

UMC Newsletter

April 2, 2021

Volume 2, Number 9



Preparing for a New Hospital

As you are all aware, we are in a critical time in the life of United Medical Center. Our responsibility to the people we are privileged to serve is greater now than almost any time of our existence. Our commitment to serving and improving health outcomes for our community shall remain strong and at the forefront of each of our decisions. In understanding what is ahead of us on this journey of service I am pleased to announce my decisions to form a UMC Hospital Closure Committee (HCC).

The goal and purpose of the HCC will be to work closely with the operator in first the development, and then implementation of an approved closure plan that effectively downsizes hospital operations in an orderly fashion, while protecting a certain level of care to the community. Our aim, of course, is to sync the schedule of closure activities by the committee, with the timeline for the completion of the new hospital. Done correctly, this will ensure a seamless transition of UMC patients to the new hospital.

With respect to next steps, the HCC will meet with the Executive Leadership Team in the 2nd week of April to outline a schedule that will ensure that a closure plan is presented to the full Board for its review. The goal is to secure Board approval of a final closure plan in time to allow for the submission of the document to the Executive Office of the Mayor and the Committee on Health by no later than mid-June.

So that we all understand the timeline imperatives, I am providing below, the planned scheduled of activities for the construction of the new hospital. In working with the HCC, the Executive Leadership Team remains singularly responsible for the day-to-day operations of the hospital and therefore must continue its focus on those activities, separate and apart from its work on hospital closure.

LaRuby May

A handwritten signature in black ink, appearing to read "LaRuby May", written over a light blue rectangular background.

Chair, Board of Directors
Not-for-Profit Hospital Corporation

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

Preparing for a New Hospital

Current Hospital Project Timeline





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



Identify patients correctly

NPSG.01.01.01

Use at least two ways to identify patients. For example, use the patient's name and date of birth. This is done to make sure that each patient gets the correct medicine and treatment.

Improve staff communication

NPSG.02.03.01

Get important test results to the right staff person on time.

Use alarms safely

NPSG.06.01.01

Make improvements to ensure that alarms on medical equipment are heard and responded to on time.

Prevent infection

NPSG07.01.01

Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization. Set goals for improving hand cleaning. Use the goals to improve hand cleaning.

Identify patient safety risks

NPSG.15.01.01

Reduce the risk for suicide.

Use medicines safely

NPSG.03.04.01

Before a procedure, label medicines that are not labeled. For example, medicines in syringes, cups and basins. Do this in the area where medicines and supplies are set up.

NPSG.03.05.01

Take extra care with patients who take medicines to thin their blood.

NPSG.03.06.01

Record and pass along correct information about a patient's medicines. Find out what medicines the patient is taking. Compare those medicines to new medicines given to the patient. Give the patient written information about the medicines they need to take. Tell the patient it is important to bring their up-to-date list of medicines every time they visit a doctor.

Prevent mistakes in surgery

UP.01.01.01

Make sure that the correct surgery is done on the correct patient and at the correct place on the patient's body.

UP.01.02.01

Mark the correct place on the patient's body where the surgery is to be done.

UP.01.03.01 - Pause before the surgery to make sure that a mistake is not being made.

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!

Paul Oriaifo - Dir. of Case Management

Alexis Fountain - Patient Sitter



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

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



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- 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

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues.

- Retirement, taxes, mortgages, budgeting and more

For additional guidance, we can refer you to a local financial professional and arrange to reimburse you for the cost of an initial one-hour in-person consult.



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

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- On-demand trainings
- "Ask the Expert" personal responses to your questions



Free Online Will Preparation

EstateGuidance® lets you quickly and easily create a will online.

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- Provide funeral and burial instructions
- Choose a guardian for your children

What happens when I call for counseling support?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultant will provide the name of a counselor who can assist you. You will receive counseling through the EAP up to 5 sessions per issue, per person, per calendar year. You can then set up an appointment to speak with the counselor over the phone or schedule a face-to-face visit.

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.

