



DENVER HEALTH

— est. 1860 —

FOR LIFE'S JOURNEY

DENVER HEALTH'S WEEKLY 411

The week's most critical information delivered to your inbox.

Thursday, December 14, 2023

Secret Pal program helps more than 60 Denver Health families



Denver Health's incredible employees and departments stepped up again this year for the Secret Pal initiative, donating toys, clothes, gift cards and other items to more than 60 co-workers and their families who could use a little help this holiday season. "Secret Pals" purchased, wrapped and dropped off gifts for co-workers – who were nominated anonymously – to pick up last Friday in the Volunteer Services Zone in Pavilion C.

"Thank you so much for considering us for this program," a nominee said. "I'm so thankful to have found a workplace that really cares about their employees."

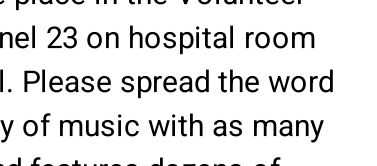
The Secret Pal program at Denver Health has been around for more than 20 years, and the generosity shown continues to inspire our organization. More Denver Health teams had offered to buy gifts than the number of families nominated.

A special thank you to Workplace **Well-being Strategist Kristin Ellis** and to **Executive Sponsors Amy King, chief human resources officer, and Amy Friedman, chief experience officer**, the Volunteer Services Team and the Secret Pal planning committee for making it all possible. We look forward to helping even more families next holiday season.

STAY INFORMED

Save the date: Denver Health Foundation Night with the Nuggets

Friday, Jan. 12, is Denver Health Foundation Night with the Denver Nuggets. The reigning NBA champions host the New Orleans Pelicans at 7 p.m. at Ball Arena. Discounted tickets are available starting at \$34, and a portion of every ticket purchased [through this link](#) will benefit [Denver Health Foundation](#). If at least 50 tickets are sold, all Denver Health guests will be invited to attend the Nuggets' pregame "warm-up watcher" experience. Employees are encouraged to bring their families and show support for the Foundation, which works with donors to support our health care system.



DENVER HEALTH FOUNDATION NIGHT WITH THE DENVER NUGGETS

NEW ORLEANS PELICANS VS DENVER NUGGETS

Friday, January 12th, 2024 • 7:00pm • Ball Arena

TICKETS Starting at \$34 each


[ORDER TICKETS ONLINE AT: https://go.nuggets.com/denverhealthfoundation](#)

Colorado Chorale to perform Dec. 20 for Denver Health patients, staff

The Colorado Chorale will spread cheer and sing holiday songs for Denver Health patients and staff at **2 p.m. Wednesday, Dec. 20**. The performance will take place in the Volunteer Zone on the first floor of Pavilion C and will be broadcast on Channel 23 on hospital room TVs, as well as [shared through Webex](#) to make it accessible for all. Please spread the word to staff and patients about the concert, as we hope to share the joy of music with as many departments as possible! The Colorado Chorale formed in 1970 and features dozens of singers from the Denver metro area who are volunteering to share their time and talents with Denver Health this holiday season.

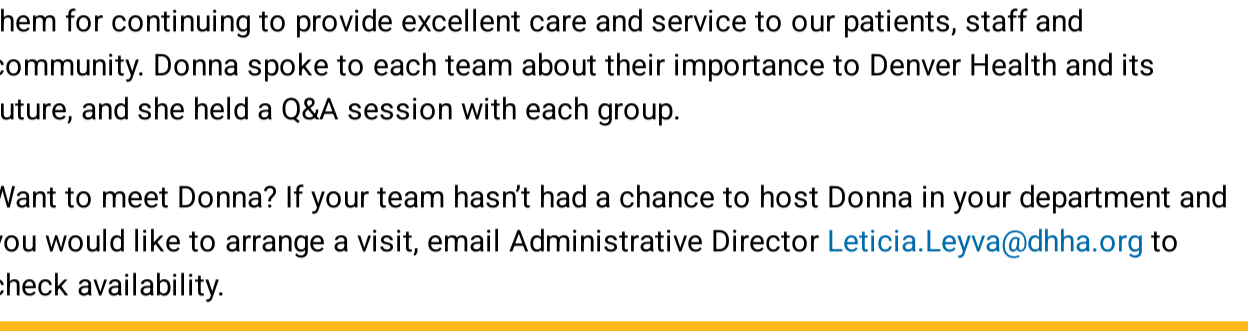
Dietitians offer healthy holiday eating tips

Staying healthy can be a concern for some people around the holidays. With more holiday dinners and social events, it can be hard to maintain your typical diet and exercise routine. We asked our registered dietitians with the [Denver Health Bariatric Surgery Center](#) to share some tips to help keep your eating and nutrition on track this holiday season, whether you are a bariatric patient or not. One tip: look at food laid out at a free event as if there is a monetary cost involved and you only have so much money to spend.



