

# UMC Newsletter

December 11, 2020

Volume 2, Number 5



## Year in Review

To the committed, dynamic, and wonderful staff; an engaged and caring medical staff; and an extraordinary Board of Directors:

This week, I completed my first year of work in the hospital – I want to congratulate you all on successfully completing a challenging year. As the CEO, rarely I am fortunate enough to serve a workforce that provides inspiration to patients, especially for those patients with special circumstances. Your dedication to your work is exemplary, especially when you consider what you have accomplished in 2020.

The hospital team completed the COVID-19 Plans and partnered with the National Guard to be the first to provide COVID-19 Testing, as a Team we met the May 15<sup>th</sup> deadline to have a total of 277 COVID-19 beds ready in case there was a need in the District. We planned and opened a COVID-19 Respiratory Unit, remodeled the ICU, completed the construction for the Fluoroscopy, Nuclear Medicine, and now the MRI; and numerous infrastructure IT and facility projects. As a Team, we finished and obtained permits for the new Pharmacy. During this year, we celebrated the partnership with Excel Pharmacy to open a community pharmacy within the hospital lobby. Revamped the Mobile Unit Program that is now servicing the community on a regular basis.

We tried to have fun upon multiple occasions, by recognizing well deserved employees that have served the hospital from 25 years to 50+ years. We engaged in multiple community projects. \*\*\*Most importantly, we responded collectively and collaboratively during the electrical emergency on July 24<sup>th</sup>, working with DC Health, HSFEMA, HHS, FEMA, PEPCO and the Fire Department and kept each and every patient safe and comfortable.

### In this Issue:

**01-02. Message from the CEO**

**03. UMC Mission & Values**

**04-08. Administrative Updates**

**09. Staff Recognition**

**10-12. Stay Safe**

**13. UMC Gives Back**

**14-15. December is...**

**16-18. Community Resources and Activities**

**19. COVID Numbers**

**20. UMC in the News**

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



In terms of reaccreditations, inspections, surveys and audits – the hospital team successfully completed all that was required and below I list a few mentionable, they are:

- College of American Pathologist Reaccreditation – January, 2020
- DC Health SNF Survey – January, 2020
- Mammography Quality Standards/FDA Survey – February, 2020
- IV Hood Certification – February, 2020
- American Association of Blood Bank Reaccreditation – March, 2020
- DC Health Hospital Survey – March, 2020
- The Joint Commission – November, 2020
- Boiler Inspection – December, 2020
- Finance Interim Financial Audit – Finance Year-End Audit – December, 2020
- The Leapfrog Group – Hospital Safety Survey – December, 2020
- Centers for Medicare & Medicaid (CMS Meaningful Use Audit) – December, 2020

I feel lucky to work with all of you each and every day because each of you are an essential part of the high reliable organization that we are building to improve patient care; in our daily effort to accomplish our mission and vision. Your contribution and commitment to your work, our patients, each other, and the hospital is unparalleled. I just wanted you to all know how much I appreciate you all and I thank you for being allowed to serve such a triumphing team. I look forward to engaging with you another year.

Best Regards,

Colene 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



## MEMORANDUM

**TO:** UMC SNF Staff

**FROM:** Regina Kim MSG, LNHA  
Administrator Skilled Nursing Facility

**DATE:** December 10, 2020

**RE:** Thank You for Your Service

On behalf of the United Medical Nursing Center, I want to thank all of the SNF staff who have provided loving care to the residents in our nursing home over the years. As a team, we have overcome many hurdles together this year. Although we are closing at the end of the year, we want each of you to know that your work in our skilled nursing home is valued.

The commitment you showed and the hard work that you put in is appreciated by all. Your compassion and kindness have not gone unnoticed.

Our residents, have expressed their gratitude for the love, care, and support each of you showed them during their stay in our nursing home. Families have said, "thank you for caring for our loved ones." So many fond memories were created here and we hope that they remain with you. It has been wonderful getting to know and work with you. You will always be a valued member of our team. I wish each of you much success in your careers and endeavors. Please remember that the path you have chosen in healthcare is one to be proud of. Continue to care for our senior population.

A handwritten signature in black ink that reads "Regina Kim".



# ***SNF STAFF APPRECIATION***

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We want to thank you and appreciate you for  
your hard work and dedication throughout  
the years.

