

UMC Newsletter

March 4, 2022

Volume 3, Number 7



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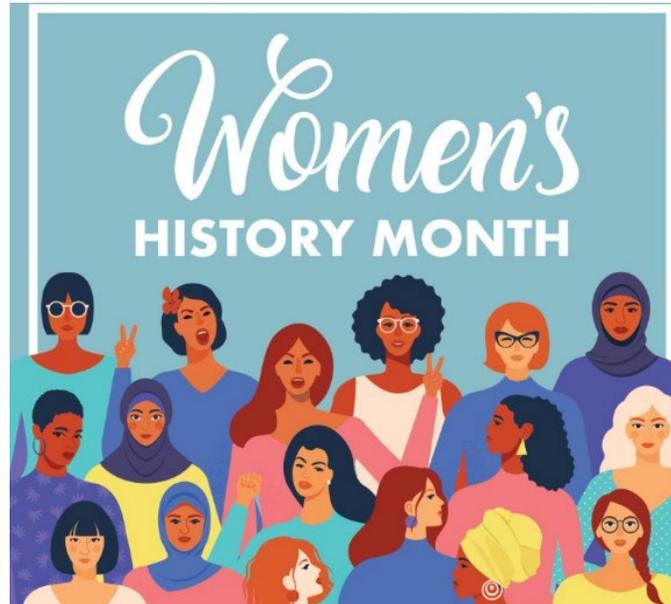
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An Ode To Fearless Women

Defined by no man, you are your own story,
Blazing through the world,
turning history into herstory.

And when they dare to tell you about
all the things you cannot be,
you smile and tell them,
"I am both war and woman and you cannot
stop me."

Nikita Gill



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



To: UMC All Staff

From: Dr. William Strudwick
Chief Medical Officer

Verna Bartholomew
Chief Operations Officer

Date: March 4, 2022

Re: COVID 19 Booster Mandate

DC Government Vaccine Mandate: A new vaccine mandate has been put in place, where **all employees, contractors, interns, and grantees of DC Government must be fully vaccinated against COVID-19 and must have a booster.** 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.

By March 31, 2022, all employees must provide proof of their vaccination and booster status. Acceptable forms of include:

- A scan or image of a Centers for Disease Control and Prevention COVID-19 Vaccination Record Card; or
- A scan or image of their vaccination and any applicable booster status from their healthcare provider, including commercial pharmacies.

Please email all approved documents to Occupational Health at OCH@united-medicalcenter.com.

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

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

John Nohren, MD – Hospitalist

Kelsey Mansley, PA-C – Emergency Medicine



**“I think diabetes is affecting my eyesight.
I have trouble seeing the consequences
of poor food choices.”**

*Congratulations
on your promotion*



UMC would like to congratulate LaShon Medley on her promotion from EVS Technician to Phlebotomist!

LaShon is shining example of proper preparation paying off. To make her move, LaShon successfully completed the Marlow Heights Dynamic Phlebotomy Training Program as well as the SEIU Training Program (available to member/staff here at UMC). We are so excited to see you move into this next phase of your medical career!

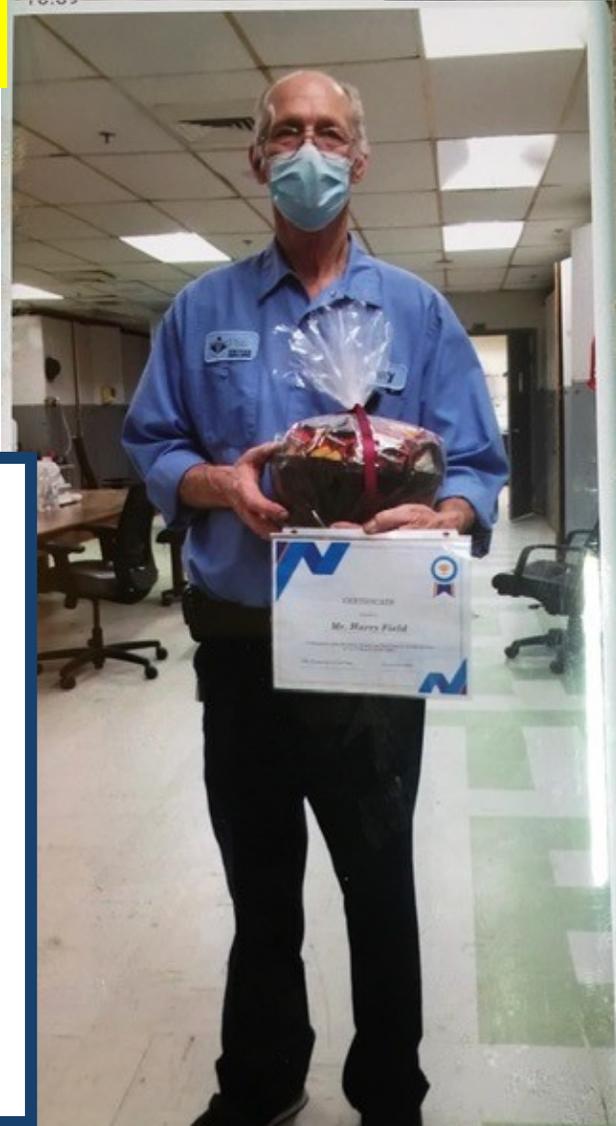


Guess Who Retired?!