[Read all nine tips here.](#)

CEO continues to meet with Denver Health teams, welcomes invites



Denver Health CEO **Donna Lynne** continues to meet with departments and teams across our health care system since she started 14 months ago, including this week with **Food and Nutrition Services** and **Orthopedics**. Donna shared her appreciation for each group, thanking them for continuing to provide excellent care and service to our patients, staff and community. Donna spoke to each team about their importance to Denver Health and its future, and she held a Q&A session with each group.

Want to meet Donna? If your team hasn't had a chance to host Donna in your department and you would like to arrange a visit, email Administrative Director Leticia.Leyva@dhha.org to check availability.

Complete your self-appraisals by Dec. 31

If you intend to complete a self-appraisal for 2023, it must be submitted in Workday by **Dec. 31**. After this date, Workday will automatically push the next appraisal task to managers. If you would like support with completing self-appraisals, please sign up for our [last Open Lab of the year](#) on **Tuesday, Dec. 19**. Support resources are also available on our [Workday Resources Hub](#).

Join us for this month's Trauma Lecture Series

Please join us from **noon-1 p.m. Wednesday, Dec. 20**, for this month's "Trauma Lecture Series: Traumatic Spinal Injuries" presented by **attending neurosurgeon, Muhammad Riaz, MD**. Join either in person in the OR Conference Room (2315) or via Webex. [Click here](#) for more information or to register.

DENVER HEALTH SPOTLIGHT



Women's Care Clinic gets into the holiday spirit



The Women's Care Clinic got into the holiday spirit this month by decking out their work areas and holding a competition. **Medical Assistants Ari Caldwell and Tabatha Urban** organized the holiday affair, and four themes were created. This week, the team voted and selected the gingerbread house theme designed by **Medical Assistants Jackie Cortez, Alexis Lechuga and Lesly Aispuro Salas** as the winner (Pictured at bottom). The 411 is happy to spotlight your team's holiday happenings. Submit information by filling out the [marketing request form](#) and selecting internal communications.

GET INVOLVED

Volunteers sought to wrap presents for pediatric patients

The Child Life team at Denver Health is seeking staff to volunteer during two, hourlong sessions next week to help wrap presents that will be given out to pediatric patients this holiday season. Gift-wrapping sessions are set for **1-2 p.m. Tuesday, Dec. 19, and 10-11 a.m. Thursday, Dec. 21**, in the Child Life playroom, room 200, on the second floor of Pavilion C. Ten slots are available for each session. [Click here to sign up](#). Email Amanda.Roper@dhha.org with questions.

Staff invited to wear holiday scrubs and attire

In the spirit of the holiday season, Denver Health is inviting staff to wear their holiday scrubs and uniforms. Festive scrubs are allowed **through Jan. 2**. As a reminder, our employees and patients come from all different cultures and religions, so please refrain from wearing any clothing that might be offensive. All clothing must conform to Denver Health's [dress code policy](#). We hope that everyone has a wonderful holiday season and that your festivity brings joy to our patients, families and colleagues.


Volunteers needed for MLK Parade

Thank you to everyone at Denver Health who volunteered this year. We truly appreciate your support and willingness to uphold the Denver Health mission. We are looking for volunteers for the MLK Parade on **Jan. 15**. If you are interested, please fill out the [volunteer form](#).

