

Mission at heart of breast imaging care at Denver Health

As part of an ongoing series featuring the incredible staff and various departments at Denver Health, this week we have two spotlights to share. The first is on the diagnostic imaging supervisor for Breast Imaging who has been at Denver Health for nearly 30 years. The second is on the Federico F. Peña Southwest Family Health Center and two physicians who started a committee to boost engagement and partnerships in the community.

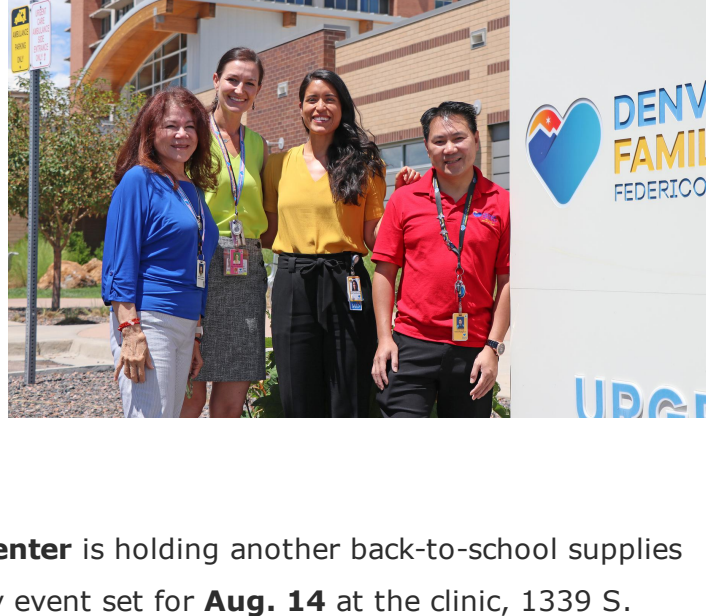


Susan Harrison (pictured), the diagnostic imaging supervisor for Breast Imaging, said she started working at Denver Health in 1994 and has never looked for another job since. Harrison calls our Breast Imaging department the "best in the region" because of our state-of-the-art equipment and caring staff. Harrison is proud of the recent success of the department's first employee screening days, which offered Denver Health employees walk-in appointments on a pair of Fridays to get a screening mammogram at the Outpatient Medical Center. Nearly 100 employees signed up and were screened, and the department hopes to do more in the coming months. Employees who received a mammogram during one of the employee screening days or at any other time are encouraged to help Breast Imaging maintain its positive reputation by leaving a [five-star Google review](#) (you must have a Google account to leave a review). [Click here to read more](#) about Harrison and her experience at Denver Health.

Join Denver Health Breast Imaging for the **Komen More Than Pink Walk at 9 a.m. Sunday, Oct. 8, at Civic Center Park in Denver.** Denver Health is a sponsor of the walk and is gathering a team of walkers together to support our shared mission to end breast cancer. Registration for the 2-mile walk is free, and employees are encouraged to join the **Denver Health team.** Those who **register with the Denver Health team by Sept. 7** and show up for the walk will get a Denver Health Breast Imaging T-shirt.

Peña physicians start committee to boost community partnerships

Internal medicine-pediatrics physicians **Julie Venci, MD,** and **Carolina Gutierrez, MD,** helped start the Peña Community Engagement Committee in December, aiming to boost relationships and engagement within the southwest Denver community. Operating on a monthly basis, the committee collaborates with community navigators **Joseph Dang** and **Sofia Chavez.** Pictured, from left, are Chavez, Dr. Venci, Dr. Gutierrez and Dang. [Click here to read more](#) about the committee and its projects.



The **Federico F. Peña Southwest Family Health Center** is holding another back-to-school supplies and clothing drive this year, with a backpack giveaway event set for **Aug. 14** at the clinic, 1339 S. Federal Blvd. Donations to one of the committee's partners, **Excalibur Outreach**, to help purchase school supplies for the drive [can be made here via PayPal.](#)

GET INVOLVED

Support health research by visiting All of Us Journey traveling exhibit

The National Institutes of Health launched the All of Us Research Program in 2018 with the goal of accelerating health research and medical breakthroughs to improve disease prevention, treatment and care for all. Denver Health is proud to host for the second year the All of Us Journey, which is the program's traveling educational exhibit. The exhibit, which includes a collection center, will visit Denver Health from **Aug. 14-18** at the Webb Center for Primary Care. The All of Us Journey features interactive activities, videos, quizzes and more, all designed to demonstrate the power of your participation in health research. The experience will allow interested visitors to join the program on the spot, including answering surveys and giving their physical measurements and biological samples. Participants will have access to the data they give to the program, including DNA results.



[Click here to read more](#) about the project's importance to Denver Health, or learn more at allofus.health/DenverDNA.

