

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



FEBRUARY IS HEART AWARENESS MONTH

Around 127 million adults in the United States have some form of cardiovascular disease. Heart Disease is responsible for 1 in 5 female deaths in the United States. Also in the United States, African Americans die from heart disease at a rate of 30% to 40% higher than white Americans. The term "heart disease" is often used interchangeably with the term "cardiovascular disease." Generally, it refers to conditions that involve narrowed or blocked blood vessels and can lead to heart attacks, chest pain (angina) or stroke. February is Heart Disease Awareness month. **Heart Disease can be subtle. It can go undiagnosed until an individual experiences signs of a heart attack, heart failure, or an arrhythmia.** Symptoms of a heart attack consist of chest pain, upper back or neck pain, and shortness of breath. Heart failure symptoms are fatigue and/or swelling of the feet, ankles, legs, or abdomen. Arrhythmia symptoms are fluttering feelings in the chest (palpitations). **Heart Disease is easier to treat when detected early. Many forms of heart disease can be prevented or treated with healthy lifestyle choices.** Key risk factors for heart disease include high blood pressure, high blood cholesterol, and smoking. 47% of people in the United States have at least one of these risk factors. Other risk factors include family history, poor diet, diabetes, obesity, physical inactivity, stress, excess alcohol, history of preeclampsia, and poor hygiene. **High blood pressure is the leading cause of heart disease and stroke. Seek emergency medical care if you or a loved one experiences chest pain, shortness of breath, and/or fainting.**

For more information visit the website of The American Heart Association website at <https://www.heart.org/en/american-heart-month>.

Moving with Heart

Heart Disease is one of the leading causes of death in the United States, but it is often preventable. Below are some lifestyle changes to help with your heart health in 2026.

Healthy Eating Habits

- Having a balanced eating plan can help lower blood pressure.
- Pick foods low in sodium and without added sugars.
- Whole fruits, low-fat yogurt, dry fruits, unsalted rice cakes, and raw vegetables make good healthy snacks.
- Try incorporating meatless meals twice a week.
- Maintaining a stable blood sugar level is vital for heart health because having too much glucose in your blood can cause heart problems.

Controlling Blood Pressure

- Healthy blood pressure is less than 120/80 mm Hg.
- Alert your doctor if your blood pressure is consistently higher than 130/80 mm Hg.
- High blood pressure can cause serious health problems.
- Use a blood pressure tracker to help monitor your numbers.
- If you are pregnant or plan to be, it is very important to keep your blood pressure under control to avoid Preeclampsia.

Be More Active

- Physical activity can help lower your risk of heart disease and stroke.
- Adults should spend at least 150 minutes each week doing physical activity.
- Try taking the stairs instead of the elevator.
- Try muscle-strengthening activities like lifting weights or doing yoga.
- Try some low impact exercises like marching in place or taking a walk around the block.



Practice Self Care

- Daily acts of self-care can benefit your overall health.
- Try meditation and focusing on positivity.
- Try going for a walk outside.
- Explore wellness programs or apps.
- Remind yourself daily of things you are grateful for.

AliveRVA

AliveRVA is a Peer Recovery and Resource warmline, staffed by trained individuals with lived experience in addiction, recovery and behavioral health. AliveRVA peers offer telephonic support and information on resources in the Richmond area



www.aliverva.org
[@aliveRVAwarmline](https://twitter.com/aliveRVAwarmline)
1-833-4PEERVA (473-3782)
7 days/week
8:00 am - 12:00 midnight

RICH Peer to Peer Group!

Every Wednesday from 1:00 pm - 2:00 pm at the RBHA Main location (107 S 5th St).

This is a weekly group is facilitated by RICH Clinic Peers with lived experience with Mental Health and/or Substance Use challenges. We get together every week to discuss resources and activities in daily living for anyone in any stage of recovery.

**For more information,
contact Peggy Page CPRS
(804) 659-1408
peggy.page@rbha.org**

Women Wellness Workshop

Every Tuesday from 10:30 am - 12:00 pm at the RBHA Main location (107 S 5th St in room 199).

Whether you're looking to calm your mind, uplift your spirit, or learn a new skill; this workshop has something for everyone. Reserve your spot today and take the first step towards a healthier, happier you!

**Register with Patty Andes at
Patricia.Andes@rbha.org or
(804) 429-7982**

Don't Forget your Flu shot!

It is much easier to catch the flu in the winter because the flu virus is more transmittable at cooler temperatures. Remember that 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 send an email to rich.clinic@rbha.org today!

FEBRUARY CLIENT RESOURCES

- **Feed More Help Line**

- (804) 237-8617
- Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>

- **Dignity on the Go: Mobile Showers**

- Every Wednesday from 10:00 am - 1:00 pm
- The Saint Paul's Baptist Church (Belt Campus) 700 East Belt Blvd Richmond
- Additional support from weekly community partners includes free haircuts, ID services, housing assistance, workforce support, veterans support, finance counseling, and mental health services.
- For more information email Outreach@myspbc.org.

- **Black History: A Living Legacy!**

- February 21st from 1:00 pm - 3:00 pm
- Broad Rock Library (4820 Old Warwick Rd. Richmond)
- Broad Rock Branch Library's Advisory Board is excited to present the 5th annual Black History Month Social and Celebration!
- Join us to enjoy interesting and entertaining presentations from community members celebrating Black history and excellence, as well as food and togetherness.

- **Page Turners**

- A reading group for older teens and adults with Down syndrome, autism, cerebral palsy, and other intellectual and developmental disabilities.
- In collaboration with Parks and Rec. (Previously known as Between the Lines)
- Every Tuesday from 10:30 am - 11:15 am at Main Library (101 E Franklin St. Richmond)

- **Salvation Army Inclement Weather Shelter**

- Location: 1900 Chamberlayne Avenue
- The shelter opens each day at 5 pm and closes at 8 am the next morning beginning November 15th through April 15th.
- Guests are encouraged to arrive before 10:00 pm to ensure check in and placement before lights out.
- The overnight stay includes two meals, a cot and access to restrooms and sleeping areas.
- Service dogs are welcome
- Space is available on a first come, first served basis for 60 men and 40 women.
- The men's entrance is at the back of the building, which faces Sledd Street and the U.S. Post Office, and the women's entrance is at the side alley of the building.

- **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!*