



**CHAIR & CEO MESSAGE  
DR. LERLA G. JOSEPH**

Soon 2020 will close. It undoubtedly will leave behind the scars from COVID-19, the trauma and tragedies associated with racial and social justice strife, a poor economy, failed leadership especially at the national level and enormous and growing stress stemming from the aforementioned factors.

There were/are some glimmers of hope manifested through the amazing capacity of a large segment of new and existing leaders to begin framing the vision for tomorrow. While there currently is uncertainty in the make-up of the path forward, medical care will remain on the front burner.

It is my belief and other advocates that the healing of America will include primary care. The resiliency of and results from primary care as a key force to promote health status of the American populace is well documented.

Our CVCHIP has historically and now as a pod of Emergent ACO worked diligently to create portals and other access points for the Medicare population to obtain needed care.

Through various communication platforms professionals, students, the aging and more are able to interface quickly with practitioners providing care.

**BI-MONTHLY  
HEALTH JOURNAL & GUIDE  
NOVEMBER 2020**

Saturday, November 7, 2020 became a day of reckoning through the election of Joe Biden and Kamala Harris. Many Americans are yearning for positive change in all aspects of daily living ranging from the economy to education to health care and more. Creating policies and perspectives at the national level that promote diversity, equity and inclusion should help assure that a larger cross section of Americans also become the beneficiaries of any positive changes as opposed to a few. Although there will be some who are bullish on holding on to closed views, there are more who want to embrace new and innovative thinking to reach new heights.

In closing, I am proud of CVCHIP's continuing progress in spite of practices that are no longer associated with CVCHIP attempting to destroy our thriving ACO. It is noteworthy that shared savings have been distributed to practices for the 4<sup>th</sup> consecutive year. We also have recently added two new physicians: Dr. Hasan Farkhani, MD, and Dr. Liqaa S Al-Khozaie,

**Thank you again for your support!**

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## STAYING TOGETHER



**IS A MUST AND DR. JOSEPH KEEPS CVCHIP ON THE RIGHT TRACK!**

CVCHIP continues to travel to a next level through the leadership of Dr. Joseph and her commitment to bring all practices along so that no one is left behind. Last month, Dr. Joseph experienced a fall and it has limited temporarily her mobility. However, she has not missed a beat even after surgery.

Her strength and determination to keep all moving along that occupy space in her personal, professional and business lives distinguishes her. Validation of this stamina is apparent through the emails, texts and phone calls that the staff and patients of her practice, Charles City Medical Group, Inc. and CVCHIP members and staff, have continued to receive. Her vision for the future of CVCHIP helps to insure that it not only continues but

continues to experience vibrancy and the “go to” ACO resource for approaches to promote the highest quality, affordable and accessible care possible for the Medicare population.

**THE BOTTOM LINE:** Dr. Joseph merits applause and thank you for her know how, wisdom, compassion to do the right thing for all.

Her skill set aligns with the following quotes respectively of Martin Luther King and Ralph Waldo Emerson

**“A genuine leader is not a searcher for consensus but a molder of consensus.” *Martin Luther King, Jr.***

**“Do not go where the path may lead, go instead where there is no path and leave a trail.” *Ralph Waldo Emerson***



**THANK YOU**

## STAYING ON THE TRACK WITH FACTS & FIGURES THAT AFFECT MEMBERS

### COVID-19... Mental Health and the Elderly October 2020



As the colder months approach during the pandemic, mental health experts say it's important to plan ahead to help support elderly loved ones, in particular if mental illness or addiction are of concern.

With the temperature drop there is the potential for more people to remain indoors and face loneliness and isolation.

"We know that at any given time, approximately 10 per cent of older adults living in the community and up to 40 per cent living in long-term care settings will have significant levels of depression," says [Dr. Damien Gallagher](#), geriatric psychiatrist. "Even

when a patient's mental health condition is not severe enough to be considered a major or 'clinical depression,' it can still impact adversely upon their ability to care for themselves, with greater risk of cognitive decline, cardiovascular events and overall mortality."

Making plans in advance and taking preventative steps before winter arrives can help provide the elderly with support and care.

### STAYING CONNECTED

Staying in contact and maintaining connections with elderly friends and family members to support them will be key, especially with upcoming celebrations such as Thanksgiving, Hanukkah and Christmas.

"Social connections are particularly important around this time of year," says Dr. Gallagher.

These days, online visits are a helpful way to stay in contact. Family members can help an elderly family member by setting up technology in advance and practicing using it together as it may take some getting used to, whether it's a laptop, smartphone or another device.

"Ultimately family or friends will have to meet their older family members 'where they are at' in terms of which mode of communication or technology is most acceptable to

them. Many older adults, if motivated and still cognitively able, will be able to bridge that digital divide and use new technologies.”