Denver Health organizing team for Century Ride in September

Calling all cyclists. Denver Health is organizing a team of riders for the upcoming **Sept. 23 Denver Century Ride.** The ride is an opportunity to explore neighborhood streets and metro Denver trails going to Morrison and back. Participants can choose from 25-, 50-, 80- or 100-mile courses. Upon [registration](#), enter "DenverHealth23" at checkout for 20% off your fee. Denver Health has designed a custom jersey for those interested in paying for their own team jersey, which will cost about \$100. Complete [this form](#) with your jersey size and to commit to payment. You may order a Denver Health jersey even if you can't make the Century Ride. **Orders are due by Aug. 15.**



Donate to support National Wellness Month food drive

Denver Health is hosting a National Wellness Month food drive through **Aug. 14.** Those who are able to donate may drop off food from 9 a.m. to 4 p.m. Monday through Friday at the Volunteer and Patient Services area on the first floor of Pavilion C, like **CEO Donna Lynne** (pictured) did this week. Food items must be nonperishable, must not require refrigeration or freezing, must not be expired, must not be homemade and must be unopened. Donated items will be distributed to Denver Health employees during the Wellness Fair from **11 a.m.-7 p.m. Aug. 18** in the same donation area. Employees can stop by to collect up to five food items to take home. There will also be free grocery tote bags, recipes, information on community resources and swag. Email Kristin.Ellis@dhha.org with questions.



WORKPLACE SAFETY

Safety checkpoint pilot program ongoing at Adult Urgent Care Center

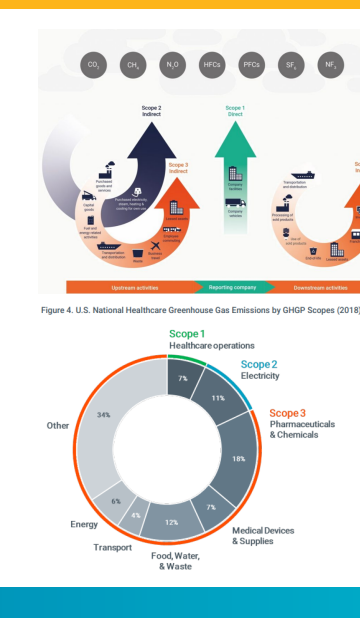
As part of Denver Health's commitment to improving workplace safety, the Safety and Security team is piloting a safety checkpoint at the Adult Urgent Care Center (AUCC) on the main campus, in addition to the full-time checkpoints that have been active since March in Pavilions A and C. The pilot will measure the incident rate at the AUCC and document the amount of prohibited materials prevented from entering the facility. The new checkpoint will operate like the established checkpoints, where individuals with prohibited items will be asked to return them to their vehicle before entering the facility. Employees may continue to show their badge to security officers, like **Alana Anderson** (pictured), to bypass the checkpoints.



STAY INFORMED

Partnership helps Denver Health inventory emissions for climate pledge

As one of the first steps in fulfilling commitments to the **White House/HHS Health Sector Climate Pledge** signed by Denver Health, our **Sustainability Committee** has partnered with **Icenergy** to produce an inventory of our organization's 2022 scope 1 and 2 emissions for health care operations. An inventory of scope 3 emissions is planned over the next few months. Scope 1 and 2 emissions include upstream activities, like anesthetic gases and all purchased electricity. Recording and understanding these numbers will allow Denver Health to develop and release a climate resilience plan to reduce emissions by 50% by 2030 and achieve net zero emissions by 2050. The graphics can be enlarged to help illustrate how various emissions are categorized.



PERKS & DISCOUNTS

Imagination Library provides free monthly books to kids under 5

Denver Health employees with young children can grow their reading collection by participating in a program we make available to our patients. Denver Health's Newborns in Need program has partnered with Dolly Parton's Imagination Library to provide reading materials for children under the age of 5. Throughout this collaboration, Denver Health has helped enroll 5,700 children in the program, which provides reading materials to families by sending one book every month. The program is free and by participating, you can help the program reach an important milestone. The program hopes to reach 6,000 families by October. That's just 300 families to go! Families who enroll when a child is born will receive a total of 60 books for their home library. For more information and enrollment, visit the Imagination Library [website here](#). If Denver Health staff living outside of Denver County have children under 5, you can email Sara Randall, director for Imagination Library of Denver, to be registered at sara@imaginationlibrarydenver.org. Pictured, from left, is Randall, "Dolly Parton," and Newborns in Need coordinator **Sharon Mushkin**.



DIVERSITY, EQUITY & INCLUSION

Register for PRIDE Movie Night at Rita Bass featuring 'The Birdcage'

Join LGBTQ+ Employee Resource Group **Denver Health PRIDE** for a movie night next month featuring "The Birdcage," a hilarious and heartwarming film that celebrates love, diversity and acceptance. Popcorn and soft drinks will be provided, and employees are encouraged to bring family and friends at **5 p.m. Wednesday, Aug. 9,** at the Rita Bass auditorium. [Click here to register](#) for the event.



