

UMC Newsletter

December 3, 2021

Volume 3, Number 6



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We wish for you a holiday
that's better than your dreams.
Filled with peace, good will, and
hope
and firelight that gleams.

Overflowing with holiday spirit,
good food and holiday laughter;
and when it's done, we hope that
you
live happily ever after!

By Joanna Fuchs



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

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

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

Richard Andrew – Chief Procurement Officer

Majesty Wayne Derina – BI Nurse

Gai Sherman - Psych Tech I

Moges Ambaw – Med Technologist

Tamisha Watson – Respiratory Therapist

Deshawnta Leggett – Buyer II

Terrance Horton – Spec. Police Officer

Brittany Wallace - Spec. Police Officer

Jonathan Cooley Sr. - Spec. Police Officer

Jeongwon Choi, M.D. - Nephrology

Cierra McNair, M.D. - Radiology

The Best Medicine



2022 Open Enrollment

It is that time of year again! Time to enroll, re-enroll and make changes to your employer sponsored health plan. At United Medical Center, we are committed to offering a comprehensive employee benefits program that helps our employees stay healthy, feel secure and maintain a work-life balance.

Elect coverage during open enrollment: **December 6 – December 13, 2021**

Summary of Employee Benefits Changes

Medical Plan:

- **No changes** CareFirst Medical plans Blue Choice HMO Open Access or the Blue Choice Advantage PPO.
- Aetna Dental rates have increase by 6%
- **No changes** to the Vision Benefits of America plan
- UMC will continue to provide company-paid Life insurance and AD&D 1ties your annual earnings for all full-time and part-time employees working 30 hours per week

Your responsibilities during Open Enrollment:

- To make changes to your current benefit elections, you will need to log into your Plan Source Benefit Administration System to elect coverage, make changes or waive your benefit elections.
- If you do not log into the Plan Source Benefits Administration System to elect coverage, your current benefit elections will remain the same with the exception for Medical and Dependent Care Flexible Spending. This is a passive enrollment.

NOTE: After open enrollment, you **cannot** make changes to your coverage during the year unless you experience a change in family status, such as: loss of coverage through your spouse, loss of eligibility of a covered dependent, move out of the service area, death of your covered spouse or child, birth or adoption of a child, marriage, divorce or legal separation, witch from part-time employment to full-time employment. You have **30** days from a change in family status to make changes to your current coverage.

Contact the HR office at 202-574-6887 or email hr@united.medicalcenter.com for more information.



The Season for Giving



UMC Cold Weather Clothing Drive

December 2021

READY FOR WINTER?

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



The UMC Clothes Closet will be collecting:

NEW or **GENTLY WORN**

Men's - Pants, shirts, coats and sweaters.

Contact: Nurse Cherrel Christian @ x6648 or visit the Diabetes Center to donate.



JOIN US FOR THE ED POTILLO COAT DRIVE

**WARD 7
DEMOCRATS**



Nov 17-Dec 23

Consider donating a new or gently used coat for Ward 7 Public School students and returning citizens.

To donate, contact Toya at Tcarmichael@united-medicalcenter.com or 202.574.6123.



Ward7Democrats



It's the holiday season, and that means toy-sharing and gift-giving are in full swing. But before you give that special child a new toy, it's important to stop and consider: Is this toy safe and age-appropriate? Unfortunately, thousands of children are hurt or even killed each year due to an interaction with an unsafe or developmentally inappropriate toy. December is known as Safe Toys and Gifts Month in order to create a happy, healthy, and safe gift-giving experience for all involved.

How to Observe Safe Toys and Gifts Month:

1. Inspect toys before purchasing

Look for sharp points, edges, and parts that can fly off. Also, check for durability should a child attempt to break, crush or pull toys apart. Furthermore, do not give toys with ropes, cords, or heating elements — and make sure crayons and markers are labeled "nontoxic." Finally, it is important to NEVER give small toys with removable magnets or "button" batteries. These can cause serious injury or even death if ingested.

2. Make sure the toy is age-appropriate




Not every toy is meant for every child. Keep in mind the child's age and development level (most toys offer an age range for guidance). If shopping for infants and children with special needs, look for toys that appeal to the senses (sound, light, movement, texture, etc.) And, finally, remember the rule: If the piece can fit in a toilet paper roll, it is not meant for children under 3 years of age.





3. Spread the word

Even the best parents can get it wrong. That's why it's crucial to share your knowledge about unsafe toys with fellow parents, grandparents, babysitters, etc. You can also use the hashtag #safetoy on social media.



