

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



TAKE CHARGE OF TOMORROW

About 1 in every 10 people in the United States have diabetes and 1 in 5 do not know they have it. **According to the Center for Disease Control and Prevention, people living with diabetes are 2 to 3 times more likely to have depression than people without diabetes.** Diabetes is a group of diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced by the body. This can result in high blood sugar levels. There are several different types of diabetes. Type 2 diabetes is the most common form of diabetes. If someone has type 2 diabetes their body does not use insulin properly. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments including diet control, exercise, self-monitoring of blood glucose, oral drugs, and/or insulin. **With the help of insulin therapy and other treatments a person with the disease can manage their condition and live a long healthy life.** Early detection and treatment of diabetes can decrease the risk of developing complications such as damage to the heart, teeth and gums, feet, or kidneys. **Studies show that keeping blood glucose, blood pressure and cholesterol levels close to normal can help prevent or delay diabetes.**

For more information visit the American Diabetes Association (ADA) website at <https://www.diabetes.org/community/american-diabetes-month>.

Thank You!!!

The RICH Recovery Clinic would like to extend a very special thank you to the people who help keep us running efficiently. Chandra and MarQuetta are the first smiling faces our patients see and they set the tone for a great day at RICH!



Chandra McMillian

Chandra is an Office Associate and has been with the RICH Recovery Clinic for almost 8 years. She likes decorating, food, and quality family time during the holidays!



MarQuetta Blakey

MarQuetta is an Office Associate and has been with the RICH Recovery Clinic since January. For fun she likes spending time with her dog Blu.

Don't Forget it's Flu Season Again!

The RICH Recovery Clinic provides a wide range of immunizations for it's clients including: Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

For more information have your Case Manager email Chandra at mcmillanc@rbha.org today!





FOOD FOR THOUGHT

According to Feeding America, over 700,000 people in Virginia are facing hunger and over 160,000 of them are children. Richmond has many food banks/pantries and soup kitchens to assist individuals and families in need. Below are just a few in the area.

- **William Byrd Community House, Inc.**
 - Emergency food assistance and groceries
 - (804) 643 - 2717
 - **CAPUP North Food Pantry**
 - 1021 Oliver Hill way Richmond
 - Phone: (804) 788 - 0050 ext. 143
 - Monday - Thursday 10:00 am - 1:00 pm
 - **Second Presbyterian Church Soup Kitchen**
 - 5 N. Fifth St., Richmond
 - Monday 10:30 AM - 12:45 PM
 - (804)-649-9148
 - **The Tabernacle Baptist Church**
 - 1925 Grove Ave. Richmond
 - Saturday 8:30 am - 11:00 am
 - **Second Baptist Church Pantry**
 - 1400 Idlewood Ave., Richmond
 - Wednesday 11:00 am - 1:00 pm
 - (804) 363 - 7682
 - **St. Paul's Episcopal Church**
 - 815 East Grace St., Richmond
 - Thursday 11:30 am - 12:30 pm
 - (804) 643 - 3589
 - **Neighborhood Resource Center**
 - 1519 Williamsburg Rd., Richmond
 - 2nd & 4th Thursday 4:00 pm - 6:00 pm
 - (804) 864 - 5797
 - **Salvation Army Command of Richmond**
 - (804) 225 - 7470
 - **Central Virginia Food Bank**
 - Hunger Hotline at (804)-521-250 ext. 631
 - Monday- Friday 9 a.m.- 4 p.m.
 - **Peter Paul Development Center**
 - 1708 North 22nd St Richmond
 - 1st & 3rd Wednesday 8:00 am - 11:00 am
 - (804) 780 - 1195
 - **Trinity Baptist Church Soup Kitchen**
 - 2811 Fendall Ave Richmond
 - 2nd & 4th Tuesday
 - (804) 321-2427
 - **YWAM - The Potter's Pantry**
 - 2010 Carlisle Ave., Richmond
 - 2nd & 4th Mondays 12:00 pm - 1:30 pm
 - 2nd & 4th Tuesday 9:00 am - 9:30 am
 - (804) 222 - 4140
 - **Ebenezer Baptist Church Soup Kitchen**
 - 216 W Leigh St Richmond
 - Thursday 10:00 am - 11:00 am
 - (804) 643 - 3366
 - **First Baptist Church of South Richmond**
 - 1501 Decatur St., Richmond
 - 1st & 3rd Saturday 10:00 am - 12:00 pm
 - (804) 233-7679
 - **Grace and Holy Trinity: Red Door Ministries Soup Kitchen**
 - 8 N. Laurel St. Richmond
 - Fridays 12:00 pm - 1:00 pm
 - (804) 359 - 5628
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NOVEMBER CLIENT RESOURCES...

- **Memorial Service & Community Dinner**
 - November 1st at 4:30 pm at Bethlehem Lutheran Church (1100 W. Grace St. Richmond)
- **Richmond Adult Technical Center (RATC) Fall Career Fair**
 - November 1st & 2nd from 6:00 pm - 8:00 pm at Richmond Technical Center Multipurpose Room (2020 Westwood Ave, Richmond)
- **Virginia Career Works: Job Club**
 - November 22nd from 2:00 pm to 3:00 pm at Premier Office Park (304 Turner Road Suite N. North Chesterfield *Bus Route 63)
- **AliveRVA Warmline**
 - Sunday - Saturday 8:00 am - 12:00 am. Call 1-833-4PEERVA (1-833-473 - 3782)
- **Inclement Weather Shelter**
 - The winter shelter is open nightly 7:00 pm from 7:00 am beginning around the first of November through the middle of April. (1900 Chamberlayne Avenue)
 - The shelter entrance is behind Eternity Church, facing Sledd Street
- **RICH in Resources**
 - Third Thursday of every month in the main lobby of RBHA
 - The table is stocked with info on upcoming community events (like job fairs and networking opportunities), community resources, and handouts about some of RBHA's programs. Client appreciation snack bags are also available.



This and past Pulse issues can be found online at www.rbha.org under Resources.