

Bi-MONTHLY



## WELCOME TO KEEP MOVING FORWARD NEWS...

**“People (Patients) will never forget how you made them feel.”**  
**Maya Angelou**

As the year comes to a close and the December holidays are upon us, I want to take a moment to reflect on the incredible work we’ve accomplished together in advancing value-based care for our Medicare beneficiaries. Your unwavering dedication to independent primary care and your commitment to serving patients with empathy and excellence have truly made a difference.

In 2024, we deepened patient engagement, prioritized preventive care, and worked tirelessly to improve outcomes while reducing costs. These milestones reflect the heart of what we do: empowering patients to take control of their health and supporting you—their trusted providers—in creating meaningful, lasting connections.

Looking ahead to the new year, we’re excited to continue this mission together. In 2025, we aim to enhance the tools, resources, and support that help you deliver the highest quality care. Whether you’ve been with us for years or are considering joining our organization, know that we are committed to fostering an environment where independent practices thrive, and Medicare beneficiaries feel truly cared for.

During this holiday season, I hope you find time to rest, recharge, and celebrate with loved ones. As we prepare for 2025, let’s embrace the opportunities ahead with renewed energy and a shared vision for delivering exceptional care.

Thank you for your partnership, trust, and dedication.

Together, we’re shaping a brighter, healthier future for our communities.

Wishing you a joyous holiday season and a successful start to the new year!

Reach out to others and express the same as well!



*Leola G. Joseph, MD*

**FOUNDER, CHAIR & CEO**

### In This Newsletter:

STORY OF  
IMPACT:  
Keeping  
Patients  
Engaged and  
Positive During  
the Holidays

Education &  
Awareness  
Makes Sense

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Celebrations

HHS & New  
Global Strategy  
to Promote  
Innovation,  
Cooperation,  
and Equity

WOW NOW  
Page !!!!

Contact  
Information



*That Made a Difference*

## MONTHLY IMPACT STORY

### Keeping Patients Engaged and Positive During the Holidays

Dr. Erin Hendriks-Medical Reviewer  
Sheena Batura, MS, RDN, CSOWM, LD-  
Author

#### **6 Ways to Support Your Patients During the Holidays & Beyond**

By emphasizing active listening, targeted feedback, patient involvement in decision-making, flexible options, and encouragement of mindfulness and movement, you can provide practical strategies to help your patients navigate holiday challenges while maintaining a focus on long-term health objectives. Learn more by scanning the QR-Code.



#### **The Unique Challenges of the Holiday Season**

The holiday season brings specific challenges that can affect patients' well-being. When you understand them, you will be able to implement strategies for engaging patients during the holiday season. They are:

1. Emotional and psychological stressors
2. Social pressures and triggers
3. Disruption of routine
4. Digital implications

Learn more by scanning the QR-Code



#### **Supporting Patients' Mental Health During the Holidays: Strategies for Healthcare Professionals**

The holiday season is often romanticized as a time of joy and connection, but for many, it can exacerbate mental health challenges. The American Psychological Association (APA) reports that 38% of individuals with mental health concerns experience a worsening of their condition during the holidays. For healthcare professionals, this statistic underscores the importance of providing targeted support to patients during this challenging time.

#### **Why Do Mental Health Challenges Increase During the Holidays?**

Understanding the root causes of heightened distress can help healthcare providers better address their patients' needs. See the common triggers by scanning the QR-Code:



*"The Joy of brightening other lives, bearing each others' burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." -W. C. Jones*

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# It makes SENSE

“A bright future for aging biology research”  
(An Excerpt)

NIA’s investments in essential basic science to explore the molecular and cellular mechanisms that underlie aging deepen our understanding of how we can all lead longer, healthier lives. As the acting director of NIA’s Division of Aging Biology (DAB), I’m fortunate to serve alongside a talented and dedicated team working to catalyze research in aging biology. As we wind down this year of commemorating NIA’s 50th anniversary, I’d like to reflect on a few key milestones in our institute’s aging biology efforts and offer a look ahead to an exciting future. **Read More**



DECEMBER 2024

## FEATURED HEALTH & OTHER CELEBRATIONS

### Monthly

Give The Gift of Sight  
Honor Your Pharmacist  
Universal Human Rights  
Worldwide Food Service Safety

### Daily

World Peace Day/Winter Solstice: 21  
Christmas: 25  
Hanukkah (Chanukah): 25-1/2  
Kwanzaa: 26-1/1

## HHS Announces New Global Strategy to Promote Innovation, Cooperation, and Equity (12/05/24)

Today, the U.S. Department of Health and Human Services (HHS), through the Office of Global Affairs (OGA), launched a new Global Strategy that expands the Department’s focus, in the wake of the COVID-19 pandemic, from not only responding to disease and outbreaks but increased emphasis on improving foundational support and proactively making communities healthier. Through international collaborations and initiatives, HHS can leverage U.S. scientific and technological expertise alongside key learnings from our global partners to improve health outcomes for a more-well society. **READ MORE:**







NOW PAGE (2024) !!!!



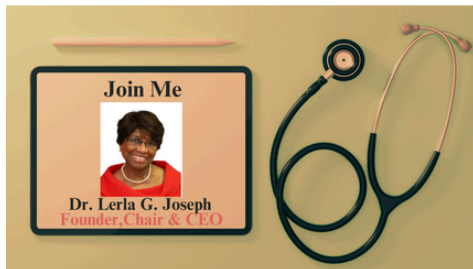
Oasis Health Partners & Equality Health partner with CVCHIP, LLC to enhance opportunities for Virginia Primary Care Providers and their patients who choose to align with these organizations

LEARN MORE  
<https://equalityhealth.com/>  
<https://oasishealth.com/>

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Lerla G. Joseph, MD  
Founder, Chair & CEO



CHATS



CVCHIP'S JERICHOReach  
ACO Achieves National Ranking: 2023  
# 14 of Most Cost-effective of 580 CMS  
Approved ACOs  
# 10 Without Health Systems Affiliation  
# 6 Managing Complex Care



CVCHIP, LLC ACHIEVES  
SHARED SAVINGS AGAIN AND  
DISTRIBUTES TO QUALIFYING  
PRACTITIONERS \$\$\$

CVCHIP, LLC 'S CEO (DR.  
LERLA JOSEPH & CMO (DR.  
LEI CHARLTON WERE GUESTS  
ON THE GARY FLOWERS  
RADIO SHOW (WPZZ)



HIGHLY RECOMMENDED

"What an Extraordinary Exhibition!  
THANK YOU BHMVA for Your  
VISION and Your SPONSORS! I am  
Honored to be One of the Black Voices  
Shaping Healthcare in Virginia."  
Dr. Lerla G. Joseph  
Founder, Chair & CEO



See More:



A Prescription for Change:  
Black Voices Shaping Healthcare in Virginia

September 18th, 2024 | 5:30PM - 8:00 PM

Presenting Sponsor



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Delorise & Richard A. Lambert, Sr.  
Drs. Jill Bussey Harris &  
Monroe E. Harris, Jr.  
Markel



"Boosting Financial Value in  
Your Practice and Personal Lives"



take away

HOW TO USE PROVEN STRATEGIES TO GENERATE PRESERVE AND GROW  
ORGANIZATIONAL AND PERSONAL WEALTH: A BALANCING ACT



MEET THE INNOVATORS



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Thank You for Reading & See You Next Month  
Dr. Marilyn West, Editor