

ISSUE #1
March 2026

CVHEG PULSE

News from the Central Virginia Healthcare Executives Group

Regent's Message

Dear Colleagues,

As I step into my new role as your Regent, I can't help but feel a deep sense of gratitude. It is truly an honor to support such a dedicated and inspiring group of healthcare leaders across our region.

I would like to take a moment to thank and recognize Joanne Inman, FACHE, for her outstanding leadership and commitment to our local chapters and to advancing our profession. She is a strong advocate for healthcare leaders, and I am deeply appreciative of the foundation she has built. I am proud to follow in her footsteps.

I am looking forward to getting out and meeting as many of you as I possibly can. For those I have not yet had the chance to meet, I would love to briefly introduce myself. I currently serve as president of Riverside Smithfield Hospital in Isle of Wight County. I've had the privilege of working alongside an incredible team to bring much-needed access to care to a medically underserved community. Over the past 15 years, I have held several roles in hospital operations and service line management. On a personal note, I reside in Smithfield, Virginia, with my husband, where we are raising three boys and a Frenchie who keeps us all on our toes!

One of the most rewarding parts of my leadership journey has been supporting the growth and development of others. I've had many people pour into me, and it is one of my greatest honors to do the same for others.

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As your Regent, I'd like to spend my first few months listening and making as many connections as I can. I would genuinely welcome your feedback, ideas, and suggestions on how I can best support you and our chapters. Whether it's professional development, networking, or new ways to engage, I want to hear from you. Please feel free to reach out to me at Jessica.macalino@rivhs.com.

Looking ahead, I am excited to connect with many of you at upcoming chapter events and across the region. This is such an incredible opportunity to continue growing, supporting one another, and advancing healthcare leadership excellence—and I don't take a single second of that for granted.

Thank you for all that you do each day to lead, serve, and make a difference. It's an honor to be on this journey with you.

With gratitude,

Jessica Macalino, FACHE
Regent for Virginia - Central
Jessica.macalino@rivhs.com



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A Message from the President
Zoe Moyer, MHA, CHFP, ELI-MP

Looking Forward: A Year of Growth, Connection, and Leadership

As we enter a new year together at CVHEG, I'm reminded how much our community has grown through a period of significant change in healthcare. Over the past year, we embraced our theme, Navigating Change, as our profession continues to evolve amid workforce shortages, financial pressures, rapid innovation, and leadership transitions across our region. While change can bring uncertainty, it also creates an opportunity for leaders to respond with clarity, steadiness, and heart — and I continue to be inspired by the way our members show up for their teams, their organizations, and one another.

This past year brought meaningful momentum for our chapter. We celebrated the success of our inaugural fall conference in Richmond, gathering healthcare leaders from across Virginia for timely conversations, learning, and connection. Events like these reaffirm something we all know to be true: community is not just a benefit of CVHEG — it is our strength. We also continued building a stronger foundation to better serve members throughout Central Virginia, including improving how we communicate and how we create opportunities for engagement across our geographically diverse catchment area.

Looking ahead, there is much to anticipate in the year to come. CVHEG will expand in-person touchpoints and networking opportunities across our region — supported by our Local Program Councils and complemented by virtual options to keep involvement accessible and convenient. We will continue investing in professional development through education, leadership programming, and coaching opportunities designed to support members at every career stage. We also remain committed to helping members advance toward Fellowship and to strengthening the pathways that support long-term leadership growth.

We are equally excited to keep growing our Student Council and welcoming future healthcare leaders across disciplines, including clinical and administrative programs. By creating space for students and early-career professionals to connect with seasoned executives, we strengthen the pipeline of leadership that will guide healthcare forward.

Finally, we are continuing preparations to host the ACHE District 2 Mini Congress in Richmond from September 25–27, 2026. This premier program — being developed in collaboration with neighboring chapters — represents not only a milestone for our chapter, but also a clear signal of our evolution as a community. Next year's theme, Leading Forward, reflects the progress we've made through change and our shared commitment to building what comes next.
Thank you for your commitment to CVHEG and to one another. I encourage you to stay engaged, bring your voice, and take advantage of the opportunities ahead. Together, we are not only navigating change — we are shaping the future of healthcare leadership.

