

THE PULSE

En**RICH**ing lives and keeping a pulse on healthcare integration at RBH

TAKE CHARGE OF YOUR BRAIN HEALTH

June is National Alzheimer's and Brain Disease Awareness Month. **Over 7 million Americans are living with Alzheimer's disease, and that number is projected to increase to 14 million by 2060.** Alzheimer's disease is the seventh leading cause of death among adults in the United States and is the most common form of dementia. Dementia is a general term for memory loss and the decline in mental ability that interferes with daily life. It affects memory, thinking, and behavior. Alzheimer's is a progressive disease in which symptoms gradually worsen over a number of years. Unfortunately, in the late stages of Alzheimer's individuals lose the ability to carry on a conversation and respond to their environment. **The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning.** As Alzheimer's progresses it can lead to increasingly severe symptoms including the following: unfounded suspicions about family, friends, and/or professional caregivers; disorientation; mood and behavior changes; deepening confusion about events, dates, and places; more serious memory loss and behavioral changes; and difficulty speaking, swallowing and walking. **Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, however survival can range from four to 20 years, depending on other health conditions.** The majority of people with Alzheimer's are 65 years and older. Alzheimer's treatments cannot stop its progression, but only temporarily slow the symptoms and improve quality of life for those with Alzheimer's and their caregivers.

For more information visit the Center for Disease Control and Prevention website at <https://www.cdc.gov/alzheimers-dementia/>.

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

107 S. 5th Street Richmond



Women Wellness Workshop

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!

Every Tuesday from 10:00 am - 11:00 am at the RBHA Main location (107 S 5th St in room 199). Register with Patty Andes at Patricia.andes@rbha.org or (804) 429-7982

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!

Mobile Market

Shalom Farms is hosting a weekly mobile farmer's market from April 29th to November 23rd selling fresh, local, affordable fruits and vegetables on a sliding scale. 50% off with SNAP/EBT.

TUESDAY

Highland Park Senior Apartments
1221 E. Brookland Park Blvd
11:00 am - 12:30 pm

Dominion Place Senior Apartments
1025 W Grace Street
1:30 pm - 3:00 pm

BHC Lincoln Mews Apartments
4101 North Ave
4:00 pm - 6:00 pm

WEDNESDAY

VCU Massey Cancer Center
1001 E Leigh Street
10:00 am - 12:00 pm
(for patients and families)

Bon Secours Sarah Garland Jones Center
2600 Nine Mile Rd
12:30 pm - 2:00 pm

Manchester YMCA
7540 Hull Street
4:00 pm - 6:00 pm

THURSDAY

Bon Secours Care-a-van Ramsey
Memorial UMC
5900 Hull Street Rd N
10:00 am - 11:30 am

Broad Rock Public Library
4820 Old Warwick Rd
11:00 am - 12:30 pm

Stonewall Senior Apartments
1920 Stonewall Ave
1:00 pm - 2:30 pm

Neighborhood Resource Center
(Fulton)
1519 Williamsburg Rd
4:00 pm - 6:00 pm

FRIDAY

Winchester Greens
2700 Bensley
Commons Blvd
11:30 am - 1:00 pm

Broad Rock Elementary
School
4615 Ferguson Lane
2:00 pm - 3:30 pm

SUNDAY

RVA Black Farmers Market
2nd & 4th Sunday 1311
Westwood Ave
11:00 am - 3:00 pm



****No Mobile Markets on the following dates: June 19, July 4, July 5, July 28, July 31, & August 1**

JUNE CLIENT RESOURCES

- **Alzheimer's Association Memory Cafe**
 - June 18th from 11:00 am - 1:00 pm
 - VCU Health Hub at 25th (1330 N 25th St Suite A, Richmond)
 - The Alzheimer's Association's Memory Cafés offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. This is a place where the care partner can receive information while connecting and sharing with other people in similar situations.
- **Virginia Career Works: Job Club**
 - June 24th from 2:00 pm - 3:00 pm
 - 121 Cedar Fork Rd. Henrico
 - Job Club is a networking group that connects you with other job seekers in the community, while also teaching you valuable job search skills
- **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.
- **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
- **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!