



# NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

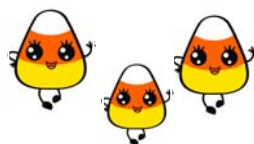
October 2022

Volume 29, Issue 10

## HOLIDAYS OBSERVED DURING THE MONTH OF OCTOBER

October 31

Halloween



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# How do I Register to Vote?

*Voter Information*

Who can register to vote?

Where can I get a registration form?

Registration Deadlines?



To be eligible to register to vote in Virginia a person must:

- Be a resident of Virginia (A person who has come to Virginia for temporary purposes and intends to return to another state is not considered a resident for voting purposes);
- Be a U. S. Citizen;
- Be 18 years old (Any person who is 17 years old and will be eighteen years of age at the next election shall be permitted to register in advance and also vote in any intervening primary or special election;
- Does not claim the right to vote in any other State;
- Not currently declared mentally incompetent by a court of law;
- If convicted of a felony, your right to vote must have been restored.

Persons eligible to register can obtain a registration application at any of the following locations:

- Local voter registration office: **Newport News City Hall-2400 Washington Avenue 6th Floor-Newport News, Virginia 23607.** Telephone number: **757.926.8683**
- Online: **[www.nngov.com/voter-registrar](http://www.nngov.com/voter-registrar).**
- State or local government offices when applying or recertifying for Aid to Dependent Children, Food Stamps, WIC, Medicaid, or Rehabilitation Services;
- Government offices in the State that provide State-funded programs primarily engaged in providing services to person with disabilities;
- Armed forces recruitment offices;
- Public Libraries: **Pearl Bailey-2510 Wickham Avenue, Newport News, VA 23607**  
**Grissom-366 DeShazor Drive, Newport News, VA 23608**  
**West Avenue-2907 West Avenue, Newport News, VA 23607**  
**Main Street-110 Main Street, Newport News, VA 23601**
- State Board of Elections office;
- Department of Motor Vehicles offices;
- Voter Registration Drives.

**Registration Deadline: October 17, 2022 by 5:00 p.m. (in person)**  
**If registering online, must be submitted by 11:59 p.m.**

# October is Breast Cancer Awareness Month

## An Early Breast Cancer Detection Plan should include:

Beginning at age 20: Performing breast self-exams and looking for any signs of change.

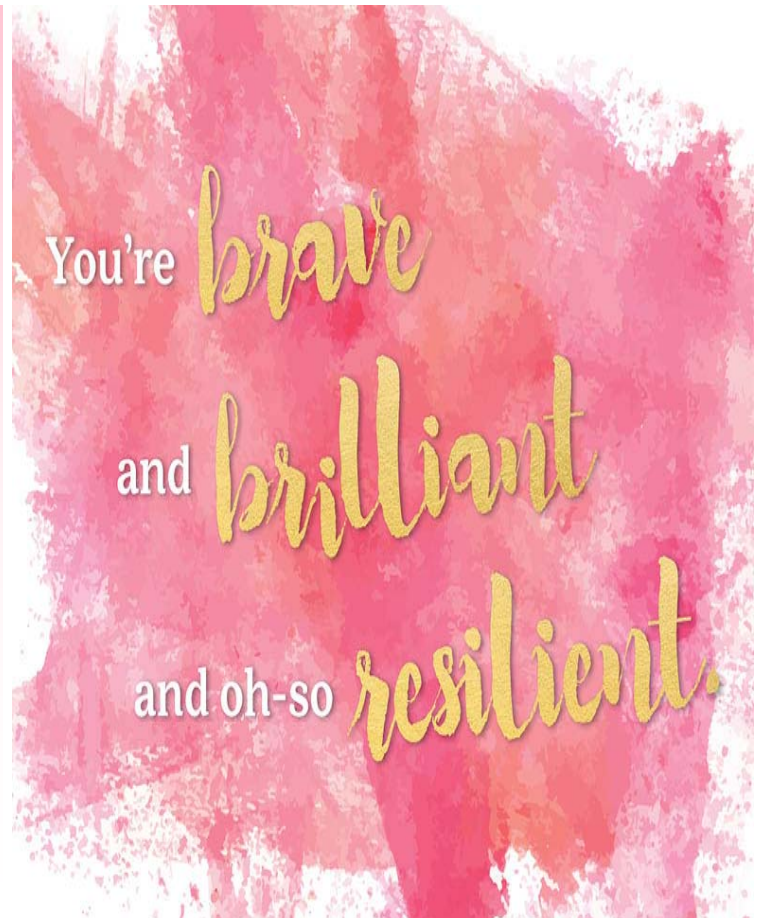
Ages 20 to 39: Scheduling clinical breast exams every three years.

