

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



JANUARY IS GLAUCOMA AWARENESS MONTH

More than 4 million people in the United States have glaucoma. According to the **National Glaucoma Research, Glaucoma is a leading cause of irreversible blindness in the United States.** It is the second most common cause of blindness worldwide. Also, Glaucoma is the leading cause of blindness among African Americans and Hispanics in the United States. Glaucoma is a disease that damages the eye's optic nerve. It typically happens when fluid builds up in the eye causing pressure and damages the optic nerve. When the optic nerve is damaged from increased pressure, it may result in open-angle glaucoma and/or vision loss. Open-angle Glaucoma is the most common form of Glaucoma and has no initial symptoms. **Diabetes, high blood pressure, and heart disease are all risk factors for Glaucoma.** Glaucoma can develop in one or both eyes. Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. Glaucoma is detected through a comprehensive dilated eye exam that includes the following: Visual acuity test, Visual field test, Dilated eye exam, Tonometry, and Pachymetry. Glaucoma treatments include medicines, laser trabeculoplasty, conventional surgery, or a combination of any of these. While these treatments may save remaining vision, they do not improve sight already lost from glaucoma. **Vision lost from the disease cannot be restored so early diagnosis is very important.** Everyone is encouraged to have a comprehensive dilated eye exam at least once every two years.

For more information visit the National Institute of Health (NIH) website at
<https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources/glaucoma-awareness-month>.



New Year, New You, New Possibilities

- **Start Speaking Spanish!**

- January 14th through February 18th, 2026, from 1:00 pm - 2:30 pm at Broad Rock Library (4820 Old Warwick Rd. Richmond)
- Learn the basics of conversational Spanish in a friendly and supportive setting!
- This six-week course is primarily intended for adults who have little or no experience with the language.

- **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)

- **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)

- **Library Yarn**

- January 5th and 26th at Belmont Library (3100 Ellwood Ave, Richmond) from 1:00 pm - 3:00 pm
- If you like to knit or crochet, join this fun time of creativity. Bring your portable handwork project for an informal group experience. Teens and adults are welcome.

- **Creative Expressions Art Group**

- Second Thursday of each month from 10:00 am - 11:30 am at the RBHA Main location (107 S 5th St in the 2nd floor Multi-Purpose Room)
- Join us for a peer-led art group dedicated to promoting mental wellness as we embark on a journey of creativity and growth.
- No art skills required! Must be open to Adult Mental Health Case Management or Adult Mental Health Peer Services
- To attend this group please have your Case Manager contact Olivia Claytor to RSVP

- **Women's Wellness Workshop**

- Every Tuesday from 10:30 am - 12:00 pm 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 or (804) 429-7982



They put the “Care” in Care Coordination

The Certified Community Behavioral Health Clinic (CCBHC) defines care coordination as "deliberately organizing consumer care activities and sharing information among all of the participants concerned with a consumer's care to achieve safer and more effective care." **In other words, care coordination is helping clients by monitoring their treatment plans as well as connecting them to various health care providers.** Program goals for Care Coordination include but are not limited to improving health outcomes of clients, preventing gaps in care, creating a seamless provider visit, reducing unnecessary Emergency Room visits and hospitalizations, and increasing engagement in all RBHA services. Over the past year our Care Coordinators have served over 600 RICH Recovery clients and performed over 2100 services. **The RICH Recovery Clinic is ever enriched by the hardwork and dedication of Bertanya “Toni” Stewart, Jennifer Whilden, Jillian Olson, Shamara Williams, and Ainsley Miller** (pictured above).

REMEMBER TO GET 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!



JANUARY 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.
- **First Baptist Church of South Richmond**
 - 1501 Decatur St., Richmond
 - 1st & 3rd Saturdays 10:00 am - 12:00 pm
 - (804) 233-7679
- **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.
- **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!