

UMC Newsletter

October 30, 2020

Volume 2, Number 3



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

Lead by Example

The last quarter of the year has already proven to be quite demanding. Here at UMC we continue to prepare for our annual accreditation survey while responding to numerous information technology and infrastructure challenges. At home, we are researching and watching an unpredictable political climate and trying to find ways to safely celebrate the season with family and friends. No matter the place or the issue, we are charged with keeping ourselves and those entrusted in our care safe.

This week's newsletter is full of tips and tools to help you meet the challenges at work and in the community. Please take some time to read, post, and share the information. But most importantly, put the information to action.

Remember, the most powerful leadership tool you have is your own personal example, so lead by example and success will follow.


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

Open Enrollment Starts Soon

Is your contact information up to date?

If you have moved, changed email accounts, or changed your telephone number, it's time to update your contact information in PlanSource.

While open enrollment begins **November 15th**, you will receive notifications sent to your home address, email accounts, and through text message. So be sure to update your contact information in PlanSource as soon as possible. You do not want to be left out!

Log into benefits@Plansource.com to update your contact information.

If you have any questions, please contact **Precious Middleton**, Benefits Administrator

202-574-6887 in HR department.



time to
UPDATE



Open Enrollment Is Here

The time to save is now.

You may now enroll in the benefit plans that United Medical Center Not -For-Profit Hospital Corporation provides. Don't delay, as the open enrollment period ends on

December 1, 2020

- Log into Plan Source plansource.com
- Verify and update your personal information (address, phone, email)
- Review your benefit option (Medical, Dental, Vision, Life, Disability, etc.)
- Enroll, make changes, add, or delete dependents or waive coverage

For more information contact **Precious Middleton**, Benefits Administrator Human Resources

Phone: 202-574-6887 pmiddleton@united-medicalcenter.com





Date: October 20, 2020
To: ALL UMC EMPLOYEES
From: Denise Violette, Human Resources Business Partner
Re: Response to DC Department of Health High Risk States

The DC Department of Health has released a new list of high-risk states with a high moving average of daily COVID-19 cases. Mayor Bowser has issued an order requiring anyone that is coming into or returning to DC from a high-risk state and that was travelling for non-essential activities to self-quarantine for 14 days. The Mayor's Declaration of Emergency order is effective through November 2, 2020.

In response to her recent order, UMC will continue our COVID-19 screening process as follows:

- employees will get temperature checks
- employees will be asked if they have any flu symptoms, cough, or fever
- employees will be questioned about their travel in the past two weeks
- visitors to the ED and Medical Office Building will be asked the same questions

Employees who have traveled to any of the 39 high-risk states are required to self-quarantine for 14 days after returning to DC and should not enter the Hospital. They should follow UMC policy for calling out and use associated leave. Employees who experience COVID-19 symptoms or test positive for COVID-19, prior to returning to work must report to Occupational Health for a COVID-19 test for clearance.

The following states are high-risk through the state of emergency and require a 14-day quarantine:

Alabama	Arkansas	Arizona
Colorado	Connecticut	Delaware
Florida	Georgia	Idaho
Illinois	Indiana	Iowa
Kansas	Kentucky	Louisiana
Massachusetts	Michigan	Minnesota
Missouri	Montana	Nebraska
Nevada	New Mexico	North Carolina
North Dakota	Ohio	Oklahoma
South Carolina	South Dakota	Tennessee
Utah	West Virginia	Wisconsin
Wyoming		

For more information about the Mayor's order, see <https://coronavirus.dc.gov/phasetwo>.

If you have any specific questions about the hospital policy or compensation practice during this pandemic, please contact Human Resources at (202) 574-6079.



Infection Control Update – October 6, 2020

The COVID-19 Pandemic continues to have community transmission in this region. There have been 208 COVID-19 related admissions to UMC from March 2020 to August 2020; however the number of COVID related admissions is significantly decreasing.

