

# UMC Newsletter

September 10, 2021 | Volume 3, Number 3



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## THANK YOU HEALTH HEROES



UMC Leadership appreciates your dedication to keeping yourself and our patient community safe from COVID-19. As a thank you, **all vaccinated employees** are invited to join us for a ***an Employee Appreciation Luncheon on Wednesday, September 29, 2021 from 12:00pm -4:00pm.*** The event will be held in the parking lot to the right of the loading dock (mobile unit bus garage area).

**Your COVID-19 vaccination card is your admission ticket!**

### Attendees will enjoy:

- Free lunch.
- UMC custom gifts.
- Music and games.

We look forward to celebrating (safely) with you.

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



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!**

**Jordan Dow, M.D.** -Emergency Medicine

**Natalie Sullivan, M.D.**- Emergency Medicine

**Stephen Gerber, CRNP** - Emergency Medicine

**Meredith Mock, PA-C** - Internal Medicine/Hospitalist



NOT-FOR-PROFIT HOSPITAL CORPORATION

**MEMORANDUM**

**To: UMC Management Council**

**From: Jacqueline Payne-Borden PhD, RN**  
**Chief Nursing Officer**

A handwritten signature in black ink, appearing to read "JPB", is written over the name "Jacqueline Payne-Borden" in the "From" field.

**Date: September 2, 2021**

**Subject: Director, Behavioral Health**

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It is with great pleasure I announce the promotion of Suzanne Matthews - Williams, MS, as our new Director of Behavioral Health. Ms. Matthews-Williams master's degree in Therapeutic Recreation Administration, her wealth of behavioral health experience and long standing commitment to the Not-For-Profit Hospital Corporation, AKA United Medical Center makes her ideal for this role. Suzanne has years of solid leadership experience ranging from Therapist, Chief Operational Officer, and Program Manager both in the community and in acute care hospital settings not only in the District of Columbia but also in Maryland. Ms. Matthews- Williams has nearly three decades of experience leading and supporting patients, staff and the behavioral/psychiatric services community in delivering patient centered care. Her abilities to navigate the therapeutic milieu while providing transformational leadership, curriculum development, supporting staff and resource accountability while incorporating best practice are attributes that will remain invaluable to this organization.

Suzanne is a proud alumna of Howard University and Radford University. Her hobbies include dance choreography, travel, and mentoring of both youth and adults. She is a member of the American Therapeutic Recreation Association.

Please welcome, congratulate and support Suzanne on her new and exciting leadership role at United Medical Center.

Thank you.





# #GetVaccinated

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.**

## MEMORANDUM

**TO:** All United Medical Center Employees, Contractors, Volunteers, Contractors, Students, & Medical Staff

**FROM:** William Strudwick, MD  
Chief Medical Officer, United Medical Center

Verna Bartholomew  
Chief Operating Officer, United Medical Center

**DATE:** September 2<sup>nd</sup> 2021

**SUBJECT:** Mandatory Vaccine Policy at the United Medical Center

The Mayor of the District of Columbia and DC Health announced on August 16<sup>th</sup> 2021 a policy that applies to all healthcare workers in D.C. This memorandum serves as notification that the UMC Mandatory Covid-19 Policy, consistent with that announcement, likewise applies to all United Medical Center ("UMC") workers.

Specifically, all members of the UMC workforce – including all clinical and non-clinical, licensed and non-licensed, and in-person and remote personnel, are required to receive complete doses of a Covid-19 vaccine or secure an approved medical or religious exemption. This policy applies to all employees, contractors, students, members of the Medical Staff, and new hires.

### Regarding applicable deadlines:

- **By September 30, 2021**, all members of the UMC workforce must receive at least the first (of two doses) of the Pfizer or the Moderna vaccines, or the single dose of the Johnson & Johnson vaccine.
- To get your second dose of the Pfizer or Moderna vaccine by October 30, 2021, you must get your first dose no later than September 30, 2021.
- **By October 30, 2021**, all members of the UMC workforce must be fully vaccinated.

