



PRESIDENT'S MESSAGE DR. LERLA G. JOSEPH

This year I celebrate 50 years as a graduate of JT Barber High School in New Bern, N.C....this was the last segregated class. I feel blessed that I was able to stand on this foundation and the values of my family to help guide me into a career of medicine. Primary care then and now is the vehicle to help the population reach the highest state of health possible. Access to affordable, quality health care was a challenge then and is now in spite of the continuing improvements in technology, pharmaceuticals, research, diagnoses and treatment etc.

The elderly then and now is the most vulnerable segment of the population for multiple factors that stem from health and mental health status, insurance coverage, housing, education, economic issues and more. As I have emphasized repeatedly, Accountable Care Organizations (ACOs) such as CVCHIP and its member practices and providers represent a proven intervention to respond to the needs of our seniors, which is aging exponentially.

Through CVCHIP's association with Emergent ACO, it has the opportunity to reinforce but also bolster its current efforts to fulfill the needs of seniors through Medicare.

BI-MONTHLY HEALTH JOURNAL & GUIDE JULY 2020

I encourage you to stay connected to CVCHIP. It is now using a number of platforms including the [website at cvchip.org](http://www.cvchip.org), Bi-Weekly CHATS and a Bi-Monthly (sometimes more often) Journal and Guide. It is my hope that I will be able soon to Live Stream on FACEBOOK and promote our availability to address organizations through our Speakers Bureau.

The ROI from our work is reflected in the table shown on **Page 8**. I first presented the impressive stats from our collaboration and support of one another in last month's newsletter.

I am hoping that you will enjoy the following special holiday and practice all that has become part of our normal—masks, social distancing and washing hands frequently. **THANK YOU FOR YOUR CONTINUING SUPPORT.**



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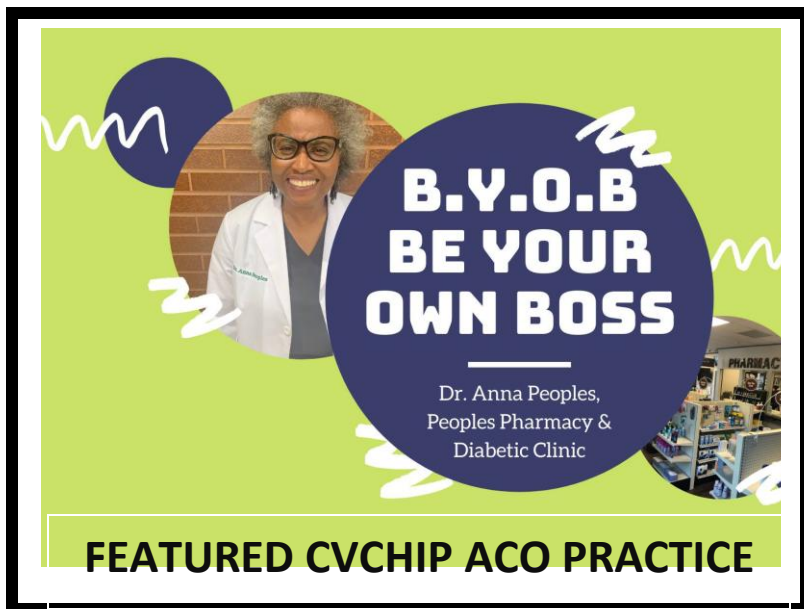


FEATURED CVCHIP ACO BOARD MEMBER

Thelma Bland Watson has served as Executive Director of Senior Connections, The Capital Area Agency on Aging since 2002. Senior Connections, one of 25 Area Agencies on Aging, in the Commonwealth of Virginia, is based in Richmond. She previously served as Assistant Executive Director of the Crater District Area Agency on Aging in Petersburg and served in several capacities with the Crater Planning District Commission. Senior Connections is a private (501c3), nonprofit organization that provides opportunities to improve the overall quality of life and health for seniors and their families, especially caregivers. The organization provides a range of home and community based services for seniors (older adults), persons with disabilities and caregivers to help eliminate isolation. Senior Connections partnered with the United Way of Greater Richmond & Petersburg to develop the Region's first Age Wave Readiness Plan with a focus on promoting diversity and creating livable communities for all ages. Senior Connections is partnering with the Department of Gerontology at Virginia Commonwealth University to implement key components of the Age Wave Readiness Plan.