Ages 40 to 49: Having a mammogram every year or two years depending on previous findings.

Ages 50 and older: Having a mammogram every year.

Recording personal exams, mammograms and doctors appointments on a calendar or in a detailed file.

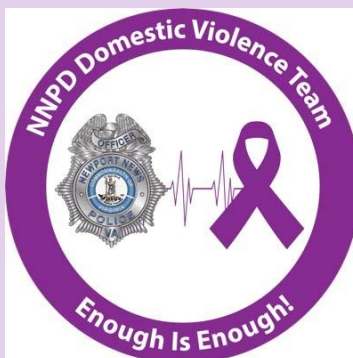
Maintaining a healthy weight, followed by a low-fat diet, getting regular exercise, quitting smoking and reducing alcohol consumption.



## Are you experiencing domestic abuse?

There is  
**HOPE...**

There is **HELP!**



### NNPD DV Team Message Line

(757) 928-4646 • [nnpddvteam@nnva.gov](mailto:nnpddvteam@nnva.gov) • [nnva.gov](http://nnva.gov) / domestic-violence

#### Signs of Domestic Abuse

- Call you hurtful names.
- Physically hurts you or has hurt you in the past.
- Tries to isolate you from your family and friends.
- Is frequently jealous.
- Demands to know your whereabouts.
- Intimidates, threatens, or frightens you.
- Blames you for everything.
- Forces you to do things that you don't want to do.
- Monitors your social media.
- Doesn't let you access finances.
- Harms or threatens to harm children or pets.

#### Planning a Quick Escape?

Pack important documents like birth certificates, Social Security cards, drivers' licenses, medical records, immigration or custody papers, etc.

Gather any keys, clothing, medicine, favorite toys, purchases.

If possible, have cash, credit cards, gift cards, or checks on hand.

Create a code word to alert family/friends when you need help.

### IN CASE OF EMERGENCY, CALL 911

**Transitions Family Violence Services**  
24-Hour Domestic Abuse Crisis Hotline  
(757) 723-7774

**Housing Crisis Hotline**  
(757) 587-4202

**The Center for Sexual Assault Survivors**  
24/7 Hotline (757) 236-5260  
[www.VisitTheCenter.org](http://www.VisitTheCenter.org)

**United Way First Call**  
General Assistance  
(757) 594-4636

**To Obtain a Protective Order, Call**  
(757) 926-8475

*Be a Part of the Story...*

**Become a Companion Aide**



VOLUNTEER TO WORK PROGRAM

**Do you enjoy spending time with older adults?  
Earn \$15/hr while gaining the skills to  
become a paid Companion Aide!**

Questions? Call (757) 873-0541  
Apply online @[www.paainc.org/volunteer](http://www.paainc.org/volunteer)

**Peninsula  
Agency on  
Aging**



Linking Seniors & Services since 1974



# HURRICANE SEASON: June - November 2022

## PREPARE NOW:

- Review your emergency plan
- Check your supplies
- Set up an out-of-town contact
- Secure important documents
- Figure out your evacuation route
- Be aware of your vehicle's surroundings
- Follow official instructions

PLAN      PREPARE      EVACUATE



EMPLOYMENT AND TRAINING OPPORTUNITIES  
PROVIDED BY  
ALL WAYS THERE HOME CARE, LLC

**FREE  
PERSONAL CARE AIDE  
(PCA) TRAINING  
Certification**



HURRY!  
HURRY!  
HURRY!