**The only exception to these deadlines** are for those members of the UMC workforce that are seeking a medical or a religious exemption, which exemption must be obtained and provided to UMC **no later than October 30, 2021.**

Furthermore, those individuals with a medical or religious exemption must comply with the following:

- Weekly Covid-19 testing.
- Wearing Appropriate mask and other appropriate PPE.

**Proof of vaccination is required.** If you have already been vaccinated for Covid-19 outside of UMC that information should be emailed to the Occupational Health Service at [OCH@United-MedicalCenter.com](mailto:OCH@United-MedicalCenter.com). If you were vaccinated at UMC with both doses **before March 17, 2021**, no action is required (those vaccinated at UMC on or after March 17, 2021 were vaccinated by Walgreens and need to send proof of vaccination to the Occupational Health Service email address above.

All UMC workforce members may call and make an appointment in the Occupational Health Service to receive the Moderna vaccination. The number to obtain an appointment is **202-574-6141 option #3.**

Additional information is available on the attached Frequently Asked Questions (“FAQ”) sheet.

Thank you.

**Frequently Asked Questions**  
**about the**  
**UMC Mandatory COVID-19 Vaccine Policy**

September 2021 (v. 3)(condensed for Newsletter)

**I think I want to apply for a medical or religious exemption. How do I do that?**

Exemption forms will be available in both the Human Resources Department and Occupational Health. They can help you there with questions you have about the exemption request process.

**Do I have to get tested for COVID if I get a medical or religious exemption?**

Yes. Those workers who obtain an exemption from the COVID-19 vaccine under medical or religious grounds are required to submit to a COVID-19 test weekly.

**I have already been vaccinated, but not here at UMC. What do I need to do to demonstrate I've been vaccinated?**

For those that have received (or will receive) the vaccine outside of the hospital, you may email a copy of your COVID-19 Vaccination Record Card to Occupational Health at **OCH@united-medicalcenter.com**

Another convenient way to get a valid record of your COVID-19 vaccination is to go to the website: **MyIRmobile.com** and set up a profile. It is very user friendly and will allow you to print a copy of your vaccination record. Then email that record to UMC's Occupational Health at the email address above.

**I have friends that are moving to D.C. to find work as nurses, but aren't licensed yet in DC. How does the DC vaccine policy impact them in getting licensed?**

The DC vaccine policy requires persons to be fully vaccinated (two doses of the Pfizer or the Moderna vaccine, or one dose of the Johnson and Johnson vaccine) before the date of submission or an application for licensure, certification, or registration.

**Frequently Asked Questions**  
**about the**  
**UMC Mandatory COVID-19 Vaccine Policy**

Similarly, persons must be fully vaccinated on the date of submission of an application for renewal in DC of any healthcare licensure, certification, or registration, and before beginning employment or a contractual relationship in healthcare if not required to have a license, certification, or registration.

**Can I still work at UMC if I am not vaccinated by the deadline, or if I do not have a medical or religious exemption by the deadline?**

No. Persons who are not fully vaccinated or who do not have a medical or religious exemption will no longer be eligible to work at UMC.

**What additional vaccination, reporting, and training requirements for the District of Columbia regarding COVID-19 are there?**

Please see the following, which includes requirements that apply to licensed health professionals and in some cases unlicensed health care workers (for additional information, go to the DC Department of Health website):

***HRLA COVID-19 UPDATES (as of September 7, 2021):***

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**1. Notice for Health Regulation and Licensing Administration (HRLA) Licensees (Health Professionals)**

**COVID-19 Vaccination Requirement:**

All licensees in the District of Columbia are required to be fully vaccinated against COVID-19. Licensees must have the single dose Jansen COVID-19 vaccine, or at least one dose of either the Pfizer or Moderna COVID-19 vaccine by September 30, 2021, with the second dose of said vaccines obtained within the recommended time frames. Failure to do so may result in disciplinary action against your license, including but not limited to suspension, revocation, or non-renewal of said license.

**2. Report Your COVID-19 Vaccination Status:**

DC Health has created an online vaccine reporting tool which can be accessed by going to <https://doh.force.com/ver/s/vaccinereporting>. All licensed and unlicensed health care workers must report their vaccine status via this online tool. Individuals who meet the requirements for an exemption to the vaccine mandate will also be able to submit a **request for an exemption** via this tool.