Dr. Gallagher adds, even in circumstances where there is cognitive impairment, it may still be possible to use virtual technologies with caregiver support.

“Many older adults have adopted video conferencing technologies or found new ways to stay cognitively and socially engaged with virtual day programs, peer support groups or online learning,” says Dr. Gallagher. There are many simple and [creative ways that family and friends can stay in touch during the holidays](#) including sending hand-written letters or cards or a daily phone call to help keep the connection going.

#### **HOW TO PLAN AHEAD AND SUPPORT THE ELDERLY THROUGH THE COVID-19 PANDEMIC**

It may be helpful to take advantage of the fall weather and take steps before the snow starts to fall to support your loved one.

Families who are caring for an aging parent at home may have to determine [how to share caregiving responsibilities with their siblings](#).

“The challenges will be different for each family,” explains Dr. Gallagher.

“The first priority is to identify areas of vulnerability or weak spots, which if not attended to, might become bigger issues as we head into the winter months. Older adults with pre-existing depression, anxiety or history of addiction will likely require more social & medical support from this perspective. Ensuring general physical needs are met with adequate caregiver support will be critical, particularly where there are mobility or cognitive concerns.”

Home safety assessments, if necessary, can help identify areas of concern that may include [strategies to reduce falls risks](#) or safe medication management with use of dose boxes or blister packs.

Some older adults may have put off medical appointments or investigations because of concern around the pandemic, but it is [important that COVID-19 not deter individuals from seeking the medical help they need](#). Maintaining medical appointments, even if on-line or on the phone, is also important for mental and physical health. Here are [some tips and a checklist for a successful virtual appointment](#).

Helping your loved one develop and maintain a regular routine with some kind of meaningful activity during the day will help foster a sense of purpose and help keep people cognitively and socially engaged.

Physical fitness is also a key factor in helping to improve mental health.

"It will be important to figure out ways of staying physically active whether this is outdoors or indoors as the weather gets colder. This may include going for a walk, participating in an online exercise program or even getting up and moving around during commercial breaks while watching TV," says Dr. Gallagher. "Keeping up with physical activity can help to mitigate risk of falls, cognitive decline and depression. This is particularly important for those with some degree of frailty or cognitive impairment to help maintain mobility and independence."

Family, friends and caregivers can all play a part to help support loved ones through the pandemic with a little planning and preparation.

**SOURCE:**

<https://health.sunnybrook.ca/mental-health/covid-19-mental-health-and-the-elderly/>

**GET YOUR FLU SHOT: IT MIGHT SHIELD YOU FROM SEVERE COVID**  
**NOVEMBER 2, 2020**



(HealthDay)—The coronavirus and the flu are two entirely different viruses. But a new study suggests those who get a flu vaccine face a considerably lower risk for being hospitalized if and when they get COVID-19.

And the [flu vaccine](#) also appears to significantly reduce a COVID-19 patient's risk for ending up in an [intensive care unit](#) (ICU), researchers say.

The findings are based on an analysis of electronic health records for 2,000 COVID-19 patients. All had tested positive for the virus at some point between this past March and August. And just over 10% of the patients had previously been vaccinated for the flu.

"The flu and COVID-19 are indeed different disease processes caused by different viruses," stressed study author Dr. Ming-Jim Yang. "Although some of the symptoms may overlap between the two diseases, they potentially have different short-term and long-term consequences."

It's also the case that "COVID-19 still has a much higher mortality [rate] than the flu," Yang noted. And long-term lung, heart and brain problems seen among surviving COVID-19 patients "do not seem to happen with the flu," he added.

Nevertheless, "our team looked at patients who tested positive for

COVID-19 and saw that patients who received the [influenza vaccine](#) within the last year were less likely to be hospitalized and be admitted to the ICU," Yang said.

### How much less?

"COVID patients who had *not* received a flu vaccine within the last year had 2.4 times greater odds of being hospitalized and 3.3 times greater chance of being transferred to the ICU," said Yang, a third-year resident in [family medicine](#) in the department of community health and family medicine at the University of Florida in Gainesville.

As to how a vaccine for an entirely different virus might offer such protection, Yang said the jury is still out. Also, the study did not prove that a flu vaccine actually caused the risk of severe COVID-19 to drop, just that there was an association.

"Unfortunately, we do not know why the flu vaccine would have this beneficial side effect," he said. "Our study did not look at this specifically. [But] if one looks at the available scientific studies, we can guess that the flu vaccine might increase natural killer cell activity, a type of immune cell that has been shown to target cancer and cells infected by viruses."

The flu [vaccine](#) may also stimulate a patient's immune system to step up

and fight off COVID-19 more quickly and rigorously than otherwise, Yang added.

That point was echoed by Dr. Michael Niederman, associate division chief and clinical director of pulmonary and critical care at NewYork-Presbyterian/Weill Cornell Medical Center, in New York City.

