

UMC Newsletter

October 16, 2020

Volume 2, Number 2



In this Issue:

01. Message from the CEO

02. UMC Mission & Values

03-05. Staff Recognition

06. Get Your Flu Shot & Stay Safe!

07-09. October Is...

10-15. Community Resources & Activities

16. DC COVID Numbers

17. UMC in the News

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

Stay Connected

The year 2020 has forced us all to rethink the way we communicate. For some, Zoom meetings and virtual events while wearing work shirts and pajama pants is preferred. For others, the seclusion of forced quarantine and social distancing has resulted in weight gain, loneliness, and even mild depression.

As essential healthcare workers, we are required to enter UMC every day and interact not only with each other, but the patients and communities entrusted in our care. What may have seemed like an unfair burden in March has actually been a gift of togetherness: reminding us that we are not fighting this battle alone.

This week, we were challenged once again to rethink our communication strategies. Instead of sending an email, we had to pick up the phone or visit departments outside of our own to maintain hospital operations. I am so proud of our teamwork and ability to overcome the challenge without incident. Yet, there is no doubt in my mind that 2020 will continue to throw us curve balls in the communication realm and beyond. As we step up to the plate whether it be virtually, via the web, by phone or in person remember: every interaction you have is an opportunity to make a positive impact on others.

No matter what 2020 throws our way, let's stay connected, work hard, and be kind!

Colene Y. Daniel

A handwritten signature in blue ink that reads "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*

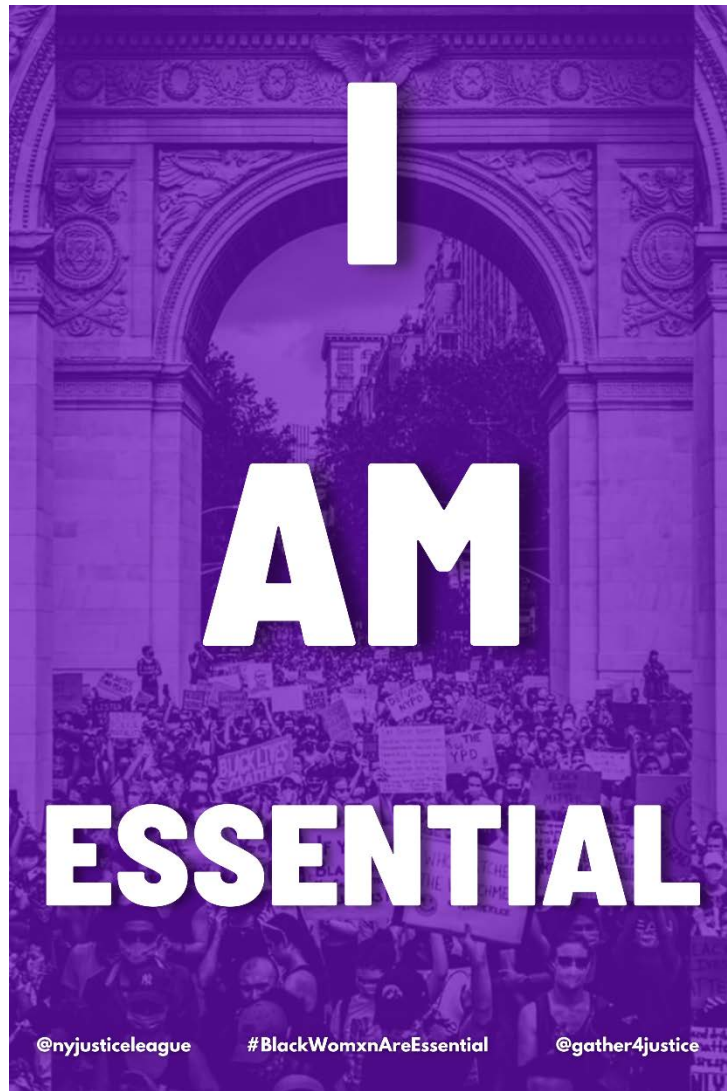
We embrace and find strength in the diversity of our patients, their families, staff and community. We believe all patients deserve exceptional care, the best outcomes, respect and a safe environment.

• *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



Hey!
WELCOME
We're very GLAD
you're here!

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

Marshan Hackeny-CCU BI Nurse

Murida Rahia-Respiratory Therapist



I tried playing hide and seek in the hospital, but they kept finding me in the ICU.