Community Resources & Events





United Medical Center's WELLNESS ON WHEELS

This December the UMC Mobile Program is providing Covid-19 Vaccines & Boosters for your community.

GET SIGNED UP!




JOIN US FOR

BOOSTER TUESDAY'S


Every Tuesday in December from 11am to 3pm in the Front Parking lot of United Medical Center.

SERVICES AVAILABLE:

COVID-19 VACCINES & BOOSTERS	COVID-19 FREE RAPID SCREENING	FREE HIV SCREENING	WELLNESS CHECKS
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Follow Us @UnitedMedicalDC



1310 Southern Avenue SE
Washington, DC 20032
202.574.6749
mobile@United-MedicalCenter.com

All DC residents 5 and older are eligible to receive the COVID-19 vaccine.



For more information, visit coronavirus.dc.gov/vaccine or call 1-855-363-0333.

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

New DC Access Mobile App



Residents can use the new **DC Access mobile app** to apply or recertify for cash, food, and medical benefits.

Because the U.S. Department of Agriculture (USDA) may end the automatic recertification of public benefits, District families who participate in the Supplemental Nutrition Assistance Program (SNAP) will be required to recertify starting in September.

Learn more about the DC Access app at dhs.dc.gov/dcaccess

Community Resources & Events

Are you ready to Fight Diabetes With Food?

- What:** A recurring eight-week nutrition class series
- When:** Every Tuesday from 3-4 p.m. ET (12-1 p.m. PT) with series 2 starting Nov. 2, 2021
- Where:** Zoom
- Why:** To learn how to improve your prediabetes or diabetes with an easy, lifesaving approach



Register at [PCRM.org/DiabetesClass](https://www.pcrm.org/DiabetesClass) today!

FREE!

on-demand recordings and an e-cookbook available for registrants!

ANNOUNCING! FREE FOOD GIVEAWAY!

Dupont Park Adventist School Weekly Distribution

at RFK Festival Grounds

Parking Lot #5 for Children ages 1-18

(Family Member May Pickup for the Children.)

EVERY SUNDAY 9 am–2 pm

While supplies last. [PLEASE COME EARLY AS SUPPLIES ARE LIMITED.]

This is a drive thru distribution only – no walk ups allowed.

5 Day Breakfast/Lunch for children enrolled in DC School System
who did not receive school lunch.



Menu to include: Meat or Fish, Fresh Bread, Frozen Pizza, Fresh Fruit, Fresh Vegetables, Boxed Cereal, Frozen Waffles, Canned Items like Beans, etc. (substitutions may be made).

Driving Instructions:

Entry gate will be located at RFK Stadium Lot 5 2408 Independence Ave SE, Washington, DC 20003. As you are approaching the front of RFK Stadium around 22nd St. NE or Independence Ave., begin to look for signage on the left hand side along with the Lot 5 Entry Gate.

Please be patient & follow directions when you arrive!

This institution is an equal opportunity provider.

Wellness News



Tips to stay healthy throughout the year
Issue XII ■ December, 2021: Holiday Health and Well-being

Holiday Health and Well-being

'Tis the Season

It's that time of year again! As the holiday season approaches, it often brings along with it a side of stress. Between the demands of cooking meals, entertaining, cleaning and shopping for gifts, alongside the regular day-to-day duties- it can become overwhelming.

Tips for Preventing Holiday Stress and Depression

- **Plan ahead.** Set aside specific time for holiday activities, shopping for gifts, and spending time with family and friends.
- **Stick to your daily health habits.** Keeping your healthy routine will minimize potential stress and guilt for overindulgence.



- **Take time for yourself.** Find an activity you enjoy or even just take a few minutes to relax and recharge.
- **Get plenty of sleep!** Adults need 7+ hours of sleep per night. [Do You Get Enough Sleep? | CDC](#)

Support and Resources

You cannot eliminate stress completely from your life, but it is important to control how much it affects you. If you do not feel that you can control or manage your stress during the holidays or any other time, it is important that you seek help from available resources.