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**WHEN: Monday December 14, 2020**

**TIME: 7AM - 10AM (Night Shift SNF Staff)**

**11AM - 4PM - (Day and Evening Shift SNF Staff)**

**WHERE: Cafeteria (2nd Floor)**

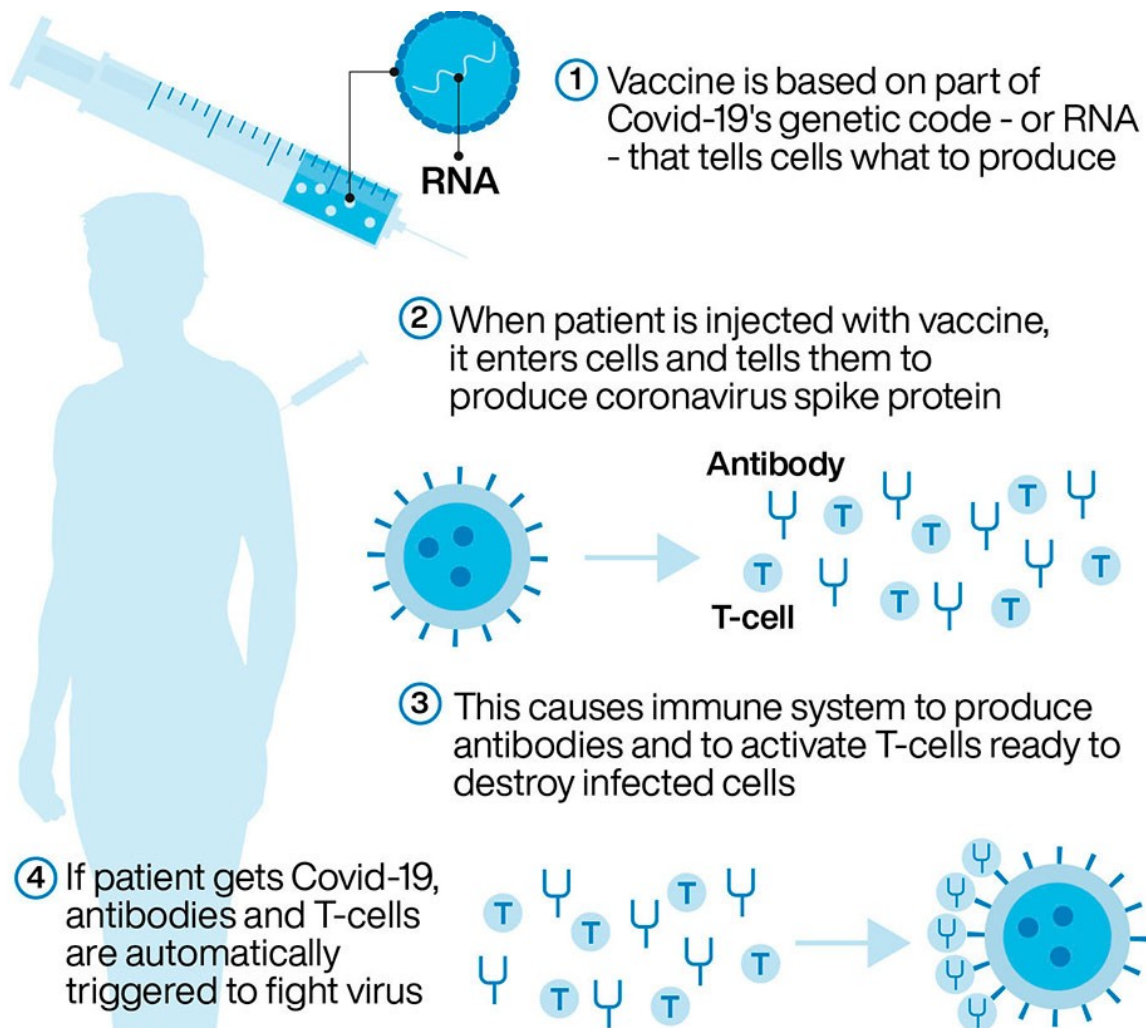
**Please pick up your voucher from Regina Kim, Ambrose Wanrin  
or Halima Johnson.**

**A voucher is required.**

**SNF STAFF ONLY**

The COVID-19 Vaccine will become available to UMC Staff in late December. The information provided below is the best information we have thus far. We will continue to provide updated information and facts as it becomes available. Please refer to the FAQs for more detailed information.