With appreciation,
Zoe E. Moyer, MHA, CHFP, ELI-MP
President, Central Virginia Healthcare Executives Group

Recognition of Service Awards

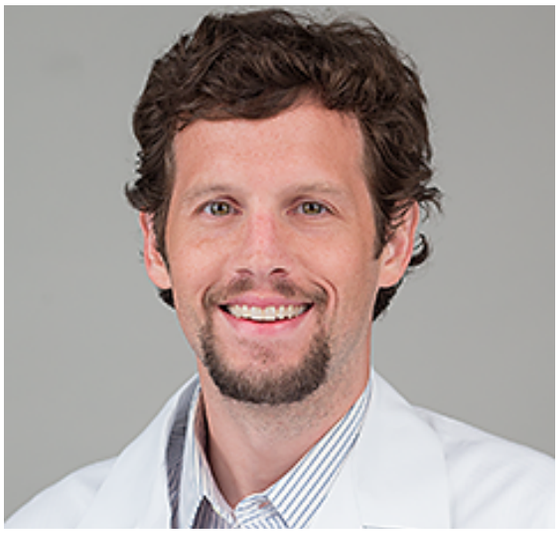


Celebrating Excellence: 2025 Regent Award Recipients

We are proud to recognize the 2025 ACHE Regent Award recipients, honored this year at the Virginia Hospital & Healthcare Association (VHHA) Leadership Summit. These distinguished healthcare leaders were celebrated for their exceptional service, innovative thinking, and unwavering commitment to advancing healthcare management across the Commonwealth.

The Regent Awards highlight individuals who exemplify integrity, collaboration, and excellence in leadership — key values that define our professional community. We extend our sincere congratulations to each awardee and look forward to sharing their stories in our upcoming spotlight series.

Stay tuned as we feature these leaders and the impact they continue to make across our region.



Joshua Easter, MD, MSc
Program Director, Emergency Medicine Residency and Associate Professor
UVA Health System
Early Careerist Award



Madison Espiritu
Administrative Resident
Piedmont Healthcare
Master of Health Administration Candidate - VCU
Student Award

Congratulations to Our FACHE Achievers



Celebrating Our New FACHE Leaders in Healthcare

We proudly recognize our leaders who have achieved the prestigious FACHE credential. This distinction reflects their commitment to excellence, continuous learning, and advancing leadership in healthcare.

Kate L. Bradshaw, PhD, FACHE
Mary McKenzie, FACHE

Joshua Cherrix, MBA, MSN, FACHE
Ashley M. Wang, FACHE

Recognizing Continued Excellence

We celebrate our recertified fellows for their ongoing dedication to professional growth, leadership, and excellence in healthcare. Renewing the FACHE credential reflects their steadfast commitment to serving with distinction.

Sloan M. Albert, MHA, FACHE
Elizabeth Bankston, FACHE
Crystal A. Collette, DHA, FACHE
Tabitha M. Culbertson, FACHE
Michael I. Elliott, PharmD, FACHE
Shirley R. Gibson, DNP, RN, FACHE
Laura A. Kavanagh, RN, FACHE
Catherine L. Cash, MSHA, FACHE
Tammy L. Landes, FACHE
Jalana L. McCasland, FACHE
John H. Morana, DHA, LFACHE
Ralph Rios, FACHE
Zunner E. Rios, CPA, FACHE
David A. Risden, FACHE
R. Brent Rawlings, JD, FACHE
Kristoffer Reyes, FACHE
Kristie M. Sink, FACHE
Sunil K. Sinha, MD, FACHE
Robert Teaster, RN, FACHE
Brandon J. Williams, FACHE

Welcome to Our New Members!

Since our last update, we are thrilled to welcome 41 new members to CVHEG, including 9 students from institutions such as the **University of Virginia, Virginia Commonwealth University, Liberty University, The George Washington University, and Samford University.**

Our newest members bring diverse experience from across the healthcare continuum, spanning clinical care, leadership, pharmacy, emergency services, research, and more. They represent a broad range of respected organizations, including **Advocate Health, Bon Secours Mercy Health, UVA Health, VCU Health, HCA, the Department of Veterans Affairs, Centra, and Thermo Fisher.**

We are honored to welcome these accomplished professionals and future leaders to the CVHEG community and look forward to the many ways they will enrich and strengthen our network.



Emin Ahsan
Debra M. Anderson, PharmD
1LT Diamond Anderson
John Asaah
Ryan Baldeo
Vikram S. Brar
Christine Bryant
Maddie Clayton
Ashley B. Cundiff, MSN, RN, NE-BC
Bryn Davis
Abby Denby, DNP, MSN, RN
Kailyn M. Evans, MHA
Terius Grandison
Maj David Hakala
Cynthia M. Harris, EdD, MBA
Angela Harrison
Diamond Hough
Feras Khoury, JD, MHA, FACHE
Michael Kumpula, RN
Jisa Kusanthan
Elizabeth Leming
Kerensa Lilly
Lindsey Lockewood, DHSc
Lauren Ma
Jared McComb
Kelli McDaniel, BS
Alisha Mughal
LT Franklyn Oguno, MBA, PA-C
Dhanvi Patel
Ryen Pedersen
Shantanu Raghav
Jennifer L. Reeves
Sierra Scott
Lauren Siegel
Elizabeth B. Siewers
Tasha Stewart
Lindsey G. Taylor
Catherine Terrell, MSN, RN
MSG Arthur J. Valdez
Autumn Vallow
Maj Emily J. Wagner, MS
France Weaver

Upcoming Events



District 2 Mini Congress 2026: Leading Forward

We're thrilled to announce the inaugural **ACHE District 2 Mini Congress** to be hosted by CVHEG next year in **Richmond, Virginia, from September 25–27, 2026**. This event is set to be a premier professional development and networking event for healthcare leaders across our District 2 region from Maryland to Puerto Rico.