IN THE COMMUNITY

Denver Health to promote services at iViva! Streets on Sunday

Denver Health volunteers will be promoting our services and handing out swag during **iViva! Streets Denver** beginning at **8 a.m. Sunday, Aug. 6.** Denver Health will have a tent in front of the 601 Broadway building until about noon, and iViva! Streets will continue until 2 p.m. iViva! Streets is a free community event that celebrates Denver's neighborhoods and supports local businesses with temporary car-free streets, including on Broadway from 20th Street to Maple Avenue. If you walk, jog, bike or roll by our tent on Sunday, stop and say hi.



Denver Health in the media

Denver Health experts warn about leaving children in hot cars during heat wave

July 27, CBS Colorado
 With summer comes hot weather and this recent heat wave has medical experts cautioning against leaving people and pets in hot vehicles. It doesn't take long for cars to heat up in the sun. **Denver Health's Trauma and Injury Prevention Team** demonstrated on Thursday just how little time it takes for a vehicle to heat up in the sun. They showed the difference in temperatures from outside and inside a car with no air.

Teens with addiction are often left to detox without medication

Aug. 1, CNN
 Teens who land in emergency rooms with an opioid overdose generally receive naloxone to reverse the effects of dangerous drugs in their system and are sent home with a list of places they can go for follow-up care. But too often, those teens never seek additional help. They are left to suffer through the agony of withdrawal with no medications to ease their cravings. As a result, many, seeking relief, go back to opioids, often with tragic consequences. **Dr. Christian Thurstone, the director of behavioral health services,** and his team have now opened what he believes to be the nation's first adolescent inpatient detox unit.

Folic acid supplementation for birth defects reaffirmed

Aug. 1, Medscape
 Primary care physicians play a key role in patient education and ensuring that all patients receive adequate folic acid, according to **Spencer McClelland, MD, an obstetrician-gynecologist** at Denver Health. McClelland advised that clinicians recommend patients who are or could get pregnant take a multivitamin because most brands will contain the recommended dosage of folic acid.

Burned out? How to improve well-being in the workplace

Aug. 2, Fox31
 August is National Wellness Month. **Kristin Ellis, workplace wellness strategist** with Denver Health, shares ways to prioritize your self-care.

Physical security vs. cybersecurity

Aug. 2, Enterprise Security
 The most critical skill we can have, whether that's physical or cybersecurity, is situational awareness, according to **Randall Friezsche, Enterprise Chief Information Security Officer** at Denver Health. We must be aware of our surroundings – from the physical side, we need to understand ingress/egress routes – we also have to understand what is normal, so that we can identify what is not normal. From the cybersecurity side, our baseline of normal device activity is critical. If we can solidify normal behavior, we can flag on anything that is outside of normal. And that capability is often critical, both from the physical and cybersecurity side, in identifying threats and action.

Black widow spider antivenom chronically in short supply

Aug. 3, Bloomberg
 Black widow spider bites are rarely fatal, but incredibly painful. "People can't describe it very well, but they're writhing in agony on their bed in the emergency department," says **Richard Dart, a poison expert who runs Rocky Mountain Poison & Drug Safety,** part of the Denver Health system. "And I mean writhing in agony." There's an antivenom that can drastically relieve the pain. But the medicine – like over 300 other drugs in the US – is in short supply.

National awareness and recognitions

August is National Immunization Awareness Month, Children's Eye Health and Safety Month, National Breastfeeding Month, Psoriasis Awareness Month, Summer Sun Safety Month. Aug. 1 was World Lung Cancer Day. Aug. 6-12 is National Health Center Awareness Week.

Aug. 13 is International Left-handers Day. Are you among the roughly 10% of people in the world who are lefties? And do you have a job at Denver Health that is complicated because you are a lefty? If so, feel free to email DenverHealth411@dhha.org and let us know about your experience. If we receive some fun or interesting responses, we may feature them in an upcoming 411.

Is there a department that you'd like us to recognize during a special week or month? Let us know in an [Employee Outreach Request form](#) and we'll spotlight them in the 411.

August | September | October

- Aug. 8:** Workday development item training
- Aug. 9:** PRIDE Movie Night
- Aug. 14:** Wellness Month food drive ends
- Aug. 14-18:** All of Us Journey at Denver Health
- Aug. 15:** Deadline to order Century Ride Jersey
- Aug. 17:** Fidelity web workshop
- Aug. 18:** Employee Wellness Fair
- Sept. 7:** Komen walk sign-up deadline for DH T-shirt
- Sept. 23:** Denver Century Ride
- Oct. 8:** Komen More Than Pink Walk

[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.