Training includes:

- DMAS Requirements for Personal Care Aides
- Safety and Accident Prevention
- Orientation to Types of Physical Disabilities of Handicaps

Learn how to:

- Understand the needs of the elderly and disabled
- Recognize critical situations
- Document correctly

**October 10, 2022 - October 21, 2022**

**Monday - Friday 9:00am-2:00pm**

**Location: 3301 Marshall Avenue  
Newport News, VA 23607**

**757-928-3680  
or email  
[bjackson@nnrha.org](mailto:bjackson@nnrha.org)**

**This is a two-week (40) hours  
training. You must complete the 40  
hours in order to receive your  
certificate.**







**Attention!**

# **THE FAMILY INVESTMENT CENTER HAS MOVED FROM RIDLEY TO MARSHALL COURTS RECREATION CENTER**

## **FREE TRAINING PROGRAMS**

The Family Investment Center offers free training in the following courses:

- CNA;
- Self-Paced Typing;
- Employability Skills Workshops;
- Resume and Interviewing Prep;
- Job Lead Assistance;
- Homeownership.

Call 757.928.3680 if you have questions regarding programs offered.

## **PROGRAMA LIBRE DE INSTRUCCION**

Centro de Trabajo Para la Familia ofrece los Cursos que sigue:

- Mecanografia;
- Habilidades de obrero;
- Ayuda con su resumen y su entrevista;
- Como se encuentra trabajo;
- Como encontrar y poseer una casa.

Centro de Trabajo  
Para La Familia  
600 C Ridley Circle  
Newport News, VA 23607

Lunes—Viernes

8 de la mañana - 4:30 de la tarde

757.928.360 ingles  
757.928.6146 espanol

**Same great training opportunities...  
Come to our new location**

**The Family Investment Center**

**~NEW LOCATION~**

**Marshall Courts Recreation Center  
3301 Marshall Avenue • Newport News, VA  
Monday thru Friday  
8:00 AM—4:30 PM  
757.928.2680**





Newport News  
Shipbuilding

We Build More than Great Ships | We Build Careers

Starting Pay  
Over

**\$22**  
per hour

# WE ARE HIRING TRAINEES

EEO | Military Spouses | Veteran | Disabled | U.S. Citizenship Required

Newport News Shipbuilding is partnering with the Virginia Ship Repair Association and several local community colleges to offer **eight course-to-hire Marine Trainee** programs for individuals interested in full-time trades careers with NNS. These 2-3 week courses equip individuals with the skills necessary to begin a trades career at Newport News Shipbuilding.

## BASIC QUALIFICATIONS:

- 18 years or age or older
- U.S. Citizen
- Ability to work any shift
- Pass a background check, drug screen, and physical
- Pay a reimbursable \$250 to school prior to training

### FITTER

Often called the "carpenters" of shipbuilding, or "Artists of Steel." They measure, cut, grind, fit, align, and tack weld parts to the structural body of the ship.

Thomas Nelson Community College, Tidewater Community College, and Camp Community College.

### WELDER

Use a wide range of filler metals and welding processes to perform structural and pipe welds in all phases of production on aircraft carriers and submarines.

Thomas Nelson Community College, Tidewater Community College, and Camp Community College.

### SHEET METAL WORKER

Responsible for fabricating and assembling a variety of components onboard ships such as ventilation, joiner bulkheads, framing, furniture, cabinetry, lockers and foundations.

Trainee program offered at Tidewater Community College.

## ALL COURSES:

- Occurs Monthly
- Monday-Friday 7 a.m. – 3:30 p.m.
- 90% hands-on instruction
- Resulting in a full-time job with NNS upon graduating!

### MARINE COATINGS

Perform solvent, hand tool and power tool cleaning. They apply paint using various brushes and rollers to the standards required in a marine environment.

Trainee program offered at Tidewater Community College.

### PIPEFITTER

Responsible for installing complex systems together on the ship and in the shop. More than 230 miles of pipe are installed on an aircraft carrier.

Trainee program offered at Tidewater Community College.

