

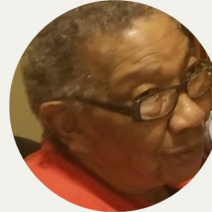


C.H.L.M.S Medi-Helpz Foundation

## November 2025



Christomer Louise



Mary Pearl

### Women of C.H.L.M.S

"If you know whence you came, there is really no limit to where you can go."

—James Baldwin, 20th-century poet, novelist, playwright and activist



Sandra Louise



Henrietta Louise

**"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both." \_ Eva Marie Lewis**

Welcome to our November newsletter! This month, we will continue taking a look at the healthcare changes written into the "[One Big Beautiful Bill](#) legislation. This month we will begin taking a detailed look at how the language written into this bill are directly connected to the five Social Determinants of Health factors. For those who are not aware of what those factors are:

**Economic Stability:** Financial security plays a crucial role in determining one's health. Individuals facing poverty or unstable employment often struggle to afford nutritious food, secure housing, and access healthcare services. By not having access to resources that require money, the cycle of poverty continues and makes an inescapable loop for many individuals and families. Economic stability also impacts stress levels, mental health, and overall quality of life.

**Education Access and Quality:** Education serves as a cornerstone for health. Access to quality education equips individuals with essential knowledge and skills to make informed health decisions. It also influences employment opportunities, income levels, and social mobility, thereby impacting health outcomes across generations.

**Health Care Access and Quality:** Accessible and high-quality healthcare services are fundamental for maintaining good health. Barriers such as lack of insurance, geographic distance, and cultural differences can hinder individuals from receiving timely care, leading to disparities in health outcomes.

**Neighborhood and Built Environment:** The physical environment in which people live, work, and play significantly influences health. Factors like housing conditions, air quality, access to green spaces, and community safety impact individuals' ability to engage in healthy behaviors and access resources for well-being.

**Social and Community Context:** Social relationships, support networks, and community resources play a vital role in shaping health. Strong social connections foster resilience, reduce stress, and provide avenues for social participation and support. Social isolation, discrimination, and lack of community cohesion can also heavily contribute to adverse health outcomes due to a lack of support and resources from others.

We will also highlight some important health diseases that often go unnoticed but significantly affect marginalized communities.

-----

## **One Beautiful Bill! - Economic Stability**

- According to an article by the Advisory Board ([advisory.com](https://www.advisory.com)), one

key threat to Economic Stability is the reduction in healthcare reimbursements. These payment cuts could force providers to reduce staff, limit services, or even shut down facilities—especially in already underserved communities.

- According to data from GovFacts.org, coverage losses under proposed policy changes could leave more families uninsured. This increases the risk of medical debt, delays in necessary care, and deeper financial instability—especially for households already living paycheck to paycheck.
- According to McDermottPlus.com, proposed policy changes would shift more healthcare costs onto individual states. This financial burden could lead to budget shortfalls and force states to cut back on funding for other essential social services.

For more information visit: <https://www.congress.gov/bill/119th-congress/house-bill/1>

## Health Literacy

### Eclampsia

Embolism

Psoriatic Arthritis

Chikungunya virus



Health Literacy  
Eclampsia  
Prefix: Ec=out  
Root: lamp=shine  
-----



## Health Literacy

Embolism

Root: Embol = free clot

Suffix: ism =behavior or pathology

-----

According to the Cleveland Clinic a pulmonary embolism is a blood clot that blocks and stops blood flow to an artery in the lung. In most cases, the

According to the Cleveland Clinic Eclampsia is seizures that occur in pregnant women with preeclampsia. Symptoms of eclampsia are high blood pressure, headaches, blurry vision and convulsions. Eclampsia is a rare but serious condition that occurs in the second half of pregnancy.



