

# Goodwin House Public Statement | Oct. 30, 2020

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## 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 30, 2020.*

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We find ourselves at the end of yet another month. The weather has an increasing chill, though we are warmed by the idea that you are part of our Goodwin House family. We hope you enjoy this week's updates.

## Thanksgiving Protocols and Plans Coming Soon

In this week's Resident Update, we announced that our protocols and plans for celebrating Thanksgiving will be shared next week. We plan to distribute these documents to residents and send them to you in a special email.

We know many of you are eager to plan for the Thanksgiving holiday, and we appreciate your patience as we strive to find solutions that will limit risks and make in-persons connections and Thanksgiving meals together possible – with variations based on whether it involves residents in independent living (residential living), assisted living, memory support or our health care centers. As you are aware from the news of surging COVID-19 case counts across the U.S., the situation is fluid, and we may need to adjust the protocols as Thanksgiving draws closer. We ask that you stay tuned through the Friends & Family Update to any changes leading up to Thanksgiving.

## Goodwin House U.S. Citizenship Program in the News

Since 2018, the Goodwin House Foundation has offered staff grants to cover U.S. Citizenship application fees, which total \$725. This program is possible thanks to the tremendous generosity of [Goodwin House Foundation](#) donors. One out of three Goodwin House employees does not yet hold U.S. citizenship, and with costs this high, it can be a hardship to spend money on these fees. GHBC resident Rita Siebenaler and GHBC staff member Nagla Badia shared the story of the program in a recent video and news article featured on Local DVM.com. [See their story here.](#)

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



Thanks to the program, Goodwin House Alexandria Registered Dietitian Saba Barkneh received her U.S. citizenship last year. This year, she's voting in her first U.S. presidential election. Saba was featured in a recent *Washington Post* article about immigrants who are voting for the first time this year. [Read the full story here](#). (Heads up, you may need a digital subscription to the *Washington Post* to view.)

## Living Our Best Lives with The Good Life

It's that time again! Today, we're sharing a new edition of The Good Life, our monthly e-newsletter that features [content from our blog](#). This month's edition offers an article from Goodwin House Alexandria Fitness Coordinator Carson Fralin. Carson shares how strength training can offer a range of health benefits - including reducing the risk of stroke.

Carson's feature is just one of several great articles we shared on the blog this month. Get The Good Life newsletter in your inbox by [signing up here](#).

## Have a Spook-tacular Halloween

As with every holiday this year (or at least those we have had since March), Halloween is a bit different. While we have all become accustomed to wearing masks, we cannot hand out candy or trick or treat like we usually do. The news is full of [creative solutions](#) people are coming up with to make the most of it. We hope you and yours are able to make the most of it, too! And don't forget to set your clocks back – enjoy that extra hour of rest.

We're here if you have any questions.