

COVID-19 Newsletter

September 11, 2020 | Volume 1, Number 23



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Washington, DC 20032
202-574-6000
Unitedmedicaldc.com

When Disaster Strikes

Healthcare professionals respond with courage, compassion, and care.

Today, September 11th is a day of remembrance of the terrorists' attacks that changed the course of American life forever. September 11, 2020 is especially difficult as the ongoing coronavirus pandemic requires us to stay vigilant in our work of stopping the spread of a virus that continues to claim lives far greater than those lost on September 11, 2001. In addition to the health crisis we are also engaged in intense conversations about racial justice and debating about who we want to lead the country forward.

No matter the disaster, the country will continue to look to us for a calm, strategic response. In order for us to continually meet the challenge of reacting no matter the circumstance, we must be prepared. Not only must we stay physically healthy but we must be emotionally strong and ready to adjust to the new ways of life we are already seeing take shape as the pandemic continues.

Over the course of the last few months the newsletter has provided resources for mental and physical health, and of course tips to curve the spread. This month we will include tips on how to prepare yourselves and your families for the next emergency as we know more are unfortunately sure to come. Please read and share these tips with your friends, families, and communities so we may all be prepared to display the courage demonstrated by first responders next door in Virginia and New York City on September 11, 2001.

Sincerely,

Colene Y. Daniel

Chief Executive Officer





Who We Are...

Our Mission
&
Our Vision

The Not-for-Profit Hospital Corporation, commonly known as United Medical Center or UMC is a District of Columbia government acute care hospital servicing Southeast DC and surrounding Maryland communities

Our Mission

United Medical Center is dedicated to the health and well-being of individuals and communities entrusted in our care

Our Vision

UMC will be an efficient, patient-focused, provider of high quality healthcare the community needs

UMC will employ innovative approaches that yield excellent experiences

UMC will empower healthcare professionals to live up to their potential to benefit our patients

UMC will collaborate with others to provide high value, integrated and patient-centered services



Who We Are...

Values

Values

• *Compassion*

Empathy for patients, their families and staff is ingrained in our history and inspires our future. We do more than treat the patient we practice family-centered care as the cornerstone of compassion.

• *Excellence*

Our promise to treat, prevent and cure disease is an enormous responsibility. We follow the highest standards of quality and safety and expect accountability from each other.

• *Integrity*

At all times, we approach our work with openness, transparency, decency and humility. It is our responsibility to use resources wisely to sustain UMC for generations to come.

• *Collaboration*

We work in partnership with patients, their families, staff, providers, volunteers and other caregivers. This spirit of respectful cooperation extends beyond our walls to our business partners and the community.

• *Equity*

We embrace and find strength in the diversity of our patients, their families, staff and community. We believe all patients deserve exceptional care, the best outcomes, respect and a safe environment.

• *Innovation*

We aspire to be an innovative leader in community healthcare and service. We continually seek new and better solutions. Because innovation springs from knowledge, we foster learning in all disciplines.

Who We Are...

Values

Is There Low-Hanging Fruit in Your Hospital?

Kenneth Blackwell, LCSC, CHSP, VP of Facilities

Do you know that most life safety code deficiencies that contribute to CMS condition-level deficiencies are “low-hanging fruit”? What does that mean? I’m glad you asked. Low-hanging fruit are “the obvious or easy things that can be most readily done or dealt with in achieving success or making progress toward an objective” (Merriam Webster Dictionary Low-hanging fruit, 2018). This means that many findings could be prevented if you would simply deal with the easy-to-address deficiencies on a routine basis. For the sake of this article, I’m going to pinpoint places where low-hanging fruit are most commonly found and list simple practices for quick remediation.

Corridors:

- Reduce projections into the corridor that protrude more than 6 inches from the wall.
- Eliminate placement of two soiled linen hampers stored side by side.
- Clean dirty sprinkler heads and replace soiled ceiling tiles.
- Repair bent sprinkler head deflectors.
- Label all medical gas shut-off valves.
- Ensure that the medical gas shut-off valves are not blocked by carts, stretchers, or wheelchairs.

Above the ceiling:

- Remove cables draped over sprinkler pipes.
- Replace missing cover plates on electrical junction boxes.
- Increase the frequency with which you inspect barrier penetrations.
- Implement an “above-ceiling” policy and enforce it.

Mechanical spaces:

- Replace missing cover plates on electrical junction boxes (*This is not a typo. Check for this deficiency in both above-ceiling areas and mechanical spaces*).
- Reposition cables/wiring so it is not attached to sprinkler pipes.
- Eliminate storage of items within 3 feet of electrical panels or in electrical storage closets.
- Eliminate storage of items in front of HVAC unit access doors.
- Label all circuit breakers that are in the ON position.

