

UMC Newsletter

May 6, 2022

Volume 3, Number 11



nurses week

MAY 6-12

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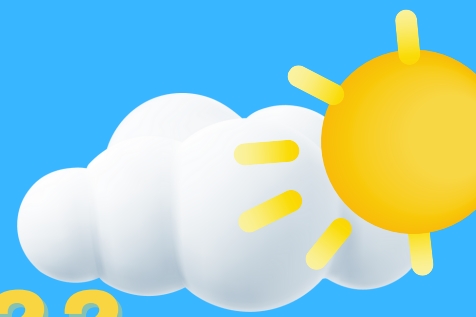


Happy National Nurses Day!

Thank you for the hard work and amazing care you provide everyday.



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



NURSES WEEK 2022

**Monday
May 9**

Breakfast ,

Time-7:30am-10:00am

**Note:Breakfast
Ticket Required**

**Tuesday
May 10**

Lunch /Dinner

**Time-11:00am-3:00pm
Dinner-7:00pm**

**Note:Have Lunch Ticket,
Dinner will be provided
to Units**

**Wednesday
May 11**

**Time and
Attendance Award**

**Ice Cream
Social/Cake
11:00 am-2:00 pm
Location-Cafeteria**

**Thursday
May 12**

**Nurses wear
white/Nurses
cap Day!**

Nurses Gifts

**Nurse of the year
announcement**





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



1310 Southern Avenue SE Washington DC 20032 (202) 574-6000

NEW UMC VISITATION POLICY

UMC has revised its visitation policy. The policy changes will take effect on April 29, 2022

The general visitation hours are 1pm – 6:30pm daily. (It is preferred if the patient identifies same 2 persons to visit during hospital stay)

Two visitors at a time will be permitted into the hospital for general visitation with the following exceptions:

- **Critical Care** – ONE visitor at a time (1-hour time limit)
- **END of Life Occurrence** – TWO visitors at a time (24 hours)
- **END of Life COVID 19** – TWO visitors at a time (30-minute time limit)
- **Behavior Health Unit** – NO Visitors
- **Surgical & Procedural Departments** – NO VISITORS
- **Emergency Department** – NO VISITORS, except for a support person accompanying a patient with disabilities.
- **Children** – **No Visitation at this time** if under the age of 16

All visitors **must check-in** at the Main Entrance (Southern Avenue) visitor's desk

All visitors **will receive a temperature check and screening questions** prior to entering inpatient and outpatient areas; as well as treatment areas within the Emergency Department. A visitor's log must be maintained on the Unit daily that contain the visitor's first and last name; date and time of entrance; patient to be visited and location; day/evening phone number; email.

All visitors are **required to wear a mask or facial covering** (protecting their nose and mouth) during their hospital visit.

Visitation is **NOT** permitted for patients **diagnosed with COVID 19** except for an end of life occurrence.

All visitors are **required to sanitize their hands upon** entering the facility.

All visitors are **required to practice social distancing** at all times.

Visitors **are not allowed to bring food** to clinical areas or patient units.

Appropriate exceptions can be authorized by the Attending Physician or House Supervisor

The guidelines above will continue to be updated as the COVID 19 outbreak evolves.



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

Oyige Iheagwara, M.D. – Nephrology	Glory Okonkwo – Clinical Nurse II
Travon Rust – Utility Worker I	Tesfazghi Berhe – Med Technologist
Jerry Walker – Patient Sitter	Kevin Freeman – Psych Tech II
Whitney Neal – Pathologist Asst	Jessica Turner – Patient Sitter
Andrea Carroll - Manager	Shanika Roberson – Manager
Peter Lack - Pharmacy Tech II	Kayla Mccoy – Med Technologist
Hanna Yigletu – AP Technologist	Racquel Fraiss - Med Technologist
Devon Swangin - Patient Sitter	Dextina Smith - Clinical Nurse II
Carl Lewis - Spec. Police Officer	Alex Colvin - Engineer
Rosemond Bartels – Clinical Nurse II	Mimi Kebede – AP Technician
Chibuike Achi - Clinical Pharmacist III	Lisa Gray - Accountant
Maegio Douglas – Patient Access Officer	Antoine Fowler - Patient Sitter
Frankie Saunders – Care Coordinator	
Timothy Holmes – Environmental Services Attendant	





LORETTA JOHNSON

The United Medical Center is sad to say farewell to Ms. Loretta Johnson. Ms. Loretta as she was affectionately known, began her career with UMC on September 11, 1979. During her 42 year career she served the hospital as a Radiology Transporter, Radiology Scheduler/Ration Clerk, Supervisor for the Transportation Department, Unit Manager for the Nursing Department, Payroll Technician & Accounts Payable Technician! No matter where or how she served, she always did so with a pleasant spirit, a kind and wise word, professionalism, and love.