Health Literacy

Psoriatic Arthritis

Inflammatory arthritis

-----

According to the psoriasis.org PsA is a chronic, inflammatory disease of the joints and the places where tendons and ligaments connect to bone. Inflammation can lead to swelling, pain, fatigue, and stiffness in the joints. Left untreated, PsA can cause permanent joint damage.

blood clot starts in a deep vein in the leg and travels to the lung. Rarely, the clot forms in a vein in another part of the body. When a blood clot forms in one or more of the deep veins in the body, it's called a deep vein thrombosis (DVT). Because one or more clots block blood flow to the lungs, pulmonary embolism can be life-threatening. However, prompt treatment greatly reduces the risk of death. Taking measures to prevent blood clots in your legs will help protect you against pulmonary embolism.



Chikungunya virus

Health Literacy

To walk bent over

According to the Cleveland Clinic the Chikungunya is a virus that spreads through mosquito bites. Most people develop symptoms like a fever and joint pain within three to seven days of getting bitten.

- People can become infected with chikungunya virus when mosquitoes feed on another infected person and then bite them.
- People infected with Chikungunya virus have high enough levels of virus in their blood (viremia) during the first few days of illness to transmit the virus

**to mosquitoes.**

- **Prevent getting infected with chikungunya virus by preventing mosquito bites and getting vaccinated before traveling, if vaccination is recommended for you.**

- **Because of the high level of virus in blood, spread can occur through:**

- **Blood transfusion**
- **Handling infected blood in the laboratory**

- **Drawing blood from an infected patient**

- **The virus is not spread from person-to-person and is not spread through coughing, sneezing, or touching.**

## **Did you know**

**Section 340B of the Public Health Service Act requires pharmaceutical manufacturers participating in Medicaid to sell outpatient drugs at discounted prices to health care organizations that care for many uninsured and low-income patients. These organizations include federal grantee organizations and several types of hospitals, including critical access hospitals (CAHs), sole community hospitals (SCHs), rural referral centers (RRCs), and public and nonprofit disproportionate share hospitals (DSH) that serve low-income and indigent populations.**

**The program allows 340B hospitals to stretch limited federal resources to reduce the price of outpatient pharmaceuticals for patients and expand health services to the patients and communities they serve. Hospitals use 340B savings to provide, for example, free care for uninsured patients, offer free vaccines, provide services in mental health clinics, and implement medication management and community health programs. Despite significant oversight from the Health Resources and Services Administration (HRSA) and the 340B program's proven record of expanding access to vital patient care, program critics want to scale it back or drastically reduce the benefits that eligible hospitals and their patients receive from the program. ([hrsa.gov](http://hrsa.gov))**

## Introducing the C.H.L.M.S Medi-Helpz Foundation's New Initiative

### Empowering Health Literacy in Marginalized Communities\*\*

#### What to Expect

Thanks to the incredible contributions of Africa Okoro, Carolyn Coleman, Lisa Coleman, Nneka J. Hall, Symone Armstead, and Sabah Farhat, our platform has successfully completed beta testing. We're excited to announce that the official launch to the public will be February 2026, in honor of Black History Month.

Once our legal documentation is finalized, we will begin sharing a preview of the fourteen transformative courses that will be available. Each course and lesson is designed to educate, engage, and empower families and communities.

#### The platform will feature:

- **\*\*Educational Resources\*\***: Interactive modules covering a wide range of health topics, including nutrition, preventive care, and mental health, aimed at enhancing understanding and awareness.
- **\*\*Empowerment Tools\*\***: Resources designed to help individuals navigate the healthcare system, empowering them to make informed decisions about their health.
- **\*\*Engagement Methods\*\***: Community forums, live Q&A sessions with healthcare professionals, and learning experiences to foster participation and support.

#### Stay Tuned

Don't forget to visit our website at [www.medihelpz.com](http://www.medihelpz.com) & our YouTube channel at Medi-Helpz

[Click here to Donate](#)

C.H.L.M.S. MEDI-HELPZ | [www.medihelpz.com](http://www.medihelpz.com) | [contactus@medihelpz.com](mailto:contactus@medihelpz.com)





Try email marketing for free today!