Mr. Harry Field joined the United Medical Center team in 1977 when the organization was known as Greater Southeast Hospital. Harry dedicated the next 45 years to providing exceptional service to the hospital community by maintaining our facilities despite the many changes that occurred.

Harry was a loyal and loving member of the UMC Team whom he considered family.

Mr. Filed will be greatly missed but we wish him the very best on his retirement Journey!



February Flashback @ UMC

February was a jammed packed, successful month at UMC. Congratulations to the Pathology/Laboratory/Respiratory Teams on a great CAP Survey and thank you to everyone who wore red in honor of Heart Health Day.



**CONGRATS ON A
SUCCESSFUL CAP
SURVEY!**



**Now Let's
Celebrate
Together**



HEART DAY

This Friday, wear red and join the UMC Executive Team in celebrating American Heart Month. The team will be rounding and distributing heart health awareness gifts.

Friday, February 25, 2022





March 10

You. Me. WE.

Changing the face of HIV

What is National Women and Girls HIV/AIDS Awareness Day?

National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) is an annual, nationwide observance, led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). Every year on March 10 — and throughout the month of March — local, state, federal, and national organizations come together to shed light on the impact of HIV and AIDS on women and girls and show support for those at risk of and living with HIV. This year marks the 16th annual observance of NWGHAAD.

Why is National Women and Girls HIV/AIDS Awareness Day important?

HIV and AIDS are still widespread public health issues, and women remain vulnerable to infection — especially African-American and Hispanic women.² In fact, any woman who has sex can get HIV, regardless of race, ethnicity, age, or sexual orientation. Today, over 1 million people in the U.S. are diagnosed with HIV,¹ and nearly 1 in 4 of them are women.¹

The 2020 NWGHAAD theme, “*HIV Prevention Starts With Me: Ending the HIV Epidemic Together*,” emphasizes the role everyone plays in HIV prevention—community organizations, health care professionals, and women and men, including those living with HIV. There are steps you can take to protect yourself, your partner, patients, your family, and your neighbors.

- Get an HIV test, which is free and confidential. To find a location, visit [gettested.cdc.gov](https://www.gettested.cdc.gov).
- Prevent HIV by using a latex condom every time you have sex.
- If you are HIV-negative and your partner has HIV, talk to a doctor about **taking pre-exposure prophylaxis (PrEP)**, a daily pill that can **reduce your risk of getting HIV from sex by more than 90%**. Find a provider near you at [PREPlocator.org](https://www.PREPlocator.org)

At the end of 2018, there were 37,968 new cases of HIV in the United States. 19% of these new cases were women.³



The majority of new HIV cases at the end of 2018 were among women ages 20-30.⁴



-  facebook.com/hhsowh
-  twitter.com/womenshealth
-  youtube.com/womenshealthgov
-  pinterest.com/womenshealth



OASH

Office on
Women's Health

www.womenshealth.gov | 1-800-994-9662

Join the conversation

#NWGHAAD

- If you are living with HIV, talk to your doctor about ways to stay healthy and take your medication as prescribed to achieve and maintain an **undetectable viral load**. It can help prevent spreading HIV to your sexual partner or if you are pregnant, to your baby.
- If you think you may have been exposed to HIV, visit a doctor or nurse right away. The doctor may decide that you should get **post-exposure prophylaxis (PEP)**. PEP is an anti-HIV medicine that you take within 72 hours of possible exposure to HIV to lower your chances of getting HIV.
- If you are a health care professional, you should know the **screening guidelines**, talk to patients about their risk, and encourage patients living with HIV to adhere to treatment.

Who should participate in National Women and Girls HIV/AIDS Awareness Day?

Any individual or organization can observe National Women and Girls HIV/AIDS Awareness Day. OWH invites public and private organizations at the local, state, and national levels to participate.

How do I observe National Women and Girls HIV/AIDS Awareness Day?

You can plan a National Women and Girls HIV/AIDS Awareness Day event; spread the word on Twitter, Facebook, Instagram, or Tumblr about the day; and use the hashtag #NWGHAAD on social media. Use **these materials** to get started.

^{1,2} CDC. (2018). *Diagnoses of HIV Infection in the United States and Dependent Areas, 2018 (Preliminary)* (PDF, 10 MB). <https://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2018-preliminary-vol-30.pdf>

^{3,4} CDC. (2018). *HIV and Women*. <https://www.cdc.gov/hiv/group/gender/women/index.html>

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For ideas on how you can show your support for women and girls affected by HIV and AIDS, visit womenshealth.gov/nwghaad/resources.



