

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



TAKE ACTION TODAY!

It is estimated that over 66,000 Americans will be diagnosed with pancreatic cancer in 2024. November is Pancreatic Cancer Awareness Month. **Pancreatic cancer has the lowest survival rate of all major cancers.** Pancreatic cancer starts when cells in the pancreas start to grow out of control and it typically spreads rapidly to nearby organs. **Pancreatic cancer in the early stages typically causes vague, nonspecific symptoms that often don't occur until the disease is advanced.** These symptoms may include poor appetite, weight loss, abdominal or back pain, jaundice (yellowing of the eyes or skin, dark colored urine and/or light-colored bowel movements). Treatment options for pancreatic cancer can include surgery, radiation therapy, chemotherapy and other drugs. **A good way to help prevent pancreatic cancer is to stay at a healthy weight, resist smoking, and limit alcohol.** The only curative treatment is to surgically remove all of the cancer, occasionally removal of the entire pancreas, and/or a pancreatic transplant; however, few are eligible for a transplant. Chemotherapy after surgery can lower the chances of the cancer returning. **There is no known cure for Pancreatic Cancer, however patients diagnosed with pancreatic cancer are encouraged to seek out clinical trials that will ultimately improve pancreatic cancer treatment.**

For more information visit the American Cancer Society website at <https://www.cancer.org/cancer/types/pancreatic-cancer/about.html>



Introducing Taniesha

RICH Recovery Clinic Client

“The RICH Clinic is a great place for me”

CLIENT CORNER

Taniesha grew up in Chester, PA and for fun she enjoys cooking, helping others, and spending time with her family. Her favorite quote is “Respect others the way that you would like to be respected.” Taniesha said, **“My children are my heroes and my Godmother. She inspires me and is always there to support us.”** When asked what brought her to RBHA, Taniesha said, “Mental health case management as well as learning to interact with others in a group setting. I attend 12:00 pm Wednesday Peer Group in the RICH Clinic where I can express my feelings and get positive feedback.” She receives services from Mental Health and Peer Services. Her favorite is Peer Group. When asked who or what motivates her on her road to recovery, Taniesha said, “My counselor, Peer Specialist Ms. Peggy, my children, and my godmother.” When asked about her first experience with the RICH Recovery Clinic, Taniesha said, **“They were a little confusing in the beginning but once I got situated with case management and the peer group, it is great being here.”** When asked what her biggest accomplishment is thus far, Taniesha said, **“I am learning healthy and positive ways to express myself and my feelings.”** Tanisha’s long-term goal is homeownership. When asked what she would tell other people interested in coming to the RICH Clinic or RBHA, Taniesha said, **“It is a great place to come for help in just about anything that you need, as well as a great place to learn.”** The advice she would give a person just starting on their recovery journey is to “Put yourself first and stay focused.”



RICH RECOVERY
Integrated Care Clinic



FOOD FOR THOUGHT

Hunger exists in every community in Virginia. In fact, one in nine Virginians find themselves not having enough food to eat. Fortunately, Richmond has many food pantries and soup kitchens to assist individuals and families in need. Below are just a few in the area.

- **CAPUP North Food Pantry**
 - 1021 Oliver Hill Way, Richmond
 - Monday - Thursday 10:00 am - 1:00 pm
 - (804) 788-0050 ext. 143
- **Second Presbyterian Church Soup Kitchen**
 - 5 N. Fifth St., Richmond
 - Mondays 10:30 am - 12:45 pm
 - (804)-649-9148
- **Twenty-First Street Church of God**
 - 1601 N 21st St., Richmond
 - 3rd and 4th Tuesdays from 10:00pm - 12:00pm
 - (804) 314-0401
- **St. Paul's Episcopal Church**
 - 815 East Grace St., Richmond
 - Thursdays 11:30 am - 12:30 pm
 - Doors open 11:00 am and close at 12:30 pm
Enter on 8th St entrance
 - (804) 643 - 3589
- **Christ Ascension Episcopal Church Food Pantry**
 - 1704 West Laburnum Ave., Richmond
 - 2nd & 4th Mondays 9:00 am - 11:00 am
 - (804) 264-9474
- **Feed More**
 - Hunger Hotline at (804) 237-8617
 - Monday- Friday 9:00 am - 4:00 pm
- **Ebenezer Baptist Church Food Pantry**
 - 216 W Leigh St., Richmond
 - Thursdays 10:00 am - 11:00 am
 - (804) 643 - 3366
- **First Baptist Church of South Richmond**
 - 1501 Decatur St., Richmond
 - 1st & 3rd Saturdays 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
- **Centenary United Methodist Church**
 - 411 East Grace St., Richmond
 - Fridays - doors open at 10:30 am and lunch is served at 11:00 am. Doors close at 12:00 pm
 - (804) 648-8319
- **Peter Paul Development Center**
 - 1708 North 22nd St., Richmond
 - 1st & 3rd Wednesdays 8:00 am - 10:00 am
 - (804) 780 - 1195
- **New Life Deliverance Tabernacle Food Pantry**
 - 900 Decatur St., Richmond
 - Wednesdays 1:00 pm - 3:00 pm and Saturdays 11:00 am - 1:00 pm
 - (804) 233 - 2730

NOVEMBER CLIENT RESOURCES...

- **Diversity Richmond & The Atlantic Outreach Group: Food and Clothes Pantry**
 - First Tuesday of every month from 12:30 pm - 1:30 pm
 - 1407 Sherwood Ave. Richmond (Thrift Store Parking Lot)
 - Join us for our mobile food and clothes pantry
- **Virginia Career Works: Job Club**
 - November 21st and December 19th from 1:00 pm - 2:00 pm
 - 4914 Radford Ave. Richmond
 - Job Club is a networking group that connects you with other job seekers in the community, while also teaching you valuable job search skills
- **The 6th Annual Turkey Giveaway: The Giveback & Resource Fair**
 - Saturday, November 23rd from 11:00 am - 2:00 pm
 - Rivery City Middle School Gymnasium (6300 Hull St Richmond)
- **Feed the Hungry & Homeless: Help End World Hunger**
 - November 23rd at 10:00 am
 - 2802 Dupont Circle Richmond
 - Serving anyone hungry and/or homeless
- **VDH Low Income Safety Seat Program**
 - Are you in need of a child safety seat or booster and cannot afford to buy one? Apply now, you may be eligible. Seat supplies are limited so don't wait.
 - If you meet the following criteria, you may be eligible:
 - Live in Virginia (citizenship not required)
 - Custodial parent, legal guardian, or foster parent
 - Child is seven years old or younger
 - Pregnant mother must be in last trimester of pregnancy
 - Income eligible for WIC, SNAP, Medicaid, TANF, or FAMIS
 - Available to attend a training, to learn how to correctly use and install a safety seat and booster seat
 - Call the program at 1-800-732-8333
- **AliveRVA Warmline**
 - Sunday - Saturday 8:00 am - 12:00 am
 - Call 1-833-4PEERVA (1-833-473 - 3782)
- **988 Suicide and Crisis Lifeline**
 - The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
 - English and Spanish available
 - Just dial, text or chat 988!