

UMC Newsletter

March 19, 2021

Volume 2, Number 12



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Spring Forward

Last Sunday we entered into Daylight savings time moving our clocks up by one hour. While many dread what they consider to be one less hour of sleep, others celebrate longer days and later sunsets. This weekend, we will welcome the first official day of Spring. Again, while some celebrate the return of warmer weather and the cherry blossoms, others dread the onset of seasonal allergies and rainy days.

Whether you love or hate the changes in time and season, the fact remains that we must all adjust and spring forward. As we spring forward with mother nature we must also adjust to the changing behaviors of our patient community, family and friends. As the COVID-19 vaccine becomes available to more individuals and the temperature warms up, social gatherings will expand and become more frequent. As healthcare providers we know the Coronavirus pandemic continues thus, we must continue to practice safety measures like mask wearing, hand washing, and social distancing to curb the spread of the virus.

Here at UMC, we must also begin to prepare ourselves for changes in hospital services and operations as the District reenvision the way it provides healthcare to its residents. Like daylight savings and seasonal allergies, these changes may make us uncomfortable and push us outside our comfort zone. But remember, "new beginnings are often disguised as painful endings." As we adjust, we must not lose focus of our mission and vision and continue to work towards achieving the Quadruple Aim: Better Outcomes, Improved Patient Experience, Reduce Care Cost, and Satisfied Providers.

Colene Y. Daniel

A handwritten signature in blue ink that reads "Colene Y. Daniel".

Chief Executive Officer



1310 Southern Ave. SE
Washington, DC 20032
202-574-6000
Unitedmedicaldc.com



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



REBECCA LEE CRUMPLER (Corrected Image)

First African American Woman Physician In the United States

March is Women's History Month. This year we celebrate the life of Rebecca Lee Crumpler (1831-1895). She is best remembered as the first African-American woman physician in the United States.

Born Rebecca Davis in Delaware on February 8, 1831, she grew up in Pennsylvania, where her aunt provided care for the ill.

A bright girl, Rebecca attended a prestigious private school, the West-Newton English and Classical School in Massachusetts, as a "special student." In 1852, she moved to Charlestown, Massachusetts, and worked as a nurse. In 1860, she took the bold step of applying to medical school and was accepted into the New England Female Medical College.

The New England Female Medical College was based in Boston and attached to the New England Hospital for Women and Children. It was founded by Drs. Israel Tisdale Talbot and Samuel Gregory in 1848 and accepted its first class, of 12 women, in 1850. From its inception, many male physicians derided the institution, complaining that women lacked the physical strength to practice medicine; others insisted that not only were women incapable of mastering a medical curriculum and that many of the topics taught were inappropriate for their "sensitive and delicate nature."

Fortunately, Drs. Talbot and Gregory ignored such false claims and organized a school that required "a good English education," a "thesis on some medical subject," and a set of courses on the theory and practice of medicine, materia medica, chemistry and therapeutics, anatomy, medical jurisprudence, obstetrics and diseases of women and children, and physiology and hygiene. The coursework was 17 weeks in length (30 or more hours per week) during the first year of instruction. Following this was a two-year preceptorship, or apprenticeship, under an established physician's supervision.

In 1864, Rebecca became the New England Female Medical College's only African-American graduate (the school closed its doors in 1873.) A few statistics help put her remarkable achievement in perspective. In 1860, there were only 300 women out of 54,543 physicians in the United States and none of them were African-American. Some historians have wondered if Rebecca even knew of her status as "the first" given that for many decades in the 20th century that credit was awarded to Dr. Rebecca Cole, an African-American woman who received her medical degree from the Woman's Medical College of Pennsylvania in 1867. The first "historically black" medical school in the U.S., the Howard University College of Medicine, would not open until 1868. As late as 1920, there were only 65 African-American women doctors in the United States.

Around the time of her graduation, Rebecca married for the second time. (Her first marriage to Wyatt Lee, from 1852 to 1863, ended with his death in 1863.) In 1864, she married Arthur Crumpler. Rebecca began a medical practice in Boston.