This three-day gathering focused on ***Leading Forward*** will bring together executives, emerging leaders, and students for a dynamic experience focused on learning, collaboration, and connection.

The District 2 Mini Congress will feature:

- Expert-led educational sessions covering the most pressing and relevant topics in healthcare leadership, innovation, and operations.
- Collaborative programming designed and delivered by District 2 chapters, ensuring a variety of perspectives, case studies, and shared regional insights.
- Interactive workshops and panel discussions to promote learning through real-world examples and practical takeaways.
- Student competitions and mentorship opportunities.
- Networking receptions and chapter meetups, including dedicated time for attendees to connect, exchange ideas, and build lasting professional relationships.
- ACHE education to support your ongoing professional growth.

The 2026 District 2 Mini Congress planning team proudly brings together members from the **West Virginia Chapter of ACHE, ACHE of the Triad, Health Care Administrators of Tidewater, and the Triangle Healthcare Executives' Forum.** This collaborative effort showcases the very best of District 2 — a strong commitment to excellence, partnership, and leadership development across our region. Together, these chapters are uniting to share knowledge, foster meaningful connections, and advance the future of healthcare leadership.

We appreciate your early support as we prepare for this exciting event — stay tuned for registration details, speaker updates, and more in the coming months.

Questions or interested in supporting this work? Contact us at info@cvheg.org.

Recent Event Recap



Morning Fuel Goes Monthly

Due to strong interest, our Richmond Morning Fuel networking event is now a recurring monthly gathering — held on the first Thursday of each month at 7:00 AM at Ironclad Coffee Roasters. Join us for coffee, conversation, and connection with fellow healthcare leaders.

Wine Down in Charlottesville

Join us on March 26th at 5:00 PM at Mockingbird for an evening of relaxed networking with healthcare executives across Central Virginia. Wine Down is the perfect opportunity to connect, unwind, and build community.





System Update

CVHEG is transitioning to a new mailing and member management system. During this time, you may notice minor changes in communications and event registration. We appreciate your patience as we enhance your member experience.

Call for Guest Speakers



Help Us Build a Dynamic Speaker Roster

As part of the Central Virginia Health Executives Group (CVHEG), your knowledge and experience can help shape the professional development of healthcare leaders across our region and beyond. We're building a dynamic roster of moderators and speakers for upcoming in-person programs, virtual panels, and national events like ACHE Congress — and we want to hear from you.

Whether you're a seasoned presenter or stepping up for the first time, this is a great opportunity to contribute your perspective, represent our chapter, and grow as a thought leader.

With CVHEG, You Can:

- **Share Your Expertise.** Speak on topics such as healthcare operations, equity, innovation, strategy, and leadership development — areas that are shaping the future of our field.
- **Moderate Engaging Conversations.** Lead panel discussions and Q&A sessions, facilitating thoughtful dialogue with fellow healthcare professionals and national experts.
- **Build Your Profile.** Participation in chapter events and at Congress helps raise your professional visibility and demonstrate leadership within ACHE's national network.
- Support Peer Learning. Help bring timely, relevant content to your colleagues through educational programming that's rooted in real-world experience.
- **Represent CVHEG at District 2 Mini Congress.** We're also identifying potential speakers and moderators for our upcoming District 2 Mini Congress.

👉 **Interested in participating or nominating a colleague?**

Submit your name, area(s) of interest, and any relevant experience to info@cvheg.org. We welcome professionals from diverse backgrounds, experience levels, and healthcare settings.

Questions? Contact us at info@cvheg.org.

Call for Volunteers

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**
Shape the agenda! Coordinate and confirm speakers, collaborate with other chapters, and help craft engaging educational sessions.

🛠️ **Logistics**
Run the show behind the scenes. Manage venue setup, hotel blocks, signage, room assignments, and day-of operations including registration.

🎓 **Student Engagement**
Support the next generation. Assist with essay, speech, and case competitions, and coordinate mentorship and career guidance opportunities.

🏆 **Special Events**
Create memorable moments. Plan award ceremonies, organize community service activities, and propose something else!

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

Stay Consistent. Achieve More



Build Momentum. Reach Your Goals.

