

CVHEG PULSE

News from the Central Virginia Healthcare Executives Group

Regent's Message

ACHE Colleagues,

Servant Leadership is something we should all aspire to cultivate. For me, and I imagine all of you, it is the gift that keeps on giving. By putting others' needs ahead of our own, we create a ripple effect that carries across an organization or group of people. The greatest gift for me is watching those around me develop and thrive, fueled by trust, curiosity, and a deep commitment to others.

As I enter my third year as ACHE Regent, I am reflecting on how this role has kindled an even greater appreciation for service to others, especially as we advance in our careers. I encourage you to spend time this spring reflecting on your leadership approach and exploring ways to bring out the servant within you. ACHE offers many opportunities to learn about and practice servant leadership; I hope you will take advantage of them.

In serving others, I am confident that while you will give much, you will receive valuable perspective and inspiration to continue your work improving healthcare for all.

Warm Regards,



Joanne M. Inman, FACHE
Regent for Virginia - Central



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A Message from the President

Zoe Moyer, MHA, CHFP, ELI-MP

Looking Ahead: Strengthening Connections and Navigating Transitions in 2025

Today, we face challenges and opportunities in the ever-evolving healthcare landscape. Workforce shortages, financial uncertainty, and the rapid advancement of technology demand that we stay engaged, adaptable, and forward-thinking. At CVHEG, our focus remains on equipping our members with the tools and connections necessary to navigate these complexities successfully. As we ourselves transition and grow to better serve you, we are pleased to announce our theme for this year, ***Navigating Change***.

Embracing a bold agenda, we are excited to pilot our **first chapter-wide conference** in Richmond, VA, this September. Our local event will feature our exceptional healthcare thought leaders in Virginia and serve as a preamble for our first annual District 2 Mini Congress, to be hosted by CVHEG next year. This year's **full day of panel discussions and education** will provide a valuable opportunity for members across Central Virginia to participate in timely, thought-provoking conversations and meaningful networking. This conference reflects our chapter's continued commitment to professional development, leadership advancement, and community connection within the healthcare executive space. We look forward to bringing our members together for a focused and energizing day of learning and collaboration.

As we invest in signature events, we remain committed to serving our geographically diverse catchment area through **Local Program Councils (LPCs)**, joint events with nearby chapters centered in **more cities across our region**, and virtual touchpoints including our new **podcast series** in production now. With many of our healthcare systems returning to in-person solutions, we are planning a broad range of networking and professional growth opportunities accessible and convenient to you in Richmond, Charlottesville, Fredericksburg, Lynchburg, and the Blue Ridge area, including monthly coffee breaks and happy hours launching this winter.

At our **first annual strategic retreat**, your incoming board identified core values that drive and define us, including **community, leadership, professional development, and advocacy**. We pledge to continuously build upon our strengths and our core mission to serve you. This year, we are expanding our **advisory boards**, exploring **multimedia content**, redesigning our **website**, and strengthening our **partnerships with sponsors** and healthcare executives across the region. We are renewing our commitment to supporting members through **Fellowship advancement** and fostering a network that empowers the next generation of healthcare leaders. To improve communication, we are reintroducing **periodic newsletters** and creating new ways to keep you informed about **industry trends, career advancement opportunities, and upcoming events**.

As the incoming President, I am already profoundly moved by and grateful for the contributions made by both our **returning and new board members**, as well as those who served and have passed the torch. Your enduring dedication and leadership continue to shape the future of our organization, and we are all indebted to you. Thank you for your enthusiasm and spirit.

As we move forward, we encourage you to stay engaged, share your insights, and take advantage of the many opportunities available through CVHEG. Together, we will build a more connected and resilient healthcare leadership community.

With appreciation,

Zoe E. Moyer, MHA, CHFP, ELI-MP

President, Central Virginia Healthcare Executives Group

Upcoming Events



Fall Conference

The CVHEG Fall Conference is coming! Mark your calendars for September 26, 2025. Stay tuned — registration and additional details will be shared in the coming weeks.

Want to get involved?



Be part of something meaningful — help plan a major ACHE event, support student initiatives, and bring your ideas to life. As a volunteer, you'll grow your network, build leadership skills, and receive a complimentary registration.