Learn more about HIV/AIDS and women's health at www.womenshealth.gov/hiv-and-aids.

-  facebook.com/hhsowh
-  twitter.com/womenshealth
-  youtube.com/womenshealthgov
-  pinterest.com/womenshealth



Office on
Women's Health

Let's Get Physical

SUMMER IS COMING...TIME TO SHAPE UP

Pure Barre DC is offering Team UMC a **free group workout class** on **Saturday, March 12, 2022 at 12:30pm**. **Please RSVP to Tcarmichael@united-medicalcenter.com by March 7th** if you're interested in joining us. This class will take place at the Cathedral Commons studio: 3308 Wisconsin Ave. NW Suite 4, WDC 20016. Feel free to invite a friend!

Pure Barre is a total body workout that transforms you physically and mentally. Our musically driven group classes focus on low-impact high-intensity movements that strengthen and tone your body in 50 minutes or less!

Visit purebarre.com/washington-cathedral-commons-dc for more info.



Walk With A Doc March 16, 2022

Join Dr. Matthew Cichocki and Team UMC for an afternoon walk every third Wednesday of the month at 11:00am.

Meet in front of UMC Main Entrance -
1310 Southern Ave. SE WDC 20032

Questions?

Contact: Tcarmichael@united-medicalcenter.com



Community Resources & Events



United Medical Center's WELLNESS ON WHEELS

The UMC Mobile Program is providing Covid-19 Vaccines & Boosters for your community.

GET SIGNED UP!

JOIN US FOR
POP-UP BOOSTER WEDNESDAYS

Every Wednesday starting March 9 from 12:30 pm to 4pm in the Outpatient Building

COVID-19 BOOSTERS

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

Follow Us @UnitedMedicalDC



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

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC 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

THE OFFICE OF COUNCILMEMBER TRAYON WHITE, SR

**You are invited to a
Zoom webinar!**

**FEREBEE HOPE
RECREATION CENTER**

COMMUNITY MEETING

**Mar 10, 2022
6:00 PM**

REGISTER TO ATTEND
<https://tinyurl.com/Ferebee8>

CALL OUR OFFICE
202-724-8045

WWW.TRAYONWHITE8.COM

INVITED AGENCIES

DGS MCN BUILD DPR KIPP DC:



THE OFFICE OF COUNCILMEMBER TRAYON WHITE

**WARD 8
REDISTRICTING
COMMITTEE MEETING**

UPCOMING MEETING DATES
ALL MEETINGS WILL BE HELD AT 6PM

Mar 2nd
Mar 16th
Mar 30th

REGISTER TO ATTEND
[HTTP://TINYURL.COM/REDISTRICTINGWARD8](http://tinyurl.com/redistrictingward8)





Community Resources & Events

**M/ND
R/GHT**

**We're here
for you**

Coaching over text message for people
who want to talk, judgment free.

3 months free for DC students
ages 13 + older.*
*limited availability, first come-first served

How to sign up:
1) Text hello to 886-886 | 2) provide referral code: **TIA**
For more information, visit mindright.io or email hello@mindright.io

FREE! *Online Class Series*

**Fight Diabetes
With Food**

Fight Diabetes With Food

Tuesday from 3-4 p.m. ET

Register at: <https://www.pcrm.org/events/fight-diabetes-with-food>



UMC
UNITED
MEDICAL CENTER

FINANCIAL WELLNESS WORKSHOP

6:00 PM – 7:00 PM
MARCH 10, 2022

CREDIT SCORES AND REPORTS



DETAILS



ZOOM LINK

[https://us02web.zoom.us/j/88423471878?](https://us02web.zoom.us/j/88423471878?pwd=VkxVNW8zS3FwcHRGQjZ6NFFiQnFJZz09)
[pwd=VkxVNW8zS3FwcHRGQjZ6NFFiQnFJZz09](#)



MEETING ID

884 2347 1878
PASSCODE
083132



DIAL BY PHONE

1-301-715-8592



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

Cases as of February 28, 2022

	Total Number Positives
All	134,114
Race	
Unknown	490
American Indian/Alaska Native	162
Asian	2,855
Black/African American	64,617
Native Hawaiian/Pacific Islander	250
Two or More Races	35,415
White	30,323
Ethnicity	
Unknown	24,588
Hispanic or Latino	16,155
NOT Hispanic or Latinx	93,349

UMC IN THE NEWS – February 5 – March 4, 2022

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



February 16, 2022 – James Wright J. – [Ward 8 Residents Share Views on D.C.'s 2022-2023 Budget](#) – The Washington Informer

February 16, 2022 – Joy Zavalick – [Minority Neighborhoods Need Maternity Wards, Not Crack Pipes](#) – Family Research Council

February 26, 2022 – Theresa Vargas - [For the unvaccinated but uncertain, these doctors have a plea and a plan](#) – The Washington Post