We wish you nothing but days full of
peace and joy!

CONGRATULATIONS ON YOUR RETIREMENT

I WOULD LIKE TO SEND THANKS TO MY UMC FAMILY FOR THE SPECIAL CARE I RECEIVED DURING MY STAY IN THE HOSPITAL. EVERYONE WAS PLEASANT, KIND & PROFESSIONAL. UMC/NFPHC IS A WONDERFUL PLACE WITH WONDERFUL & HEART FELT PEOPLE.

SPECIAL THANKS TO MARCELA MAAMARI, REGINA KIM, DR. WILLIAM STRUDWICK.

SINCERELY,

LORETTA JOHNSON

THANK YOU FOR YOUR SUPPORT!


On Saturday, April 23, 2022 the UMC Family was blessed with a visit, lunch and many prayers from The Spirit of Faith Christian Center. We thank you for your continued support and well wishes.





To fellowship with or show appreciation to the Spirit of Faith Christian Center visit:
<https://spiritoffaith.org/>



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

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



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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

MAY 18, 2022

WELLNESS DAY

11AM-3PM

Walk
with a Doc

Dance
to the DJ

Health
Screenings

Vaccines

Curbside
Groceries

and more!



@UNITEDMEDICALDC



Its warming up outside - **Walk With A Doc** will resume on **May 18, 2022!**
Curbside Groceries will also be on site at UMC that day so bring your shoes, shopping list, and lots of energy!

A vertical poster with a background image of a person's legs and feet walking on a wooden deck. At the top right are the logos for UMC (United Medical Center) and Grapevine Health. The text in the center reads "Walk With A Doc Wednesdays @ 11:00am". Below this, it says "Join Dr. Matthew Cichocki and Team UMC for an afternoon walk every Wednesday at 11:00am. Meet in front of UMC Main Entrance - 1310 Southern Ave. SE WDC 20032 Questions? Contact: Tcarmichael@united-medicalcenter.com".

UMC
UNITED
MEDICAL CENTER

GRAPEVINE
HEALTH

**Walk With A Doc
Wednesdays @
11:00am**

Join Dr. Matthew Cichocki and Team UMC for an
afternoon walk every Wednesday at 11:00am.
Meet in front of UMC Main Entrance -
1310 Southern Ave. SE WDC 20032
Questions?
Contact: Tcarmichael@united-medicalcenter.com



Curbside Groceries is a mobile grocery truck that brings the grocery store directly to your neighborhood, so you can spend more time on the things that matter most.

- Choose from a variety of high-quality fresh foods, pantry staples, and more at affordable prices.
- Find shelves fully stocked with fresh fruits and vegetables, dry and canned goods, kid-friendly snacks, baking needs, meats, dairy products, and more.
- Pay with cash, credit, debit, and EBT.



Take Two!
EAT FRESH FOR LESS WITH SNAP

Check out Take Two! Eat Fresh for less with SNAP. When you buy one item with EBT, you get your choice of free produce at equal or lesser value!



May is full of reasons to celebrate and opportunities to check in with self, loved ones, and colleagues. In addition to National Nurses week, here are a few others May observances.

- ***National Physical Fitness & Sports Month***

Each May ODPHP supports National Physical Fitness & Sports Month — an opportunity to raise awareness about the benefits of physical activity! Encourage people to get active using our [Move Your Way® campaign materials](#) and [Activity Planner](#) to build personalized weekly activity plans. And share our [MyHealthfinder resources on physical activity](#). Take a look at the [Healthy People 2030 Physical Activity objectives](#) to learn about national efforts to improve quality of life through physical activity.