### How the COVID-19 Vaccine Works





NOT FOR PROFIT HOSPITAL CORPORATION

## COVID-19 Vaccine Information for United Medical Center Employees (Updated December 7, 2020) Frequently Asked Questions

**What is the COVID-19 vaccine?** There are currently 5 vaccines supported by the United States that are in Phase 3 clinical trials.

Two vaccines - one created by Pfizer and the other created by Moderna - were recently announced to be more than 90% effective. Both are produced in the United States by American companies and require 2 doses spaced several weeks apart for full protection. It is anticipated that the Food & Drug Administration will be considering the approval of these 2 vaccines this month (December 2020).

**How does the COVID-19 vaccine work? Will I contract the COVID-19 virus if I take the vaccine?** The Pfizer and Moderna's vaccines do not inject or produce the COVID-19 virus in your body. Instead, they use an mRNA molecule that instructs your cells to make a copy of a harmless protein that is on the outer shell of the COVID-19 virus. When your immune system detects this protein, it begins to produce antibodies as if the body has been infected. The antibodies will help your immune system fight off future COVID-19 infections.

**What are the side effects of taking the vaccine? Like all vaccines some physical response to the vaccine is possible.** However, Pfizer and Moderna have reported no serious safety concerns from their vaccines. Those who participated in the vaccine trials were followed for two months after vaccination and will continue to be monitored for two years. While no serious side effects were noted, some participants have reported sore arms, fatigue, fever and joint and muscle aches that last for a day or two. It is important to know that if you experience any of these reactions, that this is normal and means the vaccine is working.

**Who will get the vaccine first?** The District of Columbia will begin making the vaccine available to healthcare workers and high risk individuals (older adults and people with certain medical conditions) first.

We expect to receive a limited number of COVID-19 vaccines in mid to late December 2020.

**Which vaccine will we receive, and how many doses?** We do not know for sure which vaccine we'll receive, or how many doses we'll get.

**Is the hospital requiring staff to get vaccinated and how much will it cost?** At this time, hospital employees **ARE NOT** required to take the COVID-19 vaccine. It will be given to our employees for free.

**If I receive the vaccination, do I still have to wear Personal Protective Equipment (PPE)** Yes. Employees will still be required to wear PPE, such as a mask and eye protection (goggles or a face shield), even if they receive the vaccination.

**If I decide not to get vaccinated at this time, can I still get vaccinated later?** We anticipate that we will receive more vaccines at a later date. If you choose not to be vaccinated now, you can still choose to be vaccinated later, as such additional vaccines arrive.



**Have these drugs been tested on people? How are those clinical trials run?** All vaccines administered in the United States, must first complete a 3-phase clinical trial. In each phase of the COVID-19 clinical trials conducted by Pfizer and Moderna, the vaccine was given to even more participants than legally required. Participants in the trial were randomly assigned to either receive the vaccine or a placebo (harmless substance). Neither the participants, nor the people running the trial, knew which participant was in which group. This is called a "blinded" study, which minimizes bias or influence, and is considered best practice in scientific studies. Vaccine clinical trials are overseen by independent data and safety monitoring boards, which review all data from the trials, and have the power to halt the trial at any time if a serious safety issue arises. The identities of the boards' members are kept secret, to prevent them from being subject to pressure from pharmaceutical companies, federal authorities, or the public.

**What were the results of the clinical trials?** Almost 74,000 adults participated in Pfizer and Moderna's clinical trials. Both vaccines are reportedly more than 94% effective at protecting you against having COVID-19 disease with symptoms. It is unknown if the vaccines also protect you from catching COVID-19 without symptoms and spreading it to others, so you will still need to follow safety precautions such as wearing a mask and socially distancing after being vaccinated. It is also unknown how long the vaccines protect you from COVID-19. Both clinical trials included diverse participants; approximately every 4 out of 10 participants was non-white. Adults over age 65 were also included in both clinical trials. There is currently no data on the safety and effectiveness of the vaccine for patients under age 16, or for pregnant or breastfeeding women.