"Flu shots can stimulate specific antiviral immunity [to the flu]," he noted, "as well as nonspecific 'innate immunity.' It's that latter effect that might end up conferring added protection against the most serious outcomes among COVID patients," Niederman said.

It's also the case that just avoiding getting the flu—by means of a [flu shot](#)—can help preserve a patient's immune system readiness, said Chunhui Chi, director of Oregon State University's Center for Global Health.

"One thing we do know is that flu shots are effective in preventing flu," Chi said. "And when a person is infected with the flu, her/his immune system will be weakened. Under such conditions, the person is more vulnerable to infection with COVID-19 and, if infected, [outcomes] tend to be more serious."

Chi also noted that, "on average, those who get flu shots tend to be people

who are more cautious and care about their own health. These are the same people who are more likely to [adopt] a higher level of safety-hygiene practices during the pandemic," which could mean that their future COVID-19 exposure might be to a "lower density of virus."

Niederman broadly agreed, suggesting that those who get vaccinated against the flu are already likely at lower risk for getting COVID-19. People who get a flu shot "are also the same people who are likely to follow other preventive care advice, such as wearing masks and social distancing. It is the latter that prevents COVID, not the flu shot itself," Niederman said.

Whatever the explanation, the latest finding seems to offer yet another incentive to get a flu shot. Yang said, "The fact is that the benefit seems to exist. More studies will be needed to look at what the mechanism behind the benefit is."

**SOURCE:**

<https://medicalxpress.com/news/2020-11-flu-shot-shield-severe-covid.html>

**BOTTOM LINE: SENIORS SHOULD**



## GUIDANCE 4 A SAFE THANKSGIVING

1. Know the infection rates for the communities your guests live in.
2. Check for any local restrictions or regulations for gathering limits.
3. Measure your available space and invite accordingly.
4. Get creative with your agenda, location, and serving style.
5. Ask everyone to take proper precautions for at least two weeks before Thanksgiving.
6. Practice good hygiene during the celebration.

### HAVE GUESTS PRACTICE THE 3-WS

Wear Masks

Watch Your Distance

Wash Your Hands



<https://www.bhg.com/thanksgiving/planning/thanksgiving-quotes/>

# RECOGNIZING A CVCHIP PHYSICIAN LEADING THE WAY TO MAKE A DIFFERENCE IN THE LIVES OF MEDICARE PATIENTS\*

EXPANDING OPPORTUNITIES 4 SENIORS  
2 RECEIVE 1<sup>ST</sup> CLASS MEDICAL CARE  
IN THEIR HOME



## DECADES OF SUCCESS



**JOHN GEHMAN, MD**  
HouseCalls MD  
CREWE, VA

CONTACT INFORMATION: 434.538.0345

Dr. Gehman has more than 30 years of experience taking care of patients in the clinical setting and in their home. As a young doctor he always enjoyed making housecalls. Back then it was already beginning to be "old-fashioned" to see patients in their home. But, for Dr. Gehman, it has always been an essential part of his practice. He takes pride in putting the health of his patients first. He also looks forward to providing you with the very best medical care.

**A MUST READ...**  
**DR. GEHMAN'S**  
**LIFE AND**  
**MEDICAL CARE**  
**INITIATIVE IN**  
**AFRICA WITH**  
**JOY**  
[cvchip.org](http://cvchip.org)



# WORDS OF INSPIRATION

## THE POWER OF PERSISTENCE

SOURCE: Marilyn's Monday Morning Message...November 2, 2020

Thomas Edison, Oprah Winfrey, Henry Ford, Bill Gates, R. H. Macy, Warren Buffett, Jeff Bezos, Michael Jordan and a long list of other greats experienced rocky beginnings. They ultimately overcame obstacles and have shared inspirational stories about their success.

Undoubtedly persistence was a key factor that enabled them to flee the clutter and noise that stood in the way of their success. Eventually a vision emerged from this self-determination and they were able to imagine a better tomorrow and make it happen through goals, objectives and strategy.

BUT in addition to self-determination, I believe the success of the aforementioned individuals can be traced to vibrant relationships that resulted from their interaction with individuals who recognized, applauded and nurtured their determination and talent. Helping others is a cornerstone of leadership and in this role it is important that we are accessible, share our nuggets of wisdom/experience and create environments for others to achieve.

During these mounting extraordinary adverse times in the history of our nation I believe it is essential that we reach out to as many individuals as possible. We can encourage them to take on practices that may help them prevent COVID-19, tolerate communication with others virtually and stay as functionally independent as possible.. One of the highest priorities for me is to embrace activities, projects and tasks that will relieve my stress from factors such as the aforementioned.