- ***Older Americans Month***

*The Administration for Community Living sponsors [Older Americans Month](#) in May to focus national attention on older Americans. This year's theme is *Age My Way*, an opportunity for us all to explore the many ways older adults can remain in and involved with their communities. Join the conversation by using [ACLS's sharable materials](#). And share our easy-to-understand [MyHealthfinder resource](#) to encourage adults to protect their health as they grow older. If you're interested in national efforts to improve health for older adults, check out the [Healthy People 2030 Older Adults objectives](#).*

- ***National Women's Health Week***

The Office on Women's Health (OWH) is sponsoring [National Women's Health Week](#) on May 8 to 14 to encourage women and girls to make their health a priority. Use [OWH's social media and promotional tools](#) to spread the word with your social networks. And share our [MyHealthfinder resource on well-woman visits](#) to encourage women to stay on top of their preventive health care. Lastly, review [Healthy People 2030 objectives aimed at promoting women's health](#).

Wellness News



MIND Your Health: May is Mental Health Month
Issue XVII ■ May, 2022

MIND Your Health

Mental Health Month

To be healthy as a whole, mental health takes a role. This is the exact reason we celebrate Mental Health Month every May. Our emotional, social, and psychological wellbeing affects how we think, feel and act. After the last two years, many are realizing just how much of an impact stress, isolation and uncertainty have taken on all of us. This May, we encourage you to raise awareness and support mental wellbeing in your workplace, whether remote or onsite, to destigmatize mental health and let people know how important a role it plays in overall health and wellbeing.

Did You Know...?

- Nearly **1 in 5** American adults will have a diagnosable mental health condition in any given year.
- **46%** of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.
- Number of US Adults with Mental Illness: **44 million**
- Percent of US Adults with Mental Illness: **18%**

[Quick Facts and Statistics About Mental Health | Mental Health America \(mhanational.org\)](#)

Myth or Fact?

With many misunderstandings surrounding mental health, it can make it more difficult to reach out for help.

Click [here](#) or scan the QR code below to take the CDC Mental Health Quiz and see if you can separate the myths from the facts.



Tips to Improve Mental Health

- **Track your gratitude & achievements.** Journal 3 things you are grateful for and 3 things you've accomplished each day.
- **Stay active – physical activity is good for your mental health.** Go out for a walk or find an exercise routine you enjoy.
- **Soak up the sun.** Do your best to enjoy 15 minutes of sunshine each day... but don't forget the sunscreen! Vitamin D is a fantastic mood booster.
- **Nourish your body.** Add omega-3 fatty acids into your diet. They are linked to lower rates of depression and help create healthy gut bacteria. Did you know gut health impacts your mental health?!
- **Get a Good Night's Sleep.** 7-9 hours per night can improve your mood, energy levels, mental sharpness, and how you handle stress.

20 MAY IS
22 MENTAL
HEALTH MONTH

BACK
TO
BASICS

For Mental Health Month this year, Mental Health America is bringing it back to basics.

With mental health entering mainstream conversations, it's critical that solid foundations of knowledge are formed.



LEARN MORE
mhanational.org/may

Campaign Toolkit Resources

Great resources with fact sheets, outreach ideas and social media messaging available!

- Back to Basics- creating a solid foundation of knowledge, resources and support surrounding mental health.
 - Key Messaging
 - Sample social media posts & graphics to raise awareness
 - Fact sheets on topics such as maintaining good mental health, recognizing when you need help, where to go for help, important terms to know
 - Outreach ideas for individuals and organizations

[Mental Health Month | Mental Health America \(mhanational.org\)](https://mhanational.org)

National Resources

- National Institute of Mental Health: www.nimh.nih.gov
- National Alliance on Mental Health: www.nami.org
- MentalHealth.gov: www.mentalhealth.gov
- The Center for Disease Control and Prevention: <https://www.cdc.gov/mentalhealth/>

CareFirst Resources

- [Sharecare Inspirations](#) – Soothing video content in the palm of your hand designed to help reduce and eliminate daily stress.
- [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. For access to this resource, go to *My Account*, select *Behavioral Health Digital Resource* under the *My Health* menu.
- [Video Visit](#)- Did you know you can utilize your CareFirst Video Visit to talk with a therapist or psychiatrist? Chat virtually with a mental health expert to help manage your concerns or issues including anxiety, depression, and grief.

