

COVID-19 Newsletter

June 5, 2020

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We Stand Together Against Illness and Intolerance

History has taught us many lessons, specifically that we can individually and as a society, learn from our mistakes, find meaning in suffering, and transform tragedy into something beautiful.

The chants of 'no justice, no peace' are ringing out again throughout the United States and globally. In today's world there is great pain and division that at times seems insurmountable. The voices crying out for unity and peace seem faint-but will eventually overcome the noise created by controversy and ignorance.

At the heart of our mission at UMC is our duty to keep our patients, and our community, healthy. However, we must remember that we also have a responsibility to contribute to the creation of a better and more peaceful world – beginning right here in our community.

Our actions are influencing future generations. They are watching us seeking solutions that seem so far out of reach.

We must maintain a voracious appetite for mutual understanding and respect, and an empathy that healthcare workers show us every day. While I know the situation is difficult, and the emotional wounds are raw, as care for our patients and community, let us do so without displaying the type of ignorance and intolerance that has been poisoning our society.

At UMC we celebrate diversity, social justice, human rights, and equality. These values, when combined with care that focuses on the patient will build a better world for all of us.

When the values I see every day at UMC thrive throughout the country, there will ultimately be victory and peace.

Colene Y. Daniel

Chief Executive Officer

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You Are Appreciated



As a medical facility we often forget the people who keep all our systems running. In 2020, these amazing team members also make sure that while we are inside the building we are able to stay informed about the world around us. They may be tucked away in the basement but their hard work shows all around us! Let's all take a moment and thank our IT Department. **THANK YOU.**

Stay Safe

As the District of Columbia's only public hospital, we all have a heightened responsibility to prevent the spread of COVID-19 **whether on/or off duty**. Although the city will begin phase one of the plan to reopen we must continue to adhere to the safety, shut-in, and social distancing mandates in effect throughout the region.

Lifting the Stay-At-Home Order

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On Friday, May 29, 2020,
the District's Stay-at-Home Order
will be lifted.

The Public Health Emergency is still in effect and gatherings of more than 10 people are still prohibited.

CORONAVIRUS.DC.GOV

May 27, 2020



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

COVID-19 Testing Update

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Asymptomatic essential workers
with known exposure to a confirmed
case of COVID-19 can now get

FREE TESTING

COVID-19 Testing Hotline: 1-855-363-0333

STOP THE SPREAD OF GERMS!

Stay home
when sick



Cover your
cough or sneeze
with a tissue



Dispose of
tissue after use



If you don't have a
tissue, cough or
sneeze into your
upper sleeve



Wash hands with
soap and water for
at least 20 seconds



Avoid touching
eyes, nose, and
mouth with
unwashed hands



CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



THANK YOU!!!!

We are so grateful to the District residents and local businesses who have poured out an overflow of support to UMC through donated meals and/or PPE. Please share expressions of gratitude to the businesses directly or send a note to Toya Carmichael, VP of Public Relations / Corporate Secretary @ Tcarmichael@united-medicalcenter.com. You may also follow UMC on Instagram @unitedmedicaldc.

Donated Meals

Off Their Plate / [The Alibi](#) / Compass Rose DC
[Embassy of the Federal Republic of Germany](#)
 The Embassy of France / Fresh Baguette

Donated PPE

[Direct Relief](#)

Donated Gifts

Lacey O'Neal / DMV Mary Kay Associates





UMC Ambulatory Care Services

Reopening Strategies

We are happy to announce that the UMC Ambulatory Care offices will be reopening for face to face visits on Tuesday, June 9th, 2020. We have adjusted our schedules and office flow to support recommendations by the CDC and the D.C. Department of Health.

Here is what can be expected during this initial phase of reopening:

1. Providers that share waiting areas will be alternating work schedules to allow for physical distancing in waiting areas.
2. Waiting room furniture and workspaces have been rearranged for appropriate distancing.
3. The number of patients scheduled for each session will be limited to deter crowding.
4. Patients and staff will be required to wear masks while in the office.
5. Personnel or family members that provide transportation are being asked to wait in his/her car until the patient's appointment is completed to limit the number of people in the office at any given time.
6. During scheduling and upon arrival, patients will be asked COVID-19 screening questions.
7. Early arrivals will not be entertained and our late policy will remain enforced.
8. Check in and check out will be as contactless as possible.
9. Single-use devices will be utilized for triage and nursing team members will sanitize rooms between patient encounters.
10. Telehealth visits will continue to be integrated.

