

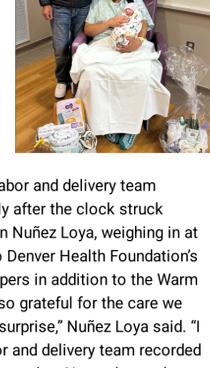


DENVER HEALTH'S WEEKLY 411

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

Thursday, January 4, 2024

Denver Health welcomes first baby of 2024



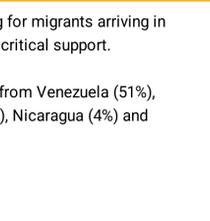
After capping off a record-setting year of deliveries in 2023, the labor and delivery team welcomed Juan Carlos Felix Nuñez (Carlos) into the world shortly after the clock struck midnight. Carlos was born healthy to Juan Carlos Felix and Eileen Nuñez Loya, weighing in at 7 pounds, 1 ounce and measuring in at 20 inches long. Thanks to Denver Health Foundation's Newborns in Need program, the family went home with 2,024 diapers in addition to the Warm Welcome bag every baby born at Denver Health receives. "We're so grateful for the care we received at Denver Health, and the diapers are a wonderful extra surprise," Nuñez Loya said. "I can't think of a better way to start the new year." In 2023, the labor and delivery team recorded 3,841 deliveries and set monthly records for deliveries in July, September, November and December. Here's to another successful year of deliveries in 2024!

[See news story](#)

STAY INFORMED

EMS Lounge opens in emergency department

Denver Health paramedics were the first to stop by the newly completed EMS Lounge in the Denver Health Emergency Department. The dedicated space for pre-hospital first responders and EMS personnel offers a comfortable place at our hospital to recharge, grab a snack and finish their patient hand-off work in a dedicated space.



All agencies across the metro area have been notified of this new area and are beginning to use the space when they bring patients to Denver Health.

In addition to the EMS Lounge, we have also hired an EMS coordinator, Billy Hanley, to serve as a liaison for the hospital, EMS workers and other providers of emergency services.

Denver Health focuses on delivering health care for migrants

Denver Health medical teams are doing extraordinary work caring for migrants arriving in Denver from the Southern border, providing health care and other critical support.

Since last October, Denver Health has seen nearly 8,000 patients from Venezuela (51%), Colombia (26%), Honduras (7%), Guatemala (6%), El Salvador (5%), Nicaragua (4%) and Ecuador (1%) for an estimated total of 20,330 visits.

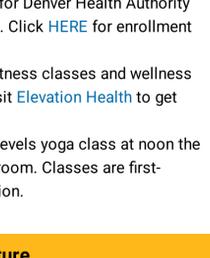
[Learn more](#)

Dental ID cards arriving soon

Denver Health employees signed up for new dental benefits for 2024. Please know that your new member ID cards should arrive in the mail soon. You may also access and electronic version of your card directly in their online portal after creating an account on [Delta Dental's website](#). Instructions are listed [here on The Pulse](#).

Employee mammography screening days return

Denver Health [Breast Imaging](#) is holding three more walk-in screening mammogram days just for Denver Health employees from **8 a.m.-2 p.m. on Friday, Jan. 19, Friday, Feb. 2 and Friday, Feb. 16**. Screenings are on the 5th floor of the Outpatient Medical Center (Pav L). Routine mammograms are recommended for people with breasts ages 40 and older. Just answer six simple questions in [this form](#) to determine if you are a candidate and to register.



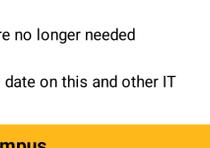
Denver Health Foundation updates formal inquiry process



Denver Health Foundation is revising its internal funding request process and philanthropic fund allocation to align with Denver Health priorities. The 2024 Impact System facilitates directors of service in submitting department impact plans by a deadline of **Jan. 31, 2024**. This update enhances transparency and ensures timely consideration of impactful work, urgent needs and fund utilization, promoting effective support for Denver Health initiatives through strategic donor engagement.