After the end of the Civil War in 1865, the Crumplers moved to Richmond, Virginia, where, to use her own words, she found “the proper field for real missionary work, and one that would present ample opportunities to become acquainted with the diseases of women and children.” Rebecca worked under the aegis of General Orlando Brown, the Assistant Commissioner of the Freedman’s Bureau for the State of Virginia.

The Freedman’s Bureau was the federal agency charged with helping more than 4,000,000 slaves make the stunning transition from bondage to freedom. In Richmond, Rebecca valiantly ignored daily episodes of racism, rude behavior, and sexism from her colleagues, pharmacists, and many others, in order to treat, as she later wrote, “a very large number of the indigent, and others of different classes, in a population of over 30,000 colored.”

In 1869, the Crumplers returned to Boston and they settled in a predominantly African-American neighborhood on Beacon Hill. She practiced medicine there, as well. In 1880, she and her husband moved, once again, this time to Hyde Park, New York. Although there exists little evidence that she practiced much medicine after this point, she did write a fine book, “A Book of Medical Discourses in Two Parts,” which was published by Cashman, Keating and Co., of Boston, in 1883.

The book is divided, as the title implies, into two sections. The first part focuses on “treating the cause, prevention, and cure of infantile bowel complaints, from birth to the close of the teething period, or after the fifth year.” The second section contains “miscellaneous information concerning the life and growth of beings; the beginning of womanhood; also, the cause, prevention, and cure of many of the most distressing complaints of women, and youth of both sexes.” The volume, which may well be the first medical text by an African-American author, is dedicated “to mothers, nurses, and all who may desire to mitigate the afflictions of the human race.”

Rebecca Davis Lee Crumpler died on March 9, 1895, in Hyde Park.

Let us applaud her courage, perseverance and pioneering achievements. She is an inspiration to all who face adversity, seek diversity, and forge the path forward. Her passion “to mitigate the afflictions of the human race” was Rebecca’s gift and historic legacy.

Excerpt taken from PBS News Hour, March 9, 2016.

LOOKING FOR YOUR W2?

To All UMC Employees:



Please be advised that the 2020 W2 statements are now available in Adobe Acrobat PDF on the Paperless Pay website under the Tax Forms tab. Please take a moment to review your copy and notify Payroll immediately if you have any concerns or issues. You can download and print a copy for your 2020 federal and state income tax returns as needed. Contact the Payroll Department at 202-574-6681 for assistance.



UMC would like to welcome our newest members to the team!

Tequila Green - Psych Tech

Toyin Ogunjulugbe – Registered Nurse

V'onica Colbert – BI Nurse

Elizabeth Abraha – BI Nurse

Marcus Bagmon – Special Police Officer

Musa Kamara – Respiratory Therapist

Melondy Lewis – Unit Secretary I

Shirmill Powell – Wound Care Technician

Gennet Rissa – BI Nurse



Confidential Emotional Support

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- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

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- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
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Our financial experts can assist with a wide range of issues.

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- Choose a guardian for your children

What happens when I call for counseling support?

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What counseling services does the EAP provide?

The EAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns.

If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the EAP. However, if it is determined that the problem cannot be resolved in short-term counseling in the EAP and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

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Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EAPComplete