Choose a team that fits your strengths and interests:

Programming

Keep us going! Direct speakers arriving on site, coordinate attendee check in, introduce new topics and breaks, and ensure session timing.

Logistics

Run the show behind the scenes. Coordinate sponsor setup, manage hotel blocks, and support day-of operations including volunteers and registration.

Student Engagement

Support the next generation. Assist with speech competitions and coordinate mentorship and career guidance opportunities.

Special Events

Create memorable moments. Plan an awards ceremony, organize community service activities, or propose something else!

Ready to get involved? Contact info@cvheg.org. We'd love to have your energy, ideas, and leadership on the team!

Recent Highlights



CVHEG Blue Ridge LPC New Tower Social & Networking Event

We are grateful to all that were able to attend the Blue Ridge LPC Networking Event and toured the new tower at Carilion Roanoke Memorial Hospital! It was inspiring to see innovative healthcare in action and connect with dedicated professionals. Thanks to Carilion Clinic and LPC organizers for a meaningful experience!



CVHEG Goes to Congress: Representing Central Virginia in Houston

Several members of the Central Virginia Healthcare Executives Group (CVHEG) attended the ACHE Congress on Healthcare Leadership this March in Houston, Texas. It was inspiring to see Central Virginia so well-represented on a national stage among healthcare leaders from across the country. The event offered valuable opportunities for learning, networking, and sharing ideas. Check out our LinkedIn page for photos and reflections from the Congress!



CVHEG Charlottesville Networking Event at Kardinal Hall

Thank you to everyone who joined us at Kardinal Hall for the CVHEG Charlottesville Networking Event on March 6, 2025! It was a great evening of connection, conversation, and community. We appreciate your commitment and look forward to seeing you at future events. Feel free to share feedback or ideas, we would love to hear from you!



Shaping the Future: Board Decisions You Should Know



Organizational Update: Transitioning with Purpose

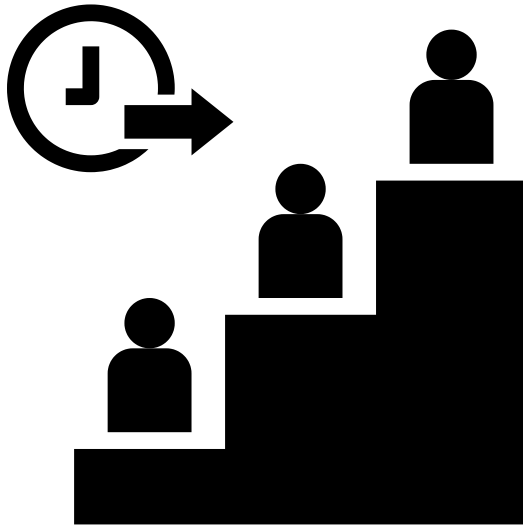
As part of our ongoing commitment to the personal and professional lives of our members, CVHEG has recently updated the title of our “Diversity Committee” to the “Opportunities and Advancements Committee.” This change reflects a broader shift occurring across federal and professional landscapes, as organizations work to ensure that the language used in leadership titles aligns with evolving national frameworks.

Historically, we have embraced a broad spectrum of roles and professions within healthcare, recognizing that a truly vibrant community thrives on varied perspectives and expertise. We have embraced the breadth of healthcare leadership not only in terms of job functions—from clinical care to administration, research to policy—but also through the rich backgrounds of our members, in geographic regions ranging from rural to urban healthcare systems and sectors spanning both public and private organizations. By valuing and supporting individuals who bring a wide range of capabilities, interests, skills, and experiences, we strengthen our CVHEG community, creating a dynamic environment where innovation and advancement flourish through collaboration and respect.

We want to be clear: our mission and values remain unchanged. This title change expands and broadens our impact, and enhances the importance of our community initiatives. We are proud of the work we’ve accomplished and remain steadfast in our efforts to provide meaningful opportunities and resources for all healthcare professionals across Central Virginia.

For more on our ongoing initiatives and member advancement opportunities, please visit cvheg.org.

Shaping the Future: Board Decisions You Should Know



Board Term Length Extended

Board members and officers will now serve for two years instead of one, including the current board.

As part of this year's theme, ***Navigating Change***, CVHEG has taken a deliberate step toward strengthening the sustainability and continuity of our leadership structure by extending leadership terms from 12 to 24 months. This decision was made after careful consideration of the challenges associated with frequent role transitions and the opportunities that come with greater consistency.