Success Stories ★

Have you participated in any of our CareFirst Well-being programs, such as health coaching, Scale Back, Craving to Quit, etc.? If so, we want to hear from you! Send us your success story, and we will feature you in one of our upcoming newsletters. Send your story to well-being@carefirst.com! **Please note we will remove all names for anonymity.*

Blue365 Featured Deal for May

One great way to *Achieve a Healthier You* is to take advantage of the Blue365 Health and Wellness discount program provided to insured CareFirst members (includes those with Medical, Dental, Vision and Disability).

Save 50% on e-Mindful Subscriptions

eM Life includes unlimited access to live, expert teachers, with interactive, online mindfulness sessions available multiple times every day of the week, and hundreds of hours of on-demand content on a variety of topics and health concerns.

Click [here](#) for more information!

Blue365 Gympass

The Gympass well-being platform equips you to enhance your physical and mental health through access to valuable resources, including 10,000+ gyms and studios nationwide. Get started today! Visit Blue365Deals.com/Gympass.

RECOGNIZING WHEN YOU NEED HELP WITH YOUR MENTAL HEALTH

Think about your physical health. We all have days where we feel a bit sore, have a headache, or are extra tired. That doesn't necessarily mean you're sick. You're sick when something suddenly and significantly changes for the worse or prevents you from functioning properly.

Mental health is similar – the occasional bad day is to be expected, but when things that used to be easy become a lot more difficult, something's going on. Instead of focusing on physical symptoms, you'll want to look at your thoughts, feelings, and behaviors.

WHAT IS A MENTAL HEALTH CONCERN?

A mental health concern is anything that causes a person to believe their mental health may be suffering. You don't need to be diagnosed with a mental health condition to be dealing with a mental health concern.

Common signs of mental health concerns:

ISOLATION:

You used to be really outgoing and positive, but lately, you want to spend most of your time home alone.

LOSING INTEREST:

You aren't as interested in things you used to like – food, music, hobbies, friends, work/school.

TROUBLE FOCUSING:

You can't concentrate enough to follow conversations with friends.

SHORT TEMPER:

You're easily irritated and keep lashing out at people you care about.

Many people struggle with not feeling "sick enough" to seek help early on in their mental health journey. The average delay between symptom onset and treatment is 11 years,¹ meaning a lot of people spend months or years facing mental health challenges before getting a diagnosis. It is never too early to seek treatment – if you want help for your mental health, you deserve to get it.

LEARN ABOUT YOURSELF

It's hard to know when your mental health is slipping if you aren't in touch with yourself or paying attention to your usual thoughts, feelings, and behaviors:

Take some time to think about your daily life.

How is your typical mood? Energy level? Appetite? Sleep routine? Social life? Physical health? When one or more of these things changes significantly, it could be a sign of an underlying mental health concern.

Consider tracking your mood and energy to see if you can find any patterns.

For instance, if you don't have a regular sleep schedule, track the hours you spend asleep each night – you might find that waking up earlier makes for happier days than sleeping in.

Think about other factors that might relate to your mental health.

These could be factors like the weather or spending time with certain people. Maybe you'll realize that rainy days often mean your mood will be a bit lower than usual or that conversations with a certain friend have been draining you lately. Sometimes there's nothing you can do to change your circumstances – but being aware of your triggers can help you manage your expectations and get ahead of taking care of yourself.

LEARN ABOUT MENTAL HEALTH CONDITIONS

You've taken a great first step by learning how to proactively take care of your mental health. But sometimes, mental health conditions sneak up on you. Some people have mental health conditions and don't realize it – if it's something you've always dealt with, it's easy to assume that's just how it is for everyone. Life can be challenging, but every day shouldn't feel hard or out of your control. If it does, learn more about the symptoms of different mental health conditions to see if something aligns with your experiences.



SOURCES

1 Wang, P.S., Berglund, P.A., Olfson, M., Kessler, R.C. (2004). Delays in initial treatment contact after first onset of a mental disorder. *Health Services Research*, 39(2). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361014/>