



## QUARTERLY HEALTH JOURNAL & GUIDE INAUGURAL ISSUE: VOLUME 1, ISSUE 1 JANUARY 2020



### PRESIDENT'S MESSAGE DR. LERLA G. JOSEPH

Welcome to the Inaugural Issue of the **CVCHIP Quarterly Health Journal & Guide**. It will be stocked with information to keep you apprised of CVCHIP Happenings and Progress we will be continuing to make on our journey to the highest level possible among ACOs nationwide. With the association with the Emergent ACO, the time to reach this goal has been accelerated. I am thrilled by your willingness to work hard and smart for high quality and affordable health care for our targeted population. 2020 promises to be the best year yet for CVCHIP and working together we can exceed our expectations. I embrace Maya Angelou's wisdom that "My (Our) mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." **WE CAN**

### NEWS YOU CAN USE ABOUT ACOs NATIONALLY AND STATEWIDE

#### 3 Strategies to Help Accountable Care Organizations Boost Savings

1. Managing the seriously ill population,
2. Establishing a home visit strategy, and

#### 3. Leveraging health IT

Accountable care organizations (ACOs) have come a long way since the Affordable Care Act (ACA). Providers have formed **over 1,000 ACOs** covering over 32 million patients since the law paved the way for alternative payment and care delivery models. In that decade, ACOs have been redesigning their clinical and financial processes to improve care quality and reduce costs, and recent data shows the organizations have been successful.

ACOs in Medicare's largest ACO program – the Shared Savings Program – **generated** about \$314 million in net Medicare savings in 2017 while earning a mean quality score of 90.5 percent under pay-for-performance measures. Commercial ACOs are also realizing savings and care quality improvements. For example, BlueCross BlueShield Association's network of ACOs and patient-centered medical homes **decreased** care costs by 32 percent during the first half of 2018.

ACOs have started to deliver higher care quality at lower costs by building their **health IT infrastructure**, developing **population health management** programs, optimizing **post-acute care**, and implementing other care and cost management strategies.

## MEMBER SPOTLIGHT

### Dr. Lind Chinnery



Dr. Lind Walter Chinnery, MD, is an Internal Medicine specialist in Hampton, Virginia. He attended and graduated from Meharry Medical College School Of Medicine in 1982,

Dr. Chinnery is a native of St. Thomas Virgin Islands. He furthered his studies at the post secondary level at Meharry Medical College in Nashville Tennessee. This is where he was awarded his medical degree. His residency was done at the Georgetown University in internal medicine. Dr. Chinnery is presently pursuing masters in business at Hampton University. He is board certified in internal medicine, forensics and bariatric medicine (the study of obesity).

He has over 38 years of diverse experience, especially in Internal Medicine. He is affiliated with many hospitals including Riverside Regional Medical Center, Sentara Careplex Hospital, Sentara Norfolk General Hospital, Sentara Williamsburg Regional Medical Center. Dr. Lind Walter Chinnery also cooperates with other doctors and physicians in medical groups including Divine Health Care Llc.

Lind Walter Chinnery, MD, FACP is currently a Chief Executive Officer at Divine Health Care internal medicine associates. Dr. Chinnery has been a

practicing physician on the peninsula for ten years. He is the chief executive officer for Hampton Roads Healthcare Solutions, a nonprofit organization that focuses on health disparities in the African American community. Dr. Lind Chinnery is a full professor at Hampton University's school of nursing. He facilitates courses in pathophysiology and physical assessment. As a part of his commitment to quality healthcare he precepts nurse practitioners students and mentors pre-med students at the school of nursing.

Dr. Lind Chinnery's significant achievements and advancements are many, to name a few:

- He is listed in the Who's Who among executives and professionals
- Awarded for outstanding service by Peninsula Institute for Community Health
- Resident of the year at Georgetown University
- Magna Cum Laude graduate at VSU
- Outstanding Young Men in America
- Member of Kappa Alpha Psi fraternity

### BOARD MEMBER LEADERSHIP COUNTS

#### Knowledge

- Understands and subscribes to the organization's mission and values
- Understands the economics of health care and the plan and budgets required to achieve the organization's mission
- Knows the organization's current



financial position

- Understands community needs and demographics
- Knows how to build partnerships with other community groups
- Understands the complexity of the organization's challenges
- Has a grasp of medical information, technology, trends, and consequences
- Knows the difference between governance and management
- Knows how to be a “team player”: when to listen and when to speak up
- Sees social/volunteer service as a responsibility of citizenship
- Understands real estate, physical facilities, and land development