**I heard these trials went a lot faster than normal. Does that mean the vaccines are not as safe or as effective as other drugs and vaccines that are studied longer?** Both the Pfizer and Moderna vaccines have gone through all the phases of testing as required for every drug and vaccine available in the United States. To produce a COVID-19 vaccine in a shorter amount of time because of the pandemic, the following occurred:

- Some of the study phases overlapped, but none were skipped.
- Researchers began working on a vaccine before the first case was ever reported in the United States, so they had a head start.
- When it looked like the vaccine could be effective, they began producing many doses to be ready to distribute as soon as it gets approved.

**What is an "EUA" that people are talking about?** Both the Pfizer and Moderna vaccines have reached safety milestones required to be considered for Emergency Use Authorization (or EUA). Emergency Use Authorization authority allows the Food and Drug Administration (FDA) to make available medical products to be used during a public health emergency, to diagnose, treat or prevent serious or life-threatening diseases or conditions when there are no adequate, approved, or available alternatives. The FDA Emergency Use Authorization panel, which is made up of outside scientific and public health experts from around the country, will review data about the safety and effectiveness of the vaccine before granting authorization. A separate independent committee will also review the data before a vaccine is officially recommended to the public. This committee's membership includes doctors, osteopaths, nurses, midwives, physician assistants and pharmacists.



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

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

**Phyllis Black**- Case Manager

**Yifde-Amlak Baraki**- Case Manager Assistant

**Sharon Cruel**- Telecommunications Operator



# 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 2<sup>nd</sup> 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.**

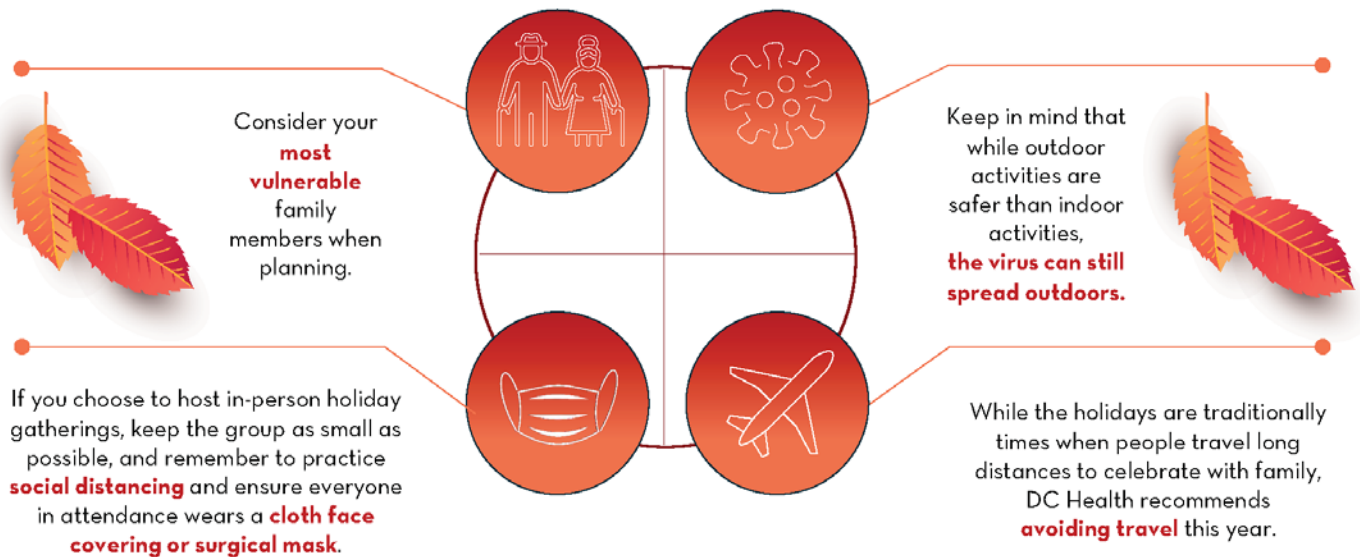


**DC HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**MURIEL BOWSER, MAYOR**

# CELEBRATE SAFELY

## Celebration Basics



CORONAVIRUS.DC.GOV

October 26, 2020



DC | **HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

## Host Considerations

- ✓ When deciding how many people to invite to your gathering, consider the amount of space you have and the ability to maintain social distancing during the event.
- ✓ Remind guests to wear a mask and to stay home if they feel sick or have been exposed to someone with COVID-19.
- ✓ If having an indoor gathering, improve ventilation by opening doors and windows as much as possible
- ✓ Clean and disinfect commonly touched surfaces frequently and any shared items between use.

