

# Goodwin House Public Statement | March 13, 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 the evening of Thursday, March 12, 2020.*

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Dear Families and Loved Ones of Goodwin House Residents –

The events of the last several weeks are extraordinary on a human and financial level. Our hearts go out to the thousands of families around the world that have lost loved ones to the coronavirus and to those on the front lines of containment and care.

That the lives taken are disproportionately older adults brings the coronavirus, or COVID-19 as it is clinically known, front and center for the entire Goodwin House organization. The health and safety of our residents and staff is always our first priority. It is especially so when there are public health risks.

Since news of the coronavirus's escalation in January, we have been following guidance from the Centers for Disease Control (CDC), local health departments and the Virginia Department of Health (VDH) and escalating infection precaution and sanitation efforts at Goodwin House Alexandria (GHA) and Goodwin House Bailey's Crossroads (GHBC).

**Early this week, we moved to screen all guests about their travel, health and exposure to a confirmed COVID-19 case and decline guests that answered "yes" to the screening questions.**

**Today, we have escalated our visitation protocol. Effective 12 noon tomorrow (Friday, March 13), we will limit visitations on our campuses to the following:**

- Contractors, consultants and business partners who support operations
- Health care professionals who provide care to the residents.
- Government officials who require entry
- Immediate family members for critical or time-sensitive purposes, such as delivery of essential items to the reception desk, accompaniment to medical appointments or visits to residents receiving end-of-life care
- Reservists slated to move into one of our communities to continue their planning

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



We will require all permitted visitors to be screened daily about their travel, health and exposure to a confirmed COVID-19 case. All other visitors—such as prospects, Priority Club members, students and presenters—will not be permitted on campuses.

We encourage family and loved ones to connect with your loved ones at GHA or GHBC by phone or video conference on your tablet or iPhone. The Executive Directors at GHA and GHBC and their teams are glad to help coordinate virtual connections.

We do not take this visitation protocol lightly, though believe it is the right thing to do to protect the health and wellness of our residents and our staff.

In addition to the visitation protocol, Goodwin House is fully applying our knowledge and best practices to the situation before us. Our ongoing efforts include:

### **Infection Precaution Practices:**

- Communicating extensively and daily with residents, staff, guests and contractors about hand hygiene, cough hygiene and social distancing.
- Sanitizing our campuses continually.
- Instituting travel protocols following the guidance of the CDC, which includes a 14-day quarantine for residents and staff following travel to a Level 2 or 3 COVID-19 location or a cruise. Our travel policy will be reviewed continually based on updated CDC guidance, COVID-19 developments and the recommendations of our Medical Director, Dr. Mariatu Koroma-Nelson.
- Suspending third-party and volunteer activities that take place on our campuses and group activities off-site. This restriction will remain in place until the health concerns around COVID-19 have been addressed.

### **Resident Health Measures:**

- Asking residents who are not feeling well to remain in their apartments and to contact the clinic on their campus. One of our nursing staff will contact them to discuss their condition and next steps.
- Asking residents and staff to engage in social distancing. This includes avoiding all non-essential contact, handshaking, etc. We also will be moving chairs further apart for small group activities in the auditoriums, streaming events as we are able and taking additional steps for services and gatherings in our chapels.
- Removing high touch points/exposure areas in our dining venues such as closing salad bars (now serving individual salads) and distributing individual packets of salt, pepper and condiments in lieu of salt and pepper shakers on tables.

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## Boosting Resident Immune Systems and Socialization:

- Leveraging the expertise of our dietitians to provide residents with recommendations for foods that strengthen immune systems and brain health.
- Drawing on the knowledge of our fitness teams to recommend exercises that increase T-cells, which are lymphocyte immune cells that protect the body from pathogens.
- Sharing sample learning plans to learn about new topics or languages using online and in-house library learning resources.

## Food, Water and Critical Supplies:

- Maintaining an inventory of food and water for seven days of full operation at GHA and GHBC. Our primary food vendors have Emergency Preparedness and Crisis Management Plans in place. They are prepared to deliver emergency food products and supplies if needed.
- Increasing the inventory of cleaning and sanitation supplies and personal protective equipment that is needed, based on guidance from local health departments, and make provisions for necessary inventories.

I invite you to visit our [website](#) and specifically this [COVID-19 Precautions page](#) where we are posting updates on our actions and protocols.

It's understandable that you would have questions, comments or concerns. Please feel welcome to contact our Executive Directors with your questions, comments and for assistance that can help you and your loved ones stay in touch and remain healthy.

- GHA: Barbara D'Agostino - 703.824.1167 - [bdagostino@goodwinhouse.org](mailto:bdagostino@goodwinhouse.org)
- GHBC: Justin Carwile - 703.578.7100 - [jcarwile@goodwinhouse.org](mailto:jcarwile@goodwinhouse.org)

We are humbled and honored to serve and care for your loved ones. We are grateful for your support of our efforts to help everyone in the Goodwin House family remain healthy.

Linda L. Lateana  
Chief Operating Officer

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