

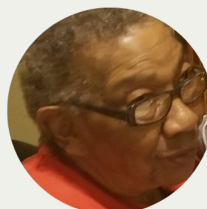


Medi-Helpz, LLC

December 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 December Newsletter! This month, we continue unpacking the healthcare reforms outlined in the One Big Beautiful Bill—with a special focus on how its language directly ties into the five Social Determinants of Health (SDOH). We'll also spotlight the latest policies and procedures now in effect following the end of the government shutdown.

Let's revisit the five key SDOH factors, starting with:

Economic Stability

Financial security is a cornerstone of good health. When individuals face poverty or unstable employment, they often struggle to afford nutritious food, safe housing, and essential healthcare services. Limited access to these resources perpetuates a cycle of hardship that can feel impossible to escape. Economic instability also increases stress, undermines mental health, and lowers overall quality of life.

A recap of what the five SDOH factors are is listed below:

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! - Education Access and Quality

As we continue exploring the Social Determinants of Health (SDOH) through the lens of the One Big Beautiful Bill, this month's focus is on Education Access—a powerful yet often overlooked driver of health equity.

Higher Education = Better Health

Education isn't just a pathway to employment—it's a foundation for lifelong wellness. A landmark 20-year study by the Organisation for Economic Co-operation and Development (OECD) found that individuals with higher levels of education consistently experience:

- Longer life expectancy
- Lower rates of chronic disease
- Improved mental health and stress resilience

Health Literacy Starts in the Classroom

Education also plays a critical role in shaping health literacy—the ability to understand, access, and act on health information. Peer-reviewed research published in *The Lancet Public Health and Health Affairs* confirms that individuals with higher education are:

- More likely to seek preventive care
- Better equipped to manage chronic conditions
- More confident navigating complex healthcare systems

This means that expanding access to quality education isn't just a policy win—it's a public health imperative.

What the One Big Beautiful Bill Adds

The One Big Beautiful Bill introduces reforms that could reshape educational access nationwide, including:

- Capped federal student loan borrowing
- Expanded school choice tax credits
- Revised university endowment taxes tied to student outcomes

While these changes aim to increase accountability and affordability, they also raise concerns about access for low-income and marginalized students—groups already facing disproportionate health challenges.

Bottom Line:

Education is a root cause of health disparities—and a lever for change. As we advocate for health equity, we must also champion policies that make learning accessible, affordable, and empowering for all.

Sources:

OECD (2023). Education at a Glance: OECD Indicators.

Berkman, N.D. et al. (2011). Health Literacy Interventions and Outcomes: An Updated Systematic Review. Agency for Healthcare Research and Quality.

Kindig, D.A., & Stoddart, G. (2003). What Is Population Health? Health Affairs.

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

This month we have decided to add some fun into our newsletters. Four puzzles. Answer them all, copy and paste and return for a free entry into one of our upcoming Vashti Learning Lab courses.

Vashti Learning Lab Word Search: Health Literacy Edition

Theme: “Words That Empower Patients & Communities”

Find these 10 health literacy terms hidden in the puzzle below (forward, backward, vertical, diagonal, wrap around):

WORDS TO FIND:


ACCESS, ADVOCATE, EQUITY, NAVIGATE, INFORM, RIGHTS, CARE, TRUST, HEALTH, CHOICE
HEALTHCHOICEADV
OCATERUTSCAREQU
ITYIGRCESSNAVIG
ATERIGHTSFORMIST


Fill in the blanks: AI in Healthcare

👉 Fill in the Blanks: AI in Healthcare


1. An AI-powered assistant used in patient communication is called a _____. (7 letters)
2. A digital system for storing patient records is known as an _____. (3 letters)
3. AI helps detect this in radiology scans: ______. (5 letters)

Submit your completed puzzle to:

-  **Vashti Reflection Prompt:**
1. Choose one word from the puzzle that resonates with you.
 2. Write one sentence explaining how that word shows up in your life or work.
 3. Complete the puzzle and submit your reflection to: sandra@chlmsfoundation.org by January 10, 2026
 4. Return all four puzzles to be eligible for a prize!

 Five winners will receive a free course in the Vashti Learning Lab—launching Q1 2026.

 Winners will be announced in the January newsletter.

 Your words matter. Your story inspires. Let's learn and grow—together..

Dental Health Match-Up

Instructions: Match each dental term below with the correct definition. .

Term Definition Letter


1. Plaque 2. Enamel 3. Cavity
4. Floss 5. Sealant

Definitions:

- A. A protective coating applied to teeth
B. Sticky film of bacteria on teeth
C. Hard outer layer of the tooth
D. A hole caused by tooth decay
E. String used to clean between teeth

Submit your completed puzzle to:

sandra@chlmsfoundation.org by January 20, 2026 for a chance to win a free course in the Vashti Learning Lab—launching Q1 2026.

 Five winners will be announced in the January newsletter.

 All four puzzles must be completed and submitted.

 **Hidden Message Puzzle:**
Mental Health Edition

Theme: ““Decode the Language of Healing””

Instructions: Unscramble the bolded letters from each word to reveal a hidden message that reflects a key principle of mental wellness.


Words:

- Essential
- Quality
- Understand
- Inform
- Trust
- You

 **Reflection Prompt:**

Mental health care should be rooted in equity—fair access, compassionate support, and culturally responsive tools. Write one sentence about what equity in mental health

sandra@chlmfoundation.org
by January 10, 2026 for a
chance to win a free course in
the Vashti Learning Lab—
launching Q1 2026.

 Five winners will be
announced in the January
newsletter.

 All four puzzles must be
completed and submitted.

means to you, your family, or
your community.

✨ Your voice matters. Your
story heals. Let's build a more
equitable future—together.

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](https://www.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.

Don't forget to visit our website at www.medihelpz.com & our YouTube channel at Medi-Helpz

[Click here to Donate](#)

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