

The Goodwin Living Team Update

News You Can Use

December 29, 2023 | [GoodwinLiving.org/StaffUpdate](https://www.GoodwinLiving.org/StaffUpdate)

Incoming Survey | Vote Us Top Workplace for 2024

It is almost time for *The Washington Post* Top Workplace Survey! To make the survey easy to complete, you can receive it by text! Click [here](#) or the link below to provide your name, cell number and approval to receive the text.

<https://forms.office.com/r/EpC4UTsRDv>



Give Your Feedback to the DEI Committee

Have you taken the DEI survey yet? It closes Friday, Dec 29, so you still have time to give your feedback! Scan the QR code or [click here](#) to help the Goodwin Living DEI Committee plan engaging events in 2024.



The Benefits Guidebook Can Answer Your Questions

Read the Benefits Guidebook to understand all your benefits.

If you have a question, it should be answered there! For example:

- **Question:** How do I get my insurance cards?
Answer: See 'Identification Cards for Plans' on page 8.
- **Question:** My doctor says they do not take appointments for a vision exam, what do I do?
Answer: See 'IMPORTANT INFORMATION ON VISION BENEFITS' on page 9.
- **Question:** I want to add my kids to my insurance but it's not Open Enrollment. What do I do? **Answer:** See 'Changing Benefits' on page 7.
- **Question:** I'm getting ready to retire, but I don't know where to start!
Answer: See 'My Retirement' on page 48.

You can find the online version of the 2024 Benefits Guidebook on the ADP Homepage at [WorkforceNow.adp.com](https://www.WorkforceNow.adp.com). By accessing the guidebook online, you can easily click on hyperlinks to find vendors and information that help you understand your benefits. It's also the best way to get the most current version, as updates are made from time to time. If you want a paper copy of the Benefits Guidebook, email HR@GoodwinLiving.org to request a copy.

COVID-19 Active Cases Update

Team Member Cases

GHBC: 02 | **GHA:** 01 | **TVA:** 00 | **GLAH + HCBS:** 02

Resident Cases

GHBC: 02 | **GHA:** 03 | **TVA:** 03 | **GLAH + HCBS:** N/A

401(k) Limits Are Increasing

Starting January 2024, the deferral limit increases to \$23,000. Team members who are 50 years of age or older may defer an additional \$7,500. Register for your account online at Principal.com/welcome or contact Principal at (800) 986-3343 to enroll, change contributions, request a loan or rollover.

Make SMART Goals with the Wellness Team

Start the new year with a new goal to expand your sense of wellness! Whether your goal relates to physical, emotional, intellectual, financial, spiritual, communal or social wellness, **SMART goals** help you make your goal a reality by being **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

In the new year, the team member wellness program will host a **SMART Goal Workshop** on January 26 at GHA, GHBC and TVA. If you are looking to focus on your financial goals, we will also host **financial workshops** on January 31 at TVA, on February 5 at GHA and on February 7 at GHBC. This is a great time to learn about more about your retirement benefits and learn budget tips. Stay tuned for more details on timing!



Happy Holidays at Goodwin Living

Whether 2023 went by in a flash for you or lasted a lifetime, we hope it was filled with wonderful memories. We think 2024 will be even better! Team members across the organization found ways to celebrate the holidays.

Below, you'll enjoy pictures of a few of those moments we captured this month. See you next year!



GHBC Winter Celebration



GHA Sweater Day



GHH Cupcake Run



Social Work Breakfast



Alexandria Scottish Christmas Walk