

UMC Newsletter

January 22, 2021

Volume 2, Number 8



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A Week to Celebrate!

The District has been in a celebratory mood all week long as we waited in anticipation and then watched the swearing in of President Joe Biden and Vice President Kamala Harris. Today, we received more great news: ***The District has eclipsed West Virginia as the jurisdiction in the United States with the highest percentage of vaccines administered*** (see chart below). DC Health's Dr. Nesbitt and Dr. Shah attributed much of this accomplishment to the great partner hospitals and providers. They asked that I share this news along with thanks and gratitude.

Jurisdiction	Total Doses Distributed	Total Doses Administered	Percentage of Doses Administered
District of Columbia	75175	55108	73%
West Virginia	231800	167548	72%

The UMC COVID-19 Vaccine program has been a resounding success. As of January 13, 2021 had administered about 120 – 130, with a few days topping over 140 – 150 per day. The totals were: **310** Pfizer #1 doses; 273 Pfizer #2 doses; 836 Moderna #1 doses; **3** Moderna #2 doses / **1422** total doses of vaccine. On January 19, 2021, the UMC COVID-19 Vaccination Clinic extended the service to seniors – 65 years or older which remains ongoing.

Dr. Strudwick, Dr. Payne-Borden, and Marcela Maamari have led this wonderful project with the entire Executive Team. The NFPHC-UMC also administered the Moderna Vaccine to Vice President Kamala D.

Harris and her husband, Doug Emhoff; Councilman Grey and his wife Dr. Dawn Kum, Dr. Marilyn Corder, and today the Washington Redskin Super Bowl MVP Mr. Doug Williams. The NFPHC-UMC COVID-19 Vaccination Clinic should be looked at as a source of pride, and a model of how the hospital can be attractive to people throughout the region who have a choice of where to go for their health care.

Keep Up The Great Work!

Colene Daniel

A handwritten signature in blue ink that reads "Colene Daniel".

Chief Executive Officer

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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!

Phyllis Black- Case Manager

Yifde-Amlak Baraki- Case Manager Assistant

Sharon Cruel- Telecommunications Operator

Wellness News

Tips to stay healthy throughout the year
January 2021



New Year, New You and the Tools to help you!

Fitness

The new year is a great time to revamp your fitness program or try something new! CareFirst members have access to free on demand yoga and a 12 week work out series through Sharecare!



Week 1

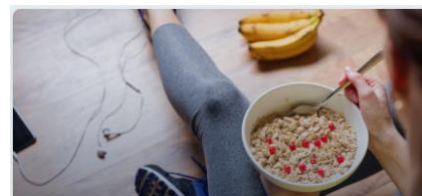
Learn basic moves to build a strong foundation for the weeks to come.

Don't forget about [Blue365](#) for additional fitness related discounts! Find discounts on fitness gear, virtual fitness programs and more.

Weight Management & Nutrition

Proper nutrition can be difficult to figure out. There is a lot of information out there and the reality is nutrition is not one size fits all. If you are thinking about working on weight management in the new year, check out the Scale Back program in Sharecare.

Be part of a group, have 1:1 access with a registered dietician through the platform, track your food with real time feedback and get a **FREE** digital scale and Fitbit.



Scale Back

Get help to lose weight

Stress Management

An ounce of prevention is worth a pound of cure.
– Benjamin Franklin

Stress is no different. Incorporating stress management tools into your daily routine can have huge ripple effects in other areas of your life and help us become more resilient when stressful situations occur. Check out Inspirations in Sharecare for breathing techniques, guided meditations, yoga, and much more.



Relax

Beautiful scenery from around the world with a...

Goal Setting for Success

As we come into the new year, we have a sense of rejuvenation and a fresh start. We begin to think about setting New Year's Resolutions. One way to help set yourself up for success is setting goals, both short term and long term. Setting short term goals allows you to build on the new habit, making sure you have ways to sustain it, even when obstacles try to get in the way. Short term goals allow you to maintain that long term goal once you get there! When you set goals, be sure you are setting SMART goals. Setting SMART goals is one way to ensure you are setting yourself up for success!

SMART Goals

- S – Make your goals SPECIFIC.
- M – Be sure they are MEASURABLE.
- A – Are they ATTAINABLE in your current stage in life.
- R – Is it RELEVANT to your current stage in life.
- T – TIME bound for progress.

Accountability Partners

Teamwork makes the dream work! Well, this statement applies to more than sports teams. The key factors in a team's success are support and accountability. It is important to have connections that support your goals and will check in to see how things are going. Setting up regular check-ins with your accountability partners helps you stay on track, as well as keeps you connected to others in your life. Accountability partners check-in regularly to discuss both the successes and the difficulties you have experienced while working towards your goals.