Dr. Watson is a former Commissioner and Deputy Commissioner of Aging for the Commonwealth of Virginia, Department for the Aging (now a part of the Virginia Department for Aging and Rehabilitative Services). She also served as Executive Director of Field Services for the National Committee on Social Security and Medicare in Washington, D.C. from 1997 to 2002. She currently serves on leadership Boards for the Virginia Association of Area Agencies on Aging (V4A)-President, the Capital Area Workforce Investment Board, an inaugural member of the Central Virginia Coalition of Healthcare Providers (an Accountable Care Organization) and the Virginia Legal Services Corporation. Dr. Watson served on the Steering Committees for the 2016 and 2017 Virginia Governor's Conferences on Aging. In 2015, the Age Wave Initiative received the Valentine History Makers Award and Dr. Watson received the Humanitarian Award from the Virginia Center for Inclusive Communities. Dr. Watson also has been instrumental in implementing the No Wrong Door Service Coordination Program in Virginia. She also received recognition from the Richmond Times Dispatch in 2019 as a Person of the Year.

Dr. Watson received her undergraduate degree from Virginia State University (VSU) in Sociology with a concentration in Social Work. She received a graduate degree in Gerontology and a Doctorate in Public Policy and Administration from Virginia Commonwealth University (VCU). She also received certifications from the Virginia Executive Institute and the National Long-Term Care Institute. Dr. Watson has more than 30 years experience in nonprofit leadership, health care management and service delivery for older adults and caregivers.



Partnering with Peoples Diabetic Clinic & Pharmacy will enhance your practice by providing clinical pharmacy services that will benefit your practice by increasing revenue and patient satisfaction.

Peoples Pharmacy will meet the needs of your patients, who are beneficiaries of Medicare, Virginia Medicaid, commercial insurance and without insurance.

Peoples Diabetic Clinic & Pharmacy provides:

- Management of prescription services and prescription spending
- Diabetes Self Management Education/Support- Virtual Classes/Diabetes Prevention Program
- Remote Medication Reconciliation and Transitional Care Management (TCM)
- Personalized Health and Nutrition Assessments
- Chronic Care Management (CCM); with proven improvements in health outcome
- Medication Therapy Management (MTM)
- Personal Protective Supplies



Pharmaceutical Services

Prescription Processing
340B
Medication
Destruction/Disposal
Medication Room Inspection
Drug Regimen Reviews
Adherence Packaging
Electronic Health Records
Interfacing
Immunizations



Clinical Services

Chronic Care Management (CCM)
Transitional Care (TCM)
Annual Wellness Visits (AWV)
Diabetes Self-Management Education and Support (DSMES)
Smoking Cessation
Cholesterol/ Lipid Management
Medication Therapy Management (MTM)
Weight Loss Management



Laboratory Services

A1C/Blood Glucose
Lipid Panel/ Cholesterol
Drug Urine Screening
Vital Signs
Drug Testing

WORDS OF INSPIRATION

Hanging on in the Midst of a Storm* VOLUME V, ISSUE 24

Since March 2020 or perhaps earlier in the year we have been bombarded by sustained and extraordinary chilling events. I understand more than ever the exposure that all of us encounter due to forces in our external environment. While not shut down, we seem to be somewhat stalled in molding a strategy to move forward even with incredible science and best thinking at work.

Consequently, while the look of the path forward on a large scale is uncertain at this time, I hope that you are relentless about using your own strengths to help stage a comeback that is greater than your position before the storm. As you finalize your plan of action, you may wish to incorporate responses to one or more of the following statements:

--Assess the damage you are experiencing from the storm

--Question whether you are contributing to the storm, a victim of it or a combination of the two

--Determine how long you can hang on and abandon thoughts that you can't

--List and lean on assets and qualities that will help you to survive

the storm and moving on up after the storm clears

Irrespective of where you are with your thinking, I am bullish on believing that I can not only hang on during the storm but overcome any devastation from it. I continue to be driven as well by the experiences and words of wisdom of others such as those shown below:

Never give up, for that is just the place and time that the tide will turn-
Harriet Stowe

Many of life's failures are people who did not realize how close they were to success when they gave up-
Thomas Edison

It always seems impossible until it is done-**Nelson Mandela**

Please contact me at any time to brainstorm strategies and solutions. I can be reached at 804.337.7575 or consulting@mhwest.com.

I welcome your thoughts as well on what I have shared or what you would like to share. There is unused space for all of us to express our views. I am listening!



