

THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBHA



AUGUST IS IMMUNIZATION AWARENESS MONTH

August is National Immunization Awareness month and is meant to raise awareness about the importance of vaccinations for people of all ages. **The Centers for Disease Control and Prevention (CDC) estimates that about 4 million deaths worldwide are prevented each year by childhood vaccinations.** Unfortunately, 1 in 5 children globally do not have access to lifechanging vaccines. Immunizations help protect the body from seriously infectious diseases and are commonly known as vaccines. Routinely during an immunization, a person is injected with a weakened form of a disease. This triggers your body's immune response, causing it to either produce antibodies or induce other processes that enhance immunity. This way if the vaccinated person is ever exposed again to the actual disease, their immune system is prepared to fight off the infection. A vaccine will typically prevent the onset of a disease or reduce its seriousness. As with any medication there are some mild side effects with vaccines. Most common minor reactions to an immunization are soreness or redness around the injection site and a low-grade fever. Side effects like these usually disappear in a few days. **Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death.** National Immunization Awareness month allows for the opportunity to encourage people to talk to their healthcare providers about staying current with their vaccinations. Remember that no vaccine is 100% effective, but it is the first step in protecting yourself and others from serious illness.

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

WHAT YOU NEED TO KNOW ABOUT OBAT?

- OBAT stands for Office-Based Addiction Treatment.
- It is a program at the RICH Recovery Clinic for individuals diagnosed with Substance Use Disorders (SUD).
- It uses a combination of medication and supportive counseling to assist clients.
 - Medications used include Suboxone, Sublocade, or Vivitrol.
 - Clients also have the option of picking up medications from our contracted, in-house pharmacy.
- The clinic works closely with case managers and counselors to offer comprehensive treatment and provide care coordination for individuals receiving this service.
- Hundreds of RBHA clients have received services from the OBAT program.
 - Pregnant women receive priority treatment.
- The OBAT program is offered on various days throughout the week by the RICH Recovery Clinic providers, however OBAT group therapy is every Wednesday from 1:30 pm - 2:30 pm.

If you are interested in participating in the OBAT program, please have your case manager submit a referral to the RICH Recovery Clinic.

REMEMBER TO GET YOUR FLU SHOT!

The Flu can cause fever, aches, and fatigue. An annual vaccine is recommended for everyone 6 months and older. Remember that the RICH Recovery Clinic provides a wide range of immunizations for its 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!



Places to Beat the Heat

- **City Buildings serving as cooling centers**

- Dept. of Social Services at Marshall Plaza
 - 900 E Marshall St, Ste 160
 - Mondays through Saturdays 11AM-6PM
- Dept. of Social Services
 - Southside Plaza 4100 Hull Street Rd
 - Mondays through Saturdays, 11AM-6PM

- **The Children's Museum of Richmond**

- 2626 West Broad St. - (804-474-7000)
- Monday Closed & Tuesday-Sunday 9:30AM-5PM
- \$2 admission with EBT/SNAP card, up to 6 people

- **Virginia Museum of Fine Arts (VMFA)**

- 200 N Arthur Ashe Blvd - (804-340-1400)
- Sat. - Tues. 10AM-5PM & Wed. - Fri. 10AM-9PM
- General admission is always free

- **The Valentine**

- 1015 E. Clay Street - (804-649-0711)
- Tuesday-Sunday 10AM-5PM Thursdays 10AM-7PM
- Free admission with EBT/SNAP card, up to 4 people

- **Public Pools and Splash Pads**

- June 1 through September 2nd
- Monday – Friday Noon to 8PM & Saturday and Sunday Noon to 7PM
- Free swimming lessons available.
- Each pool is fully staffed with lifeguards.
- Call to verify information prior to visiting.
 - Battery Park Pool & Splash Pad - 2719 Dupont Circle (804-646-0127)
 - Bellemeade Pool - 1800 Lynhaven Ave. (804-646-8235)
 - Blackwell Pool - 238 East 14th Street (804-646-8718)
 - Fairmont Pool and Splash Pad - 2000 U Street (804-646-3831)
 - Hotchkiss Pool - 701 East Brookland Park Blvd. (804-646-3762)
 - Powhatan Pool - 5051 Northampton St (804-646-3595)
 - Randolph Pool - 1507 Grayland Avenue (804-646-1329)
 - Woodville Pool - 2305 Fairfield Avenue (804-646-3834)

- **Inclement Weather Shelter**

- Location: 1900 Chamberlayne Avenue
- The center opens each day at 11 am and closes at 5 pm.
- The center offers air conditioning, water, and lunch.
- Open if temperature is expected to reach 92 degrees for 2+ hours during the day.
- It stays open overnight if temperatures remain 92 degrees or higher at 9 pm.
- Homeless Connection Line: 804-972-0813 (for shelter access and information).

- **Main Library**

- 101 E. Franklin St. - (804-646-4867)
- Monday-Thursday 9AM-8PM, Friday 9AM-6PM, Saturday 9AM-5PM & Sunday 1-5PM

- **West End Library**

- 5420 Patterson Ave. - (804-646-1877)
- Monday-Thursday 9AM-8PM; Friday 9AM-6PM Saturday 9AM-5PM & Sunday 1-5PM

- **Ginter Park Library**

- 1200 Westbrook Ave. - (804-646-1236)
- Monday-Thursday 9AM-8PM, Friday 9AM-6PM Saturday 9AM-5PM & Sunday 1-5PM

- **Broad Rock Library**

- 4820 Old Warwick Rd. - (804-646-8488)
- Monday-Thursday 9AM-8PM; Friday 9AM-6PM Saturday 9AM-5PM & Sunday 1-5PM



AUGUST CLIENT RESOURCES

- **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.

- **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!*

- **Virginia SUN Bucks**

- Virginia SUN Bucks helps eligible families pay for groceries during summer break, when most schools are closed.
- The Virginia SUN Bucks Call Center (866-513-1414) will accept applications June 15 through August 31 from 9 a.m. to 6 p.m. (Monday through Friday)
- In 2026, each eligible school-age child will receive a one-time \$120 benefit. Benefits will be added to your household's SNAP EBT card.
 - Eligible families who do not have a SNAP EBT card will be mailed a separate Virginia SUN Bucks card that works like a debit card.

- **YWCA: Care for Kids**

- August 6, 13, 20, and 27th from 10:00 am - 10:30 am at the East End Branch (1200 N 25th St. Richmond)
- Care for Kids is a developmentally appropriate health education and sexual abuse prevention curriculum.
- The goal of Care for Kids is to support students, staff, and caregivers in preventing violence by encouraging positive self-esteem, an understanding of body boundaries, coping with boundary violations, promoting open and comfortable conversations between adults and children, and adult responsibility for the healthy development of children.
- Best for ages 3 - 7 with a caregiver present. Join Richmond Public Library as we learn, grow, and practice powerful skills together!

- **Page Turners**

- Every Tuesday from 10:30 am - 11:15 am at Main Library (101 E Franklin St. Richmond)
- 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)

- **Feed More Help Line**

- (804) 237-8617, Monday- Friday 9:00 am - 4:00 pm
- <https://feedmore.org/help-line/>