Roadblocks and Bridges

There will be obstacles to your success when you set goals, it is life! Learning to navigate these obstacles is key. Having a "plan B" and some self-compassion will help you get back on the path when obstacles try to set you back. We can

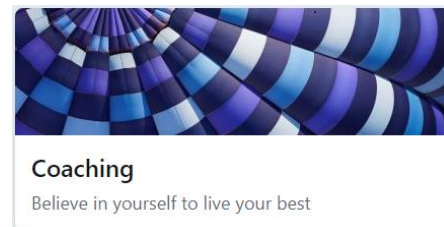
also learn from these obstacles to plan a more effective way of managing them in the future.

Hey Coach....

Every team has a coach. A coach is there to help guide the team to success by being supportive, facilitating practices to help the team see what is working & what isn't, keeps the team moving forward towards their goal and celebrates their successes while learning from their losses.

A health coach is your personal coach. Someone who listens and helps you reflect on both your successes and your setbacks. Their goal is to see you succeed in your wellness journey. As a CareFirst member you have access to Health Coaches that are ready to be part of your team! There are a couple of ways to get started:

- **Take the Call** – Coaches will reach out by phone to invite you into the program.
- **Self-Enroll** – To call in to enroll in coaching, dial 877-260-3253 and press option 7.
- **Enroll Online** - Enroll through the Sharecare app. You will find the tile under the Achieve icon.



Join Today!

CareFirst Wellness powered by Sharecare

Not signed up for the tool that will help you every step of your wellness journey. Sign up today at <https://www.carefirst.com/sharecare/> and start exploring!



Chicken, Kale, and White Bean Stew

This hearty stew provides women with almost half of their daily fiber needs and men with one third. Plus, you'll get lean protein from the chicken and beans, B vitamins, iron, and antioxidants — all key nutrients for optimal health and an active lifestyle.



INGREDIENTS

2 teaspoon canola oil
1/2 medium onion, chopped
2 cloves garlic, minced
4 ounces sliced mushrooms
1 pound boneless, skinless chicken breasts, cut into pieces
1 bunch kale (about 3/4 pound), stems removed and cut into ribbons
1 15-ounce can diced tomatoes
1/4 cup no-salt-added tomato paste
1 15-ounce can cannellini beans, rinsed and drained
Freshly ground pepper to taste

Servings: 4

PREPARATION

1. Heat oil on medium heat in large skillet.
2. Saute onion, garlic, and mushrooms for 3 to 4 minutes.
3. Add chicken and cook for 3 to 4 minutes, until no longer pink on the outside.
4. Add the kale in two or more batches and cook until wilted.
5. Stir in the tomatoes and tomato paste, then add the beans.
6. Simmer for 10 to 15 minutes.

NUTRITION

Per serving: 370 calories; 42g carbohydrates; 11g fiber; 4.8g fat; 40g protein; 473mg sodium; 0.7g saturated fat; 85mg cholesterol

To learn more helpful tips about maintaining a healthy lifestyle, visit carefirst.com/sharecare.

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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](#)

COVID-19 VACCINE - FACT #9

CAN I STOP WEARING A MASK AFTER THE VACCINE?


MAYBE BUT PLAY IT SAFE – WEAR A MASK AROUND OTHERS, CONTINUE TO SOCIAL DISTANCE, AND WASH YOUR HANDS OFTEN.



COVID-19 VACCINE - FACT #10

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.



#GetVaccinatedDC


TONIA JOHNSON
DIRECTOR OF REHAB




I'M TAKING THE VACCINE TO PROTECT MY FAMILY, COMMUNITY. WE KNOW WE CAN BE HARMED BY COVID, BUT THE VACCINE IS SAFE.



TERESA KORVAH
RMA



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




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.