IN THE COMMUNITY

PHIDH co-sponsors World AIDS Day event

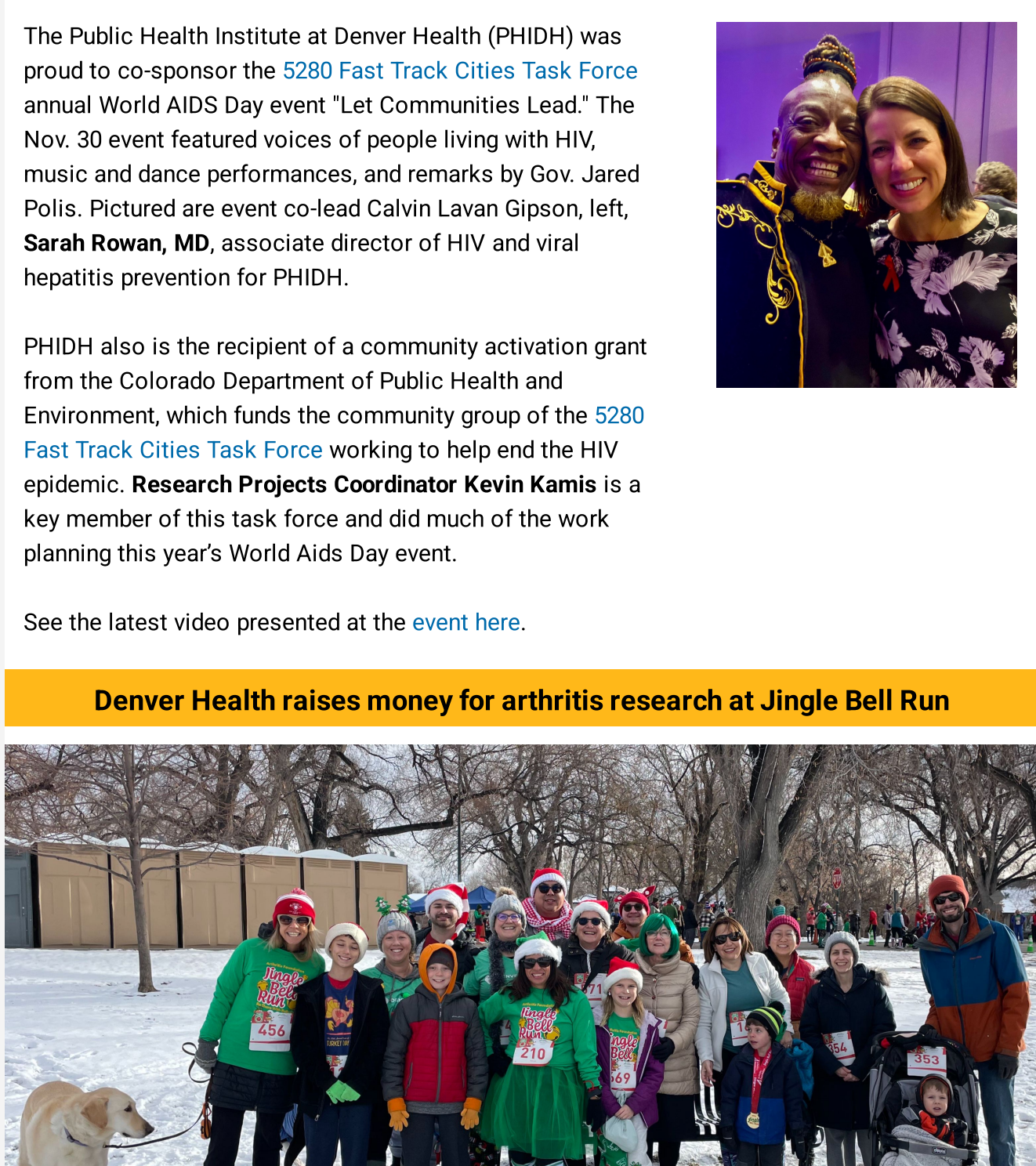
The Public Health Institute at Denver Health (PHIDH) was proud to co-sponsor the **5280 Fast Track Cities Task Force** annual World AIDS Day event "Let Communities Lead." The Nov. 30 event featured voices of people living with HIV, music and dance performances, and remarks by Gov. Jared Polis. Pictured are event co-lead Calvin Lavan Gipson, left, **Sarah Rowan, MD**, associate director of HIV and viral hepatitis prevention for PHIDH.



PHIDH is also the recipient of a community activation grant from the Colorado Department of Public Health and Environment, which funds the community group of the **5280 Fast Track Cities Task Force** working to help end the HIV epidemic. **Research Projects Coordinator Kevin Kamis** is a key member of this task force and did much of the work planning this year's World Aids Day event.

See the latest video presented at the [event here](#).

Denver Health raises money for arthritis research at Jingle Bell Run

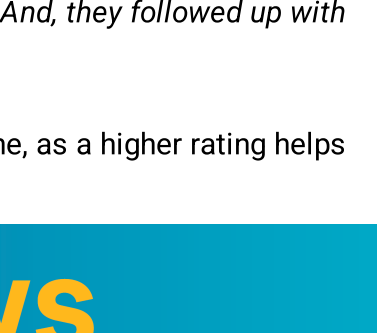


A small but mighty group of Team Denver Healthies participated in last Sunday's cold but warm-spirited Jingle Bell Run. Special thanks to **team captain Patsy Meyer and Grace Alfonsi, MD**, for organizing this year's team. The Jingle Bell run is put on by The Arthritis Foundation, which works to change the future for those with arthritis, the nation's leading cause of disability, affecting nearly 60 million Americans, including 300,000 children. Money raised supports research to discover a cure.

PERKS & DISCOUNTS

Enter drawing to win free massage from RESTORE on Dec. 20

The **Denver Health RESTORE** Support Center, on the first floor of Pavilion B, will offer Denver Health staff free 15-minute chair massages by **Azel Massage** from **noon-4 p.m. Wednesday, Dec. 20**. [Click here to enter a drawing](#) for your chance to win a massage. Winners will be contacted by phone and email on **Monday, Dec. 18**, and offered time slots. Names on the sign-up list and the winners will be kept confidential. Email questions to RESTORE@dhha.org.