Contact EAPComplete Anytime

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Call: 877.595.5284

TTY: 800.697.0353

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

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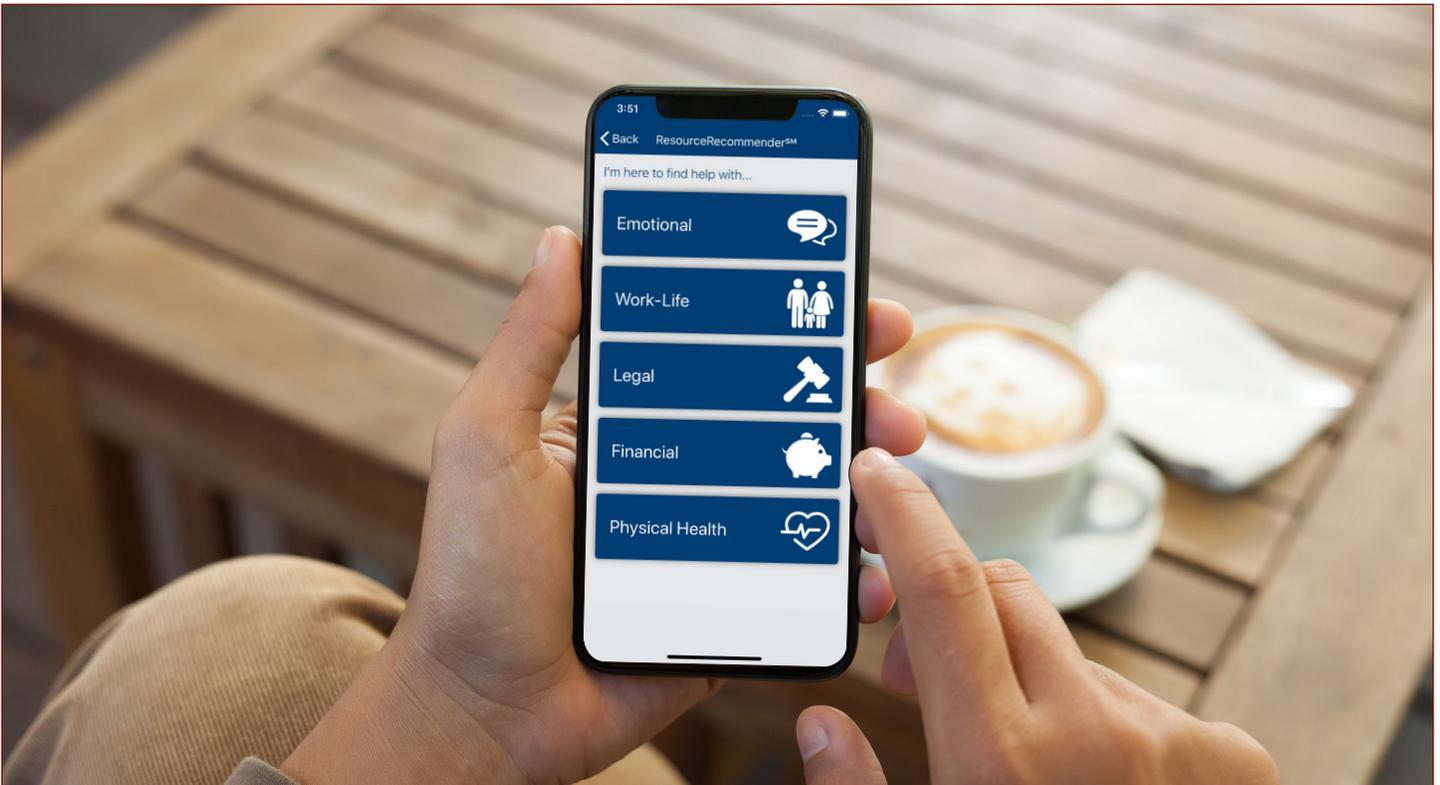
Call: 877.595.5284

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EAPComplete



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TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EAPComplete





Together We Thrive

JOIN OUR VIRTUAL WORKSHOP SERIES

April is Financial Literacy Month and Lydia's House is excited to partner with HSBC Bank for a series of FREE workshops on how to manage your money wisely. HSBC's financial workshops provide the tools to help you manage your money, build and manage personal & business credit, safeguard against identity theft and plan for retirement. **All workshops will be held every Thursday in April from 6:30pm - 7:30pm at the link below.** If you do not have a computer, you can easily call in on the conference call line.

