

THE PULSE

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

DIABETES AWARENESS



KNOW THE RISKS

According to the Center for Disease Control and Prevention (CDC), over 38 million Americans had diabetes in 2021 and over 8 million cases went undiagnosed in adults in the United States. In fact, the number of people with diabetes is expected to rise to 643 million worldwide by 2045. Diabetes is a group of diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced by the body. This can result in high blood sugar levels. There are several different types of diabetes. Type 2 diabetes is the most common form of diabetes. Early symptoms for diabetes includes fatigue, increased thirst, blurry vision, and frequent urination. **Risk factors for diabetes includes family history, unhealthy diet, high cholesterol, sleep apnea, obesity, physical inactivity, and high blood pressure.** People living with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments including diet control, exercise, self-monitoring of blood glucose, oral drugs, and/or insulin. **Early detection and treatment of diabetes can decrease the risk of developing complications such as damage to the heart, teeth and gums, feet, or kidneys.** Studies show that keeping blood glucose, blood pressure and cholesterol levels close to normal can help prevent or delay diabetes. **With the help of insulin therapy and other treatments, a person with the disease can manage their condition and live a long healthy life.**

For more information visit the National Institutes of Health (NIH) website at <https://www.diabetes.org/community/american-diabetes-month>.

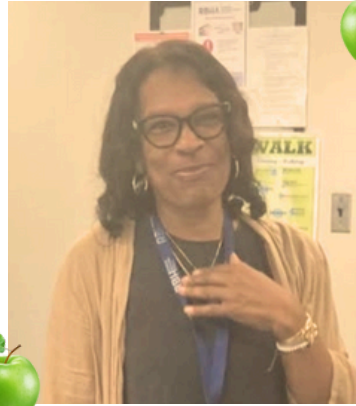
Thank you RICH Peer Recovery Specialists!



Genita Huggins
Peer Recovery Specialist



Peggy Page
RCPRS, TOT/PRS



Gayle Hobson
R-CPRS (CPRS-T, APPR-T, PAR-T)
Lead Peer Recovery
Specialist



Patricia Andes
CPRS

RBHA employs many Peers across the agency. **During this season of giving thanks, we at the RICH Recovery Clinic are very lucky and thankful to have four fantastic Peers.** Many may not know what Peer Recovery Specialists actually are. Peer Recovery Specialists (PRS) are individuals in long-term recovery who have been successful in their recovery process and assist others with their experiences in similar circumstances. Peer Recovery Specialist have lived experiences with either or both mental health or substance use. **They provide an experienced shoulder to lean on for individuals just beginning their recovery journey.** Peer Recovery Services can help extend the influence of treatment far beyond the typical clinical setting. **Also, peer engagement has been known to help some individuals stay engaged in their recovery journey and reduce relapse.** For more information on how to become a peer visit the Virginia Peer Recovery Specialist Portal at <https://www.vaprs.org/about-peer-family-support/prs-certification/>.




**Congratulations to the graduating
October 2025 Peer Class!!!**



FOOD FOR THOUGHT

One in eight Virginians find themselves not having enough food to eat. Fortunately, Richmond has many food pantries and soup kitchens to assist individuals and families in need. Below are just a few in the area.

- **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**
 - 1501 Decatur St., Richmond
 - 1st & 3rd Saturdays 10:00 am - 12:00 pm
 - (804) 233-7679
 - **St. Michael's Episcopal Church/ Monarch Wood (CSFP Site)**
 - 8706 Quaker Lane Richmond
 - Every Thursday 10:00 am - 12:00 pm
 - (804) 272 - 0992
 - **Second Presbyterian Church Soup Kitchen**
 - 5 N. Fifth St., Richmond
 - Every Mondays 10:30 am - 12:45 pm
 - (804)-649-9148
 - **St. Paul's Episcopal Church Lunch Program**
 - 815 East Grace St., Richmond
 - Every Thursdays 11:30 am - 12:30 pm
 - Doors open 11:00 am and close at 12:30 pm
 - Enter on 8th St entrance
 - (804) 643 - 3589
 - **Christ Ascension Episcopal Church Food Pantry**
 - 1704 West Laburnum Ave., Richmond
 - 2nd & 4th Mondays 9:00 am - 11:00 am
 - (804) 264-9474
 - **Weinstein Jewish Community Center/Elmer Toth Food Pantry**
 - 5403 Monument Ave., Richmond
 - Every Sunday & Tuesday 11:00 am - 1:00 pm
 - (804) 285 - 6500
 - **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
 - **Crusade for Christ Ministries**
 - 2337 Clearfield, St., Richmond
 - Every Tuesday 10:00 am - 12:00 pm
 - (804) 728 - 8549
 - **Peter Paul Development Center**
 - 1708 North 22nd St., Richmond
 - 1st & 3rd Wednesdays 8:00 am - 10:00 am
 - (804) 780 - 1195
 - **New Life Deliverance Tabernacle Food Pantry**
 - 900 Decatur St., Richmond
 - Wednesdays 1:00 pm - 3:00 pm and Saturdays 11:00 am - 1:00 pm
 - (804) 233 - 2730
 - **First Union Food Pantry**
 - 6144 Derwent Rd., Richmond
 - Every Tuesday 6:00 pm - 7:00 pm
 - (804) 543 - 4539
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NOVEMBER CLIENT RESOURCES

- **Virginia Career Works: Job Club**

- November 25th 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.

- **Shalom Farms Mobile Market**

- Every Thursdays from May 1, 2025 - November 20, 2025, from 11:00 am - 12:30 pm
- Located in the parking lot of Broad Rock Library (4820 Old Warwick Rd., Richmond)
- Shalom Farms will be selling their affordable and fresh local fruits and vegetables
- Cash, cards, and SNAP/EBT accepted

- **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 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!*