

UMC Newsletter

May 3, 2024

Volume 15, Number 17

MAY IS

MENTAL HEALTH
Awareness
MONTH



Dear Team UMC,

April showers did bring some May flowers! It is so delightful to see all the beautiful flowers popping up all over the city. Nature is truly wonderful; as an *Island Girl*, I am always amazed at the distinct four seasons this region affords us!

National Nurses Week is fast approaching, May 6-12, 2024. As this may be our final Nurses Week together as a UMC family, I want to say an extra special thank you. **THANK YOU** to all nurses for your outstanding, and relentless dedication to our community and patients. Your compassion and empathy have made the world of difference to our patients east of the Anacostia River. Your patience and work of heart are exactly what our patients and their family need. Please continue making Team UMC proud by providing exceptional care and kindness.

May is Mental Health Awareness Month. Please remember we cannot separate the body from the brain; each part impacts the other. Let us contribute to decreasing the stigma surrounding mental health by rallying to increase awareness about the crucial role mental health plays in our overall health and well-being. We know the pressure of relationships, family and even work can impact our mental well-being. The great thing is, we have the power to take action to improve our mental health. Do not hesitate to take care of yourself, you care for others all the time, care for you as well. As always, I encourage you to engage in self-care; and if that does not work, it is okay to seek professional help.

Don't forget there is the Voluntary Training offered in collaboration with the George Washington University Hospital/UHS and Department of Health Care Finance. This training will be of great value should you choose to apply for a job at the new hospital. * See attached for details.

Finally, I wish all the Mothers on Team UMC to have a wonderful Mother's Day when it comes despite maybe that's your weekend to work. But that's just a day...I am sure you are celebrated all year long by your loved one. To all staff, have a safe and fun filled Memorial Day later this month. Much appreciation for all you do.

Humbly and with Gratitude,

//Jacqueline Jacquie Payne-Borden//
Chief Executive Officer/Chief Nurse Officer



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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

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

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

Rosalyn Crump	EVS
Naomi Enders	ED
Caren Proctor	ED
Shauntae Branson	8W
Logan Bisset, M.D.	Radiology
Siata Gibson, CRNP	AH-Internal Medicine



Brief Info On Mental Health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.





Community Resources & Events



12th Annual Running of the Chihuahuas

Celebrate the 12th Annual Running of the Chihuahuas presented by Pacifico and emceed by Tommy McFly. The fun-filled and free event features the iconic Chihuahua races, a Pacifico Beer Garden, a DJ, 360 pet photo booth, and a giant inflatable Chihuahua for photo opportunities. Stop by the Tito's Chihuahua Lounge on Transit Pier for a cocktail made with Vodka for Dog People, and don't forget to visit the DC Lottery tent to spin the prize wheel to win cash and DC Lottery swag.

Location-The Wharf

When- May 4, 2:00pm-5:00pm

Tickets/info-wharfdc.com

Mary Lou Williams Jazz Festival

Prepare for an extraordinary experience May 10-11th at the Kennedy Center Terrace Theater. Join the fun at Mary Lou Williams Jazz Festival, a mesmerizing event that promises to redefine your expectations.

Location-Kennedy Center

When-May 10-11th

Tickets/info-allevnts.in





Community Resources & Events

Ladies Love R&B & Tequila Day Party

Get ready to dance, mingle, and have a great time with your girls. This event is all about good vibes and good music, so grab your squad and let's make some unforgettable memories together. See you there!

Location-U Street Northwest, Washington, DC, USA

When-May 5 ,2024

Tickets/more info-allevents.in



International Scavenger Hunt of Multiple Embassies

Ready to travel the world in a single day? As several embassies of DC open their doors to today, TTD is offering you an exciting race and challenge! Step onto foreign soil several times, retrieve international items, compete in unique international contests and much more.

Location-Meet at the top of Dupont Metro (South Exit) in front of Krispy Kreme 1350 Connecticut Ave, NW, DC

When-May 4 9:30am-3:30pm

Tickets/info-info-thingstododc.com





UMC Voluntary Healthcare Professional Training Program Training

Onsite Training Schedule

- **Scheduled Dates**

The Onsite training schedule will be held on each select Wednesdays from 7:30a – 11:30a

- **Location**

IT Computer Training Room – Basement Level across from the EVS Department.

- **Professional development contact at George Washington University Hospital**

GWUHUMCTraining@gwu-hospital.com

- **Professional Development contact at United Medical Center**

alfalby@united-medicalcenter.com

Have you Signed up for the Voluntary Healthcare Training?

Administrators for the Voluntary Healthcare Professional Training Program will be onsite at United Medical Center to provide assistance with the training program. If you need assistance with logging in, navigating the training platform, or just identifying additional courses, please drop in on one of these sessions.

Please contact the professional development team at the email addresses listed on this form. Check your eligibility with your manager or educator to check your eligibility.

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***All Full time employees are eligible for the Voluntary Training at this time.**



UNITED MEDICAL CENTER'S VOLUNTARY HEALTHCARE PROFESSIONAL TRAINING PROGRAM

Onsite Training Schedule

Administrators for the Voluntary Healthcare Professional Training Program will be onsite at United Medical Center to provide assistance with the training program. If you need assistance with logging in, navigating the training platform, or just identifying additional courses, please drop in on one of these sessions.