- **April 1: Banking Basics**
- **April 8: Banking Services**
- **April 15: Personal Credit (Credit Scores and Reports)**
- **April 22: Budgeting**
- **April 29: Identity Theft**

ACCESS THE SAME LOG-IN WEEKLY

Join here:

<https://hsbc.zoom.us/j/95281465220?pwd=ZGlqa0thVnBJekhDMC8rMGNUT1oydz09>

Webinar ID: 952 8146 5220 | Password: 242166 | Dial-in: (346) 248- 7799 or (646) 876- 9923

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
DC MURIEL BOWSER, MAYOR

GET VACCINATED DC

TERESA KORVAH
RMA

"I TOOK THE VACCINE TO KEEP MY PATIENTS, CO-WORKERS AND THE PEOPLE AROUND ME TO BE SAFE."



DON'T MISS YOUR SHOT!

WARD 8 RESIDENTS ONLY

APRIL 3, 2021 | 9:00 AM- 4:00 PM
SE TENNIS & LEARNING CENTER
701 MISSISSIPPI AVE SE

Ward 8 residents residing in zip codes 20020 & 20032 should contact one of the partners listed below to REGISTER:

- Far Southeast Family Strengthening Collaborative | 202-681-8918
- Martha's Table | 202-328-6608
- Smart from the Start | 202-652-1569
- Congress Heights Training Development Corporation | 202-563-3589



#DONTMISSYOURSHOT

ROBERT BOBB
NFPHC BOARD MEMBER

"I AM TAKING THE VACCINE BECAUSE I THINK IT IS IMPORTANT IN THE FIGHT AGAINST THE COVID-19 PANDEMIC AND MOST IMPORTANTLY TO ENCOURAGE THE AFRICAN AMERICAN COMMUNITY WHO FOR MANY YEARS HAVE HAD CONCERNS ABOUT GOVERNMENT MANDATED VACCINES FROM A HISTORICAL PERSPECTIVE."



Spring into Action: Black Women and Breast Cancer



Why are Black women more likely to die of breast cancer, and what can we do about it?

In honor of National Minority Health Month in April, the Physicians Committee is teaming up with My Style Matters, an Atlanta-based community support system for cancer survivors, to answer these questions.

- Event Date: April 8, 2021
- Event Time: 7 p.m. Eastern Time

We're bringing together a panel of experts to explore the lifestyle factors, exposures, and barriers unique to Black women and breast cancer—and how you can reduce your risk. Panelists will discuss nutrition and lifestyle strategies, as well as chemical exposures from beauty products marketed to Black women and other sources, and how to find safer alternatives. They will also discuss the systemic barriers Black women face.

Registration is free and includes access to the live event, the chance to ask questions of the experts, and exciting offers and resources from Let's Beat Breast Cancer partners.

REGISTER AT:

<https://act.pcrm.org/gZgZaHht00CW5osLPLWbUA2?contactdata=zhdGVoVjx%2BWdNXnwrJcj8pgHsdbAMYwhTa9B4aXgn4dMtpxb4sYVGd15yAIL56XaNenY2hWwuPlxaSMBnoTYrk%2F5nHpFUGibGMXKuWP89YVaYCqGI3%2BDjuogAJIJSsiHWMqw8GdTJN6YwXohBoue1g%2FI6pnh4zJPj4O3Nkq5Jy%2BintE02Ysl0xvzXfRjoBo4NOiVdhOefLQTA1cH9CilgzvyKQQ2k19dHFkCdAJzGFEXxtEo%2FDdcqSsiZZI1mhPU&emci=cdb7f68d-6291-eb11-85aa-00155d43c992&emdi=ea000000-0000-0000-0000-000000000001&ceid=1823849>

Wellness News

Tips to stay healthy throughout the year
Issue XI ■ April 2021 ■ Spring Into Health



Spring Into Health

April is Physical Wellness Month

Regular physical activity can help achieve a healthy weight and reduce the risk of numerous health conditions. It can also help reduce stress, improve & stabilize mood, improve sleep & self-esteem. We consistently hear that physical activity is important but what counts as physical activity?

All Movement Matters

Physical Activity vs. Exercise

It is a common belief that physical activity and exercise are interchangeable, but that is not necessarily the case. The American Council on Exercise defines each as,

- **“Physical Activity** is movement that is carried out by the skeletal muscles that requires energy. In other words, any movement one does is actually physical activity.”
- **“Exercise**, however, is planned, structured, repetitive and intentional movement intended to improve or maintain physical fitness. Exercise is a subcategory of physical activity.”

While both are equally important, it is clinically proven that “ALL physical activity positively contributes to overall health and well-being.” (acefitness.org).

Benefits of Being Physically Active

Whether you follow a planned exercise regimen or practice more spontaneous physical activity, there are several benefits to maintaining a regularly active lifestyle.

