



The Pulse

*Enriching the lives of our consumers and
keeping a pulse on healthcare integration at
RBHA*

RICH Recovery Newsletter
July, 2014

WELCOME!

We are excited to welcome the new RICH Clinic Medical Providers!

Dr. Bhat (pictured on left) has been a member of Richmond's medical community for more than 35 years. He is a board-certified internist and nephrologist, and works with complex care patients on a daily basis. He also has previous experience in RBHA's CSU.



Dr. Ron Alligood (pictured on right) is a board certified nurse practitioner with experience in primary care, critical care, urgent care, trauma, and cardiac surgery. Starting his career as a secondary school teacher, he later moved to nursing, where he began his career at Duke University Medical Center working in the cardiothoracic operating room. Originally from Durham, NC, Ron has lived in the Richmond area for the past several years.

HEALTH AND WELLNESS GROUPS

"A Wealth of Health" groups are up and running! **Groups are open to all consumers and are walk in.** Consumers should wait in the main lobby and the group facilitator will come down to pick up everyone. Bus passes will be provided.

Contact Carley Bates (batesc@rbha.org, 804-819-4052) with any questions.
Please share with your consumers!

"KICK BUTTS" Smoking Cessation Group

Tuesdays 2:00 - 3:00 p.m.



Have you been thinking about smoking less or stopping altogether? Would you like to know more about how smoking affects your health? Whether you are just thinking about it or ready to quit, please come join us in our "kicking butts" smoking cessation group! You can monitor your levels of carbon monoxide as we progress through the group tracking your personal progress. Through support, stress management, nutrition and exercise, let's work together to kick the habit!



HEALTHY EATING GROUP Eat your GREENS to fit into your JEANS!

Thursdays 9:00 - 10:00 a.m

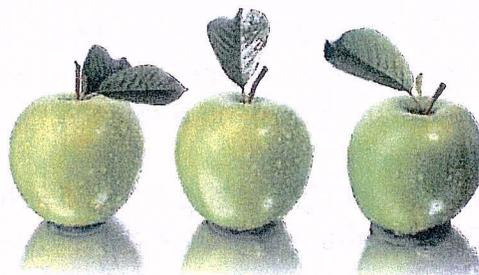
So what did you have for dinner last night? Did you think about making better, healthier choices, but didn't know where to start? Would you like to feel better, have more energy, and have a healthy relationship with food? Please join us for our nutrition group where we will be learning about diet and how it improves your health!

WALKING GROUPS

Monday, Wednesday and Friday from 11-12pm

Take the first step with us towards a healthier lifestyle! Have you been thinking about exercising but have had trouble getting started? Let's do it together! Through regular exercise, we can all get in shape! This group is appropriate for any fitness level and everyone is welcome! Meet in the lobby.

RICH RECOVERY CLINIC GRAND OPENING EVENTS!



Staff Open House

Thursday, July 31 from 10am- 2pm.

RICH Knowledge Center (by 1st Floor Elevators)

Help us celebrate the RICH Recovery Clinic! Come meet the team, see the clinic, and learn about the expanded primary care services now offered here at RBHA!

We will be available to answer your questions about available services, the referral process, and how to connect your consumers with clinic services and wellness groups! *Food and fun giveaways will be provided!*

Consumer Health Fair

Friday, August 1 from 10am- 2pm.

Community Supports Waiting Area

Can your consumers benefit from primary care services at RBHA? This is a great opportunity to connect RBHA consumers with the RICH Recovery Clinic! We will have tours of the clinic, health education booths, and health screenings! Please invite your consumers to join us for this fun event!

Food and fun giveaways will be provided!

CONNECT YOUR CONSUMERS WITH RICH RECOVERY!

The RICH Recovery Clinic is now open to all RBHA Consumers over age 18!

Contact Carley Bates (batesc@rbha.org or 804-819-4052) to learn more and get your consumers involved!

Why is blood pressure important?

High blood pressure can lead to serious health problems. Untreated high blood pressure can lead to damage to the heart and coronary arteries, including heart attack, heart disease, congestive heart failure, aortic dissection and atherosclerosis (fatty buildups in the arteries that cause them to harden), stroke, kidney damage, vision loss, erectile dysfunction, memory loss, fluid in the lungs, angina, and peripheral artery disease.

Blood Pressure Chart