If anyone in your household does not feel well,  
cancel the gathering.



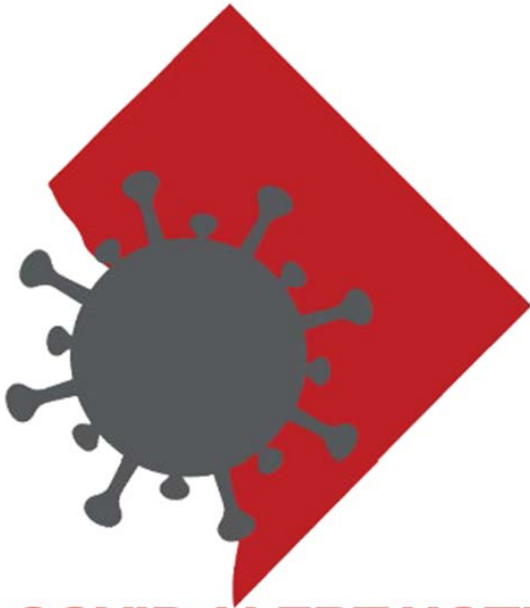
CORONAVIRUS.DC.GOV

October 26, 2020



DC | **HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR



## **DC COVID ALERT NOTICE**

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>



## UMC GIVES BACK

### DID YOU KNOW?

New socks and undergarments are the two most requested but least donated items at homeless shelters across the nation?

As the weather changes and we enter the holiday season, please remember those in need.

## UMC Cold Weather Clothing Drive

### READY FOR WINTER?

Unfortunately, many of our patients and neighbors are not. Let's help them out by donating a few key items.



The Clothes Closet will be collecting:  
NEW wool/warm socks, hats, gloves  
and  
GENTLY WORN coats

Drop boxes: HR, Nurse Admin, & MOB

Contact: Nurse Cherrel Christian @ x6648





Worldwide Food Service Safety Month is an annual designation observed in December. The goals of this month are to focus on keeping food safe as it's prepared in the service industry, as well as reminding us to be safe and cook properly when we are making our own food at home. This month, the holidays are in full swing; so what better a time than now to practice safety while cooking?

Did you know more than 200 diseases are spread through food alone? One in ten people become sick every year from eating contaminated food, and 420,000 people are killed from these illnesses every year. These types of illnesses can cause long-term health problems if they don't kill you, so it's very important to be adamant about consuming safely prepared food. Children younger than 5 years old are at the highest risk. The good news is, proper food preparation can prevent almost all foodborne illnesses. Remember, everyone has a role in keeping food safe. It's a shared responsibility among the government, producers, food service industries, and consumers.

For more information on Food Service Safety Month click below

[WORLDWIDE FOOD SERVICE SAFETY MONTH](#)



Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness. So it's especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer! Let's examine some handy (see what we did there?) tips and info in honor of National Handwashing Awareness Week, which takes place each year during the first week of December.

### **1. Do it right**

Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.

### **2. Memorize the five steps**

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

### **3. Learn the Four Principles of Hand Awareness**

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.

For more information on correct handwashing click the link below

**[National Handwashing Awareness Week](http://www.henrythehand.org)**






# 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.

UMC is on the move thanks to our amazing Mobile Unit Team, catch them in the community next week at the events below.



**GO-GO get tested**

**HELP US BEAT COVID 19**

**Tuesday December 15th 2020 10am - 1pm**  
**Free Covid Testing (No Insurance Card Required)**

**Wednesday December 16th 2020 10am - 1pm**  
**Free Speedy Covid Testing (Insurance Card Required)**  
**Also Free HIV & Shots**

**Come get your FREE COVID Test and Receive a Free Special Edition Go-Go Shirt or Dress Autographed by Big G and Weensey**