We help you close the gap between setting goals and actually achieving them. Our Accountability Coaching program gives you structure, support, and steady follow-through so you can create real progress in your personal and professional life.

Why choose accountability coaching?

- Gain clarity through defined priorities and measurable goals
- Build consistent habits that support long-term success
- Strengthen focus in the middle of distraction
- Overcome procrastination with guided action
- Move forward with support, encouragement, and honest feedback

Whether you're launching a project, building healthier routines, or leveling up in your career, our coaching keeps you on track.

📩Ready to stay consistent?

Contact info@cvheg.org to schedule your free discovery call and learn how to get started.

Unlock Your Leadership Potential

Our Leadership Coaching program gives healthcare leaders the tools they need to grow with confidence. You receive high-value development resources at a fraction of the market cost, supported by credentialed local coaches.

What's Included:

- 6-week Positive Intelligence (PQ) Program
- Energy Leadership Index (ELI) Assessment + debrief
- Custom accountability coaching with flexible support

Why It Works

- Coaching boosts productivity by 20–30%, with top clients seeing 10–49x ROI
- Higher-PQ leaders have stronger focus, lower burnout, and more resilient teams
- Higher-PQ clinicians diagnose 19% faster
- Higher-PQ CEOs lead teams that perform 31% better and report 25% higher satisfaction
- The ELI Assessment is a Forbes-recognized top executive tool

📩 Ready to elevate your leadership?

Email info@cvheg.org to book your free discovery call and begin your Leadership Coaching journey

Second Call: Join the CVHEG Coaching Network



Support Our Members. Expand Your Impact.

We're continuing to build our CVHEG Coaching Network and we're inviting trained coaches and healthcare leaders to step forward and serve as coaches for early- and mid-career professionals.

Why serve as a coach?

- Earn coaching hours toward your ACC, PCC, or MCC credential
- Give back to the healthcare leadership community by guiding others
- Gain visibility as a leader committed to mentoring and development
- Be featured in our Coaching Directory as a professional resource
- Support your peers in navigating leadership transitions and goal-setting

Whether you're a credentialed coach or an experienced healthcare leader willing to volunteer, we welcome your expertise.

📩 Ready to begin?

Contact info@cvheg.org to request the application and start the process today.

Help Shape the Next Generation of Healthcare Leaders

Mentorship is a cornerstone of professional development—and your experience can make a real difference. We are seeking additional CVHEG mentors to support our formal mentoring program.

As a mentor, you'll:

- Offer guidance to early- and mid-careerists navigating transitions and challenges
- Share career insights, professional experiences, and lessons learned
- Foster a culture of leadership, collaboration, and continuous learning
- Build rewarding relationships with peers committed to the healthcare profession
- Support mentees working toward career milestones like FACHE or new leadership roles
- Whether you've mentored before or are new to the role, we provide resources to support you.

📩 Ready to mentor?

Contact info@cvheg.org to express interest and receive next steps.

Still Thinking About Toastmasters? There's Still Time to Join!



CVHEG Toastmasters Group – Second Call for Interest

We're thrilled with the interest so far in the new CVHEG Toastmasters Club — and there's still time to get involved! If you've ever wanted to improve your public speaking skills, grow your executive presence, or gain confidence presenting in front of an audience, this is your opportunity.

In a supportive and structured environment, CVHEG Toastmasters can help you:

- Build presentation skills for meetings, panels, and conferences
- Gain confidence through regular, structured practice and positive feedback
- Learn to communicate with clarity, authenticity, and impact
- Strengthen leadership presence by mastering how to convey vision and strategy
- Connect with peers committed to growth and excellence
- Receive mentorship from experienced Toastmasters and speakers

📩 Interested in joining or learning more?

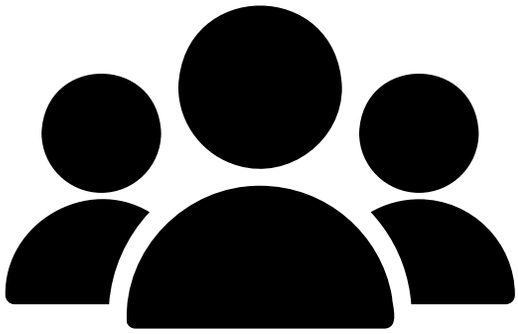
Email info@cvheg.org to express your interest and be part of CVHEG Toastmasters.

No experience required — just a willingness to grow.

Opportunities to Lead, Learn, and Connect

Member Spotlight

Coming Soon: Starting in July, we'll be featuring a Member Spotlight in each newsletter. If you would like to nominate yourself or a colleague, stay tuned for the nomination form!





Interested in Podcasting? Interview a Healthcare Leader!

CVHEG is launching a new podcast on the theme Navigating Transition, 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!