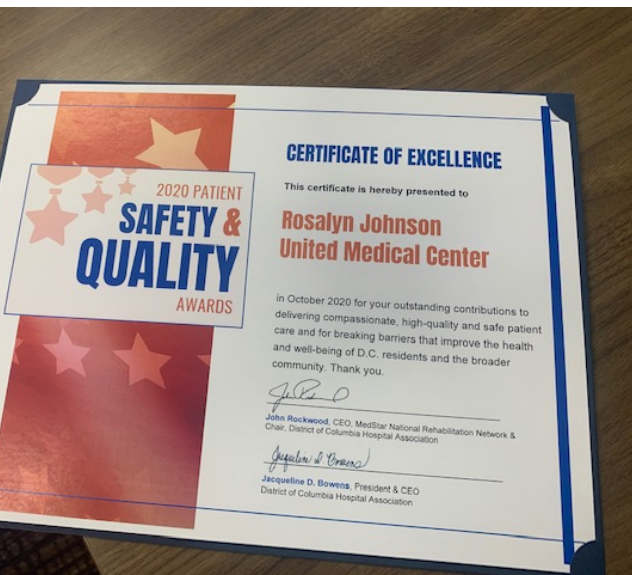
CONGRATULATIONS ARE IN ORDER!!!

Rosalyn Johnson, UMC Peer Recovery Coach

2020 Individual Patient Quality & Safety Award Winner for the District of Columbia – DC Hospital Association

UMC would like to give a huge congratulations to Rosalyn Johnson for exemplarily service and dedication in patient safety and quality control. She is a true example of the excellence, compassion, and integrity that we strive to accomplish at UMC.

Thank You for your outstanding dedication and service here at UMC!!



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.



Mandatory

- Attention Staff !!!
- Flu vaccines will be given in Employee Health Clinic beginning 09/21/2020 on :
- Monday - Friday : 7 AM –12 Noon
- Monday - Friday : 4 PM – 5:30 PM
- Location: Medical Office Building 2nd floor
- Room 211

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

BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer found in women, regardless of race or ethnicity.



One in eight women are diagnosed with breast cancer during their lifetime.



Although more prevalent in women, breast cancer can also affect men.

To reduce your risk of breast cancer: maintain a healthy weight, exercise regularly and don't drink alcohol.



Did you know that UMC has a PHILIPS Microdose Mammography Digital Mammo Unit?

The MicroDose is the only FDA-cleared mammography system that uses X-ray photon-counting technology. The Philips MicroDose patented photon-counting detector **utilizes less radiation while delivering excellent image quality.**

MicroDose is also designed to **offer a less stressful mammography experience** by providing curved support and a comfortably warm positioning surface. **Furthermore, the exam - including image acquisition - takes less than five minutes**, offering speed, convenience, improved throughput and productivity.

Schedule your mammogram appointment at UMC today!!

202-574-6141

* Low radiation dose: up to 50% dose reduction as shown by ACR phantom

testing

* Superb image quality: high-contrast resolution of 50µm, 100% pixel warranty

* Unique photon counting detector technology: High Quantum Efficiency, scatter DQE of 97%

* High patient throughput: exam time <5 minutes



October is [National Domestic Violence Awareness Month](#), which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country.

Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes -- it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use the silent treatment, or calling someone stupid so often they believe it.

Since the Violence Against Women Act passed in 1994, we've come a long way. This landmark legislation, led by then Senator Joe Biden, combined new provisions that hold offenders accountable and provide programs and services for victims. Between 1993 and 2010, the overall rate of domestic violence dropped nearly two-thirds and state laws have reformed to address issues such as dating abuse in the workplace, stalking, employment discrimination and more.

Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. Now is time to take a stand. Support survivors and speak out against domestic violence all month long.

Please check out this article about when staying home is not safe.

<https://thewell.northwell.edu/well-informed/coronavirus-domestic-abuse>



"We will be known forever by the tracks we leave."

-Native American Proverb

Indigenous Peoples' Day arose as a result of the visibility of American Indians in a very different time period – during and after the civil rights movement. American Indians gathered their own kind of momentum, and historians have come to call it the Red Power Movement, which was in contrast to the Black Power Movement gaining momentum in the '60s, '70s and '80s. The Red Power Movement aimed to make American Indian people politically visible in an American society that was tearing itself apart again over issues of race and racial equality.

Those decades of activity around American Indian rights culminated in the late 1980s, when South Dakota first backed a resolution to celebrate Indigenous Peoples' Day. South Dakota has a large native population, and it's a state in which native people are visible, unlike many other parts of the country. This coexistence – linking Indigenous Peoples' Day with Columbus Day – finally coalesced in Berkeley, California, in 1992, on the 500th anniversary of the arrival of Columbus to the Americas.

By the time we get to this anniversary, people in Berkeley are reintroducing the question of what happened to the continents' indigenous people as we're marking what happened to European descendants. We're also understanding at this point that America is not just a nation built by and for Europeans, but it's also a nation of indigenous nations that are still here with us, that are still vibrantly operating their own governments in self-determining ways.

And so, Indigenous Peoples' Day allows us to remember and reflect on our narratives and the stories we tell ourselves about our nation. Columbus Day affirms the narrative of a nation created by Europeans for Europeans. Indigenous Peoples' Day helps us reflect on native histories and native people in this discussion of what it means to be American.

