

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



MULTIPLE  
SCLEROSIS

## WITH AWARENESS, THERE IS HOPE!

**It is estimated that over 1.8 million people have Multiple Sclerosis (MS) worldwide and March is MS Awareness Month.** MS is a chronic disease of the central nervous system (CNS), which is made up of the brain, spinal cord and optic nerves. **Symptoms include difficulty thinking clearly, vision problems, depression, numbness or weakness in arms and legs, problems with sexual function or urination, difficulty walking or keeping balance, and muscle stiffness.** These symptoms can vary from person to person and depend on severity of nerve damage. MS is unpredictable. **Some people are only slightly affected while other lose the ability to speak, write, see clearly, or even walk.** MS can occur at any age but usually manifests in people aged 20 to 40 years. Studies suggest that genetic risk factors increase the risk of developing MS, but there is no evidence that MS is directly inherited. MS occurs in most ethnic groups but is most common in Caucasians of northern European ancestry. There is no specific test available to diagnose MS. Healthcare providers make the diagnosis through a careful process of ruling out other diseases or causes. **MS cannot be cured, however life expectancy for people with MS has increased over time due in part to treatment breakthroughs, improved healthcare, and lifestyle changes.**

For more information visit the National Multiple Sclerosis Society website at <https://www.nationalmssociety.org/Get-Involved/Raise-Awareness>



## Introducing Kimberly

RICH Recovery Clinic Client

*“Don’t give up five minutes  
before the miracle  
happens.”*

# CLIENT CORNER

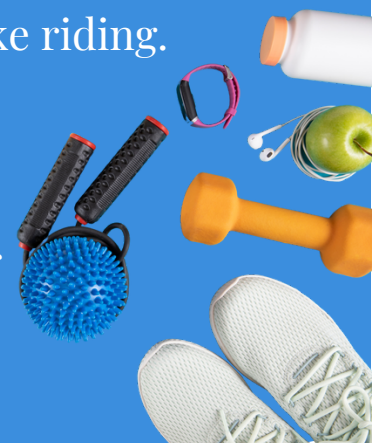
Kimberly’s motto to live by is **“It might be bad today but give it a little time and it will work itself out.”** When asked what brought her to RBHA, Kimberly said, “I was homeless for 43 months. I was mentally struggling and on drugs. Been with RBHA for about 10 years.” She receives services from the RICH Recovery Clinic, Mental Health Case Management, and Housing services. When asked what motivates her on her road to recovery, Kimberly responded, **“I’m part of NA, so my support system. My sponsor does a great job at keeping me on point, on task, and working my steps.”** When asked about her heroes, Kimberly gushed over her father and fiancé. **“My dad is 76 and he is still working. He’s a cancer survivor. My fiancé is only 37 years old and still in school at George Mason University. His tenacity is really inspiring, and he keeps me on my toes. My children are my heroes. They’ve all been through the struggle of life, and they are still making mighty moves.”** When asked about the RICH Recovery Clinic, Kimberly said, “At first, I was scared because I wanted to be off of drugs. The service is really good. They are really attentive to my needs.” When asked what her biggest accomplishment is thus far, Kimberly said, “I’m 18 months clean and it has been a long journey, but I feel like I have really accomplished a lot by staying clean. I’m back working with my fiancé on his corporation and my son’s corporation as Acting Director.” When asked what she is the proudest of on her recovery journey, Kimberly said, “That I’m able to take care of myself and be in my grand and great-grandchildren’s lives without them knowing my struggle. I have 6 children, 23 grandchildren, and 8 great-grandchildren.” **Kimberly says her long term goals are to go back to school too become a drug counselor or to perhaps be apart of RBHA’s Peer Intern program to become a Recovery Specialist.** To other people just starting their recovery journey, she says “Take it one day at a time. Continue on the journey and stay steadfast.”



# Spring into Fitness

Exercise is about more than just losing weight. Exercise can combat some health conditions and diseases such as stroke, high blood pressure, heart disease, type 2 diabetes, and some types of cancers. Studies have shown that exercise can help lower stress and anxiety as well as, promote better sleep and boost energy. Weekly exercises that can help improve wellness include but are not limited, to running, walking, jogging, yoga, aerobics, kickboxing, dancing, hiking, cardio & strength training, swimming, and bike riding.

Exercise can be enjoyed individually or in groups or even with animals. Some examples would be walking your dog in the park or attending a goat yoga class. The Mayo Clinic recommends at least 30 minutes of moderate physical activity every day.



## RICH Peer to Peer Group

Come Join Us and Get Motivated in 2024!

The RICH Peer to Peer group is a weekly group facilitated by RICH Recovery Clinic peers with lived experience with Mental Health and/or Substance Use challenges. **The group meets every Thursday from 12:00 pm - 1:00 pm in room 199C.** The group discusses resources and activities in daily living for anyone in any stage of recovery. The group will discuss 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**

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**107 S. 5th Street Richmond**



# MARCH CLIENT RESOURCES...

- **NAMI: Family Support Group for Parents and Caregivers of Youth Under 18**
  - Held virtually every 1st and 3rd Wednesday of the month from 7:00 pm - 8:30 pm
  - Email Nicole Anjum ([nanjum@namivirginia.org](mailto:nanjum@namivirginia.org)) for Zoom link
- **Richmond Public Library: Introduction to Family Law**
  - Learn more about the VA laws including custody, divorce, support, etc.
  - Local attorneys and law librarians will provide free and low-cost resources.
  - March 7th from 6:00 pm - 7:30 pm
  - East End Branch (1200 N 2nd St. Richmond)
  - (804) 646 - 4474
- **Virginia Career Works: Job Club**
  - Review resume, job search help and techniques, mock interview, etc.
  - March 21st at 1:00 pm
  - 4914 Radford Ave Richmond
- **Richmond Public Library: Remembering the Black Church Hill Community**
  - Saturday March 23rd at 2:00 pm
  - East End Library Branch (1200 N 2nd St. Richmond)
- **Workforce Career Development: Adult Education Career Mega Sale**
  - Tuesday March 26th from 11:00 am - 2:00 pm
  - 1420 N Parham Rd, Henrico, VA 23229 (Lower Level)
- **AliveRVA Warmline**
  - Sunday - Saturday 8:00 am - 12:00 am
  - Call 1-833-4PEERVA (1-833-473 - 3782)
- **Hunger Hotline**
  - Monday- Friday 9:00 am - 4:00 pm
  - (804)-521-2500 ext. 631
- **VDH: Free From Tobacco Program**
  - One-On-One Coaching
  - Free Nicotine replacement therapies
  - Cessation classes and support groups
  - (804) 482 - 8018