

UMC Newsletter

February 5, 2021

Volume 2, Number 9



Happy Black History Month and Happy Heart Healthy Month (The Nation Goes Red the 1st Friday in February)

During the month of February, America celebrates two important activities. You're probably familiar with Black History Month, but are you familiar with its yearly [theme](#)? Since its inception, every [Black History Month](#) has had a theme. The theme of Black History Month for 2021 is [The Black Family: Representation, Identity, and Diversity](#). The black family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy. Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents. Not only are individual black families diasporic, but Africa and the diaspora itself have been long portrayed as the black family at large. While the role of the black family has been described by some as a microcosm of the entire race, its complexity as the “foundation” of African American life and history can be seen in numerous debates over how to represent its meaning and typicality from a historical perspective—as slave or free, as patriarchal or matriarchal, as single-headed or dual-headed household, as extended or nuclear, as fictive kin or blood lineage, as legal or common law, and as black or interracial, etc. The Black family offers a rich tapestry of past and present successes.

The first Friday each February, [American Heart Month](#), is when the nation comes together, igniting a wave of red from coast to coast. The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart. Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress.

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Heart disease is the leading cause of death for all Americans, but certain minority groups face a greater risk than others. The Black Family has had to suffer and endure the loss even though heart disease has been studied within the African American communities for decades. Deaths from heart disease are higher in black Americans than in white Americans and other ethnic groups, and heart disease develops at a younger age in African Americans. Nearly 48% of African American women and 44% of African American men have some form of heart disease. Research has found that even among the growing middle- and upper-class black community, the rate of heart disease among black Americans is still greater than in white Americans who have a comparable socioeconomic status. The most common conditions that increase the risk of heart disease and stroke among black Americans are high blood pressure, obesity and diabetes.

So, during the month of February, please celebrate the Black Family and a Healthy Heart in the Black Community. Also, please remember three Black History pioneers who successfully improved heart disease in the Black Family.

**Dr. Daniel Hale Williams
(1856-1931)**



Dr. Williams performed the first successful open heart surgery in 1893 and founded Provident Hospital and Training School for Nurses (the first black-owned hospital in America) in 1891. From 1893-1898, he was Surgeon-in-Chief, Freedmen's Hospital, Washington, DC. He also founded the National Medical Association in 1895 (African Americans were denied membership in the American Medical Association). As a charter member of the American College of Surgeons in 1913, he was the first and only African American member for many years.

**Dr. Charles Richard Drew
(1904-1950)**



Charles Drew was a pioneer researcher in blood plasma for transfusion and in the development of blood banks. He was the first Director, American Red Cross Blood Bank; Professor, Howard University; and Chief Surgeon, Freedmen's Hospital. The U.S. Postal Service issued a Commemorative Stamp with his portrait in 1981. Drew received his M.D. and Master of Surgery (C.M.) degree from McGill University in 1933. On April 1, 1950, Drew died after an auto accident in rural Alamance County, North Carolina.

Colene Daniel

A handwritten signature in cursive script that reads "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



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

Aaron Giddings-Patient Sitter

Sean Allen-Surgeory Coordinator

Ebony Brown-ER Nurse

Gissella Mana-CCU

Shay Bowie-Respiratory Care Manager

Regina Neako-Progressive Care

Dorathy Nwachukwu-Clinical Nurse

Darnelle Everett-Senior Administrative assistant

Shelita Pierce-Bacchas-ER Tech

Kellie Stanfield-Clinical Lab Tech

Shaniya Ceasar-Patient Sitter

Simon Choi-Pharmacy Operations Manger

Mareshet Habtemariam-ER Clinical Nurse

Christine Jordan-ER Clinical nurse

Regine Josie-ER Nurse

Kristofer Green-Patient Sitter

**EVELYN MCKENLY
DISTRICT CENTENARIAN
(101 YEARS OLD)**



"I AM TAKING THE VACCINE BECAUSE I SAW IT ADVERTISED THAT SENIORS AND HEALTHCARE WORKERS SHOULD TAKE IT FIRST AND I AM HOPING THE VACCINE WILL PROTECT ME FROM THE VIRUS."