**Frequently Asked Questions**  
**about the**  
**UMC Mandatory COVID-19 Vaccine Policy**

**3. COVID-19 Continuing Education (CE) Requirement**

All licensees must complete at least **two (2) hours** of continuing education on COVID-19 vaccines, including but not limited to COVID-19 vaccine safety, best practices for counseling patients about COVID-19 vaccines, and COVID-19 vaccine efficacy and effectiveness, on or before September 30, 2021. Retain proof of your Covid-19 vaccination Continuing Education courses taken to submit at the next renewal.

A list of optional courses is provided below:

**Courses:**

**CDC COVID-19 Vaccine Training Modules**

CDC (4 modules totaling: 1.75)

<https://www2.cdc.gov/vaccines/ed/covid19/>

**COVID-19 Vaccination: A Communication Guide for Providers**

Yale (1.0)

<https://yale.cloud-cme.com/course/courseoverview?P=0&EID=24141>

**Vaccinating Adolescents: Injectable Vaccines**

CDC (0.5)

<https://www2.cdc.gov/vaccines/ed/covid19/videos/adolescent/adolescent.asp>

**COVID-19 Vaccine: Practical Clinical Considerations**

American College of Physicians (1.0)

<https://www.acponline.org/cme-moc/online-learning-center/covid-19-vaccine-practical-clinical-considerations>

**COVID-19 Vaccine: Promoting Vaccine Acceptance**

American College of Physicians (1.0)

<https://www.acponline.org/cme-moc/online-learning-center/covid-19-vaccine-promoting-vaccine-acceptance>

**COVID-19: Vaccine Education and Debunking Myth**

Mayo (1.5)

<https://ce.mayo.edu/online-education/content/covid-19-vaccine-education-and-debunking-myth-online-cme-course>

Frequently Asked Questions  
about the  
UMC Mandatory COVID-19 Vaccine Policy

**COVID-19 Vaccines: Myths, Mysteries, Misinformation, Myopia and Miracles**

Mayo (1.5)

<https://ce.mayo.edu/online-education/content/covid-19-vaccines-myths-mysteries-misinformation-myopia-and-miracles-online-cme-course>

**4. Licensure Waiver:**

**Please Note Update:** [REVISED Waiver of Licensure Requirements \(Administrative Order No. 2020-02\)](#) The 60-day grace period for the Licensure Waiver ends September 23, 2021.

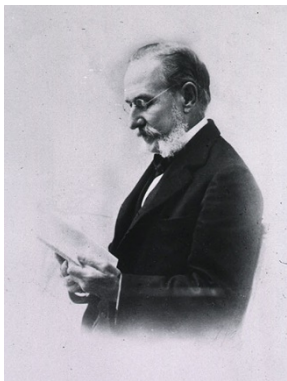
**5. COVID-19 Guidances and Best Practices**

For the most up to date information on the District's response to COVID-19, including information on best practices, licensure waivers, and recommended guidelines, go to [coronavirus.dc.gov](https://coronavirus.dc.gov)

# NATIONAL HISPANIC HERITAGE MONTH

September 15 to October 15 is National Hispanic American Heritage Month. During the four weeks, celebrations honor the heritage and contributions made by members of the Hispanic community. President Lyndon Johnson first declared Hispanic Heritage Week in September of 1968. Years later, in 1988, U.S. Rep. Esteban Torres (D-California) introduced legislation to expand Hispanic Heritage Week into a full month. Festivities begin on September 15, marking the anniversary of independence for the Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

## **Hispanic Pioneers in Medicine**



### **Carlos Juan Finlay, MD (1833-1915) Yellow Fever**

Carlos Finlay was born in Cuba at a time when yellow fever (a disease, causing such terrifying symptoms as bleeding from the mouth, vomiting, and organ failure) was a constant terror in the United States in Cuba. By the late 1800s outbreaks had taken some 150,000 lives. After graduating from Jefferson Medical College in Philadelphia, Pennsylvania, in 1855, Finlay was drawn to numerous topics, but he found none so compelling as exploring the cause of yellow fever.