### **Skills**

- Can work to build consensus
- Can work with and be supportive of administrative and clinical staff
- Is adept at strategic and financial planning
- Has strong communication skills
- Can deal with diverse groups and ideas in a constructive way
- Can interpret financial information
- Has experience in a field or endeavor that contributes to the disciplines that affect the organization, i.e., insurance/managed care, medicine, law, finance/banking, real estate, marketing, information technology, public policy, corporate management, etc.
- Knows how to differentiate the important from the unimportant

### **Attitudes and personal characteristics**

- Feels that collaboration is necessary

for success

- Possesses openness and honesty
- Subscribes to and practices a high moral standard
- Is optimistic but realistic
- Values personal growth and learning, particularly covering matters confronting the board and the organization
- Sees self as a servant leader
- Accepts that the board has the authority and that individual board members have none (unless delegated by the board)
- Is personally challenged by what is best for the organization and the community
- Can be decisive and comfortable with large-scale decisions
- Accepts that change is our constant companion

### **STRATEGIC PLAN DEVELOPMENT**

The time is now...It is a:



**LET'S GO!**



## BOARD MEETING CALENDAR

January 11, 2020  
5309 Commonwealth Center Pkwy.  
Richmond, VA

March 7, 2020  
TBD

May 9, 2020 5309  
Commonwealth Center Pkwy  
Richmond, VA

July 11, 2020  
TBD

September 12, 2020  
5309 Commonwealth Center Pkwy  
Richmond, VA

6. November 14, 2020  
TBD

## INSPIRATION QUOTES



**I am not afraid of storms, I am learning how to sail my ship**  
**Relataby.com**

**Leadership is the capacity to translate vision into reality**  
**Warren Bennis**

**Find a way or make one**  
**Quotesgram.com**

**Well done is better than well said**  
**Benjamin Franklin**

## CVCHIP ACO Participants

John Gehman, HouseCalls, MD

Leo Bowers, MD,  
Old Hampton Family Medical Assoc.,PC

Jerome Smith, MD

Lind Chinery, MD, Divine Healthcare, LLC

Horace J. Jackson, MD

Graisse Abdelshaheed, MD,  
Family Medicine Healthcare PLLC

Lei S. Charlton, MD, Lei S. Charlton, MD, PC

Vernis Beverly, MD, Adult and Pediatric Medical Associates

Makini Ainsworth, MD, Wellness and Health Center

Leon Brown, Jr. MD

Lindley Smith, MD

James Cook, MD, Family Medical Center, PC

Zainab Dumbya, RN , Cardiac Connections Home Health

Melissia Hill, RN, Professional Health Care, Inc

Lerla Joseph, MD, Charles City Medical Group, Inc.

Stacy Riedt, ANP, Virginia Family Practice, PC

James Newby, MD, Primary Care Specialist

Mitzi Sampson, MD, Central VA Family Medicine, PC

Keith Newby, MD, Fort Norfolk Plaza Medical Associates

Edward G. West, Board Member, CVCHIP LLC

Dr. Thelma B. Watson, Board Member. CVCHIP LLC

Earl R. King, Jr., Compliance Officer, CVCHIP LLC

Munica Green, Practice Administrator, CVCHIP LLC

Marva Fretheim, Patient Consultant, CVCHIP LLC

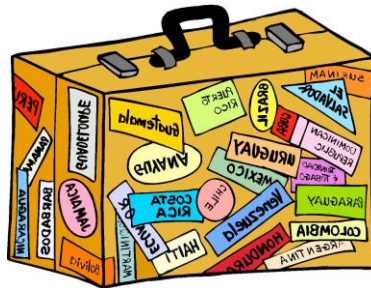
Shakara Elam, Quality Assurance Officer, CVCHIP LLC

Dr. Tanya Akers-White, Lifestyle and Wellness LLC

Anna Peoples, PharmD Peoples Pharmacy

**WE ARE CONTINUING TO TRAVEL TO THE NEXT LEVEL...WE ARE AT THE  
SECOND STOP IN RICHMOND VIRGINIA...**

**STAY ON TRACK WITH US!**



**SEND TOPIC SUGGESTIONS TO**

**Dr. Lerla Joseph  
Lerla.joseph@cvchip.com**

**THANK YOU EVERYONE FOR  
YOUR CONTINUING SUPPORT  
&  
2020 PROMISES TO BE  
A GREAT YEAR**

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