We will provide updates on future accessibility as new information about the pandemic becomes available.

Best,

A handwritten signature in black ink, appearing to read "Janelle Dennis".

Janelle Dennis MD
Primary Care Center

Department of Ambulatory Care Services
United Medical Center

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Fax: (202) 373-5956



We Stand Together Against Racism

It feels like the times we are living in are pulling on every ounce of energy we have. We spend our days caring for our patients when the world around us seems to need a vaccine against hate, a mindset that much like COVID-19 has no cure. But, we must stand courageous against the spread of all illnesses whether they be physical or mental. We know racism is a sickness that is passed down from generation to generation through misinformation and misunderstanding.

The resources listed below are meant to be informative and serve as PPE that will help you can continue to pour out love and seek justice, and equality here at UMC and beyond!

Mental Health Resources

- [Black Mental Health Alliance](#)
- [Therapy for Black Men](#)
- [Heal Haus](#)
- [Sista Afya](#)
- [Viva Wellness](#)
- [Inclusive Therapists Database](#)
- [Guide to Allyship](#)
- [Diversity Talks Two-Part Webinar Series](#)
 - June 24, 1 PM Eastern: [White Folks \(Part I\): We Have To Talk About Race](#)
 - July 22, 1 PM Eastern: [White Folks \(Part II\): A Call to Action](#)

To Understand the Issues

Movies/TV

- *13th* (Ava DuVernay) — Netflix
- *Fruitvale Station* (Ryan Coogler) — Available to rent
- *Dear White People* (Justin Simien) — Netflix
- *If Beale Street Could Talk* (Barry Jenkins) — Hulu
- *The Hate U Give* (George Tillman Jr.) — Hulu with Cinemax
- *When They See Us* (Ava DuVernay) — Netflix
- *Just Mercy* (Destin Daniel Cretton) — Streaming FREE in June on multiple digital platforms including [YouTube](#), Amazon Prime Video, and Vudu
- *I Am Not Your Negro* (Raoul Peck) — Streaming FREE in June on Hoopla and Kanopy
- More on [Good Good Good](#)

Books

- Nonfiction:
- *How To Be An Antiracist* by Dr. Ibram X. Kendi
- *I Know Why the Caged Bird Sings* by Maya Angelou
- *The New Jim Crow* by Michelle Alexander
- *Eloquent Rage: A Black Feminist Discovers Her Superpower* by Dr. Brittney Cooper
- *So You Want to Talk About Race* by Ijeoma Oluo
- *Between the World and Me* by Ta-Nehisi Coates
- *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do* by Jennifer L. Eberhardt
- *White Fragility: Why It's So Hard for White People to Talk about Racism* by Robin DiAngelo
- Fiction:
- *The Hate U Give* by Angie Thomas
- *Their Eyes Were Watching God* by Zora Neale Hurston
- *The Bluest Eye* by Toni Morrison

Articles

- Summary: [George Floyd.](#) (*USA Today*)
- [What We're Reading About The Past Week Of Protests](#) (NPR)
- [The Death of George Floyd, In Context](#) (*The New Yorker*)
- [Who Gets to Be Afraid in America?](#) (*The Atlantic*)
- [You shouldn't need a Harvard degree to survive birdwatching while black](#) (*The Washington Post*)
- [Of Course There Are Protests. The State Is Failing Black People.](#) (*The New York Times*)
- [Don't understand the protests? What you're seeing is people pushed to the edge](#) (*Los Angeles Times*)
- [The 1619 Project](#) (*The New York Times Magazine*)

For More Information on Where to Donate Visit: https://www.niche.com/blog/how-to-help-black-lives-matter-and-protestors/?utm_source=digest&utm_medium=email&utm_campaign=6.2.20_student_BLM_s



EQUALITY



Community Resources

The Hospital Board of Directors and Executive Leadership Team recognizes that you are more than an employee and that as much as you care for our patients, staff, and visitors, you must also care for your families at home.