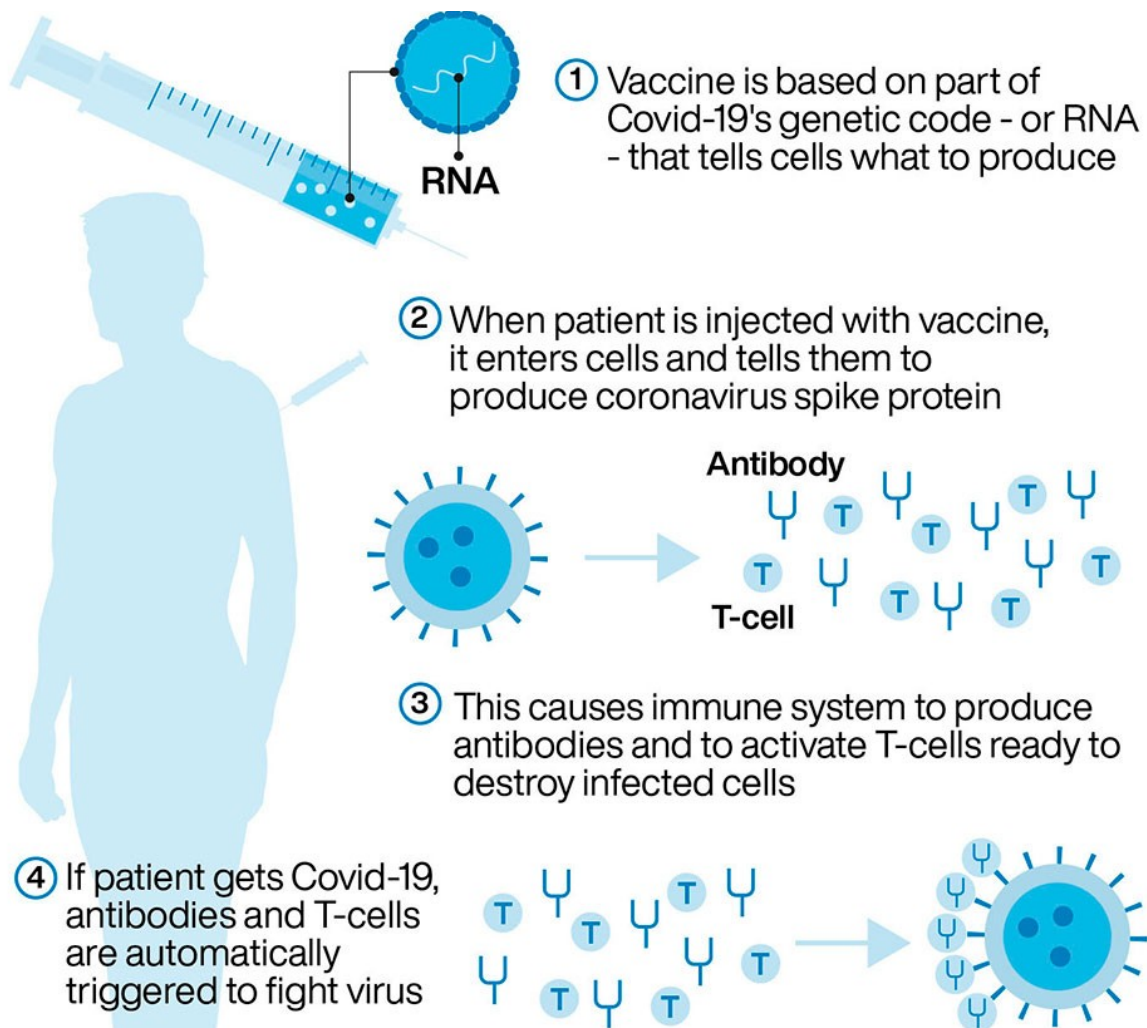
DC CAN uses Bluetooth Low Energy (BLE) technology to quickly notify users who have likely been exposed so you can reduce the risk of infection for your friends and family and help DC stop the spread.

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

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

The COVID-19 Vaccine is now available to UMC Staff. For more information or to make a reservation please visit the 6th Floor or call 202-574-6473.

How the COVID-19 Vaccine Works



PA graphic. Source: Nature

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



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

Cases as of January 21, 2020

	Total Number Positives
All	34,905
Race	
Unknown	287
American Indian/Alaska Native	71
Asian	740
Black/African American	16,685
Native Hawaiian/Pacific Islander	70
Other/Multi-Racial	8,250
White	8,799
Ethnicity	
Unknown	2,755
Hispanic or Latinx	7,464
NOT Hispanic or Latinx	24,671

UMC IN THE NEWS–January 8-22, 2021

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



Arnold Schwarzenegger Just Became the Latest Celebrity to Get the COVID-19 Vaccine

January 21 2021, Jason Pham, Style Caster

Nurse who vaccinated Kamala Harris working to solve vaccine disparities in DC

January 18, 2021, Jess Arnold, WUSA9

Police say Stratford woman arrested after impersonating cabinet member near US Capitol

January 17, 2021, Khalida Volou, FOX61

Councilmembers Butt Heads with DC Health Director Over Racial Equity in Vaccine Distribution

January 14, 2021, Amanda Michelle Gomez and Mitch Ryals, Washington City Paper

Did you catch our CMO Dr. Strudwick and/or Nurse Patricia Cummunings representing Team UMC on WIN TV? View the videos on [YouTube](#).

