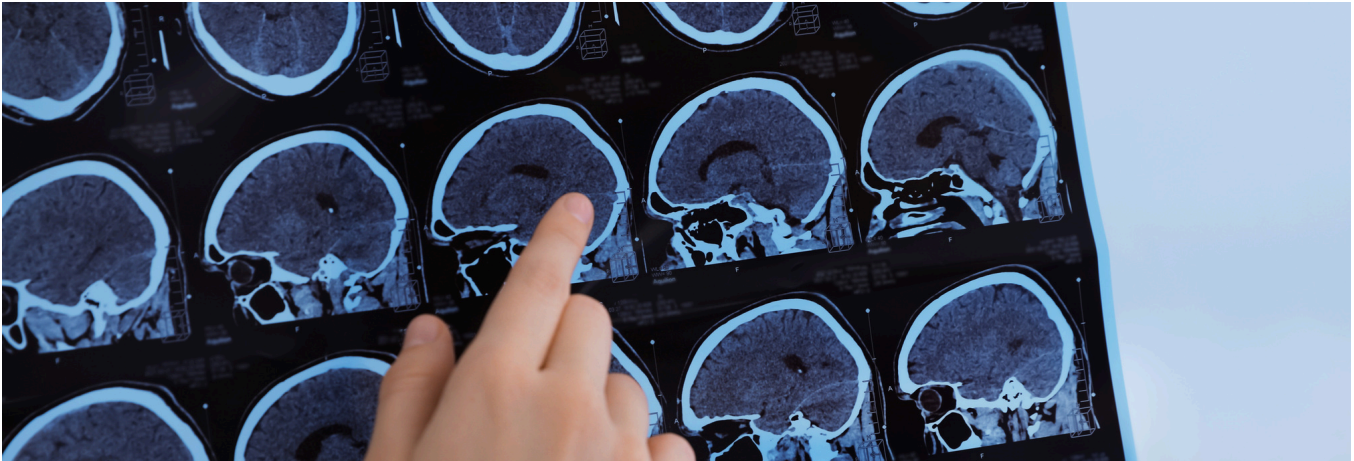


# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



## MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH

**It is estimated that over 2.8 million people have Multiple Sclerosis (MS) worldwide and March is MS Awareness Month.** MS is a chronic disease of the central nervous system (CNS), which is made up of the brain, spinal cord and optic nerves. Symptoms include difficulty thinking clearly, vision problems, fatigue, depression, numbness or weakness in arms and legs, problems with sexual function or urination, difficulty walking or keeping balance, and muscle stiffness. These symptoms can vary from person to person and depend on severity of nerve damage. MS is unpredictable. Some people are only slightly affected while others lose the ability to speak, write, see clearly, or even walk. **MS can occur at any age but usually manifests in 20 to 40 year old people.** Studies suggest that genetic risk factors increase the risk of developing MS, but there is no evidence that MS is directly inherited. MS occurs in most ethnic groups but is most common in Caucasians of northern European ancestry. There is no specific test available to diagnose MS. Healthcare providers make the diagnosis through a careful process of ruling out other diseases or causes. **MS cannot be cured, however life expectancy for people with MS has increased over the years due in part to treatment breakthroughs, improved healthcare, and lifestyle changes.** Disease Modifying Therapies (DMTs) can help manage symptoms, reduce relapses, and slow progression.

For more information visit the National Multiple Sclerosis Society website at <https://www.nationalmssociety.org/Get-Involved/Raise-Awareness>.

# Spring into Fitness

Exercise is about more than just losing weight. Exercise can combat some health conditions and diseases such as stroke, high blood pressure, heart disease, type 2 diabetes, and some types of cancers. Studies have shown that exercise can help lower stress and anxiety as well as, promote better sleep and boost energy. Weekly exercises that can help improve wellness include but are not limited, to running, walking, jogging, yoga, aerobics, kickboxing, dancing, hiking, cardio & strength training, swimming, and bike riding. Exercise can be enjoyed individually or in groups or even with animals. Some examples would be walking your dog in the park or attending a goat yoga class. The Mayo Clinic recommends at least 30 minutes of moderate physical activity every day.