CareFirst Resources

- [7 Cups Behavioral Health Resource](#)- It's perfectly normal to face difficult times or some form of mental health challenge during your life. We all do. When it happens, it's important to remember you're not alone. And it's never too late to seek help. **See attached flyer for more information.*
- [CloseKnit](#)- A different kind of primary care practice. Office "visits" available anytime, anywhere, 24/7/365 through an easy-to-use app.
- [Sharecare Inspirations/Relax 360](#) - Soothing video content in the palm of your hand designed to help reduce and eliminate daily stress.
- [Blue365 Gympass](#)- To kick-start your well-being journey, Gympass is giving a \$25 credit* to Blue365 members who enroll in a plan by January 31. **See attached flyer for more information.*

Check-Out Other December Well-being Awareness Dates:

- December 1-7, 2021:** National Handwashing Awareness Week
- December 3, 2021:** International Day of Persons with Disabilities
- December 5-11, 2021:** National Influenza Vaccination Week

Healthy Veggie Chili Recipe

The weather is getting colder, and that means it's time to curl up with a warm bowl of delicious chili! Try this recipe, chock full of good-for-you-veggies.

INGREDIENTS

1/8 tbsp coconut oil
1/4 cup black beans
1/4 cup chopped celery
1/4 cup vegetable broth
1/8 tsp whole cumin seed
1/8 tbsp dried ground oregano
1/8 cup raw chopped onions
1/8 jalapeño pepper
1/4 tsp salt
2/3 clove garlic
1/8 tsp chili powder
1/2 cup tomatoes
1/2 cup eggplant
1/2 cup red bell pepper
1/4 cup kidney beans
1/2 cup zucchini
1/2 tbsp diced green chilies



PREPARATION

1. Heat a teaspoon of oil in a large skillet over medium heat for about 1 minute. Add bell pepper and celery, sauté for about 2 minutes.
2. Add garlic, jalapeño, chili powder, chilis, oregano, cumin seed, salt, and tomatoes.
3. Add broth.
4. Add beans. Stir thoroughly and heat through on low-medium, about 5 minutes. Serve hot.

NUTRITION

Per serving: Calories 271; fat 14.3g; sodium 221 mg; carbohydrates 30.3g; protein 9.2g; fiber 7.6g.

What is Mindful Eating?

When we practice “mindful eating”, we are putting all our attention on what we are consuming and the experience. This method not only makes us watchful of what we are eating but also enjoy what we are eating. It helps us create a healthy relationship with food by focusing on the *how* and *why* of eating.

Tips for Practicing Mindful Eating this Holiday Season

- **Do a self-check before eating.** Are you rushed? Stressed? Bored?
- **Sit down.** When we snack on-the-go, it's harder to track what and how much we are eating.
- **Tap into all your senses.** When you are cooking, serving and eating this holiday season, be sure to check out the colors, textures, and smells the food has as you prepare it. As you eat your food, try to differentiate the ingredients and seasonings!
- **Portion out your food.** Try not to eat straight out of the bag as it is easier to overeat this way, and harder to fully appreciate what you are eating when it is hidden from view.
- **Take small bites.** When you take smaller bites, it is easier to really get a sense of how your food tastes.

Mindful Eating

The holidays are a time for family, friends, and of course ... good food! It can be easy to go from having a few of your favorite holiday treats, to overindulging. Luckily, this is where mindful eating can save the day!

New to CareFirst Wellness! 

Wallet

Visit www.carefirst.com/sharecare. Under “You” and “Health Profile” in the CareFirst well-being platform, there is a new feature, **Wallet**. Here you can upload 4 images, such as your vaccination card, insurance card, and even your driver's license to have pictures at your fingertips.

Check it out next time you log-in!

Make 2022 the Year of YOU!

A new year means a fresh start, a clean slate, and a renewed you!

To kick-start your wellbeing journey, Gympass is giving a **\$25 credit*** to **Blue365 members** who enroll in a plan by January 31.

*Members must be enrolled in a Gympass plan by January 31st to receive a \$25 credit which will be given on February 1st.



Build a better YOU with access to:



12,000+ gyms and studios nationwide



Live and on-demand online fitness classes



1:1 virtual personal training with certified trainers



A library of wellbeing apps supporting **nutrition, mental health, meditation, and more**



Begin your transformation at Blue365Deals.com/Gympass

- 1 Click the Sign In/Join to Redeem button and enter your information to verify eligibility.
- 2 Go to the Gympass site to create your account with your email and password.
- 3 Explore gyms and find a plan that works for you.
- 4 Select a plan and payment method. Your membership activates immediately!