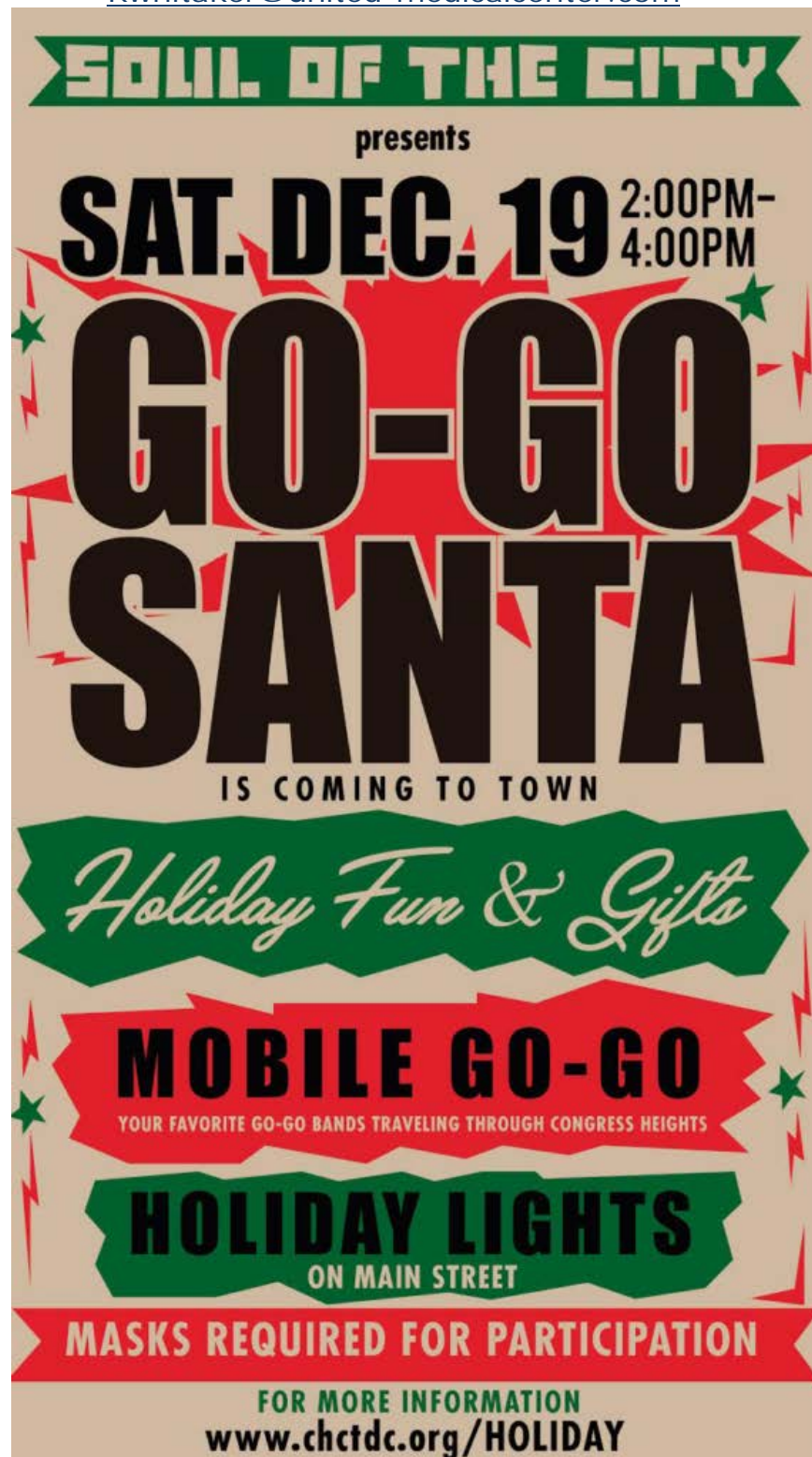
**CHECK IT ENTERPRISES**  
1920 MARTIN LUTHER KING JR AVE SE  
WASHINGTON DC 20020





## Need A Little Motivation to Get into the Holiday Spirit?

Join the PR Team as we decorate the "First Responders" Christmas Tree for the "Go Go Santa" event below at 3:30pm on Wednesday, December 16, 2020. To volunteer please email Toya Carmichael at [Tcarmichael@united-medicalcenter.com](mailto:Tcarmichael@united-medicalcenter.com) or Kenneth Whitaker at [Kwhitaker@united-medicalcenter.com](mailto:Kwhitaker@united-medicalcenter.com)



# Get **FREE** help to QUIT.

Breathe DC is offering **FREE** Online Quit Smoking Classes

**Weekly Classes, 4 Sessions.** Choice of dates and times, starting **December 1.**

**SIGN UP NOW!** Classes start: **December 1st**

**Register Now, Space is Limited.**

Priority registration for DC residents, Pregnant Women and Adults with Children in the Household.

