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**Northern Virginia Senior Living Leader Brings Future of Senior Living to  
D.C. Metro Area with Launch of Innovative New Health Care Center**

*Goodwin House Expands “Small House” Senior Living Trend to D.C. Area in a Big Way*

Alexandria, VA – The future of senior care in the National Capital Region arrived today, in the form of the Goodwin House ‘small house’ urban senior living community – the largest of this kind of innovative facility in the D.C. metro area. The new 80,000 square foot health care facility, developed and operated by Goodwin House – a nonprofit senior living organization with campuses in northern Virginia – is a dramatic departure from anything else in the D.C. metro area.

Nearly \$50 million in the making, and ten years from initial vision to ribbon cutting, this research-guided health care facility initiative differs from the traditional institutional medical care environment the moment you ring the front doorbell. The facility also perfectly anticipates the Baby Boomer personality and lifestyle, and with the 75 years and older age group expected to exceed 50 percent growth in each of the next two decades, innovative senior living communities are needed to meet the needs of that rapidly growing population.

“This new Health Care Center is a dramatic step forward in advancing from institution-based care models to person-centric models, all in a small home environment, and it’s reflective of Goodwin House’s leadership in expanding the ways in which we honor and uplift seniors,” said Kathleen Anderson, Goodwin House President and CEO. “We are deeply thankful to the many business partners who brought the best of their global expertise in senior living and care to design and construct what is the Washington, D.C., metro area’s first of its kind small house living and health care center.”

Located in Alexandria, Va., the Goodwin House small house Health Care Center will accommodate 90 residents, including seniors in need of memory or mobility support, short-term rehabilitation and long-term care. The Center – with reservations at near capacity occupancy – connects directly to Goodwin House Alexandria’s existing community to provide more than 500,000 square feet of senior care facilities on one campus.

Despite the many physical and cognitive benefits a small house center offers its residents, less than one percent of skilled nursing facilities have implemented the approach. The new small house approach departs from current institutional models of senior living and brings forward a progressive philosophy, architecture and organizational design that is person-centric. Studies have shown improved quality of life, satisfaction, emotional well-being, functioning and mobility for residents living in a small house environment.

“The entire team at Goodwin House has demonstrated the vision, tenacity and courage that it takes to make change happen,” said Dr. Jude Rabig, nurse gerontologist and President and Founder of Rabig Consulting – which consulted on the Goodwin House small house Health Care Center – and a nationally recognized expert in the small house model of deinstitutionalized nursing home care. “It is no small feat

to remake a nursing facility into a home. Today, years of dedicated work by leaders and staff have transformed their vision into a reality, one that will optimize the quality of life for hundreds of elders."

Additionally, unique architectural features in each resident room also seek to optimize cognitive and physical abilities. All residents have private rooms and are able (but not required) to bring their own furniture. The new health care center also features 37,500 square feet of green space and patios around the building, with garden beds for residents to use and walking paths.

"Goodwin House is all about community and family. It became immediately obvious that the 'house' had to be the starting point to re-think the institutional model of care that has been the traditional response to caring for our frail elders," said J. David Hogle, President and COO of Perkins Eastman and the Goodwin House project's design lead. "These houses at Goodwin House Alexandria focus on the natural rhythms, energy and joy fostered by the individual at the heart of the home. A front door, a doorbell, a private bedroom, an open kitchen, food prepared from a favorite recipe and a sun-filled living room all say...welcome home!"

Goodwin House's significant investment in this new Health Care Center signals its commitment to accelerate the transition of assisted long- and short-term senior care in the D.C. area to a place where each resident's choices are fully respected and care is delivered in a person-centered way. The new Goodwin House Health Care Center includes features such as common areas similar to family rooms for relaxation and family visits; a shared dining room table where plates rather than trays are used, and where residents can order their preferred meal ahead of time; a home-style kitchen where meals are prepared by center staff; and secure areas for medication in each resident's room rather than industrial carts stationed in hallways with resident medications.

"Residents in this cutting-edge home-like facility will receive levels of individualized care previously not possible, as well as extraordinary levels of privacy and dignity," said Donald R. "Chip" Calloway, Jr., Chairman of the Goodwin House Board of Trustees. "Within just a few minutes of touring this new Goodwin House Health Care Center, it's evident that these bricks and mortar have heart, soul and innovation at their core. Goodwin House has not only added a jewel in its crown, it has brought a new pinnacle of senior living and care to Northern Virginia and the D.C. Metro region."

Care partners – who are certified nursing assistants that undergo additional and extensive training to enable them to provide truly person-centered care – are at the heart of the new Goodwin House Health Care Center philosophy. The new Goodwin House Health Care Center has twice as many certified staff as the typical skilled nursing facility, and the unique role care partners play in the lives of residents extends throughout the facility. From their role in the kitchen to the way staff administer medication and care services, the more than 90 care partners and 30 nurses in the new Health Care Center will work together and with residents to provide care that promotes privacy, dignity, security and purpose.

"What puts a smile on my face is that we have taken care for the elderly who need a lot of assistance and put it into the arena where the person receiving the assistance is the primary driver," said Harry W. Baldwin III, Goodwin House Alexandria Executive Director. "It has dignity and purpose – we don't do anything 'to' the residents, we do things 'for' our residents."

#### *About Goodwin House Incorporated:*

Celebrating 50 years of providing exceptional service to older adults, Goodwin House Incorporated (GHI) is a nonprofit, non-stock Virginia corporation developed by the Protestant Episcopal Church of the Diocese of Virginia. Today, the strength of Goodwin House begins with its clear statements of mission, vision and values, the stability and integrity of its boards and executive leadership, and its capacity for innovation in senior living and care. The growing family of GHI senior care communities and services

includes: owning and operating two senior life plan communities – Goodwin House Alexandria and Goodwin House Bailey’s Crossroads in Arlington; owning and operating an innovative living at home life care program – Goodwin House at Home; and its new Health Care Center with a progressive model of senior care. GHI also is the management agent for The Lewinsville Retirement Residences, Inc.

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