GRATITUDE

Adult Urgent Care staff praised for excellent care

It is incredibly rewarding to hear from patients who have received outstanding care at Denver Health. This week we would like to share a five-star online review of our incredible team at the Adult Urgent Care.

"Over the course of three visits, Denver Health Adult Urgent Care has provided the same level of care to which I have become accustomed to at Denver Health over the past decade. Wait times have been brief. Medical personnel have been polite, professional, compassionate and skilled at performing their duties. Most importantly, they seriously listen to the patient (something which is often missing in Urgent Care and ER settings.) And, they followed up with me afterwards. Excellent team!"

We encourage staff to ask patients to leave a positive review online, as a higher rating helps build trust in our community. Every star counts!

IN THE NEWS

The 411 highlights top stories of the week. Please visit [In the News on the Pulse](#) for a rundown of all recent stories featuring Denver Health.

Axios names Denver Health CEO Donna Lynne one of its 2023 Denver Power Players
Dec. 14, Axios Denver
In September, **Donna Lynne** celebrated one year as CEO of Denver Health, **Colorado's oldest hospital** and largest safety net provider. Why it matters: The former lieutenant governor carries decades of experience as a senior health care leader and her leadership skills have been key to keeping the hospital afloat amid turbulent times.

Residents move into office building converted into affordable housing in Denver
Dec. 12, 9News
"It's a blessing and I thank God that I was accepted into the program," Rashid Sayles said as he spoke from inside a new apartment at **655 Broadway**. Sayles is among the first residents to move into the former office building as a part of Denver Health's transitional housing program for at-risk patients experiencing homelessness who have experienced lengthy hospital stays.

Decades-old rule pushes mentally ill Coloradans out of hospitals too soon
Dec. 11, The Denver Post
About 300 to 400 low-income Coloradans with severe mental illnesses need longer hospital stays but don't get them because Medicaid caps inpatient treatment at many psychiatric hospitals to 15 days per month, a requirement that advocates say is harming vulnerable patients and straining the broader public safety net. For patients who need more care, shorter stays exacerbate their illness. If they're not fully stabilized, they may not understand the full breadth of their condition or the need to take medications, said **Dr. Chelsea Wolf, medical director for Denver Health's inpatient psychiatric unit**. Mental illnesses are "chronic, debilitating illnesses," she said, and they will worsen over time if they're not treated correctly and consistently.

Migrant arrivals and flu season are straining Denver Health's resources
Dec. 7, Denverite
"Every year, we have a big peak when respiratory illnesses – RSV, flu and COVID – hit their max, and we are nearing that. So that's the context where we're seeing record numbers in our ER." **Dr. Taylor McCormick, director of Denver Health's pediatric emergency and urgent care departments**, told Denverite. "On top of that, we have this new surge of patients from Central and South America." Handling the influx of people is stressful, McCormick said, but added ER doctors are "used to being stretched" and can handle it.

MARK YOUR CALENDAR

December | January

- Dec. 15: RESTORE Group Support

Dec. 19: Pediatrics gift wrapping session

Dec. 20: Colorado Chorale Performance


Dec. 20: Trauma Lecture Series

Dec. 20: RESTORE massages

Dec. 21: Pediatrics gift wrapping session

Dec. 27: RESTORE Gifts and Gifts

Jan. 15: MLK Parade

 **CLICK HERE FOR A PDF VERSION OF THIS NEWSLETTER.**

DENVER HEALTH VALUES

how we do it.

RESPECT

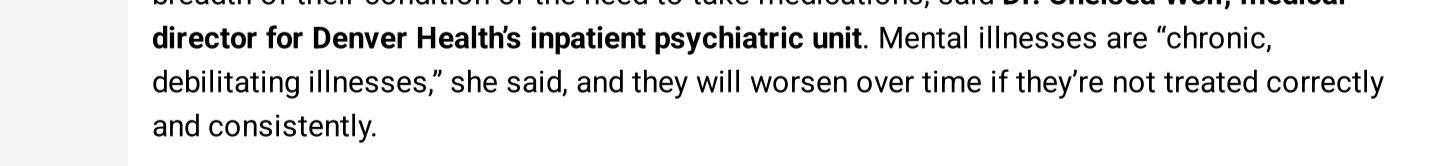
BELONGING

TRANSPARENCY

ACCOUNTABILITY

SUBMIT A REQUEST TO THE WEEKLY 411

Submit content for consideration in the Weekly 411 through the employee outreach request form [here](#). Accuracy and quality matter, so please provide all material as early as possible. Your submission should detail who, what, when, where, why and how, with correct spelling and explanation of acronyms. We encourage you to include photos and any links or attachments that may help to communicate your message. Content received after noon on Tuesday will be considered for the following week's edition.



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