**DOUG WILLIAMS
NFL SUPERBOWL MVP**



"I AM TAKING THE VACCINE BECAUSE I BELIEVE DR. FAUCI'S REPORT THAT IT IS SAFE. I ALSO HAVE A FAMILY AND I WANT TO MAKE SURE THEY ARE SAFE FROM CORONAVIRUS."



#GetVaccinatedDC

**DR. FOX
EMERGENCY MEDICINE**



"I'M GETTING THE COVID VACCINE BECAUSE I WANT LIFE IN THIS COUNTRY TO GO BACK TO WHAT IT WAS BEFORE COVID DEVASTATED THIS COUNTRY."



**DR. O'CONNELL
PHYSICIAN**



"I TOOK THE VACCINE BECAUSE AS HEALTHY PEOPLE WHEN WE ARE ABLE TO TAKE THE VACCINE WE ARE ABLE TO PROTECT THOSE WHO AREN'T ABLE TO GET THE VACCINE."



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.

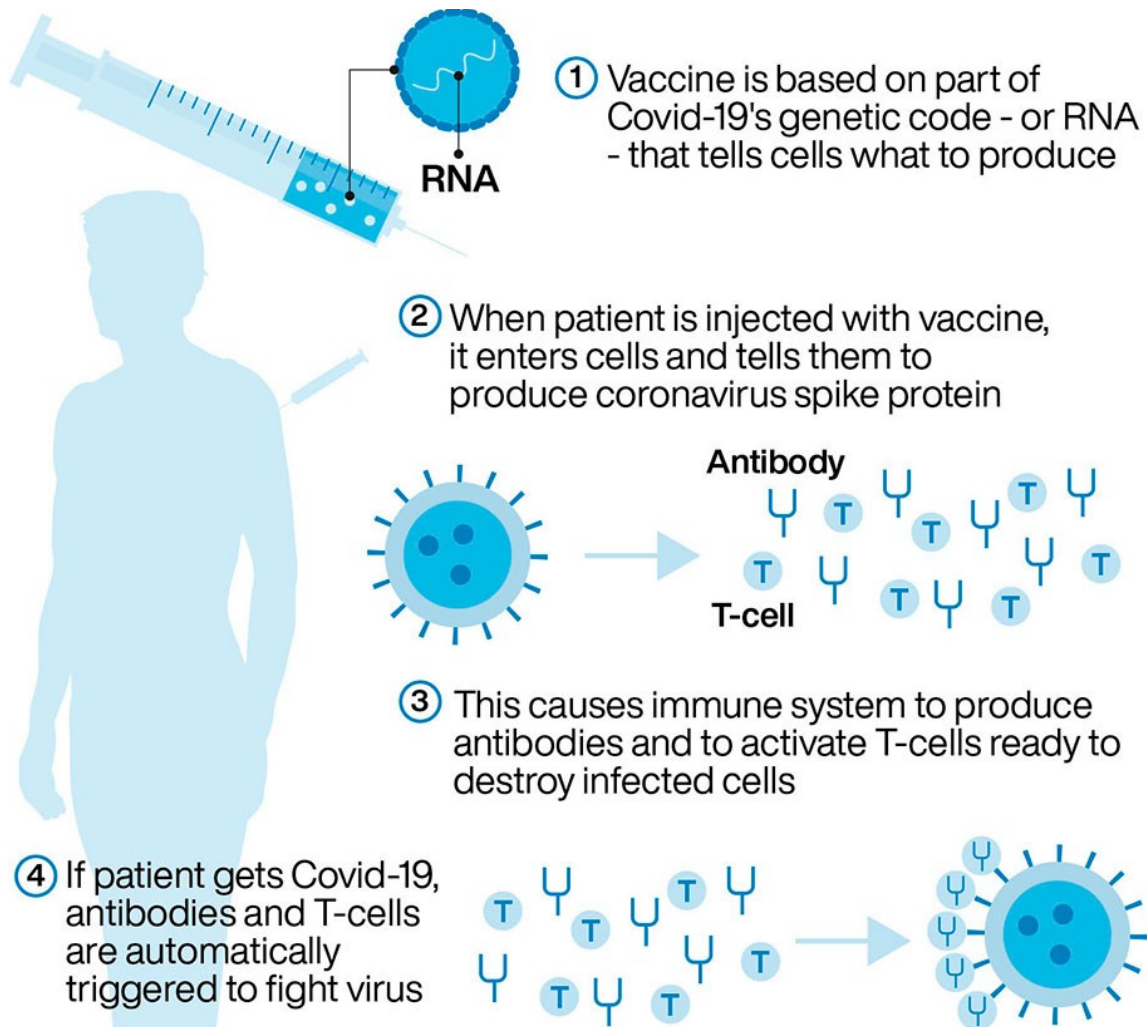
<https://coronavirus.dc.gov/dccan>



DC COVID ALERT NOTICE

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



PA graphic. Source: Nature



ASK THE DOCS



Have questions about COVID-19?
About vaccines? Are they safe?
What are the side effects?

Join our 'Ask the Doctor' chats
from the safety and comfort of
your own space!"



We're hosting weekly ZOOM