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



GGFL-1595

Contact EAPComplete Anytime

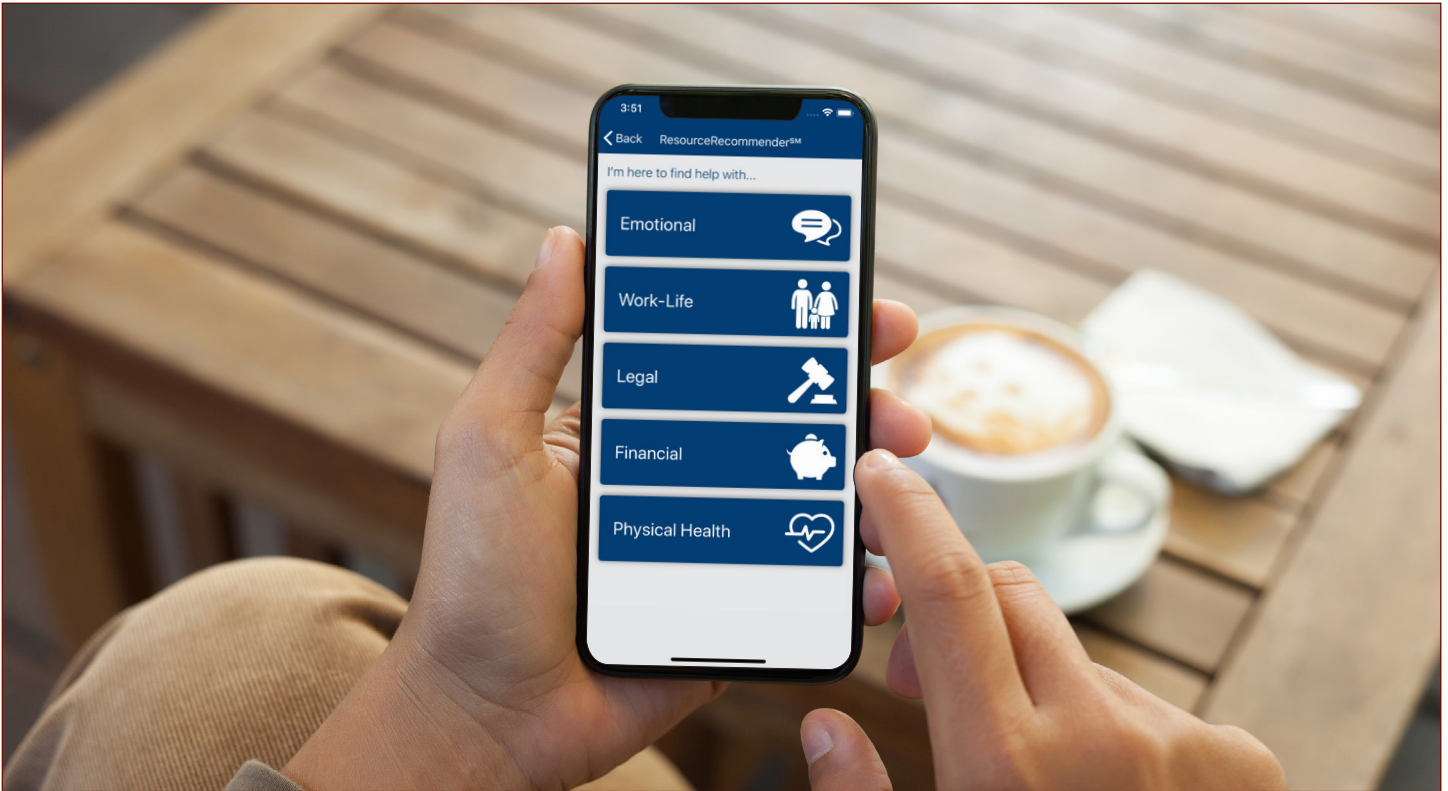
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App: GuidanceNowSM

Web ID: EAPComplete



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Web ID: EAPComplete



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.

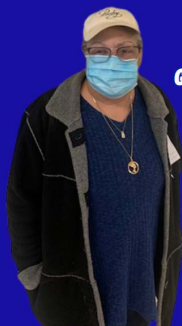


DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

GET VACCINATED DC

KAREN WILLIAMS
FORMER WARD 7 STATE BOARD OF
EDUCATION REPRESENTATIVE



"I AM TAKING THE
VACCINE SO MY
GRANDCHILDREN CAN
HUG ME AGAIN."



ARNEICE BERRY
GRATEFUL DC RESIDENT

"I AM TAKING THE
VACCINE TO TRY AND BE
SAFE AND HEALTHY AND
KEEP OTHERS SAFE AS
WELL. IF I DO CONTRACT
THE VIRUS, HOPEFULLY IT
WILL NOT BE LIFE
THREATENING."



EARL WILLIAMS
PRESIDENT EMERITUS
DC FEDERATION OF CITIZENS
ASSOCIATIONS

"THE ONLY WAY WE ARE
GOING TO GET OUT OF
THIS PANDEMIC AND GET
SOME SEMBLANCE OF
NORMALCY AGAIN IS IF
EVERYONE TAKES THE
VACCINE."