## WHAT TO KNOW ABOUT FLU A?

Influenza A or “Flu A” is a highly contagious respiratory virus that causes severe, sudden-onset illness, including high fever, severe muscle aches, and fatigue, typically peaking in winter. Ways to help prevent contracting Flu A include annual vaccinations, resting, and good hygiene. Symptoms of Flu A include rapid onset of fever, chills, fatigue, cough, sore throat, and severe body aches. Symptoms usually last 7–10 days. Flu A spreads easily through coughing/sneezing and/or by touching contaminated surfaces. The best treatment for Flu A is rest, hydration, and fever reducers. Antiviral drugs should be used for severe cases, especially if caught early. **Don't forget the RICH Recovery Clinic provides a wide range of immunizations for clients including Influenza/Flu and COVID 19!**



# RICH Recovery Clinic Information

## Clinic Hours of Operation

Monday: Closed

Tuesday: 8:30 am - 7:00 pm

Wednesday: 8:30 am - 7:00 pm

Thursday: 8:30 am - 5:00 pm

Friday: 8:30 am - 5:00 pm

The RICH Clinic is closed on weekends and RBHA observed holidays.

## Genoa Healthcare On-Site Pharmacy Hours

Monday: 8:00 am - 5:00 pm

Tuesday: 8:00 am - 8:00 pm

Wednesday: 8:00 am - 8:00 pm

Thursday: 8:00 am - 5:00 pm

Friday: 8:00 am - 5:00 pm

## General Information

RICH Clinic Phone #: 804 - 819 - 4016

Pharmacy Phone #: 804 - 362 - 1761

Address: 107 S. 5<sup>th</sup> St (1<sup>st</sup> Floor)

If you reach our voicemail, please leave a message and include your first & last name, date of birth, and reason for calling (e.g., running late, reschedule, refill request, question, etc.).

Fax #: 804 - 819 - 4267

Email: [RICH.Clinic@RBHA.org](mailto:RICH.Clinic@RBHA.org)

The RICH Recovery Clinic provides accessible, affordable, and quality medical services to RBHA's consumers.

## How to schedule an appointment

- If you **HAVE** seen a Primary Care Provider (PCP) at the RICH Clinic in the past year
  - Call the RICH Clinic at 804-819-4016.
- If you **HAVE NOT** been seen at the RICH Clinic in the past year (or ever)
  - Ask your Case Manager or Peer Specialist to help you schedule an appointment.

## How to cancel an appointment

- Call the RICH Clinic and request to reschedule
- Contact your Case Manager or Peer Specialist for assistance.

Please try to let us know at least 24 hours in advance whenever possible.

## What to bring to your appointment

- Current insurance card
- Valid photo ID
- Current medications (or a picture of your prescriptions)
- Medication co-pay, if available
- Recent medical paperwork, if available

## Late Policy

Our goal is to provide care to everyone in a timely manner. **Be prepared to reschedule if you arrive 15 minutes or more after your scheduled appointment time.**

- Aim to arrive 15 minutes early for appointments.
- Call the RICH Clinic **ASAP** if you are running late – 804-819-4016

# MARCH CLIENT RESOURCES

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- **Feed More Help Line**
  - (804) 237-8617
  - Monday- Friday 9:00 am - 4:00 pm
  - <https://feedmore.org/help-line/>
- **First Baptist Church of South Richmond Food Pantry**
  - 1501 Decatur St., Richmond
  - 1st & 3rd Saturdays 10:00 am - 12:00 pm
  - (804) 233-7679
- **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](mailto:Outreach@myspbc.org).
- **Fitness Warriors: "Feeling Fit with Pat!"**
  - Come join Pat for a fun, relaxed, low-to-moderate impact workout!
  - Pat is a fitness instructor with many years of experience leading people of all ages and fitness levels.
  - Every Monday from 6:30 pm - 7:30 pm at Ginter Park Library (1200 Westbrook Ave 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!*