sessions with doctors from
the Grapevine Health team.
Ask anything!

TUESDAYS 6:30-7:30pm EST

For the Zoom link, text
202-702-8175 or

email info@grapevinehealth.co



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



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
MURIEL BOWSER, MAYOR

An illustration of two hands, one from the left and one from the right, holding a red heart. The hands are rendered in a simple, stylized manner with black outlines and light skin tones. The heart is a solid red color. The background is a solid red color. The text "February is... American Heart Month" is overlaid on the bottom left of the illustration, with the website "www.NationalDayCalendar.com" in smaller text below it.

February is...
American Heart Month
www.NationalDayCalendar.com

AMERICAN HEART MONTH

American Heart Month isn't just for lovers. February also reminds us to take care of our heart and consider our risk factors.

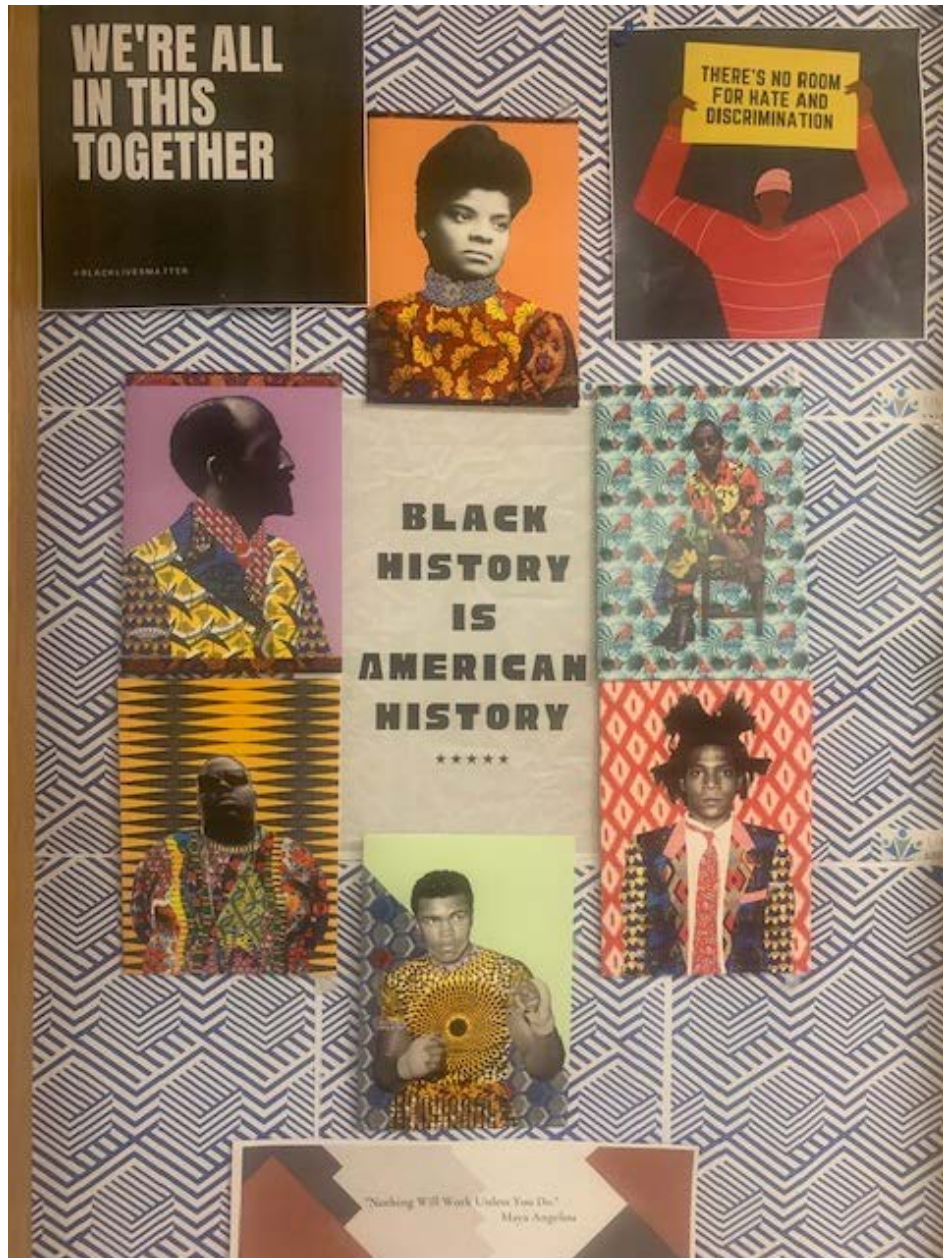
Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol or diabetes.

