

THE PULSE

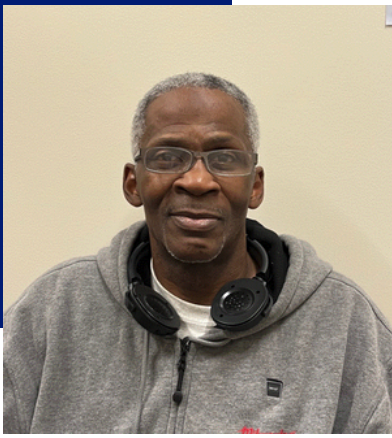
EnRICHing lives and keeping a pulse on healthcare integration at RBH

THE RISK IS NOT KNOWING, GET TESTED!

December 1st is globally known as World AIDS Day. The first World AIDS Day took place in 1988 over 35 years ago. **World AIDS Day provides a platform to raise awareness about HIV and AIDS and honor the lives of those affected.** Over the past 35 years, there has been significant progress in addressing HIV and AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader understanding of the virus. **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 important 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 of the test so you can talk to your health care provider about treatment options if you are in fact HIV-positive or learn ways to prevent getting HIV if results are HIV-negative.**

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

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Introducing William

RICH Recovery Clinic Client

*“Take every situation like
it’s a challenge”*

CLIENT CORNER

William grew up in the Creighton Court Projects in Richmond, on the Church Hill side. He has four children ages 37, 34, 30, and 13 years old. His favorite quote is “To be alive, to be aware, and To have your faith in God. “ For fun, William, likes to watching basketball, read spiritual books, and chilling with his kids. “I used to play, but been in retirement for about 9 years due to knee issues, “ says William.

When asked what brought him to RBH, William said, “Heard about the Suboxone and took it when I was released from prison. I said that I need help. They assigned me to Mr. Stewart and I’ve been here ever since. Suboxone doesn’t give me the urge to use heroin. I don’t have any cravings. “ He receives services from case management, OBAT/Suboxone clinic, and IOP groups with Toni Johnson. When asked what his favorite program is, William said he likes groups. **“Specifically hearing someone’s story in the group. Somebody’s story is different from mine, but it gives me hope. It helps me stay on top of my struggle.”** When asked who motivates him on his road to recovery, William says “My mom. I just lost her in May. We were really close, we were best friends. Watching her live, the things she taught me. My kids also motivate me. My oldest son is incarcerated, so I want to stay on the road of improvement and stability to lead by example. “

When asked about his first experience with the RICH Recovery Clinic, **“It was a great learning experience. It helped me be determined to stay clean, to take my medicine, “** says William. When asked about the best part of the RICH Recovery Clinic, William said “Coming here and being clean is the best part. Also knowing that you can come no matter what. They are doing a great job, no improvement.” When asked about his goals for the future, William said “Number one is staying clean and getting my health back. I had a stroke last year. Help raise my youngest son to be a productive citizen in this world. Also, spend more time with my grandkids. To those looking to come to the RICH Recovery Clinic, Williams said **“The RICH Clinic is a good place to get on Suboxone and stop your cravings. It helps you stay positive and doing productive things in life.”**



Winter is coming...

Roughly 700 people are experiencing homelessness in Richmond, according to data collected in January by the organization Homeward. Inclement weather shelters are essential during this time of year when temperatures start reaching below freezing levels. These shelters not only provide shelter from the cold but warm showers, hot meals, and a bed. With winter fast approaching it is important to share inclement weather information with anyone in need this Holiday Season.



- **Commonwealth Catholic Charities: Inclement Weather Shelter**
 - The shelter is open nightly 7:00 pm from 7:00 am beginning around the first of November through the middle of April.
 - Location: 1900 Chamberlayne Avenue
 - The shelter entrance is behind Eternity Church, facing Sledd Street
 - Offers two meals, shower and restroom facilities, and overnight shelter.
 - Phone Number: (804) 648-4177
- **RVA Sister's Keeper: Women and Children Only Inclement Weather Shelter**
 - Open 5:00 pm and close at 8:00 am the next morning
 - Open when temperatures below 40 degrees
 - Location: 2807 Hull Street
 - Bus Stop locations - Bus 1A Chamberlayne/Hull/Southside Plaza SS & Bus 1B Chamberlayne/ Hull/Warwick
 - Phone Number: (804) 840-7095
- **United Nations Church: Men Only Inclement Weather Shelter**
 - Open 5:00 pm and close at 8:00 am the next morning
 - Open when temperatures below 40 degrees
 - Location: 1901 Wall Street
 - Bus Stop locations - Bus 3B Highland/Route & Bus 87 Bellemead/Hopkins
 - Phone Number: (804) 840-7095

DECEMBER CLIENT RESOURCES...

- **Office of Community Wealth Building Information Sessions**
 - Wednesdays from 2:00 pm - 4:00 pm (East End Branch)
 - Location: 1200 N. 25th St. Richmond
- **Maymont Merry Market**
 - December 1 -2 and December 8 - 9
 - Price \$0 - \$10 (Free for members and guests with EBT card)
 - Location: 1700 Hampton Street, Richmond
- **Bass Pro Shop Santa's Wonderland**
 - Free pictures with Santa the whole month of December from 9:00 am - 9:00 pm
 - Location: 11550 Lakeridge Parkway, Ashland
- **Richmond Public Library Movie Night**
 - Dr. Seuss' How the Grinch Stole Christmas
 - December 4 at 4:00 pm - 5:45 pm (Broad Rock Meeting Room)
 - Location: 101 East Franklin St., Richmond
- **Richmond Public Library Steam Team: Gingerbread House Engineering**
 - December 7 from 4:00 pm - 5:00 pm in West End Meeting Room A
 - Location: 101 East Franklin St., Richmond
- **Richmond Public Library Crochet Christmas Gift Workshop**
 - Tuesdays from 5:00 pm - 6:15 pm and Thursday from 2:00 pm - 3:15 pm through December 21st at the Hull Street Branch (1400 Hull Street, Richmond)
- **The Youth Career Advantage Program: Lunch & Learn Fall Series**
 - December 12 from 11:30 am - 1:00 pm at 121 Cedar Fork Rd. Henrico
 - Careers in Healthcare
- **AliveRVA Warmline**
 - Sunday - Saturday 8:00 am - 12:00 am. Call 1-833-4PEERVA (1-833-473 - 3782)

Happy Holidays from the RICH Recovery Clinic!