UMC is following CDC recommendations to minimize exposures to respiratory pathogens including the virus that causes COVID-19 by implementing the following:

Universal Source Control

- The temperatures of all persons entering UMC is being monitored. Anyone who has a temperature > 100 degrees Fahrenheit or chills, cough, shortness of breath or difficulty breathing will be asked to keep their facemask or cloth face covering on and leave the workplace. Healthcare personnel (HCP) are encouraged to stay home if they are sick.
- All persons must wear a facemask or face covering to reduce the spread of respiratory secretions when they talk, sneeze or cough. Healthcare personnel should wear a hospital issued mask (medical, surgical or procedure) while in the healthcare facility or any alternative setting where patient care services are provided. HCP are screened at the beginning of their shift.
- When determining the time period when a patient, visitor, or HCP with confirmed COVID-19 could have been infectious, is 2 days before the onset of symptoms. HCP who meet COVID-19 exposure criteria in a healthcare and/or in the community must be restricted from work, even if they are asymptomatic.
- In addition to universal masking healthcare personnel must wear eye protection (goggles or face shields) in patient care areas and any staff areas where 6 feet of distance is unable to maintain.
- Hand Hygiene and maintaining 6 feet distance between person helps to minimize exposures.
- Attention should be made of the Donning and Doffing process of personal protective equipment (PPE).

The 2020 – 2021 Flu Season is in effect. UMC has a mandatory Influenza policy. The flu vaccine is available and the employee health clinic has extended their hours for the staff to provide the vaccine. Signage will be posted throughout the facility.

CaviWipes – disinfecting towelettes are used to disinfect surfaces. This product is a 2 step method; first towel is used to clean and must remain wet on the surface for 2 minutes; a second towel is used to disinfect and has a dwell time of 3 minutes. Information is posted on the units.

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

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

Chidiebere Nwachukwu-RN

Earline Cromeartie- Peer Recovery Coach

Diane Fogg- Peer Recovery Coach

Gregory Taylor- Monitor Technician

Johnai Knight- ED Tech

Tantania Ebron- Patient Sitter

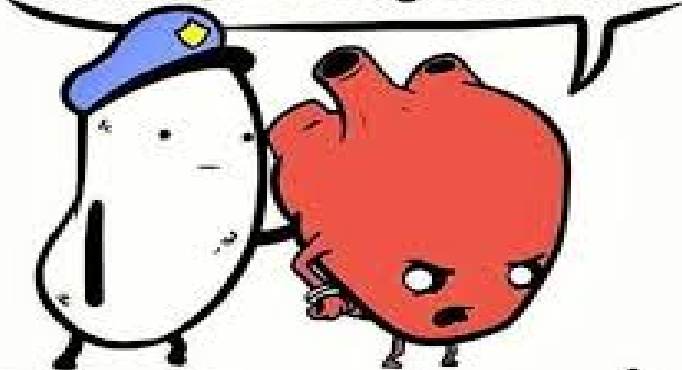
Happy Work Anniversary!

Thank you for your dedication to our team!

Debra Jeje - ED Coordinator – 30 years at UMC!!

Bernard Akinyode – RN – 20 years at UMC!!

...and I would've gotten away with it too, if it weren't for that meddling defibrillator!



Cardiac Arrest

Downloaded from som

Knock knock
Who's there? ~~HIPPA
HIPPA who?

Sorry, I can't tell you
THAT



som^{ee}cards
user card

2020 General Election

In-person early voting in Washington, DC begins Tuesday, October 27.

Voting Hours: 8:30 a.m. until 7:00 p.m.

Voters can vote at any Early Vote Center.



Go to **dcboe.org** to find the closest Mail Ballot Drop Box, Early Vote Center, or Election Day Vote Center.