Kitchens:

- Clean dirty sprinkler heads.
- Place deep fryer at least 16 inches from open flame or mount an 8-inch metal splash guard between cooking appliances.
- Mount K-extinguishers within 30 feet of cooking surfaces. Ensure that staff know how and when to use these types of extinguishers.

Generator rooms:

- Provide eyewash station **if one measures the battery-specific gravity**.
- Mount a **remote** manual stop outside of generator room.

Operating Rooms

- Maintain an unobstructed path to medical gas shutoff valves.
- Eliminate blocked Line-isolation panels.
- Increase the frequency with which you inspect barrier penetration above the ceiling.
- Label medical gas shutoff valves.
- Eliminate corridor clutter.

Main Fire Alarm Control Panel

- Check panel cover for circuit breaker label
- Check sub-electrical panel to ensure main fire alarm control panel breaker is marked in red.

In the words of Confucius, "Life is really simple. We just keep making it complicated." Be sure not to complicate the way you manage your facility. Keep the simple things simple. Identify and address your low-hanging fruit. Your healthcare facility will be a safer place for your staff, patients and visitors.



10 ESSENTIAL ITEMS YOU NEED FOR YOUR FAMILY EMERGENCY PREPAREDNESS KIT

- 1 WATER**
Have one gallon per person per day to use for drinking, hygiene and cleaning as needed.
- 2 FOOD**
Have a two week supply of non-perishable food per person. Try to pack foods that require no refrigeration, preparation or cooking.
- 3 CAN OPENER**
Make sure it is a manual can opener in case there is no electrical power. Consider buying items with a pull-top opening.
- 4 MEDICATIONS**
Collect one month's worth of any prescription medicines you are taking. Include non-prescription fever/pain reliever, antacids, anti-diarrheal items, etc., in your stockpile.
- 5 PERSONAL CARE ITEMS**
Collect the basics like soap, toilet paper, toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags and feminine products.
- 6 FLASHLIGHT**
Keep a bright flashlight in case there is no electrical power. Consider getting a lantern-style light for hands-free use.
- 7 RADIO**
Have a battery-powered radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio.
- 8 CLOTHES**
Collect extra per person and consider packing blankets, rain gear and outerwear.
- 9 FIRST AID**
Include basics, such as antiseptic, gloves, a variety of bandage sizes, thermometer, and protective masks. You can buy a pre-made kit at most pharmacies or grocery stores.
- 10 IMPORTANT DOCUMENTS**
Collect copies of driver licenses, social security cards, birth certificates, mortgage papers, insurance policies, etc. and keep electronic copies on a flashdrive.

When we're fully counted, we get:

Money

Billions for education, housing, transportation, and healthcare.

Power

Full political representation, from City Hall to the halls of Congress.

Respect

We empower ourselves to obtain what is rightfully ours and what is owed to us.

English: 1-844-330-2020
Spanish: 1-844-468-2020

#GetCountedDC

2020census.gov



"Thanks for your patience as we transition to electronic filing...Mrs. McGillicuddy."

Happy National
#PayrollWeek!

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"Store at it all you want sir, but I can assure you, no one is going to jump out and yell 'April Fools.'"

search ID: b0m314

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 continues to reopen we must continue to adhere to the safety and social distancing mandates in effect throughout the region.

IT'S SIMPLE: WHEN YOU LEAVE HOME, YOU MUST
WEAR A MASK. 

Common allowable exceptions:



You are a child age 2 or younger



You are vigorously exercising outdoors
and not close to anyone else

You are actively eating or drinking



You are in an enclosed office and alone



Wear a mask. Save lives. Stop the spread.



DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA



GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR



It is

NATIONAL PAYROLL WEEK 2020

and we would like to say **THANK YOU** to
Patricia Rhodes and **Omar Salama**
for all of their hard work and dedication to the
employees of the Not-For-Profit Hospital Corporation!

Please join us in letting them know how much we
appreciate them!!!!

-The Office of the Chief Financial Officer Team



THANK YOU!!!!

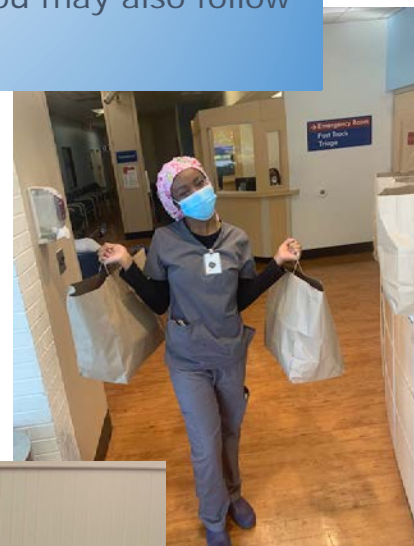
We are so grateful to the District residents and local businesses who have poured out an overflow of support to UMC through donated meals and/or PPE. Please share expressions of gratitude to the businesses directly or send a note to Toya Carmichael, VP of Public Relations / Corporate Secretary @ Tcarmichael@united-medicalcenter.com.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



Donated Meals

Yunnan by Potomac

DC's First IHOP





Community Resources & Activities

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.



