

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH

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**Cervical cancer**  
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## PREVENTION IS POSSIBLE!

The American Cancer Society estimated that in 2023 about 13,000 new cases of invasive cervical cancer would be diagnosed and about 4,300 women could die from cervical cancer. **The World Health Organization (WHO) recognizes January as Cervical Cancer Awareness Month.**

The cervix is the narrow organ at the bottom of the uterus that connects to the vagina. At one point cervical cancer was one of the most common causes of cancer deaths for American women. **However, the cervical cancer death rate dropped significantly with the increased use of the Papanicolaou Test (Pap test). The Pap test is a screening procedure that can find changes in the cervix before cancer develops.** It can also find cervical cancer early in its' most curable stage. The survival rate for cervical cancer is highest in its' earliest stages. Recently the Human Papillomavirus (HPV) test has also been approved as another screening test for cervical cancer. This is due to most cervical cancers being caused by HPV.

Cervical cancer rarely develops in women younger than 20 however more than 20% of cases are found in women over 65. **As long as it is detected early and managed effectively, cervical cancer is one of the most successfully treatable forms of cancer.** When it is diagnosed in late stages it can also be controlled with appropriate treatment and palliative care. **With a comprehensive approach, to prevent, screen and treat, WHO believes cervical cancer can end as a public health problem within a few generations.**

For more information visit the World Health Organization (WHO) website: <http://www.cancer.org/cancer/cervicalcancer/detailedguide/cervical-cancer-key-statistics>



## Introducing Christopher

RICH Recovery Clinic Client

*“Take it one day at a time,  
one day you’ll get your shine”*

# CLIENT CORNER

Christopher grew up in Richmond and he has a 6 year old daughter. A Percocet addiction brought him to RBHA and he participates in the OBAT clinic. When asked what motivates him on his road to recovery, Christopher says, **“Myself, my daughter, my grandparents, wanting to become not dependent on drugs to be able to function on daily basis, and have more money in my pocket.”** He had a good first experience with the RICH Recovery Clinic and believes the best part is being able to go to the OBAT groups. When asked how he would improve the RICH Recovery Clinic, Christopher says, “I would change waiting all day to get meds“. He enjoys receiving all his services in one location. **When asked about what his goals for the future are, Christopher says, “Taking classes to be a peer specialist with Peggy Page and to work as a peer at RBHA.”** When asked what he would say to people interested in coming to the RICH Recovery Clinic, Christopher says, **“If you want to change, this is the place to be, but you gotta really want to do it.”**

## What is OBAT?

OBAT, or **O**ffice-**B**ased **A**ddiction **T**reatment, is a service at the RICH Recovery Clinic provides for individuals diagnosed with Substance Use Disorders using a combination of medication and supportive counseling. The clinic works closely with case managers and counselors to offer comprehensive treatment and care coordination for individuals receiving this service. Hundreds of RBHA clients are receiving services from the OBAT program. If you are interested in receiving this service, please contact your case manager.

# *New Year with New Opportunities*

## **Adult G.E.D Classes**

- FREE classes!
- Register through the Career and Technical Education - Adult Education
- Hull Street Library - 1400 Hull Street Richmond, Va
- (804) 780 - 8311
- January 11th, 16th, & 18th from 11: 00 am - 1:25 pm

## **Medicare 101**

- Do you have questions about Medicare? Questions about your specific circumstances? Meet with your local, experienced, and knowledgeable in the field
- Belmont Meeting Room - 101 East Franklin Street Richmond, Va.
- January 12th, February 9th, April 12th 10:30 am - 12:00 pm

## ***Fitness Warriors: Sweat It with Yeh***

- *Energetic body weight exercise that includes intervals, circuits and variations.*
- *Remember to bring a yoga mat, workout clothes/footwear, and water*
- *101 East Franklin Street Richmond, Va*
- *(804) 646 - 4867*
- *January 15th, 22nd, 29th from 6:00 pm - 7:00 pm*

## **Winter 2024 CDL Permit Preparatory Class**

- Join the Richmond Public Schools Adult Education is offers a 9-week course to learn CDL fundamentals
- \$115 Registration (textbook included)
- Beginning January 22nd - March 24th
- Tuesday and Thursdays 5:30 pm - 8:00 pm

## **New Year, Fresh Start Career & Resource Fair**

- Engage with multiple industries and community resources providers
- Mock interview opportunities and resume reviewers available
- Eastern Henrico Recreation Center - 1404 N Laburnum Avenue Henrico, Va 23223
- January 24th 10:00 am - 2:00 pm



# LOADING CLIENT RESOURCES...

- **Central Virginia Food Bank**
  - Hunger Hotline at (804)-521-250 ext. 631
  - Monday- Friday 9:00 a.m. - 4:00 p.m.
- **Salvation Army: Inclement Weather Shelter**
  - The shelter is open nightly 7:00 pm from 7:00 am
  - Phone Number: (804) 648-4177
  - 1900 Chamberlayne Avenue
  - The shelter entrance is behind Eternity Church, facing Sledd Street
  - Offers two meals, shower and restroom facilities, and overnight shelter
- **CAPUP North Food Pantry**
  - 1021 Oliver Hill way Richmond
  - Phone: (804) 788 - 0050 ext. 143
  - Monday - Thursday 10:00 am - 1:00 pm
- **Homeless Connection Line**
  - (804) 972 - 0813
  - Monday - Friday 8:00 am - 9:00 pm
  - Saturday & Sunday 1:00 pm - 9:00 pm
- **First Baptist Church of South Richmond**
  - 1501 Decatur St., Richmond
  - 1st & 3rd Saturday 10:00 am - 12:00 pm
  - (804) 233-7679
- **AliveRVA Warmline**
  - Sunday - Saturday 8:00 am - 12:00 am
  - Call 1-833-4PEERVA (1-833-473 - 3782)
- **RICH in Resources**
  - Third Thursday of every month in the main lobby of RBHA
  - The table is stocked with info on upcoming community events (like job fairs and networking opportunities), community resources, and handouts about some of RBHA's programs. Client appreciation snack bags are also available.



**Happy New Year from the RICH Recovery Clinic!**