A two-year term provides leaders the opportunity to move beyond the initial learning curve and into a phase of deeper engagement and strategic execution. In the first year, leaders can focus on building relationships, gaining a comprehensive understanding of operations, and setting meaningful goals. The second year allows them to fully implement initiatives, refine strategies, and see the results of their efforts. This continuity not only benefits individual leaders but also the organization as a whole, ensuring that important work is carried forward without disruption.

By reducing the frequency of leadership transitions, we are creating a more standardized approach to these roles - one that strengthens institutional knowledge, fosters greater consistency, and establishes a clearer framework for succession planning. This adjustment aligns directly with our commitment to advancing CVHEG in a sustainable way, enabling us to maintain progress, enhance collaboration, and achieve lasting impact.

We are confident this change will help CVHEG navigate transitions more effectively, foster stronger leadership development, and position our organization for continued success in the years ahead.

Introducing CVHEG's 2025 Officers!



Zoe E. Moyer, MHA, CHFP, ELI-MP

President

Zoe Moyer currently serving the Facility Activations Program Manager for the Fredericksburg Health Care Center — the U.S. Department of Veterans Affairs' largest outpatient facility. Responsible for the highest dollar lease in VHA history, she works with senior-level stakeholders locally, regionally, and nationally. Her work experience includes NYC DOHMH, CHOP, Practice Greenhealth, WHO, MIT, Harvard/Boston Children's Hospital, and start-ups associated with Stanford and UCSF, and she completed multiple years of training in VCU's MD-PhD program. A certified professional coach and improv teacher, she enjoys climbing the world's high peaks both figuratively and literally with her fiancé, a volcanologist.



Abdullahi Somo, FACHE, MBA

President - Elect

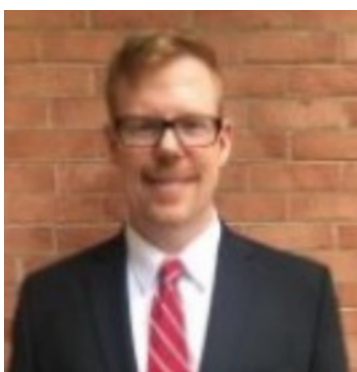
Abdullahi Somo, MBA, FACHE, serves as the Chief Administrative Officer of UVA Health University Medical Center, where he leads the transformation of inpatient operations with a focus on operational excellence. He champions operational efficiency by streamlining clinical/administrative workflows, enhancing care transitions, and improving patient progression across the care continuum. Anchored in real-time data, outcome-driven metrics, and an unrelenting pursuit of continuous improvement, Abdi crafts a future where patients experience compassionate, safe, and quality care without delays. By bolstering UVA Health's operational resilience, he is paving the way for innovative, future-ready healthcare delivery.



Khaing Nwe Phoo, MHA

Secretary

Khaing Nwe Phoo, MHA serves as Associate Administrator for the Department of Anesthesiology at UVA Health. Inspired by her parents' work running a clinic in Myanmar, she pursued healthcare leadership to improve access, kindness, and compassion in care delivery. In her role, Khaing focuses on operational excellence, quality improvement, community engagement, and supporting teams to thrive in an academic medical center. Through CVHEG, she is passionate about building connections, mentoring emerging leaders, and fostering collaboration that strengthens both professionals and the communities they serve.



Joseph Brooks, FACHE, FHFMA, MSHA

Treasurer

Joseph Brooks, FHFMA, FACHE, is a healthcare finance executive based in Richmond, Virginia. He has led financial and operational performance at UHS, Summit BHC, The Family Treatment Network, and Cenevia – Health Business Services. Joe holds an M.S. in Health Administration from Virginia Commonwealth University (2005–2008) and is a Fellow of both the American College of Healthcare Executives and the Healthcare Financial Management Association. His expertise includes healthcare management, strategic planning, and organizational development.

Introducing CVHEG's 2025 Board Members!



Amy Schmidt-Morris, MHA

Programs Director



Matthew DeCosse, PhD, MBA

Marketing and Communications Director

Matthew is a transformative healthcare leader with a strong record of accelerating growth and improving outcomes across complex health systems. He is known for combining strategic vision with results-driven execution to enhance operational performance, care delivery, and organizational agility. Matthew leverages advanced health IT and data-driven strategies to modernize operations and support scalable, patient-centered solutions.