Same-day registration is available during early voting and on Election Day

CORONAVIRUS.DC.GOV

October 26, 2020



DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

WE ARE
GOING
*** GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Early Vote Centers

Ward 1

- Columbia Heights Community Center
- Prince Hall Center for the Performing Arts
- Marie Reed Elementary School

Ward 2

- **SUPER VOTE CENTER:** Capital One Sports Arena
- School Without Wall @ Francis Sevens
- Hardy Middle School

Ward 3

- **SUPER VOTE CENTER:** UDC (Gym)
- **SUPER VOTE CENTER:** Omni Shoreham Hotel
- Horace Mann Elementary School
- Murch Elementary School

Ward 4

- Lafayette Elementary School
- Ida B. Wells Middle School
- Raymond Recreation Center
- Emery Heights Community Center
- Shepherd Elementary School

Ward 5

- Turkey Thicket Recreation Center
- McKinley Tech High School
- Trinidad Recreation Center
- **SUPER VOTE CENTER:** Dock 5 @ Union Market

Ward 6

- **SUPER VOTE CENTER:** Washington Nationals Park

- Walker-Jones Education Campus
- Kennedy Recreation Center
- Sherwood Recreation Center

Ward 7

- Benning Stoddert Community Center
- Deanwood Community Center
- Hillcrest Recreation Center
- Ridge Road Community Center

Ward 8

- **SUPER VOTE CENTER:** Entertainment and Sports Arena
- Ballou Senior High School
- Ferebee-Hope Recreation Center
- Anacostia Senior High School
- Malcolm X Opportunity Center

Super Vote Centers will be available to accommodate large numbers of voters, but do not offer curbside voting.

CORONAVIRUS.DC.GOV

October 26, 2020



DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

WE ARE
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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



AVOID THESE HIGH-RISK ACTIVITIES:

- Traditional door-to-door trick-or-treating
- "Trunk or treating" where children take candy from trunks of cars in large parking lots
- Taking candy from communal candy bowls
- Going on hayrides with people not from your household
- Going to indoor haunted houses
- Bobbing for apples



Halloween Guidance: Medium-Risk Activities



A costume mask does not substitute for a surgical mask or cloth face covering.

- Participate in one-way trick or treating where individually packaged treat bags are lined up at edge of a yard or for children to grab and go one at a time.
- Hold a small group outdoor costume parade and/or contest with social distancing and face coverings.
- Create an open-air, one-way walk-through outdoor Haunted Forest with social distancing. Greater social distancing is necessary if screaming is anticipated.
- Visit pumpkin patches or orchards with social distancing.
- Hold an outdoor small group Halloween movie night with social distancing.
- Participate in or create other events that are held outdoors and allow attendees to stay in their cars or socially distanced.



Halloween Guidance: Lower-Risk Activities



The safest ways to celebrate Halloween in 2020:

- Decorate your house and yard in a Halloween theme. Have neighborhood drive-through events where families can stay in their cars and view Halloween displays similar to Christmas light displays.
- Carve pumpkins with your household and display the pumpkins outdoors.
- Have a "Trick-or-Treat Candy Hunt" with members of your own household.
- Have an online costume party, costume contest, or pumpkin carving via video chat.





Get DC's free DC COVID Alert Notice (DC CAN) to help protect your community while protecting your privacy.

Public health authorities around the world are building apps that use the Exposure Notifications System to help their contact tracing efforts.

DC CAN uses Bluetooth Low Energy (BLE) technology to quickly notify users who have likely been exposed so you can reduce the risk of infection for your friends and family and help DC stop the spread.

To get DC's free DC COVID Alert Notice (DC CAN) click the link below to receive instructions.

<https://coronavirus.dc.gov/dccan>

THANK YOU

UMC would like to thank Congress Heights CTDC for stopping by last week and passing out PPE packets to the community.

They distributed masks, gloves and hand sanitizer to well over 100 people!

Remember this pandemic will not last forever, and with unity we can get through this together.





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)



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.

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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/>





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

Cases as of October 29, 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 16–October 30, 2020

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



October 18, 2020, [Medical school distributing vaccines to medically underserved areas of D.C.](#), Lia DeGroot, The GW Hatchet