Transportation

Uber has partnered with DCHA to provide free transportation for health care workers. Managers, please share the attached documents with your employees and post them in your break rooms.

Program Details:

- Each week employees can access the Uber promo code via the following link: <https://r.uber.com/cdTeela5IW>
- Once downloaded employees can use their Uber account as they normally would, and the credits will automatically apply
- Rides are valid from 9 pm - 1 am every day and 5 am - 8 am on weekends
- Trips must begin or end at UMC hospital entrance
- Each trip is valid for up to \$25; balance owed by each passenger
- Health care workers are required to show their hospital badge and wear a face mask when ride sharing
- A new promo link will be provided every Monday by Noon using the link: <https://r.uber.com/cdTeela5IW>.

If you have questions, contact Pam Whiting in Human Resources at extension 6079.

Valid for all DCHA member hospitals
Trips must begin or end at a DC hospital entrance

Uber

Contact Your HR Department For Details

DCHA
District of Columbia Hospital Association

- Promotion ends June 15, 2020 or after the use of 20,000 trips.
- Promotion code valid in DC, Maryland and Northern Virginia.
- Each trip valid for up to \$25; balance owed by passenger.
- Health care workers are required to show their hospital

All UMC Employees have access to [GuidanceResources](#) (UMC Web ID: EAPComplete) or by dialing 1-877-595-5284. Guidance Resources provides information for personal and work-life issues including:

Confidential Counseling - Financial Counseling - Online Will Preparation - Legal Support -Work-Life Solutions (Child-care, college planning, moving & relocation, etc.)

You can access additional mental health support from your respective health plan as well:

CareFirst BlueCross BlueShield

- Available 24/7 soothing music and relaxation videos to help break free from stress, unwind at the end of the day or ease into a restful night of sleep
- Yoga and meditation videos
- Airplay functionality using AppleTV
- Relax 360° can be viewed in virtual reality experience
- Visit carefirst.com/sharecare to register

Visit <https://individual.carefirst.com/individuals-families/about-us/coronavirus-resource-center.page> for additional information on resources related to COVID-19.

Maryland Residents: For the latest updates visit:
<https://coronavirus.maryland.gov/> or

County	Telephone #		Telephone #
Charles County	301-609-6900		301-932-2222
Montgomery County	240-777-1741		240-777-4000
Prince George's County	301-883-7834 301-883-7879		301-883-4748 301-883-7879

Virginia Residents: For the latest updates visit:
<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/> or

County	Telephone #	County	Telephone #
Arlington County	703-228-5580	Fairfax County	703-534-8343 703-569-1031 703-246-7100 703-704-5203
Alexandria County	703-746-4996	Prince William County	703-792-7300



For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit coronavirus.dc.gov.

Cases as of June 4, 2020

	Total Number Positives	Percent
All	9199	100
Race		
Unknown	1061	12
American Indian/Alaska Native	26	<1
Asian	108	1
Black/African American	4223	46
Native Hawaiian/Pacific Islander	22	<1
Other/Multi-Racial	2335	25
White	1366	15
Ethnicity		
Unknown	1694	17
Hispanic or Latinx	2411	26
NOT Hispanic or Latinx	5068	55

UMC IN THE NEWS– May 28 – June 5, 2020

UMC Staff are reminded to direct **ALL MEDIA INQUIRIES** to Toya Carmichael, VP of Public Relations @Tcarmichael@united-medicalcenter.com.



The Not-For-Profit Hospital Corporation commonly known as United Medical Center ("UMC") in the news:

May 28, 2020, [Essential but undervalued: Millions of health care workers aren't getting the pay or respect they deserve in the COVID-19 pandemic](#), Molly Kinder, Brookings Institute

June 4, 2020, [Nurses Working in Underserved Communities Find a New Way to Bridge the Gap](#), Talya Meyers, Direct Relief