For more information on how to observe American heart month click:

[HERE](#)

POP QUIZ TIME!!!

How well do you know your Black/American History? **Visit the 6th Floor** and view the Black History Month Display Case with the poster "Black History Is American History" and the art tiles on the reception desk. **The first 12 staff members to name all 12 of the Black History Month Heroes will receive a prize.** Please send your responses to Kenneth Whitaker @ KWhitaker@United-MedicalCenter.com by **February 19, 2021.**





Are you looking for a fresh start to 2021? Improving your health can be as easy as what you put on your plate. Join nutrition experts and weekly guests who will share practical tips and inspire you to eat more plant-based foods.

Delicious, plant-based foods can reduce your risk for severe outcomes from COVID-19 by optimizing your blood pressure, weight, and blood sugar. We'll explain why and show you how to meal plan and get healthy as a household! Take advantage of these free weekly classes with a supportive friend or family member and watch recordings of anything you missed in the series!

Now is not the time to wait! Sign up today to get access to class resources and recipes before class begins!

This 8-week class series will feature weekly lectures from Vanita Rahman, MD, Deitra Dennis, RN, NBC-HWC, and health nonprofit founder Marc Ramirez, and you will receive practical tips, recipes, and more from dozens of featured guests! It will be held via Zoom every Tuesday from Jan. 19 through March 9 from 4-5 p.m. ET.

To register click:

[HERE](#)



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

Cases as of February 4, 2021

	Total Number Positives
All	37,365
Race	
Unknown	234
American Indian/Alaska Native	78
Asian	791
Black/African American	18,014
Native Hawaiian/Pacific Islander	75
Other/Multi-Racial	8,626
White	9,543
Ethnicity	
Unknown	2,742
Hispanic or Latinx	7,882
NOT Hispanic or Latinx	26,726

UMC IN THE NEWS–January 21- February 5, 2021



[VP Harris sets example, Bow Wow apologizes, vaccine shortages: News from around our 50 states](#)

January 21, 2021, USA Today

[RN Who Inoculated Kamala Harris: We Can 'Potentially End' COVID-19](#)

January 26, 2021, Brian Mastroianni, Healthline

[Outreach underway at D.C. hospitals & clinics, to help seniors schedule COVID-19 vaccines](#)

January 29, 2021, Heather Graf, ABC7(WJLA),

[What You Need to Know To Get The COVID-19 Vaccine In D.C., Maryland And Virginia \(And Who Can Help\)](#)

February 4, 2021, Margaret Barthel, DCist

[Nurse Who Inoculated Vice President Kamala Harris Advocates for COVID-19 Vaccine](#)

February 5, 2021, NurseJournal Staff