog, you can [subscribe](#) to our monthly e-newsletter, The Good Life.