



UNIVERSITY
MEDICAL CENTER
OF EL PASO

THE PULSE

NEWS & UPDATES
FROM UMC

June 26, 2018



Summer Picnic To Bring Families, Fun Together

More than 1,000 tickets have been distributed to UMC Associates to attend the first, Associate & Family Summer Picnic from 11 a.m. to 2 p.m. Saturday, June 30, at Memorial Park. It's on!

What makes the picnic especially nice is the inclusion of families at a UMC event. A summer family picnic for Associates has not previously taken place for any current UMC Associates.

This event will feature games typical of summer fun, such as sack races, three-legged races, giant Jenga, jumping balloons, and so much more! Moms and dads will want to bring blankets and chairs to enjoy the comfort of a summer day on the grass.

UMC Fungineers (R&R Committee) are urging all Associates to wear sunscreen and bring an appetite for summer fun and food. *Everyone attending is required to have a ticket. Ticket distribution has ended and tickets will not be distributed at the park.*

"We are really happy that our Denim Fridays throughout the year were so successful," said Gloria Vasquez, chair of the R&R Committee. This is really a special event for Associates – it is their picnic!" "All of the proceeds from Denim Fridays made this and other events we have planned possible."

UNIVERSITY
MEDICAL CENTER
OF EL PASO

Associate & Family

SUMMER PICNIC

FOOD • JUMPING BALLOON • MUSIC • PIÑATA • GAMES • FUN FOR ALL!

Saturday, June 30
11 a.m. to 2 p.m.

Memorial Park, 3100 Copper Ave.

**BRING
YOUR
BLANKETS
& CHAIRS**

Coffee With CEO Gives Associates A Glimpse Of What's Ahead

Each month, Jacob Cintron, UMC President & CEO, meets with a group of Associates from throughout the campus and clinics during his "Coffee With The CEO" breakfast to talk about anything they are interested in, while sharing some of the direction and new information about our hospital. Below are a few questions and answers raised at this month's meeting. (Questions and answers are edited for brevity.)

Question:

When are we going to open our gym again?

Jacob:

I really wish it was today. I realize that this has been delayed for quite a long time to make space available for the ongoing Cerner training and implementation. We hoped to have all of the training and program implementation accomplished by this summer but now our goal is to have it done by the end of the year

Question:

When will UMC build its own 24/7 Emergency Rooms at our clinics?

Jacob:

The good news is we are already well into the planning of the design and eventual construction of 24/7 Emergency Rooms at our UMC East and UMC Northeast Clinics. These Emergency Rooms are going to offer our community the necessary care without having to travel far to our hospital or other locations. Our mission is to bring greater access to healthcare within our community and Emergency Rooms at these clinics will accomplish that.

Question:

What's the plan for parking in the area off Concepcion near the railroad tracks?

Jacob:

The land that we own in that area is ideal for relieving our parking at UMC. We are looking at placing a surface lot at this location and providing a shuttle service to and from the hospital. We have tested the walk time from that location, which took no more than 6 minutes. As you know, the demand for our services continues to grow and we need to ensure patients and visitors have greater access to parking in our parking garage. The surface lot off Concepcion may be a great location for employee parking for additional parking spaces our Associates can count on.

Question:

What is our hospital's growth strategy when it comes to adjusting to the planned reductions in funding for healthcare from the federal government?

Jacob:

Major insurance companies are likely to raise premium rates. Funding levels for Medicaid

reimbursements are falling. We may get to a time when hospitals such as ours can no longer provide that level of care without funding support. That is one of the reasons why we at UMC have been so focused on improving our efficiency, reducing overtime and planning for the future. We cannot rest on the funding we have today. We must plan for how we are going to adjust to anticipated funding shortfalls in the future.

Question:

When will the hotel go down (be demolished)?

Jacob:

As you know, we purchased both the Vagabond Inn and the Arby's Restaurant land and structures, located on the corner of Reynolds Avenue and I-10. Since those purchases were both finalized, we have been selecting the right architects and designers to build our UMC Central clinic. The hotel and Arby's will both be demolished and land cleared this summer, likely in July.

Question:

Is El Paso Children's Hospital stabilizing and if it fails, will it affect UMC?

Jacob:

El Paso Children's Hospital has been through a typical beginning for new hospitals. They have had their ups and downs but we are looking for the hospital's financial status to hit breakeven, sometime next year. That is great news if all goes as planned. However, to answer your question regarding the impact on UMC if EPCH fails – yes, we will definitely hurt if it fails but that is not what we are seeing today. Our relationship is stronger than ever and the operations at EPCH are doing much better.

Question:

Are there any plans to do anything with the Annex?

Jacob:

Yes. I know it is extremely tight over there and our Associates are doing a great job with the space they have. To relieve some of the space issues, we are looking at moving certain operations currently at the Annex to other locations. When those plans are finalized, we will definitely share them with you.

Summer Health: The Ugly Truth About Indoor Tanning -- Don't Do It

The Centers for Disease Control and Prevention (CDC) recently sent summertime advice for people who think tanning indoors is somehow safer than tanning the by the sun. Many people believe that using a tanning bed, booth, or sunlamp to get a tan is safer but the truth is that just like sun tanning, indoor tanning also exposes skin to ultraviolet (UV) rays, the cause of most skin cancer. UV rays, whether they come from indoor tanning or the sun, can also cause wrinkles, rashes, and dark spots.

A base tan is not a safe tan.

Myth: A tan acts as the body's natural protection against sunburn.

Truth: A tan is the body's response to injury from UV rays, showing that damage has been done. It does little to protect you from future UV exposure.

Tanned skin is not healthy skin.

Myth: Tanning gives people a "healthy glow."

Truth: Whether tanning or burning, you are exposing yourself to harmful UV rays that damage your skin. In fact, every time you tan, you increase your risk of melanoma.

How to protect yourself

Avoid tanning beds and sunlamps. Both can cause serious long-term skin damage and contribute to skin cancer.

Cover up. When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99 percent of UV light.

Use sunscreen with "broad spectrum" protection and a sun protection factor (SPF) of at least 30. Be sure to reapply at least every 2 hours, as well as after swimming or sweating. And always follow the directions on the label. Seek shade. Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.



Welcome, El Paso Police Department!

Beginning Monday, June 25, you may notice a new addition to our Emergency Department: a member of the El Paso Police Department.

We often have El Paso Sheriff's Department, Fire Department, El Paso Police and other first responders in our ED. We will now have a 24-7 presence of an El Paso Police Officer to add yet another improvement to our service to patients and staff.

The addition of the uniformed EPPD patrol officer will be to augment already solid security and staff at UMC.

When you have a moment, the next time you are in the ED, welcome and say hello to our new team member!

Specialized Care from
BOARD-CERTIFIED
PEDIATRICIANS
Mon.-Sat. 7:30 a.m.-8 p.m.
CONVENIENT APPOINTMENTS: 790-5700

Get dependable and affordable quality healthcare for your child from board-certified pediatric physicians, nurse practitioners and a multi-disciplinary team of medical professionals at UMC's Outpatient Clinics.

About The Pulse: *The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke](mailto:Ryan.Mielke@umc.org), UMC Director of Public Affairs.*