Kick off the new year with health and wellness

Improved physical and mental health is a common new year's resolution. If it's one of yours, now is a great time to take advantage of the free and low-cost fitness options available to Denver Health employees, contractors and residents:



- 24/7 Fitness Center at 601 Broadway (\$7.50 per pay period for Denver Health Authority employees, \$16.25 per month for non-authority employees). Click [HERE](#) for enrollment information.
- Elevation Fitness portal offers live and on-demand virtual fitness classes and wellness content. Access is free for all Denver Health personnel. Visit [Elevation Health](#) to get started or click [HERE](#) for more information.
- All Denver Health personnel are invited to attend a free all-levels yoga class at noon the first Wednesday of each month in the Fitness Center yoga room. Classes are first-come, first-serve. Click [HERE](#) for a flyer and more information.

Take control of your financial future

Did you know you can schedule an appointment with a Fidelity Retirement Planner at any time by visiting their [Appointment Scheduler](#) site? A Fidelity Retirement Planner can meet with you virtually, by phone or in person on the Denver Health Main Campus. Upcoming on-campus dates include **Jan. 10 and 30, Feb. 8 and 20 and March 6 and 29, from 9:30 a.m.-5 p.m.** Fidelity also offers monthly educational web workshops at noon, where you can learn strategies and tips to help you manage your financial future with confidence. Visit [this Pulse subsite](#) for more information, including topics and dates.

Pulse migration for Administrative Services

SharePoint (the Pulse) is being upgraded to a newer version, which is happening in phases. Next **Monday, Jan. 8**, Administrative Services Pulse sites will be read-only for up to one week while they are migrated. Please be aware that after sites are migrated, bookmarks and links to those sites and documents on those sites from non-Pulse locations (i.e., Huddle Sheets, Cornerstone, the 411, etc.) will break.



Links on the Pulse to other Pulse subsites and documents will automatically redirect. Pulse site administrators should be taking the following actions ASAP:

- Fill out [this form](#) to identify yourselves so you can receive instructions and information regarding your site's migration
- Clean up your sites ([this document is a helpful guide](#))
- Review and delete documents, forms and workflows that are no longer needed
- Purge unnecessary auto-saved document versions

You can [read this FAQ](#) to learn more about the project. Stay up to date on this and other IT project updates on the new [IT News Update page](#) on the Pulse.

Krazy Thai food truck returns to campus

Krazy Thai food truck makes its return to the Denver Health campus! Spice up your lunch routine on **Wednesday, Jan. 17 from 11 a.m. – 2 p.m.** as well as **every Friday** this month from **6 p.m. – 10 p.m.** for our night-shift employees. You can call **720-456-2893** to preorder. View Krazy Thai's menu [here](#).

Putting patients first when choosing parking

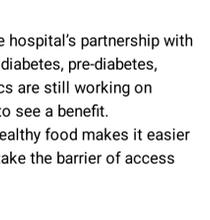
Patients are struggling to find parking in the Pav L and Pav G patient parking garages. Despite efforts to redirect employees to park in employee lots, we're needing to revisit the issue. Denver Health Security will soon begin fining employees who violate the employee parking policies. Fines are \$35 or \$300 in handicap parking.

[Read more](#)

RECOGNIZING YOU

Dr. Hanratty named Joel S. Levine Distinguished Health Care Advocate

Congratulations to **Rebecca Hanratty, MD, director of service, CHS adult primary care**, on being awarded this year's Joel S. Levine, MD, MACP Distinguished Health Care Advocate Award! This award recognizes a physician who has "demonstrated a steady and strong commitment to promote equitable access to safe, high-quality health care for all members of the public with a devotion to build a better future for medicine."



The award is named in honor of Dr. Levine, who passed away in 2020. Dr. Levine retired from Denver Health after having served for 10 years as the head of the division of digestive and liver health. Dr. Levine was governor of the Colorado Chapter of the American College of Physicians (ACP) from 1997 to 2001.

Dr. Hanratty will be recognized for this award at the ACP Colorado Chapter meeting on **Friday Feb. 2, 2024**, in Colorado Springs. Thank you, Dr. Hanratty, for your commitment to providing high-quality, safe and equitable care and service to all in the community.

GET INVOLVED

Food and Nutrition Services wants to hear from you!

To better serve patients and staff, Food and Nutrition Services would like your input on current services and menu options. This will help improve food and beverage offerings in the Good Day Café, Main Street Café and OMC Café Powered by Emily Griffith. Please fill out the brief survey by **Jan. 31**, [using this link](#).