***Taken from Marilyn's Monday Morning Message. See the link <https://conta.cc/2NlcDPJ> for more details:**

**ADDITIONAL GO TO RESOURCES
THAT CAN BRING VALUE DURING
AND POST COVID-19 ARE AT OUR
WEBSITE ON BOTH THE HOME PAGE
AND RESOURCES PAGE, THE LINKS
FOR WHICH ARE SHOWN BELOW:**

**cvchip.org
cvchip.org/RESOURCES**

**See also the Gallery Section on the
Home Page of the Website**

**LEANING ON TELEHEALTH
OFFERS SOME RELIEF TO
HOLDING ON TO PATIENTS
AND OBTAINING
REPLACEMENT INCOME
DURING AND POST COVID-19**

Under the Coronavirus Preparedness and Response Supplemental Appropriations Act and Section 1135 waiver authority, the Centers for Medicare & Medicaid Services (CMS) broadened access to Medicare TELEHEALTH services, so beneficiaries can get a wider range of services from their doctors and other clinicians without traveling to a health care facility. On March 6, 2020, Medicare began temporarily paying clinicians to furnish beneficiary TELEHEALTH services residing across the entire country.

CVCHIP APPRECIATION



GUEST SPEAKERS

CVCHIP BI-WEEKLY CHATs

June 3

Keisha L. Smith, MPA, Executive Director
Virginia Health Workforce
Development Authority
COVID-19 and Heightened Need for PCPs

June 17

Alexander H. Krist, M.D., M.P.H.
Paulette Lail Kashiri, MPH
& Others

VCU Family Medicine Research
Programs and Administration
Unhealthy Alcohol Use & CCM Studies

Munica Green, ACO-PA, CPC

Charles City Medical Group, Inc.
HCC Coding, Part 1
HCC Coding, Part 2 (July 15)
(Rescheduled from July 1)
(See **Page 8** for more details)

CVCHIP BOARD MEETING

July 11

Rebecca Etz, Ph.D.
Associate Professor & Co-Director
The Larry A. Green Center
VCU Department of Family Medicine &
Population Health

JULY 2020

REMINDERS



CELEBRATIONS

MONTHLY

Cell Phone Courtesy
Eye Injury Prevention
Herbal/Prescription Interaction Awareness
International Group B Strep Awareness
National Anti-Boredom
Juvenile Arthritis Awareness
National Black Family
National Cord Blood Awareness
National HIV Awareness
National Minority Mental Health Awareness

DAILY

4th of July - 7/4
World Population - 7/11
Buffalo Soldiers - 7/28
National Chicken Wing - 7/29

JOIN THE BI-WEEKLY CHAT

VIA ZOOM

7/1, 7/15 & 7/29

AT 7:30 AM

CHECK THE WEBSITE

FOR DETAILS

cvchip.org



CVCHIP BOARD MEETING

VIA ZOOM

JULY 11, 2020

9:30 AM – 12:30 PM

Meeting ID: 876 2826 0971

Password: 731498

Dial by your location

+1 301 715 8592 US (Germantown)

(1) **Sign Your BA and Non-Disclosure Agreements** and Return ASAP to Lerla by Text, Email, Fax or Print Mail
(2) **Complete Your HIE Form** and Transmit to Ms. Heather McConnell at Hmccconnell@Onepartner.Com or 423-571-4231
(3) **Complete the New CVCHIP On-Line Survey to be Released On July 13 (New Date).** We Are Determining the Severity of Covid-19 on our Practices before Drafting a Blueprint for Moving Forward
(4) **Post Your Emergent Posters and Share Information with Your Patients.** Contact Marilyn for More Details at mhwestcon@aol.com (consulting@mhwest.com) or by cell at 804.337.7575.

CONTINUE 2 EXPRESS
APPRECIATION 2 YOUR PATIENTS
AND STAFF WHENEVER U CAN!



UPCOMING EVENTS



JULY 11, 2020 BOARD MEETING

GUEST SPEAKER

Associate Professor Co-Director
The Larry A. Green Center
VCU Department of Family Medicine &
Population Health

Presentation Begins at 9:30 AM
via ZOOM
Meeting ID: 876 2826 0971
Password: 731498



Rebecca Etz, Ph.D., is a cultural anthropologist who recently joined the family medicine department. That may sound an odd match, but it fits Etz perfectly. “In college, I always imagined I’d be a family doctor,” she says. To learn more, she shadowed general practitioners, but found the reality did not match her expectations. She gravitated to anthropology, getting her Ph.D. at Rutgers.