At the time, experts thought they knew the culprit: filth in the air or on clothing. Finlay, on the other hand, noticed intriguing correlations between yellow fever epidemics and increases in the mosquito population. In 1881, he presented his mosquitoes-as-vectors theory to scientific conferences in Havana and Washington, D.C. — and was met with ridicule.

In 1898, the United States wrested Cuba from Spain in the Spanish-American War, but its troops suffered more deaths from infectious diseases than from combat. Desperate, the U.S. Army turned to Finlay for help and was able to greatly reduce outbreaks by applying some of his ideas about mosquito control, such as destroying larvae in stagnant water.

Finlay's insights enabled the completion of the Panama Canal, which had been disrupted repeatedly by outbreaks. William Gorgas, MD, who headed public health efforts there and would later serve as U.S. surgeon general, expressed great admiration for Finlay's thinking. In fact, he called it "the best piece of logical reasoning that can be found in medicine anywhere."

### **Helen Rodríguez-Trías, MD (1929-2001): Fighting sterilization abuse**



In 1970, a decade after graduating from the University of Puerto Rico School of Medicine, Rodríguez-Trías began championing quality care and cultural awareness for minority populations at the Lincoln Hospital in the Bronx, where she became head of pediatrics.

One issue of great concern to her throughout the 1970s was government-led programs that coerced women, including minority women and those with physical disabilities, to undergo sterilization. Rodríguez-Trías went on to co-found the Campaign to End Sterilization Abuse, which led to strict federal guidelines for consent in 1979.

In the 1980s, she focused on helping mothers and children suffering from HIV and/or AIDS, heading the New York State Department of Health's AIDS Institute. There, she helped establish standards of care that became a model for the whole country.

In 1993, Rodríguez-Trías became the first Latina to preside over the American Public Health Association, where she used her position to promote health equity and women's rights.

### **José Celso Barbosa, MD (1857-1921): An independent Puerto Rican**



José Celso Barbosa faced discrimination more than once in his lifetime. But the same determination that propelled him past those obstacles allowed him to help countless others.

In 1875, encouraged by his aunt, "Mama Lucia," Barbosa left Puerto Rico for New York City to further his education. A brush with pneumonia there spurred his interest in medicine, but admissions officials at Columbia University's College of Physicians and Surgeons rejected his application.

The letter refusing him read, "At a faculty meeting held last night it was decided not to receive students of color."

Barbosa was undeterred. In 1880, he graduated with honors from the University of Michigan as the first Puerto Rican to receive a medical degree in the United States.

Barbosa went on to care for soldiers during the Spanish-American War through the Red Cross and to treat many poor patients across Puerto Rico. Barbosa even articulated a need for employer-based health care insurance, which was a radical idea at the time.

Later in his career, Barbosa founded a party that urged U.S. statehood for the island. For that leadership, Barbosa has been dubbed the "father of the Puerto Rican statehood movement."



# Community Resources & Activities

Catch the UMC Mobile Unit Team in the community this month at:



- September 16, 2021 11:00am – 4:00pm The Hamilton @ 600 14<sup>th</sup> Street, NW WDC
- September 21, 2021 12:00pm – 2:00pm Bureau of Engraving & Printing @ 300 14<sup>th</sup> Street, NW WDC
- September 21, 2021 3:00pm – 5:00pm The Hamilton @ 600 14<sup>th</sup> Street, NW WDC



Live classes are every Tuesday from 3-4 p.m. ET (12-1 p.m. PT) starting Sept. 7 with recordings available on demand for registrants. Once you register for series one, you will not need to re-register to continue attending any future series. Sign up now to get access to class resources and recipes! <https://www.pcrm.org/events/fight-diabetes-with-food>

## Weekly class schedule:

1. A Nutritional Approach for Diabetes
2. How to Get Started With a Powerful Menu
3. Grocery Shopping and Recipes for Success: 21-Day Challenge Begins!
4. How to Manage Medications and Navigate Social Situations
5. Getting the Nutrients You Need
6. Healthy Options When Traveling or Dining Out
7. Maintaining a Healthy Heart, Eyes, Nerves, and Kidneys
8. Keeping Up Success in the Long Run: Virtual Potluck