Center for Addiction Medicine Academy offering Trauma-responsive Care workshop

Denver Health's [Center for Addiction Medicine Academy](#) provides training and technical assistance on trauma-responsive substance use disorder treatment for Colorado and surrounding regions. In partnership with the Public Health Institute at Denver Health's [Denver Prevention Training Center](#), Denver Health's CAM Academy has launched a three-hour virtual **Trauma-responsive Care workshop** to increase knowledge and skills to deliver compassionate trauma-responsive care. This workshop will provide strategies for how to create trauma-responsive care environments to foster healing in the patients we serve. This workshop will be held on **Jan. 18, Feb. 22 and Mar. 21** and offers CNE and CME credits. It is offered at no cost for Denver Health employees. To register, [select your preferred course date here](#), and we will waive the registration fee.

GRATITUDE

Denver Health Orthopedics receives praise 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 Denver Health Orthopedics.

"Dr. Hamerberg and I have been working on my knees for around 10 years and he has always been very kind, respectful and pays attention to the issue I am having at that time with my knees. I would highly recommend Dr. Hamerberg as your orthopedic physician. You know he cares about your issue from the second he walks into the room. Thank you for all the work and respect you have shown me the last 10+ years."

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.

As "food is medicine" movement takes hold, Colorado Medicaid looks to pay for produce and better meals
Dec. 29, The Denver Post

Dr. Meg Tomcho, a pediatrician at Denver Health, helped start the hospital's partnership with Food Bank of the Rockies to provide food boxes to patients with diabetes, pre-diabetes, cardiovascular disease or high blood pressure. She said the clinics are still working on assessing the overall results of the food boxes, but she expects to see a benefit. When doctors order a pill, it may help with one disease, but healthy food makes it easier to manage multiple conditions, she said. "We are really trying to take the barrier of access out of the equation," Tomcho said.

Should palliative psychiatry be considered for Anorexia?
Jan. 3, The New York Times

Philip Mehler, the founder and medical director of the ACUTE Center for Eating Disorders and Severe Malnutrition at Denver Health, has watched the debate about palliative psychiatry bleed out of academia and into the patient population. Patients with anorexia, he said, are often keen students of their disorder; they read the academic literature about it. As a result, for the first time in his career, he has had patients in their 20s ask about palliative care and assisted deaths. "So I think this has had a bit of a contagion effect," he said.

Series: The Denver Post reports on Colorado's high rates of drinking-related deaths
Jan. 4, The Denver Post

Colorado consistently has one of the highest rates of drinking-related deaths in the country, but alcohol addiction hasn't received the same treatment attention devoted to other drugs. In this four-part series, The Denver Post investigated why so many Coloradans are dying from drinking, and what the state could do in an effort to reduce the number of people lost. They turned to **Denver Health doctors Bill Burman, MD, and Dale Terasaki, MD**, for expert insights.

- Alcohol kills as many Coloradans as fentanyl. What can be done?
- Colorado has some of the lowest alcohol taxes, highest drinking deaths
- Beer, wine more widely available in Colorado as drinking deaths spike
- Alcohol abuse treatment is available in CO, but getting help can be hard

MARK YOUR CALENDAR

January | February

- Jan. 8:** Administrative Services SharePoint site migrations begin
- Jan. 9:** Mobile blood drive in Rita Bass parking lot
- Jan. 10:** Fidelity webinar: create a budget
- Jan. 10:** On-campus fidelity planner
- Jan. 15:** MLK Parade
- Jan. 18:** Trauma-responsive workshop
- Jan. 19:** Walk-in Mammogram day
- Jan. 30:** On-campus fidelity planner

- Jan. 31:** Department impact plan submission deadline
- Jan. 31:** Food and Nutrition Services survey deadline
- Feb. 2:** Walk-in screening Mammogram day
- Feb. 8:** On-campus fidelity planner
- Feb. 13:** Fidelity Webinar for retirement savings
- Feb. 16:** Walk-in Mammogram day
- Feb. 20:** On-campus fidelity planner
- Feb. 22:** Trauma-responsive workshop

[CLICK HERE FOR A PDF VERSION OF THIS NEWSLETTER.](#)

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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