UMC is currently offering the COVID-19 Vaccine to:

- Residents of Wards 7 & 8
- Ages 16-64 with a qualifying medical condition OR
- Age 65+



TO SCHEDULE AN APPOINTMENT

Call UMC at **202-574-6473** between the hours of **9:00am – 5:00pm**. Please be ready to provide your date of birth, social security number, home address, and phone number to the reservation specialist.

IT'S IMPORTANT TO KNOW:

- The vaccine will be provided free of charge.
- Two doses are required which means two appointments/visits will be scheduled.
- Visit unitedmedicalcenterdc.com for more information on the vaccine.
- The list of qualifying medical conditions can be found at: <https://coronavirus.dc.gov/vaccine>

Get a free COVID test.* Stop the spread.



Evergreen Baptist Church
325 55th St, NE
Washington, DC 20019

Friday, March 26:

11 AM–2 PM

**Additional resources are available at this site,
including:**

- Boxes of food
- Free health and safety kits with face masks and hand sanitizer
- Free HIV testing

*COVID Testing is non-invasive.



CHANGING
Perceptions



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

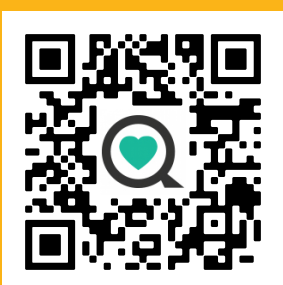
This tip sheet is provided by:

Healthy Breakfast Tips for March

Eating breakfast can kick-start your metabolism, improve your concentration, and help control weight gain. Try these healthy breakfast options!

- + Whole-wheat bagel with cream cheese and hard-boiled egg
- + Scrambled eggs with toast and mango slices
- + Greek yogurt with granola and raspberries
- + Shredded wheat with low-fat soy milk
- + Eggs, turkey bacon, and cantaloupe

Are you pairing your latte with a hearty morning meal? Get control of your healthy eating habits by tracking your meals within the Sharecare app. When you make healthy choices you will be “living in the green.” Get started by visiting carefirst.com/sharecare!



carefirst.com/sharecare





Whole-Wheat Breakfast Burrito

Start your day off right with this simple and well-balanced breakfast. Have a whole-wheat tortilla to boost your fiber and nutrient intake, and serve with an orange to help your body absorb the iron in the black beans.

INGREDIENTS

1 jumbo egg plus 3 egg whites, beaten, or 1/2 cup egg substitute

1 scallion, white part only, chopped

2 tablespoon low-fat cream cheese

2 tablespoon black beans

3 tablespoon chunky garden-style salsa

1 10" flour tortilla

Servings: 1 burrito

PREPARATION

1. In a nonstick skillet, cook the egg and onion.
2. When the eggs are almost done, stir in the cream cheese and beans.
3. Place the tortilla over the eggs in the skillet until warm.
4. Remove the tortilla, top with the scrambled egg mixture and the salsa, and roll up.
5. Serve with an orange on the side!

NUTRITION

With Eggs (per serving): 423 calories; 40g carbohydrates; 3g fiber; 15 g fat; 29g protein; 965mg sodium; 291mg cholesterol

With Egg Beaters (per serving): 336 calories; 40g carbohydrates; 3g fiber; 8g fat; 22g protein; 965mg sodium; 15 mg cholesterol

To learn more helpful tips about maintaining a healthy lifestyle, visit carefirst.com/sharecare.

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

Cases as of March 18, 2021

| | Total Number Positives |
|----------------------------------|------------------------|
| All | 43,034 |
| Race | |
| Unknown | 317 |
| American Indian/Alaska Native | 89 |
| Asian | 957 |
| Black/African American | 21,050 |
| Native Hawaiian/Pacific Islander | 83 |
| Other/Multi-Racial | 9,372 |
| White | 11,162 |
| Ethnicity | |
| Unknown | 2,911 |
| Hispanic or Latinx | 8,622 |
| NOT Hispanic or Latinx | 31,485 |
| | |
| | |