- **Improve Mood** – Physical Activity releases endorphins, which can be known as ‘feel good chemicals’ in our brain that can improve mood & overall outlook - leaving you feeling much better after a bout of activity.
- **Increase Energy** – regular activity helps train your body to delivery oxygen & nutrients to your muscles & organs more efficiently. This can leave you feeling more energized, not just after a workout but throughout your day.
- **Reduce risk of chronic conditions** – Exercise can help reduce one’s risk of developing several types of chronic conditions. See page 2 for more details.
- **Help with weight management** – Maintaining a physically active lifestyle can help prevent weight gain and/or help with weight loss.

Reducing Health Risks

There are some health risk factors that are out of our control, such as age, sex and family history. However, exercise is one way to help combat those risk factors and help reduce the risk of developing chronic conditions, including:

- High Blood Pressure
- Metabolic Syndrome
- Type 2 Diabetes
- Many types of cancer
- Depression
- Anxiety
- Arthritis

A regular exercise routine can even help manage many of these conditions and health concerns, if diagnosed.

How Should I Start?

First and foremost, before beginning any new exercise plan, talk with your doctor to make sure it is the right fit & approach for you.

Secondly, start slow. Begin with low impact activities and a duration that you are comfortable with and build from there. By starting slow, you will reap the health benefits and reduce your risk of injury. As strength and endurance builds, begin to add more time and more movements to the routine that will continue to push and challenge you.

Finally, make it fun! Choose an activity that you genuinely enjoy, this can be the key to a long lasting physically active lifestyle. Exercise does not have to be a certain amount of time spent in the gym, it can be anything that moves your body and makes you feel good.

Fitting in Fitness

The Center of Disease Control & Prevention (CDC) recommends 150 minutes of moderate activity per week for adults. However, it is just as effective to complete it in 15-minute segments as it is hour long exercise sessions. You can work activity into your schedule however is best for you, for example:

- Take a morning or midday walk
- Take the stairs a few more times than necessary throughout the day
- Walk around the office while on calls
- Do squats while watching TV

Make it Social!

Find someone in your friend group, at work, or in your family who also enjoys the same activities! Check in with them regularly, schedule times to meet up (virtually or safely in person) and set goals together to stay motivated. Practice your favorite activities together and even try something new!

CareFirst Member Resources

-  **RealAge® test:** In just a few minutes, the RealAge online health assessment will help you determine the physical age of your body, compared to your calendar age.
-  **Personalized timeline:** Receive content based on your health and well-being goals, along with your motivation and interests.
-  **Trackers:** Connect your wearable devices or enter your own data to monitor daily habits like stress, sleep, steps, nutrition and more.
-  **Challenges:** Stay motivated to achieve your health goals by joining a challenge.
-  **Health Profile:** Access your health data like biometric and lab results, vaccine information and medications, all in one place.

- [Sharecare Home Page](#) – Customize your home page to include tips on exercise and physical Activity. You'll begin to receive helpful tips & resources right on your home page.
- [Workout from Home](#) - Within the COVID-19 Care Center in your Sharecare account, you can find a 12-week exercise program to help you workout directly from home.
- [One-on-One Health Coaching](#) – Confidential support to help improve your overall well-being that can help you achieve the best possible health. Call 877-260-3253 and press option 7 to enroll.
- [Blue365](#) – Register for our Wellness Discount Program at carefirst.com/wellnessdiscounts.

ADULTS



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner





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

Cases as of March 31, 2021

| | Total Number Positives |
|----------------------------------|------------------------|
| All | 55,513 |
| Race | |
| Unknown | 208 |
| American Indian/Alaska Native | 91 |
| Asian | 939 |
| Black/African American | 21,741 |
| Native Hawaiian/Pacific Islander | 94 |
| Other/Multi-Racial | 10,457 |
| White | 10,980 |
| Ethnicity | |
| Unknown | 3,045 |
| Hispanic or Latinx | 8,627 |
| NOT Hispanic or Latinx | 32,825 |
| | |
| | |

UMC IN THE NEWS–March 19 –April 1, 2021

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



[Mobile health clinic brings COVID testing and vaccines to Ward 8, other vulnerable areas.](#)

April 1, 2021, Ashlie Rodriguez, WJLA/ABC7

Video: [Hesitancy and access issues: The vaccine challenges in the Black community](#)

March 24, 2021, Whitney Shefte, The Washington Post