**REGISTER NOW**

☒ Take Steps to a Healthier Lifestyle

☒ Learn How to Quit Smoking and Stay Smoke-Free

## Attend upcoming cessation classes

### Class 1

**Tuesdays**

**10AM - 11AM**

December 1

December 8

December 15

December 22

### Class 2

**Wednesdays**

**6PM - 7PM**

December 2

December 9

December 16

December 23

## Get registered today!

Or visit [www.breathcdc.org/cessation-register](http://www.breathcdc.org/cessation-register)

Or contact Amira at 202-574-7033 or [amira@breathcdc.org](mailto:amira@breathcdc.org)



@dcbreath @breathcdc



This program is presented with support from United Medical Center



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](mailto: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

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**#NATS4GOOD**

# FREE AFTERSCHOOL MEALS

**MONDAY THROUGH FRIDAY • 2 PM - 4 PM**

**NO ID OR APPLICATION NEEDED • DC YOUTH 18 YRS. & UNDER**

Arthur Capper • Barry Farm • Bald Eagle • Columbia Heights  
Deanwood • Edgewood • Emery Heights • Fort Stanton  
Kenilworth • Raymond • Ridge Road • Rosedale • Sherwood  
Southeast Tennis & Learning Center • TR Center  
Trinidad • Turkey Thicket

[CORONAVIRUS.DC.GOV/FOOD](http://CORONAVIRUS.DC.GOV/FOOD)

DPR.EVENTS • @DCDPR

OUR PROGRAMS & CAMPS AT [DPR.DC.GOV](http://DPR.DC.GOV)

**WARD MEMORIAL AME**  
IN PARTNERSHIP WITH THE WORLD CENTRAL KITCHEN

**BEGINNING  
APRIL 24,  
2020**

## 500 MEALS EACH DAY

**EACH MONDAY, WEDNESDAY, & FRIDAY**  
DISTRIBUTION BEGINS AT 1:00 P.M. UNTIL ALL MEALS ARE GONE

Vegetarian meals will be included. Everyone **MUST** adhere to social distancing and wear a face mask/face covering.



WARD MEMORIAL A.M.E.CHURCH  
241 42ND ST. NE, WASHINGTON, DC 20019 | TELEPHONE NUMBER: 202-398-3899  
[WWW.WARDAME.ORG](http://WWW.WARDAME.ORG)

FOLLOW US: @WardMemorialAMEChurch

# ANONYMOUS TIP LINE

Send an anonymous tip



**Text**  
50411



**Call**  
202-727-9099

\$60,000 for information that leads to an arrest and conviction

DC GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR





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

Cases as of December 10, 2020

	Total Number Positives	Percent
<b>All</b>	<b>24,098</b>	<b>100</b>
<b>Race</b>		
Unknown	165	1
American Indian/Alaska Native	49	<1
Asian	424	2
Black/African American	11,375	47
Native Hawaiian/Pacific Islander	63	<1
Other/Multi-Racial	6227	26
White	5794	24
<b>Ethnicity</b>		
Unknown	1982	8
Hispanic or Latinx	5561	23
NOT Hispanic or Latinx	16,540	69

# UMC IN THE NEWS–November 28– December 11, 2020

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





**Covid Inequalities in DC** BBC News, Lebo Diseko, December 2020

**His job is to manage health and human services. He's working on his own.**

The Washington Post, Courtland Millory (Originally printed on September 15, 2020)

Did you catch Nurses Cherrel Christian and Augustina Fofanah on the Senior Zone Radio Show? Listen [HERE](#)





Monday, November 16th  
10am – 11am EST

To Stream: [www.MySpiritDC.com](http://www.MySpiritDC.com)

*DC's #1 Radio Program for Seniors*

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*Understanding Diabetes & It's Effects*



*Cherrel Christian, Diabetes Nurse Educator  
Augustina E. Fofanah, Clinical Program Director*

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Today's show  
brought to you by:

