

Minute -to-Minute

Recent "Fit to Print" Resident Activities February 2022

Resident Council and Community Meetings

- The 2022 Council met in December to plan for the next few month's activities including featured Community Meetings.
- The first Community Meeting featured Karen Doyle who reviewed current Covid protocols and David Savoy who discussed the restructuring of the Fire Safety Warden program. These resident-wardens currently are responsible for alerting Fire Marshalls of individuals on floors who may need assistance in the event of an evacuation. Mr. Savoy suggested that the program may include Wellness alerts as well.
- The 2022 Resident Council Survey will take place from February 14th through February 17th. The survey's goals are to foster the future of GHBC by asking residents to identify things that are working and improvements that would make life better at GHBC in various operations across the facility. The survey will be available on SurveyMonkey via the resident website. Paper surveys will be available in the Resident Business Office to all who do not use email. A box for the completed paper surveys will be in the rotunda.

Chair: Carole Hunt – Meets the 3rd Monday of the Month at 10am

Building Operations and Maintenance Committee

On the agenda for the coming meeting are the following 2022 Capital projects:

- Replacement of Crossroads' windows will begin in April or May and is expected to take 5-6 months.
- Renovation of the Beauty Salon is to begin around March. Contractor proposals are being sought.
- Renovation of the Action Station in the JDR is likely to take place this summer.
- Pointe balcony coating may begin this spring or summer.
- A walk-in cooler for the main kitchen is planned for spring installation.
- Installation of carpet for 70 resident apartments is ongoing.
- Routine replacement parts for Pointe elevators will be installed when Otis receives them.
- The plan to implement "keyless" locks in the Crossroads has been deferred.

Co-Chairs: John Ewing and Fred Hohlweg – Meets the 2nd Thursday of the Month at 10am.

Dining Services Committee

- At the December Committee meeting, the staff reported that the Resident Satisfactory Survey comments have been compiled. An Action Plan is forthcoming.
- Staff tracks our reactions to food quality based on comments they receive and present the results to the leadership quarterly. Residents are encouraged to comment on the Website Dining Comments "dropdown," by email, and by phone.

- The On-Line Ordering Initiative has been delayed because of recent Covid-related changes in obtaining meals from the Bistro. The plan is to meet with the Pilot Test Group to seek reactions and suggestions once ordering from the Dining Venues is reinstated.
- Graduates of La Cucina, an organization which is dedicated to training low-income and immigrant people in the preparation of food, will be interviewed for internships and possibly hiring in GHBC kitchens. The Foundation is providing support for their salaries.
- Both the kitchen staff and servers are getting close to pre-Covid levels of staffing.
- GHBC is not immune to the supply shortages and increased costs experience by other food facilities. Alternative and competitive providers are being sourced in hopes of being fully stocked with food for meals and other offerings such as fruit, milk, juices, etc.
- In 2022, more vegetarian and vegan options will be offered in response to requests from residents. They will be available on the Action Station and on a la carte menus as well as on weekly menus. In addition, dishes from our cooks' native countries will be featured.
- Our Dietitian has returned from maternity leave and is once again actively involved in planning healthy meal options.
- Dining Dollars that are not used in a month do not "rollover" to the next month or get assigned elsewhere. They are merely an accounting allowance for residents' meals for a month. If a resident exceeds the allowance, the excess is charged on the resident's monthly statement.

Chair: Mike Molino – Meets the 3rd Thursday of the Month at 9:30am

Finance Committee

- The GHBC Finance Committee will be monitoring how GHI handles the challenges of inflation, a downturn in the stock market and the economic effects of the COVID Pandemic.
- GHBC also must fill a number of vacant Independent Living apartments to reach goals for entry and monthly fees.
- The Obligated Group (GHA, GHBC, GHAH, Specialized Care) had Net Assets of \$87 million at the beginning of Fiscal Year 2022. The Corporation has \$25 million in Cash and Cash Equivalents and \$160 million in Investments.
- On December 9, 2021 the Federal Government forgave a \$9.5 million Paycheck Protection Program loan to GHI. The money was not in the budget, but will be added to revenues for both GHA and GHBC.

Chair: Wayne Kelley -- Meets 3rd Wednesday of the Month at 3:00pm

Fine Arts Committee

A busy winter schedule has been planned for artists of all kinds:

- A Staff Art Exhibition Reception was held in the Gallery on January 28. Residents were able to meet the creative staff members who work here and ask questions about their art.
- A special Resident Lecture was held on Monday, January 31, 3:00p.m. Resident Lucy-Lee Reed gave a special lecture on her favorite artist—Charles Rennie Mackintosh.
- Up-coming Art Exhibits include:
 - Yoga Portraits – Paths from the Self to the Universal with Artist Elisabetta Marmola.
 - Ongoing Art Displays in the Bistro to include:
 - Art Inspired by Monet's paintings of Winter
 - Paint Your Breakfast — breakfast items as inspiration.

- Upcoming Classes:
 - Altered Books: Join Deanna Nash, art therapy intern, will conduct an 8-week altered book class that will address themes of human development, life stages, and aging through an art therapy lens. All levels are welcome!
 - Resilience Quilt: Join the art therapy and social work interns in making a resilience quilt as we explore where we find strength and connection and draw and paint on fabric squares to design a beautiful quilt. No quilting experience is necessary.
- Ongoing Art Classes: Drawing and painting -- all levels are welcome!
- Recent Excursions:
 - National Gallery of Art
 - Smithsonian American Art Museum
 - Green Springs Gardens Art Exhibit
- Upcoming Excursions
 - Hirschhorn Museum: MARCEL DUCHAMP: More than thirty-five seminal works by Marcel Duchamp offering a rarely seen view of the entire arc of Duchamp's career.
 - Smithsonian Arts + Industries Building FUTURES: This 32,000 square foot building is your guide to a vast array of interactives, artworks, technologies, and ideas that are glimpses into humanity's next chapter.

Chair: Susan Jenkins – Meets 3rd Friday of the Month at 2pm

Fitness Committee

- The pool now offers open swim lanes from 10:15 a.m. until closing on Saturdays. There is no sign-up required, and there are no lane dividers during this time.
- We can expect to see new equipment for the weight room as early as February, 2022.
- Plans are underway for a new Fitness Challenge to motivate us to get outside, increase our exercise, and welcome the coming of spring.
- Water Aerobics are cancelled temporarily due to COVID restrictions.

Co-Chairs: Barbara Hatheway and Eleanor Karro – Meets 2nd Tuesday of the Month at 1pm

Green Team Committee

- On January 11, 2022, five staff directors and managers met with six Green Team members for a one-hour discussion of various in-house systems for handling waste. Do we recycle and compost as much as possible? How about hazardous waste? Specifics discussed included batteries, bulbs, glass, contractor pallets, cardboard, shredded paper, hazardous and food waste.
- On February 1, the Green Team will give the Newcomers gathering a presentation with a focus on recycling, composting, separate glass recycling, and trash.

Chair: Jane McKeel – Meets Quarterly

Grounds Committee

- The water feature in the Knoll Garden has been installed behind the island at the front of the garden. Water plants and shrubs will be placed around the water feature.
- Development of the Wilderness Trail has begun in earnest. A new chipper is being used to dispose of large tree limbs. Timbers have been put down in the cutting garden. A path around the Wilderness Trail is being worked on by staff. Invasive plants have been removed and native plants and shrubs will be distributed in the Wilderness area.

- Honey Locusts have been planted in the corners of the patio that is off the Board Room and a hedge row of camellias has been added in hopes that they will provide some screening from the noise of the chillers. More shrubs will be planted in the spring and there is some consideration of more seating.
- Placement of a pickle ball court is currently planned in the contractor's parking lot. Ideally, there would be an inside location but none has been identified.
- All 32 garden boxes are reserved for next year. All box holders will receive a form for box sign-up in 2022.
- The interior Peace Lilies that have died will be replaced by Bird of Paradise plants.

Co-Chairs: Anne Blacksten and Madi Green – Meets 3rd Wednesday of the Month at 1pm

Health Committee

- The Health Committee has been receiving regular updates from staff regarding Covid cases and precautions that are being taken on a regular basis. This information is contained in the weekly updates which are posted prominently on the first page of the Website.
- On the Health Care Center (HCC) and Assisted Living (AL), staff and residents are tested regularly.
- Measures to ensure safety while bringing back affected staff promptly are being adopted. All health staff are wearing PPE, N95 (Z) masks covered by surgical masks, and face shields. (Z masks are N95s which are not fitted to the wearer's face). AL and HC staff is to be tested every week until no new cases of Covid-19 infection are identified for 14 days.
- Contact tracing is not being done in GHBC per recommendation of the Fairfax County Health Department because the virus is so ubiquitous now.
- The Clinic was closed for the week on January 10-14. Nurse Maritess resigned after years of faithful service. Nurse Practitioner, Zainab Thomas was out on personal leave for the week of January 10-14. The Medical Director, Dr. Nelson, will be on maternity leave in March. Virginia Hospital Center is seeking a replacement for her. The Clinic will resume services on February 7.
- A New Emergency Call System installation is now underway including in HCC and AL. Infrared monitors for each apartment are part of the system, but individual apartments may opt out from this function.
- Residents who experience Covid symptoms should notify the Clinic/Front Desk so a rapid test may be given. The PCR test requires at least 2-3 days to obtain results.
- According to VA Health Guidelines, Goodwin House cannot enforce vaccination of residents or staff and cannot prevent visitation but visitors are being discouraged. At present, HCC and AL are allowing only compassionate visits determined by either physical or emotional health of individual residents.
- In the event that masks are not worn correctly, it is Goodwin House's practice to meet with individuals and their Power of Attorney to work for resolution. Everyone has the right to refuse masking and testing.
- Most residential living cases are from family/spouse contact.

Chair: Ron Karpick – Meets 1st Friday of the Month at 10am

Marketing Committee

- The Marketing Committee has not met for the past three months because no marketing events were planned over the holiday season and those planned for early February had to be postponed due to the Covid surge. We hope to begin events in early March.
- There was a slight drop in our occupancy rate due to the many resident transitions at the end of 2021, but we still remain significantly above industry standards.
- Ready apartments for new residents has been slowed by supply chain problems.

Chair: Sally Recinos – Meets the 4th Tuesday of the Month at 3pm

Movies Committee

- Movies are shown in the Auditorium each Saturday at 7:15pm.
- During our monthly meeting we select recent and classic movies that are appropriate for a wide audience. Selections are made from suggestions submitted from residents and committee members.
- A Suggestion Box and forms for residents to submit ideas for future movies is in the Business Center.
- Because of the limited number of films currently available on DVD, we recently streamed our first film, “Coda”, to great success. We plan to stream other recent movies in the future.
- In honor of Black History Month our lineup of movies in February is:
 - February 5 – “In the Heat of the Night”
 - February 12 – “Harriet”
 - February 19 – “Loving”
 - February 26 – “Spencer”

Chair: Alyce Bassoff – Meets 3rd Monday of the Month at 3 pm

Resident Website

- The Resident Website plays a vital role in GHBC communications.
- The website team relies on Committee Chairs and activity coordinators to notify it of schedule changes and to announce programs and activities of interest to the community. The team is always open to comments, suggestions, corrections from the community (staff and resident).
- Recently, a new section on Publications was added to the left side of the website. These include: West Winds; The Scoop; Diversity, Equality and Inclusion (Friday Thoughts and DEI); and Minute-to-Minute.

Webmasters: Claudia Blake and Carol Lewis

Silver Panther Huddles

- The Silver Panthers is an informal group of residents concerned about the wellbeing of our neighbors, our environment, and our democratic institutions.
- Currently, legislation in the General Assembly is being monitored in order to safeguard the gains we have made in voting rights, protections for LGBT Virginians, and our environment.
- In March we will begin to focus on political candidates who support our values.
- We meet as an entire group once a month by Zoom; contact elewis@his.com for the link.

Coordinator: Georgia Fuller – Meets 4th Monday of the Month at 4pm

Technology Committee

The Committee was formed in early 2021. Since its founding, it has:

- Conducted a survey to resident IT needs;
- Arranged bi-weekly workshops in the Bistro to assist residents with specific technology difficulties;
- held 3 Committee meetings and emailed information to more than 56 members.
- published IT “Bytes” in West Winds which are designed to be quick and easy bits of IT information;
- presented classes on voice activation using Siri, Basic and Hosting Zoom meetings, and an introduction to the GHBC Webpage.

In addition, the Co-Chairs have held monthly meetings with Justin Carwile to;

- follow up on the Cox contract;
- increase Wi-Fi hot spots, especially in the Bistro;
- seek improvement of the auditorium audio-visual production and televised productions specially to serve Health Care residents
- reenforce the need for an IT staff person to be available to set up and fix any problems with the sound system when there are music and lecture presentations.
- urge the creation of a simple listing of IT fees;
- request easier and more reliable room reservations;
- explore GHBC “Smart Apartment” possibilities including tours of existing apartments.

Members are currently working on the following offerings:

- a GHBC residents “list-serve;”
- a means to clean up resident computer files;
- establishing Android voice activation;
- presenting a display of IT devices;
- offering more training on organizing and running Zoom meetings, and
- exploring the possibility of more GHBC Webpage introductions for new residents.

Co-Chairs: Carol Biondolillo and Wren Gurney – Meets 1st Wednesday of the Month at 3pm.

Virginia Continuing Care Residents Association (VaCCRA)

The GHBC chapter of VaCCRA has two programs are in process for next fall:

- voter registration, and;
- a return of Medicare advisors for individual sessions to optimize your selections for Medicare Part D.

On the Commonwealth level, VaCCRA helped develop House Bill 425 that would modify legislation governing Continuing Care Retirement Communities (CCRCs), sometimes called Life Care Communities. This legislation asks for residents to be members of the Boards of Directors to help assure effective communication about strategic planning and fiscal responsibility. It also sets up a system to report, track, and record problems to identify the extent and severity of problems across the industry in Virginia.

Chair: Julia Sayles

Veterans Committee

- The Veterans movie program is functioning with shows every Tuesday and Friday evenings on Channel 43.
- The roster of GHBC Veterans is being maintained on a continuing basis.
- Visits to the new National Museum of the U.S. Army at Ft. Belvoir; new exhibits at the National Museum of the U.S. Marine Corps at Quantico; various service parade and band performances in the DC area, and participation in other miscellaneous commemorative and historical programs are subject to the pandemic situation.
- Memorial Day and Veterans Day observances may be conducted virtually.

Chair: Bill Rockey – Meets 1st Tuesday of the Month at 1pm

Lectures and Speakers

The following speakers are planned for the remainder of the 2022 Foreign Affairs series:

- Nilmini Rubin -- Countering Asian and Asian-American Discrimination as a Dimension of Foreign Policy.
- Maureen Aung Thwin -- Myanmar
- Bob Gersony -- Three countries in Africa, LA, and Asia
- Kamisu Camara -- Central Africa
- Ann Patterson
- Maryum Saifee -- More Diversity in State Dept. and How It Affects Foreign Policy Development and Execution
- Carla Freeman -- China
- Marie Yovanovitch - Ukraine

This is an informal planning group Chaired by Allen Anderson

Notes from the Editor: This edition of Minute-to-Minute is too long! That is partially due to the time between editions – the last one was dated October 2021. In addition, many “activities,” as opposed to formal Committees, are included for the first time. Leaders have come to see Minute-to-Minute as a means of informing residents as well as attracting more participation. The only remedy in the future is to ask for more selective submissions. And finally, the document is lacking Jamie Blake’s creative visual effects. I’ll work on an improved format for the April edition.

A sincere thanks to all the Chairs and Group Leaders for contributing to this newsletter.