7:30 am – 11:30 am
IT Computer Training Room
Basement Level

Please email questions to:
GWUHUMCTraining@gwu-hospital.com



THE GEORGE WASHINGTON
UNIVERSITY HOSPITAL



November 15, 2023

November 29, 2023

December 13, 2023

December 27, 2023

January 10, 2024

January 24, 2024

February 7, 2024

February 21, 2024

March 6, 2024

March 20, 2024

April 3, 2024

April 17, 2024

May 1, 2024

May 15, 2024

June 12, 2024

June 26, 2024

July 10, 2024

July 24, 2024

August 7, 2024

August 21, 2024

September 4, 2024

September 18, 2024

October 2, 2024

October 16, 2024



HAPPY MOTHER'S DAY



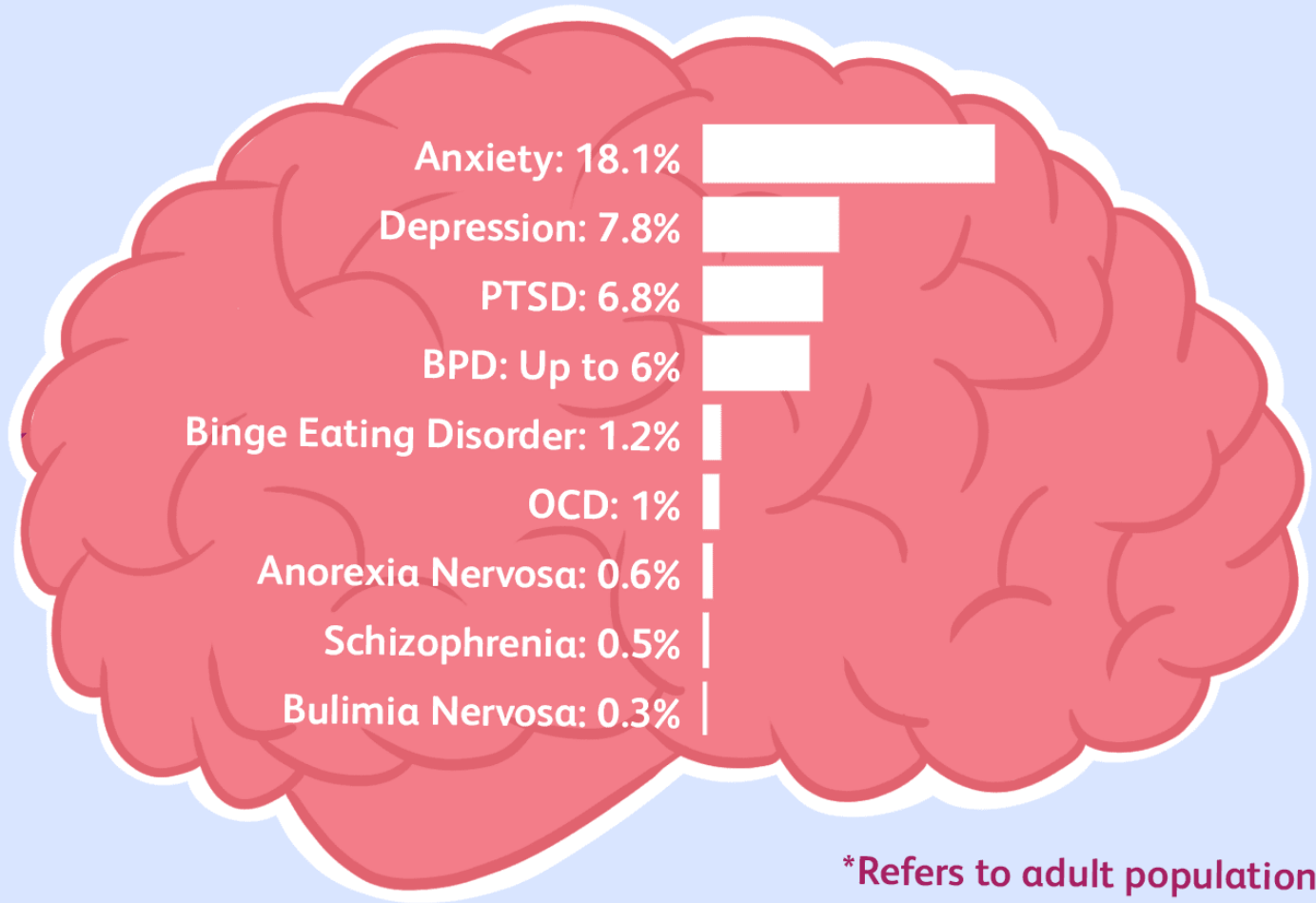
Diabetes Champion

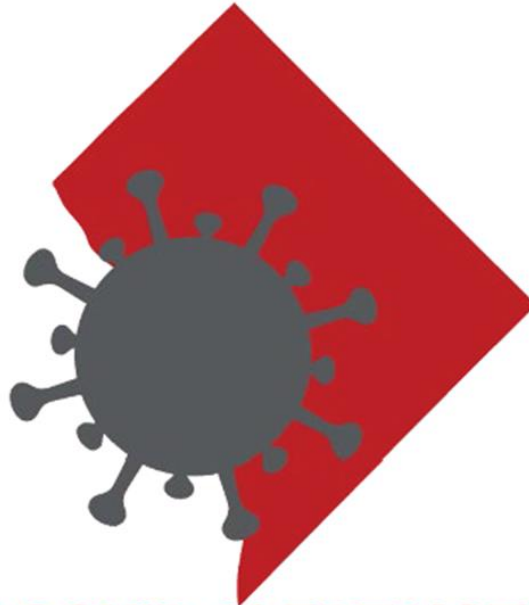


Juliette Kennedy MST

Health Facts

The Prevalence of Mental Illness in the United States





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>

UMC IN THE NEWS

May 3, 2024 –June 7, 2024

UMC Staff are reminded to direct **ALL MEDIA INQUIRIES** to Attorney Mike Austin,
@MIAustin@united-medicalcenter.com.

NO NEWS IS GOOD NEWS!