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

## Living Well WORKSHOPS

**CANCER: THRIVING & SURVIVING**  
**FREE SELF-MANAGEMENT WORKSHOPS**

**Seven Thursday Virtual Sessions**  
**August 19 – September 30, 2021**  
**10:30 AM – 1:00 PM**

**To register online visit:**  
<https://livingwell.dc.gov/page/find-class>

*Are you an adult living with or who has survived cancer? Are you or have you been a caretaker for a person with cancer?*

Whether newly diagnosed, in active treatment, or living beyond it, this FREE 7-week workshop helps survivors cope with the concerns, thoughts, and health concerns that accompany having a cancer diagnosis.

This FREE 7-week workshop will help you learn how to:

- Live with uncertainty
- Manage your symptoms more effectively
- Deal with fatigue, pain, and decrease frustration or isolation
- Communicate better with your providers and make informed decisions about your treatment

To Register Contact: [tmoses@smllcgroup.com](mailto:tmoses@smllcgroup.com) or 202-617-5919





American  
Heart  
Association.

ANSWERS  
by heart



Lifestyle + Risk Reduction  
Cholesterol

## How Can I Improve My Cholesterol?

Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque and other fatty deposits in artery walls. The arteries that feed the heart can become so clogged the blood flow is reduced, causing chest pain. If a blood clot forms and blocks the artery, a heart attack can occur. If a blood clot blocks an artery leading to or in the brain, a stroke results.

You can make lifestyle changes to improve your cholesterol. You can eat heart-healthy foods, reach and maintain a healthy weight, be physically active and not smoke. Some people also need to take medicine.

Your doctor can help you create a plan to improve your cholesterol. It's important to follow your plan and discuss any concerns you have with your doctor.



Cholesterol can join with fats and other substances in your blood to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced.

### What should I eat?

Focus on foods low in saturated and trans fats such as:

- A variety of fruits and vegetables.
- A variety of whole grain foods such as whole-grain bread, cereal, pasta and brown rice. At least half of the servings should be whole grains.
- Fat-free, 1% and low-fat milk products.
- Skinless poultry and lean meats. When you choose to eat red meat and pork, select options labeled "loin" and "round." These cuts usually have the least amount of fat.
- Fatty fish such as salmon, trout, albacore tuna and sardines. Enjoy at least 8 ounces of non-fried fish each week.
- Unsalted nuts, seeds, and legumes (dried beans or peas).
- Nontropical vegetable oils like canola, corn, olive, or safflower oils.

### What should I limit?

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats that aren't trimmed
- Processed meats such as bologna, salami and sausage
- Full-fat dairy products such as whole milk, cream, ice cream, butter and cheese
- Baked goods made with saturated and trans fats such as donuts, cakes and cookies
- Foods that list the words "hydrogenated oils" in the ingredients panel
- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, stick margarine and lard
- Fried foods

(continued)



American  
Heart  
Association.

## How Can I Improve My Cholesterol?

### What are some cooking tips?

- Add a variety of fruits and vegetables to your meals.
- Use a rack to drain off fat when you broil, roast or bake poultry and meats.
- Look for leaner cuts if you choose to eat meat.
- Don't baste with drippings; use wine, fruit juice or marinade.
- Broil or grill instead of pan-frying.
- Cut off all visible fat from meat before cooking.
- Remove the skin from poultry.
- Use a vegetable oil spray to brown or sauté foods.
- Serve smaller portions of higher-calorie dishes.
- Use low-fat, low-sodium options instead of regular cheese.



### HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families, at [HeartInsight.org](http://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

#### Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

**What about eating out?**

**Why are weight control and physical activity important?**

#### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart) to learn more.

# UMC IN THE NEWS – August 6 – September 9, 2021

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

**NO NEWS IS GOOD NEWS!**



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 September 7, 2021

	Total Number Positives
All	56,694
Race	
Unknown	528
American Indian/Alaska Native	105
Asian	1,183
Black/African American	29,400
Native Hawaiian/Pacific Islander	112
Two or More Races	11,268
White	14,096
Ethnicity	
Unknown	4,700
Hispanic or Latino	9,551
NOT Hispanic or Latinx	42,428