Amy SM Paul, MD, MSHA

Opportunities and Advancement Committee Director

Dr. Amy SM Paul is a geriatrician and healthcare innovator. As Director of Statewide Graduate Medical Education at the Virginia Health Workforce Development Authority, she drives transformative initiatives to strengthen the state's physician workforce. Her blend of clinical insight, data-driven strategy, and entrepreneurial acumen exemplifies her capacity to solve complex healthcare challenges. Defined by empathy, and a commitment to excellence, Dr. Paul is poised to shape the future of healthcare as a dynamic leader dedicated to lasting impact for future generations.



Pradeep Singanallur, MD, MHCM

Early Careerist Network Director

Pradeep Singanallur MD, MHCM currently serves as the Associate Chief Medical Officer at Centra Health, and is eager to help connect up and coming healthcare leaders with mentors across the state of VA

Introducing CVHEG's 2025 Board Members!



Crystal Collette, DHA, FACHE, BCBA, LBA, IBA

Sponsorship Director

Crystal Collette is an accomplished healthcare leader with over a decade of experience. As the Senior Director of Psychiatry and Behavioral Health at Centra Health, she is dedicated to expanding child and adolescent behavioral health services. As a Fellow of the American College of Healthcare Executives (FACHE) and Board Certified Behavior Analyst, Crystal is known for driving operational strategies that enhance patient care and employee experiences across diverse care sites.



Aaron Boush

LPC Director

Aaron Boush serves as Director of Community Health and Development at Carilion Clinic, where he provides strategic leadership to advance community health and strengthen the healthcare safety net across western Virginia. He oversees system-wide initiatives in community impact, community health, and the Healing Arts Program, leading a multidisciplinary team focused on integrating clinical care, mental health, cross-sector collaboration, and data-informed planning. Aaron holds a Master of Healthcare Administration from Jefferson College of Health Sciences and a B.S. in Health Services Administration from James Madison University. He chairs the Board of Directors for Goodwill Industries of the Valleys and the Blue Ridge Local Planning Committee of CVHEG, and serves on advisory boards for Radford University Carilion and the Virginia Tech Carilion School of Medicine. A Leadership Roanoke Valley graduate, he has been recognized as a Red Cross Community Impact Hero and one of Roanoke's "40 Under 40." Known for his ability to align clinical and community efforts, Aaron is a trusted voice in regional health improvement and is passionate about building healthier, more equitable communities.



Adam Momper, FACHE, FHFMA

Immediate Past President

Adam C. Momper, FACHE, FHFMA, is the Administrator of Supply Chain at UVA Health in Charlottesville, Virginia.

Introducing CVHEG's 2025 Board Advisors!



Paul Long, MBA, LNHA

Advisor

Healthcare executive with 18 years of experience with in post acute care and medical practice operations



Carlos Brown, MSHA

Advisor

Carlos O. Brown is a seasoned healthcare executive with over three decades of leadership experience in real estate, construction, and facilities management within complex healthcare environments. As Senior Director of Planning, Real Estate and Construction at Virginia Commonwealth University Health System, Carlos leads the strategic execution of capital projects that support clinical innovation, operational efficiency, and patient- centered care.

Carlos holds a Master of Health Administration and a Bachelor of Science in Health Care Management from Virginia Commonwealth University's Medical College of Virginia. He is an active member of the American College of Healthcare Executives and serves on the board of the Central Virginia Healthcare Executive Group. A recognized leader and mentor, Carlos has contributed to numerous leadership initiatives, including the Grace E. Harris Leadership Institute and the 4D Leadership Series.



John W. Sharpe, PT, MBA, FACHE

Advisor

John W. Sharpe is the Director of Spinal Cord Injury & Disorders (SCI&D) Rehabilitation Services at the Central Virginia VA Health Care System. Mr. Sharpe currently represents ACHE as the District 6, Regent-At-Large for the Federal Sector. In his Director role, he manages four therapy disciplines within the largest SCI&D Center within the VA Healthcare System and oversees all inpatient and outpatient therapeutic rehabilitation activities related to SCI&D, Amyotrophic Lateral Sclerosis and Multiple Sclerosis. Mr. Sharpe is Board certified in Physical Therapy and he is board certified in Healthcare Management as a Fellow of ACHE.

