


# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



World AIDS  
Day

## TRANSFORMING AIDS RESPONSE

According to the World Health Organization (WHO), an estimated 40.8 million people were living with HIV globally in 2024 and approximately 630,000 people died from HIV-related causes that same year. December 1st is globally known as World AIDS Day. The first World AIDS Day took place in 1988. **World AIDS Day provides a platform to raise awareness about HIV and AIDS and honor the lives of those affected.** This year the theme of World AIDS Day is centered around calling for sustained political leadership, international cooperation, and human-rights-centered approaches to end AIDS by 2030. **HIV is the virus that can lead to AIDS if not treated.** Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment. **HIV can be transmitted through sexual contact, sharing needles to inject drugs, and/or pregnancy or breastfeeding.** With proper medical care, HIV can be controlled. If taken the right way, the medicine used to treat HIV can dramatically prolong the lives of a person infected with HIV and help lower their chance of infecting others. **The only way to know for sure whether or not HIV has been contracted is to get tested.** Knowing one's status is vital because it helps with making healthy decisions to prevent getting or transmitting HIV. Some people may experience a flu-like illness within 2 to 4 weeks after infection, however some people may not feel sick during this stage. **After getting tested, it's important to find out the result and talk to your health care provider about treatment options if you are in fact HIV-positive.**

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/hiv/default.html>.

# *Richmond Cold Weather Shelter*

## **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.

## **Don't Forget your Flu shot!**

Flu season is back again! Just a reminder 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](mailto:rich.clinic@rbha.org) today!**







## Season's Greetings from the RICH Recovery Clinic staff!!!



## RICH Recovery has a Peer to Peer Group!

The RICH Peer to Peer group is a weekly group facilitated by the RICH Recovery Clinic peers with lived experience with mental health and/or substance use challenges. The group discusses various topics including sober living, healthy relationships, peer support, living skills, coping skills, positive self-talk, wellness tools, etc.

**For more information, contact Peggy Page CPRS**  
**(804) 659-1408**  
**[peggy.page@rbha.org](mailto:peggy.page@rbha.org)**  
**107 S. 5th Street Richmond**



# DECEMBER CLIENT RESOURCES

- **Feed More Help Line**

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

- **Grace and Holy Trinity: Red Door Ministries Soup Kitchen**

- 8 N. Laurel St., Richmond
- Every Fridays 12:00 pm - 1:00 pm
- (804) 359 - 5628

- **First Baptist Church of South Richmond**

- 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).

- **Women' Wellness Workshop**

- Every Tuesday from 10:00 am - 11:00 am at the RBHA Main location (107 S 5th St in room 199)
- Are you ready to embark on a journey to nurture and inspire you? Whether you're looking to calm your mind, uplift your spirit, or learn a new skill; this workshop has something for everyone.
- Don't miss this opportunity to invest in yourself and your well-being. Reserve your spot today and take the first step towards a healthier, happier you!
- Register with Patty Andes at [Patricia.andes@rbha.org](mailto:Patricia.andes@rbha.org) or (804) 429-7982

- **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!*