Next, she took a postdoctoral fellowship at the Robert Wood Johnson Medical School and did research, from the vantage point of an anthropologist, on primary care practice. From that experience, she emerged with two driving motivations: cultural anthropology has a lot to offer primary care practitioners, and current primary care practice does not yet do enough to integrate mental and behavioral health. **“For my career to have meaning, I’d like to help figure out how to have medical records give voice to patient concerns and to foster everyday integration of mental and behavioral health into primary care practice,”** said Etz.

(See more at <https://familymedicine.vcu.edu/about/directories/rebecca-s-etz-phd-.html>)

KEY STATS

PERFORMANCE YEAR	DISTRIBUTION YEAR	TOTAL RECEIVED BY CVCHIP ACO FROM CMS	TOTAL DISTRIBUTIONS TO CVCHIP ACO PARTICIPANTS	% OF FUNDS DISTRIBUTED TO CVCHIP ACO 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 %

QUALITY SCORE PER PERFORMANCE YEAR

2016	100.00 %
2017	83.44 %
2018	92.60 %



MUNICA GREEN

**ACO Practice Administrator
Certified Professional Coder**

FEATURED SPEAKER

BI-WEEKLY CVCHIP CHAT

Wednesday, July 15—7:30 AM*

***RESCHEDULED FROM JULY1**



TOPIC: HCC CODING-PART 2

MORE NEWS YOU CAN USE

TELEHEALTH...

A GOLDEN OPPORTUNITY FOR CVCHIP ACO PRACTICES

See the May and June Newsletters and the PPT on the CVCHIP website at cvchip.org

PRIMARY CARE NEWS & ECONOMICS

https://www.aafp.org/journals/fpm/blogs/inpractice/entry/reopening_first_steps.html

<https://www.healthaffairs.org/dol/10.1377/hlthaff.2020.00794>

<https://www.ama-assn.org/delivering-care/public-health/tips-keeping-your-practice-business-during-covid-19-pandemic>

https://m.youtube.com/watch?feature=emb_title&v=j5ASmVnATc0

VIRGINIA DEPARTMENT OF HEALTH SUMMER WEATHER TOOLKIT

<https://www.vdh.virginia.gov/news/toolkits/2017-summer-weather-toolkit/>

(See the above links on the CVCHIP website at cvchip.org)



CVCHIP ACO PARTICIPANTS AND BOARD MEMBERS

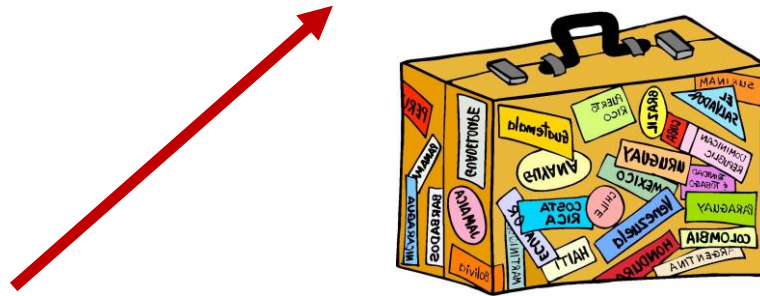
John Gehman, HouseCalls, MD
Leo Bowers, MD, Old Hampton
Family Medical Associates, PC
Jerome Smith, MD
Lind Chinnery, MD Divine Healthcare, LLC
Horace J. Jackson, MD
Graisse Abdelshaheed, MD,
Family Medicine Healthcare LLC

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 Dumbuya, PM, 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
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Marva Fretheim, Patient Consultant, CVCHIP LLC
Shakara Elam, Quality Assurance Officer, CVCHIP LLC
Dr. Tania Akers-White, Lifestyle and Wellness LLC
Anna Peoples, PharmD, Peoples Pharmacy

WE ARE CONTINUING TO TRAVEL TO THE NEXT LEVEL...
VISIT FREQUENTLY OUR WEBSITE AT cvchip.org

STAY ON TRACK WITH US!



SEND NEWSLETTER TOPIC SUGGESTIONS TO

Dr. Lerla Joseph
Lerla.joseph@cvchip.org
cvchip.org

THANK YOU EVERYONE FOR
YOUR CONTINUING SUPPORT
&
2020 PROMISES TO BE
A GREAT YEAR EVEN WITH THE EFFECTS OF COVID-19

Marilyn H. West, Editor
Consulting@mhwest.com