New Member Welcome

Welcome to our new members!

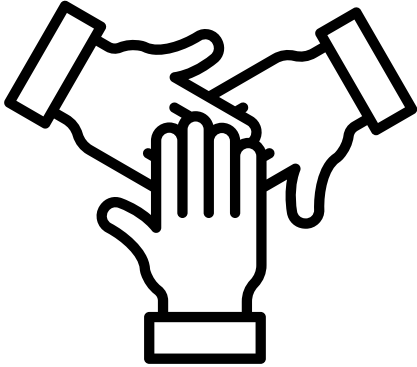
In 2025, 48 new members joined CVHEG — including three fellows and nine students. Our members join us from a wide range of organizations including VCU Health, UVA Health, HCA, Sentara, Centra, Augusta Health, DBHDS, VHHA, and more.

We're thrilled to welcome this rich group of healthcare professionals to our growing community!



Andrew Muck	Elwood B. Boone, III, FACHE	Shantal V. Savage
Kellye Jackson	COL William M. Saxon, MS	Jalana L. McCasland, FACHE
Kimberleigh N. Tucker, PhD, MSN	Erin A. Via	Monroe J. Molesky
SSgt Gale Paige	Kim Ketchersid	Jessica R. Blake
Cecilia H. Carpenter	Monica Morgan	Harrison Hayes
Casey Clarke	Alyssa McWilliams	Sharon Ancheta Hecht, MBA
Jazmin Kokualani	Alfred E. Pilog, Jr., FACHE	Tara H. Richards
Hunter Anderson	Chip Murray	Capt Phoebe Dacha
Shawnaree Smith	Kayla Graham	Muhammad Sajjad, PharmD, MBA
Amn Angela Harvell, MSHA	CPT Deja S. Nicolas	Elizabeth Haydu Travis
Brett Neville, DNP, RN, NEA-BC	Lara D'Antonio	April Mizell
Todd Graham	MAJ Marcus Lai	Erin Jackson
Jacob Brumfield	PO1 Jennifer Fleming	Jason T. Morris
Samuel O. Boadu, Jr., MPH	Rupanjeet Gill	Marquita Taylor
Kelli Griffiths, BSN	Ronald L. McDaniel, CMPE, LSSBB	LTJG Nadira Johnson, MPH
Jennifer H. Boyd	Capt Bryan Wallace	Sarah E. Sheets, RRT

Opportunities to Lead, Learn, and Connect



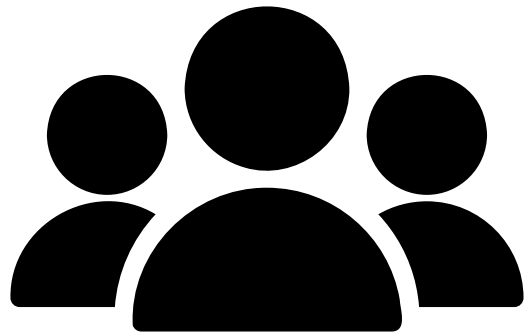
Looking to deepen your engagement with CVHEG?

We're looking for student volunteers to help plan events, support competitions, and advance healthcare leadership initiatives. It's a great way to build skills, gain experience, and connect with peers and professionals.

Interested? Email info@cvheg.org to get involved!

Member Spotlight

Coming Soon: Starting this fall, we'll be featuring a Member Spotlight in each newsletter. If you would like to nominate yourself or a colleague, please email info@cvheg.org to connect.



Interested in Podcasting? Interview a Healthcare Leader!



CVHEG is launching a new podcast on this year's theme, ***Navigating Change***, and we're inviting students and early careerists to host! Interview healthcare executives, gain mentorship, and build your network — all while developing your communication and leadership skills. Interested?

Email info@cvheg.org to get started!

We're seeking mission-aligned sponsors to support our work and reach a dynamic, engaged audience.

Interested in making a difference together?

Reach out to us at info@cvheg.org.

Stay Connected

Follow us on LinkedIn and visit our website for the latest news, event registrations, and professional resources.

Website: <https://cvheg.org>

LinkedIn: <https://www.linkedin.com/company/cvheg>

Thank you for being part of CVHEG!