For more information on Indigenous Peoples Day click the link below:

<https://www.unc.edu/posts/2019/10/11/what-is-the-history-behind-indigenous-peoples-day/>



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.



DCHA Family, Senior and Disabled Properties & United Medical Center Mobile Clinic Operations Schedule

WEEK 4

10/19 Fort Lincoln Apartments Senior

10/20 Potomac Gardens/Hopkins Community

(Hopkins Apartments

Potomac Gardens Family and Senior)

WEEK 5

10/26 Benning Terrace

10/27 Sibley Plaza Senior

WEEK 6

11/2 Woodland Terrace

11/3 Harvard Towers

WEEK 7

11/9 Knox Hill Senior

11/10 Veterans Recognition Event

(1523 Alabama Ave SE, Washington)

UMC THANKS YOU FOR YOUR SUPPORT!!

On Saturday, October 10, 2020, UMC was honored to participate in the grand opening Party and Parade for Woodland Family Success Center. We are constantly striving to make a greater impact in the community. Special thank you to Brian Gradle, Chief Compliance Officer, Precious Middleton, Benefits Administrator, and a very special thank you to Director Brenda Donald for coming to show support!

Thank you for your support!

Toya Carmichael & Kenneth Whitaker





Meet UMC @ The Faunteroy Center in Ward 7 every Wednesday!



United Medical Center
Comes to Ward-7!

FCEC & UMC Presents:

"Wellness on Wheels"



STI Testing
(HIV free without insurance)

COVID19 Testing

Wellness Checks
(high blood pressure, diabetes,
kidney disease and more)

Treatment
(allergies, rashes, earaches, stomach
aches, sore throats, burns, muscle
sprains and more)

Referrals to Specialist

Every Wednesday!
Starting
Wednesday September 9 , 2020
10:00am-3:00pm

Location:
4800 Nannie Helen Burroughs Ave NE
Washington DC 20019

In front of the The FH Faunteroy Community
Enrichment Center

Bring your insurance card & ID



<https://faunteroycenter.org/>
<https://www.unitedmedicaldc.com/>





Join Congress Heights CTDC and United Medical Center at our pop-up prevention and intervention services in your neighborhood. We are distributing personal protective equipment (PPE) - **Gloves, Hand Sanitizer & Masks** - for **FREE**

Learn More about Social Distancing and Preventative Healthcare in our Community.
For More Information: www.chctdc.org or call (202) - 583- 5200

Friday, October 23rd 2020 - 11am to 1pm
United Medical Center 🏥
1310 Southern Ave SE, Washington, DC 20032

" We are in this together. Hope for Ward 8!"



HOPE FOR WARD 8 COVID - 19 ROAD TO RECOVERY

Saturday, October 24th 3:00 PM - 4:00 PM

COVID-19 has impacted us all. The Road to Recovery series will provide an avenue for everyone to share information on how they have been affected by COVID-19.



THE SERIES FEATURES:

Dr. Marilyn McPherson-Corder, MD

🌐 Join via ZOOM

zoom.com/74982537740
passcode: OP77PT

Call Newstalk 1450AM for Discussion

1-800-450-7876





UnitedHealthcare and United Medical Center present: a special health event.

Got Medicaid and Medicare? You could get more benefits at no extra cost. Stop by our event to learn more. You'll enjoy:

- Light refreshments/snacks
- UnitedHealthcare® giveaways
- Instructor led fitness activities
- Fitness activities
- Health information

Bring a friend!

Spaces are limited to 50 guests

FALL INTO FITNESS COMMUNITY DAY

**Friday, October 30
3:00PM**

UNITED MEDICAL PARKING LOT
1310 SOUTHERN AVENUE SE
WASHINGTON, DC 20032

Please RSVP as space is limited.

DEBRA JEJE

Licensed Sales Agent

240-423-0116, TTY 711

UHCCommunityPlan.com/DC



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. For accommodations of persons with special needs at meetings call 240-423-0116 TTY 711, 8 a.m. – 8 p.m. local time, 7 days a week. Eligible for a free drawing, gift, or prizes with no obligation to enroll.

Y0066_190715_125601_M

20CST20921_H2228-045-000



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

Cases as of October 15, 2020

	Total Number Positives	Percent
All	16,166	100
Race		
Unknown	76	1
American Indian/Alaska Native	38	<1
Asian	266	2
Black/African American	8112	50
Native Hawaiian/Pacific Islander	45	<1
Other/Multi-Racial	4021	25
White	3607	22
Ethnicity		
Unknown	1336	8
Hispanic or Latinx	4054	25
NOT Hispanic or Latinx	10,760	67

UMC IN THE NEWS–October 3–October 16, 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!