I have developed messages around persistence and not giving up for the past two issues as circumstances appear right to me for leaders (no matter the tenure associated with belonging to this class) and non-leaders to throw in the towel. I remain optimistic that tomorrow will be better than today and yesterday. When it arrives I want to wallow in this welcomed change and I hope you do as well.



**CVCHIP WILL BEGIN A PROCESS TO  
CREATE ITS STRATEGIC PLAN TO INSURE CONTINUED  
GROWTH AND VIBRANCY**

**MEMBERS WILL REVIST A SWOT ANALYSIS TO SUBSTANTIATE**



**A Recommended Resource to Review Prior to the  
January 2021 CVCHIP Quarterly Board Meeting**

<https://www.accountablecarelc.org/leadershipteam>

**NOVEMBER 2020**

## REMINDERS



## CELEBRATIONS

### Monthly Holidays

American Diabetes  
Epilepsy Awareness  
Lung Cancer Awareness  
National Alzheimer's Disease  
National Long-term Care Awareness

### Weekly Holidays

National Nurse Practitioner's: 8-14  
National Donor Sabbath: 13-15  
World Antibiotic Awareness: 13-19

### Daily Holidays

Autistic Speaking Day: 1 \_  
World Vegan Day: 1  
Election Day: 3  
X-ray Day: 8  
Veteran's Day: 11  
National Rural Health Day: 19  
World Pancreatic Cancer Day: 19  
Doctor Who Day: 23  
Thanksgiving Day: 26

JOIN THE BI-WEEKLY CHAT  
VIA ZOOM  
11/11 and 11/24  
AT 7:30 AM  
CHECK THE WEBSITE  
FOR DETAILS  
[cvchip.org](http://cvchip.org)



November 11, 2020



November 26, 2020



### TAKE THE TIME TO ACT ON THE FOLLOWING ACTIONS:

- **COMPLETE**  
HIE ON-BOARDING with One Partner and PECO'S
- **POST**  
Emergent Posters and Share Information with Patients
- **RECOMMEND**  
Board Members, Partners and Practices for CVCHIP
- **VISIT**  
CVCHIP'S WEBSITE

### CELEBRATE OFTEN



# KEY STATS

## MEDICARE SHARED SAVINGS

PERFORMANCE YEAR	DISTRIBUTION YEAR	TOTAL RECEIVED BY CVCHIP ACO FROM CMS	TOTAL DISTRIBUTIONS TO CVCHIP ACO PARTICIPANTS	PERCENTAGE OF FUNDS DISTRIBUTED TO PARTICIPANTS
2016	2017	\$1,734,251.00	\$239,648.00	13.8 %
2017	2018	\$1,456,808.00	\$386,896.74	26.5 %
2018	2019	\$2,477,240.97	\$749,632.45	30.0 %
2019*	2020	\$1,843.196.00	\$624,367.78	33.9 %

## QUALITY SCORE PER PERFORMANCE YEAR

2016	100.00 %
2017	83.44 %
2018	92.60 %
2019	92.17 %

\*FOR SIX MONTHS ONLY

## SHARED SAVINGS DISTRIBUTED

**MISSION ACCOMPLISHED**



## **CVCHIP ACO PARTICIPANTS AND BOARD MEMBERS**



John Gehman, HouseCalls, MD  
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Family Medical Associates, PC  
Jerome Smith, MD\*  
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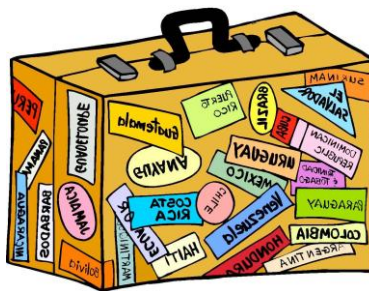
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Anna Peoples, PharmD, Peoples Pharmacy  
Hasan Farkhani, MD, East Coast Physicians PC  
Dr. Liqaa S Al-Khozaie, Dr Al Family and Urgent Care

\*Board Members

WE ARE CONTINUING TO TRAVEL TO THE NEXT LEVEL...  
VISIT FREQUENTLY OUR WEBSITE AT [cvchip.org](http://cvchip.org) TO



**STAY ON TRACK WITH US!**



**NORTH CAROLINA**

**TENNESSEE**

**NEBRASKA**

**VIRGINIA**

SEND NEWSLETTER TOPIC SUGGESTIONS TO

**Dr. Lerla Joseph**

[Lerla.joseph@cvchip.net](mailto:Lerla.joseph@cvchip.net)

THANK YOU EVERYONE FOR  
YOUR CONTINUING SUPPORT

&

**2020** PROMISES TO BE  
A GREAT YEAR EVEN WITH THE DEVASTATION FROM COVID-19,  
INCLIMATE WEATHER AND SOCIAL AND RACIAL JUSTICE

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