Combat disease with diet! Join doctors and community partners for a FREE online nutrition class! Learn how weight, high blood pressure, diabetes, and other conditions can be treated and prevented with a plant-based diet.

Vanita Rahman, MD, Neal Barnard, MD, Jennifer Paul, MPH, and weekly class guests will provide practical tips, meal planning, and interactive Q&A during this 8-week class series from the Physicians Committee for Responsible Medicine.

Register today at [PCRM.org/NutritionClass](https://www.pcrm.org/nutritionclass)

August 25th-October 13th



FREE 8-Week
Nutrition Class

FREE SUMMER MEALS

For youth 18 and under



To find the closest summer meals site:
Call 211 • Text 'FOOD' to 877-877 •
MDsummerMeals.org



BLACK SWAN ACADEMY DONATES

HYGIENE KITS

THURSDAYS AT 11 AM

PICK UP FREE HYGIENE KITS
FOR YOUR FAMILY AT
KELLY MILLER MS
301 49TH ST NE WDC 20019

Made with Printify/Vival



Little Sesame will supplement the emergency response of the city.
With the help of their nonprofit partner Dreaming Out Loud,
they will provide meals to communities during this forced closure.

Martha's Table 40 years strong
EDUCATION • FOOD • OPPORTUNITY

GRAB-AND-GO GROCERY DISTRIBUTION

TUESDAY

10:00 AM - 11:30 AM
KELLY MILLER MIDDLE
SCHOOL
301 49TH STREET NE
20019 (WARD 7)



10:00 AM - 11:30 AM
STANTON
ELEMENTARY SCHOOL
2701 NAYLOR ROAD SE
20020 (WARD 8)

WEDNESDAY

10:00 AM - 11:30 AM
H.D. WOODSON HIGH
SCHOOL
540 55TH STREET NE
(WARD 7)



12:30 PM - 2:00 PM
THEARC WEST
CAMPUS
1901 MISSISSIPPI
AVE SE (WARD 8)

THURSDAY

10:00 AM - 11:30 AM
KIMBALL
ELEMENTARY 3375
MINNESOTA AVE
SE (WARD 7)



10:00 AM - 11:30 AM
ANACOSTIA HIGH
SCHOOL
1601 16TH STREET SE
(WARD 8)

FRIDAY

10:00 AM - 11:30 AM
BALLOU HIGH
SCHOOL
3401 4TH STREET
SE (WARD 8)



12:30 PM - 2:00 PM
E.W. STOKES PCS -
EAST END CAMPUS
5600 EAST CAPITOL
STREET NE (WARD 7)



The following goods and services are available

Discounted bags of fresh produce

Field of Greens Market | Wednesdays 3-6pm

RESERVATION REQUIRED

RSVP to secure your spot by the Friday prior to each market
Maya.Walker@nationals.com

"Grab and Go" Dinner for Families (Children/Parents)

2-6pm | Monday - Friday

Meals are served on a first come first serve basis

- LIMITED QUANTITIES AVAILABLE -

3765 Ely Place SE | Washington, DC 20019

#NATS4GOOD

WHERE

KELLY MILLER MIDDLE SCHOOL
301 49TH ST NE
WASHINGTON DC, 20019

WHEN

MONDAY - FRIDAY
3PM - 5PM

WWW.EATLITTLESesame.COM

WWW.DREAMINGOUTLOUD.ORG

ANONYMOUS TIP LINE

Send an anonymous tip



Text
50411



Call
202-727-9099

\$25,000 for information that leads to an arrest

HOSTED BY MAPCS
OFFICE OF FAMILY & COMMUNITY ENGAGEMENT

COMMUNITY EATS & GROCERY PICK UP



5600 East Capitol St. NE,
Washington DC 20019
YALC Entrance

Contact: Ms.Holley, Dir. of
Family & community
Engagement
202-213-7229

Every Wednesday
Rain Date Thursday





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

Cases as of September 10, 2020

	Total Number Positives	Percent
All	14412	100
Race		
Unknown	73	1
American Indian/Alaska Native	37	<1
Asian	221	2
Black/African American	7422	52
Native Hawaiian/Pacific Islander	38	<1
Other/Multi-Racial	3508	24
White	3111	22
Ethnicity		
Unknown	1242	8
Hispanic or Latinx	3726	26
NOT Hispanic or Latinx	9429	65

UMC IN THE NEWS–September 4 - 11, 2020

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



No News Is Good News!