

Actor Matthew McConaughey, Wife Camila, Headline Donation of 25,000 Surgical Masks for UMC

University Medical Center of El Paso is the recipient of 25,000 surgical masks, through Actor Matthew McConaughey and his wife, model Camila McConaughey, on behalf of Lincoln. The McConaugheys are on a road trip delivering more than 125,000 face masks to select hospitals across Texas. However UMC's delivery is currently enroute from Austin, via UPS.



Matthew and Camila make a delivery of masks, courtesy of the McConaugheys and Lincoln Ford. They will not be making the trip to El Paso.

The masks will be put to immediate use at UMC, where many of El Paso's COVID-19 patients are recovering and being cared for. "All of us at UMC are grateful to Matthew, Camila and Lincoln for this generous donation," said Jacob Cintron, President & CEO. "Masks are vital to reducing the potential spread of infectious disease. At this unprecedented time in our history, knowing that so many people from across our state and nation are finding ways to support our healthcare community and the patients we care for, we are all heartened and strengthened in this journey. On behalf of all of us at UMC and our El Paso community, thank you."

Another 20,000 masks will also be distributed to the El Paso County Medical Society. "Thank you, so much, Matthew, Camila, and Lincoln Ford for your generous donation to the physicians of El Paso," said Dr. Alison Days, President, El Paso County Medical Society. "We feel honored to be one of the cities chosen for this donation." The masks will be donated through the UMC Foundation, a separate 501(c)(3) organization that manages all major donations to the hospital. "This donation of surgical masks to the hospital, through UMC Foundation, is a milestone of generosity to the El Paso community," said Estela Casas, UMC Foundation Executive Director. "We, too, are grateful to Matthew, Camila and Lincoln for their kindness and thoughtfulness, at a time when it is needed most."

Matthew and Camila McConaughy are both very active on social media and have been logging their journey of donations to fight the novel coronavirus COVID-19. “If you can, please go to Facebook and Instagram and thank them at @officiallymconaughey, @camilamcconaughey, @iamcamilaalves, @torchnet, or @lincolnmotorco,” said Jacob. “I am sure they would love to hear from people and patients in our community who will benefit most from their generosity.”

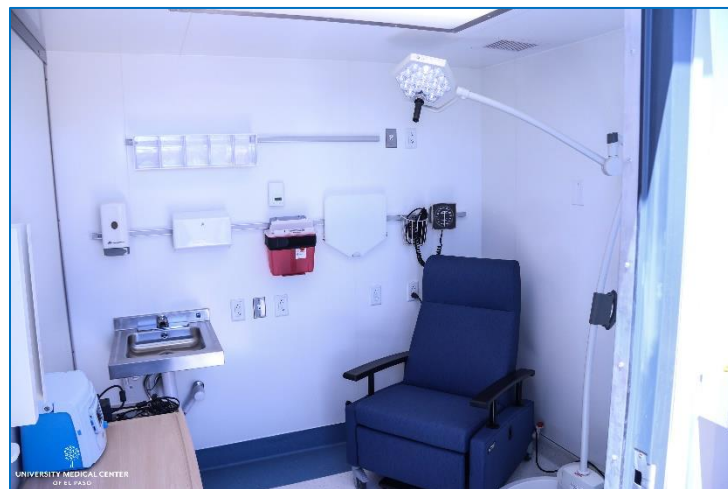
UMC Opens ‘Clean Cube’ for COVID-19 Screening; 1st in U.S.

University Medical Center of El Paso announces another first-in-Texas, first-in-U.S. advancement in healthcare for the El Paso community with its Synergy Medical Solutions Rapid Response Clean Cube, made possible by Woodmore Health Group (Clean Cube), dedicated to COVID-19 screening, behind the UMC Ysleta Clinic, located at 300 S. Zaragoza Rd. This is the first use of this system in the U.S. The Clean Cube will see its first patients on June 1.



UMC CEO & President Jacob Cintron Looks into the ‘Clean Cube’

The Clean Cube is a military-grade, mobile surgical unit initially designed to be airlifted to the front lines

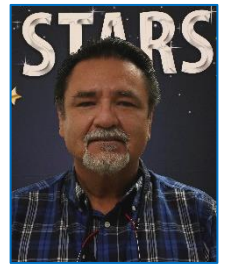
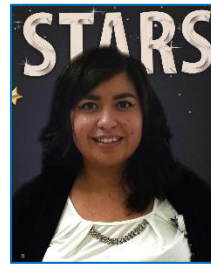


Inside Look of the Patient Exam Room

of military medical operations. This is the rapid response version, manufactured in Minnesota, and designed to support El Paso’s need for screening facilities for COVID-19 patients. The Clean Cube (see attached images and links for b-roll video) has hydrogen peroxide fogging units used to clean to ensure the unit is 99.99% free of viruses, bacteria and fungi, with 34 air exchanges/hour. The unit will be used by UMC for screening of patients in climate-controlled conditions. It does not have overnight beds and can be used to disinfect PPE.