Exclusive Blue365 Member Pricing

Starter	Basic	Bronze	Silver	Gold	Platinum	Starter
\$19.99 /month	\$29.99 /month	\$59.99 /month	\$89.99 /month	\$169.99 /month	\$249.99 /month	\$349.99 /month
GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE	GYMS & STUDIOS NATIONWIDE
1,700+	2,900+	4,700+	6,900+	10,500+	11,500+	11,600+



Need someone to talk to?

It's perfectly normal to face difficult times or some form of mental health challenge during your life. We all do. When it happens, it's important to remember you're not alone. And it's never too late to seek help.

Get confidential mental health support at no cost to you

CareFirst BlueCross BlueShield—together with **7 Cups of Tea (7 Cups)**, the world's largest behavioral health support system—is pleased to offer a digital resource to help you live your best life.

With the CareFirst Behavioral Health Digital Resource, you can get the emotional care you need, when you need it, 24/7. You can also connect to a caring, accepting community and learn new skills to help you grow stronger.

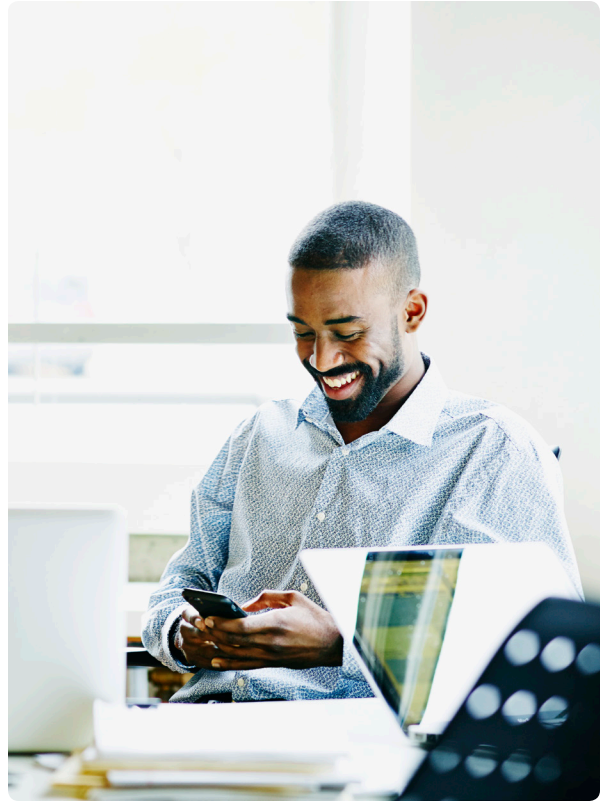
The help you need is waiting.

To set up your free account, visit carefirst.com/myaccount and enter your CareFirst *My Account* username and password. Once logged in to *My Account*, scroll down to the *Featured Resources* and select the *Behavioral Health Digital Resource* tile. After you've registered, simply log in and start your journey to better mental health.

Be heard, meet great people and feel like you again

If you're a CareFirst member with medical benefits, you can participate and get the mental health support you need in a way that best suits you.

- **Talk with someone who understands—** Access over 430,000 trained, active listeners who, unlike family or friends, don't try to solve problems—they just listen. Through chat-based messaging, you can talk one-on-one about any issues, big or small, whatever's in your heart. *Support is available in more than 140 languages.*
- **Connect with a licensed therapist*—**A CareFirst behavioral health care manager can help you make an appointment.
- **Join a support forum—**Be part of a large, accepting community working together to provide a supportive and understanding forum through online discussion boards, specific group chats and moderated chat rooms.
- **Learn new coping skills—**Take small, simple steps to transform your life. Over 35 growth paths teach valuable skills on various topics, including overcoming depression, financial freedom, getting through breakups, grieving, work stress and more.



* Standard medical benefits apply

24/7 Support, Resources & Information



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. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Confidential Counseling

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

- Articles, podcasts, videos, slideshows
- 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.

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

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Your ComPsych® GuidanceResources® program offers someone to talk and resources to consult whenever and wherever you need them.

Here when you need us.

Call: 877.595.5284

Online: guidanceresources.com

Web ID: EAPComplete

TTY: 800.697.0353

App: GuidanceNowSM

UMC IN THE NEWS – November 5 – December 2, 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.

Cases as of November 30, 2021

	Total Number Positives
All	66,857
Race	
Unknown	334
American Indian/Alaska Native	113
Asian	1,388
Black/African American	34,624
Native Hawaiian/Pacific Islander	134
Two or More Races	13,995
White	16,267
Ethnicity	
Unknown	7,029
Hispanic or Latino	10,210
NOT Hispanic or Latinx	49,604