

Goodwin House Public Statement | Nov. 6, 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, November 6, 2020.

What a week this has been! We know many of us have been feeling extra stress, and this week happened to be International Stress Awareness Week. We hope you enjoy and benefit from a blog article from GHA Fitness Director Leslie LaPlace: [Slow Down and Take a Deep Breath](#). Leslie addresses the importance of deep breathing and shares ways you can incorporate relaxing breathing techniques into your day.

Thanksgiving Protocols

As we look forward to the start of the season of gratitude, we have created our Thanksgiving Holiday Protocols for Residents [link]. In this guide, we share our protocols for all residents, whether they live in Independent (Residential) Living, Assisted Living, Memory Support or the Health Care Center. As you plan to celebrate Thanksgiving with loved ones, please read these protocols carefully so you all can plan accordingly.

Find COVID-19 Testing Sites in Virginia

Do you need to get tested for COVID-19? We are [sharing this resource](#) from the Virginia Department of Health (VDH). You can search for testing locations throughout the state of Virginia by visiting the VDH website. The site also identifies upcoming testing events across the state.

Staff Who Go Above & Beyond

In this week's Resident Update, we shared two stories of staff members who are going above and beyond to care for residents. We hope you enjoy reading more about how staff bring their best to their jobs every day.

Do you have a story to share with us? If you'd like to share a special message of thanks or a story of a staff member who has made a difference to you or your loved one, please let us know. We look forward to reading your notes and sharing them with staff.

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



Fun Times on Our Campuses

Last week, we celebrated Halloween at GHA and GHBC. Residents and staff participated in pumpkin carving contests and other socially distanced activities. We also spotted many fun costumes. Enjoy a full page of pictures from our Spook-tacular Halloween celebrations in the Resident Update!

Take Deep Breaths & Good Care

As we head into another weekend, our national election is still undecided and COVID cases are on the rise. This can cause even the most grounded of us to experience concern and worry. We hope this week's update helps by delivering some joy and a sense of togetherness into your life. Please remember that it is important for us all to take deep breaths and good care of ourselves, and to know that by taking care of ourselves, we are able to take better care of one another.

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