STARS Winners Still Shine Amongst Pandemic Limitations

The winners of UMC’s 2nd Quarter STARS were recognized in different fashion as surprise visits took place at their respective departments. Each quarter, UMC announces the names of five Associates who were nominated by their peers or other Associates for special recognition for their above average performance and dedication.



STARS = Service, Teamwork, Accountability, Respect, and Safety

In order from left to right, from our Medical Unit, Cecilia Ruiz; from our Guest Services Department, Karen Shamey-Pufall; from our Rehab Department, Monique Harices; from our Cashiers Department, Crystal Cano; and from our Infection Control Department, Miguel Rivera. Every winner was nominated for their service and putting our patients, hospital, and community before themselves.

Congratulations to our 2nd Quarter STARS Award recipients!

Weekly Wellness – Tips for Improving Your Mental and Physical Wellness

We are living through an unprecedented time. It is normal to feel anxious, fearful and have a loss of everyday structure in our lives. Learning ways to cope and navigate through these times will help make you stronger. These are some tips to help take care of yourself, your friends and your family.



Be Active

It is vital to stay active to help reduce stress, prevent weight gain and boost your immune system. Try incorporating alternative ways to be active. One suggestion is to host a virtual dance party! Dancing is fun, and you can do it alone or encourage your family to join you!

Be Healthy

In addition to mentally taking care of yourself, it is important to eat a healthy and well balanced diet. If you are feeling anxious, there are foods that may help to reduce anxiety due to their brain-boosting properties.

They are chamomile which contains high amounts of antioxidants, turmeric which contains curcumin a compound that has antioxidant and anti-inflammatory properties, dark chocolate which has flavonols


which are antioxidants and it's ability to increase serotonin levels and yogurt which has probiotics which have a positive affect on brain health.

Be Peaceful

Sleep is the foundation of a strong immune system and mental resiliency. It is more important than ever now, but with the pandemic, it may be harder to come by. Audible and Thrive Global have come together to offer a free collection of audio experiences - from guided meditations and bedtime stories to sound baths and microsteps for better sleep - all designed to help you rest better during this difficult time. Click on the link and try it today! <https://www.audible.com/ep/sleep>

If you feel overwhelmed by the coronavirus pandemic and need someone to talk to, call the Emergence Health Network crisis hotline. The 24-hour 7-day hotline is 915-779-1800.

Health care, emergency response, schools and education programs, and roads and bridges are all impacted by the 2020 Census.



Respond now at
[2020CENSUS.GOV](https://www.2020CENSUS.GOV)

Make sure you are counted.

Make sure your family is counted. Our community depends on it! Help keep El Paso strong! Responses to the 2020 Census inform how over \$675 billion is distributed to communities nationwide each year, meaning more hospitals and clinics in places that need them most. For more information, visit:

www.2020CENSUS.GOV

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, UMC Director of Public Affairs](mailto:ryan.mielke@umc-el-paso.org).

WE ARE LEADING THE WAY



UNIVERSITY
MEDICAL CENTER
OF EL PASO

In difficult times, our community needs leaders it can count on.

At no other time in El Paso's history, has safety been more important. At University Medical Center of El Paso, safety means exceeding the standard. Our patients deserve it. UMC will walk shoulder to shoulder with all El Pasoans throughout this crisis and we will lead the way when it comes to keeping you safe.

UMC is the only public hospital in Texas to receive an "A" grade for patient safety and care from a national hospital ratings system (Spring 2020). Our safety standards throughout our hospital are high to ensure our patients can be confident that their safety is protected, from stroke care, to cardiac care to digestive health, and more.

During our current health challenge, UMC became the first hospital in Texas and the nation to bring the Clean Cube facility, a separate screening building for COVID-19 patients; UMC is the first and only hospital in El Paso to have three advanced, hi-tech & climate-controlled, sterile tents for screening COVID-19 patients; and UMC was first in El Paso to use the state-of-the-art Xenex UV Light Strike robots for N95 mask reesterilization.

We are further strengthened by our healthcare partners from El Paso Children's Hospital, Texas Tech Physicians of El Paso, El Paso Health, and many others in our community.

Our patients are our priority. Bringing El Paso more than what is expected to keep our patients, staff and visitors safe during this crisis is our mandate.

Together, we will make it through this challenge.