### OUTSIDE MACHINIST

Responsible for the installation, repair and overhaul of naval ship's mechanical components and systems.

Trainee program offered at Camp Community College.



Apply at: [buildyourcareer.com](https://buildyourcareer.com)



**2-3 WEEK  
TRAINEE  
COURSES**



**AN  
EXCELLENT  
CAREER  
OPPORTUNITY**



## How to Apply:



**1** Visit  
[buildyourcareer.com](https://buildyourcareer.com)



**2** Choose  
"Careers/  
Trades"



**3** Search  
"Trainee"



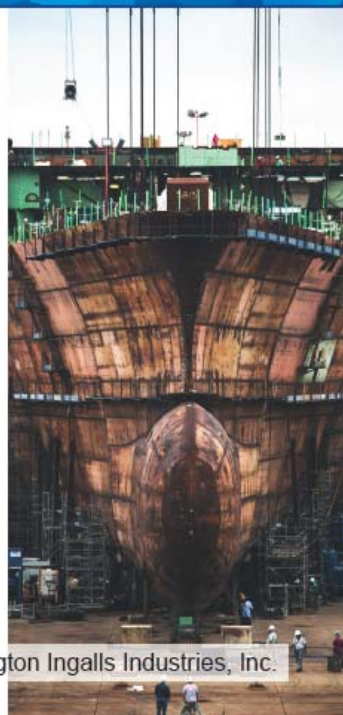
**4** View all  
available  
programs.



**5** Submit  
your  
application.



**90%  
HANDS-ON  
INSTRUCTION**



**STARTING PAY  
OVER \$22 PER  
HOUR**



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# Coronavirus: Keeping you informed

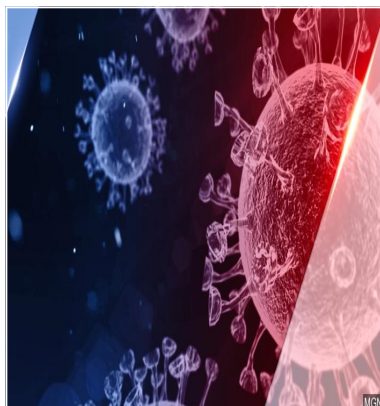
## Coronavirus Update from the Virginia Peninsula Foodbank

During times of crisis, the Foodbank plays an important role in meeting community needs. In response to the coronavirus, the Virginia Peninsula Foodbank has been working to provide food to people who might otherwise go hungry.

The Foodbank's Mobile Food Pantry Program is distributing food in high-traffic spots across the peninsula and they are working with partner agencies to ensure people receive the food they desperately need. The team from the Foodbank's Culinary Training Program is preparing breakfast and lunch grab-and-go bags for children throughout our local area. The Foodbank has also hosted several large-scale public food distribution events to help individuals and families struggling to locate healthy meals. During a distribution event in Newport News last week, they provided food to support 500 households.

If you are struggling to get the food you and your family need, please visit the Get Help page on the Foodbank's website to locate a mobile food pantry or partner agency that can help. Please call prior to visiting to confirm hours of operation, as distribution plans change quickly and without much notice.

Due to the increased demand for food in grocery stores, the Foodbank has seen a significant decrease in food pick-ups and store donations, which means personal donations are even more important. You can still drop food donations off at their Hampton headquarters at 2401 Aluminum Avenue. All donations are quarantined for 72 hours before they are available to be distributed. You can make a monetary donation to help purchase truckloads of supplies, donate through YouGiveGoods or purchase through online retailers to ship items directly to the Foodbank's doors. For additional information on any of these options, you can contact Tracy Hansbrough at [thansbrough@hrfoodbank.org](mailto:thansbrough@hrfoodbank.org).



### NEWPORT NEWS HEALTH DEPARTMENT

**Call center is open 8 AM - 6 PM**

**Please call 757-594-7069**

**If you have questions about where to  
get tested if you are experiencing  
COVID-19 symptoms.**



**We encourage you to self-report illness or quarantine if you are not feeling well. This will prevent spreading the COVID 19 to your loved ones and friends.**

## REHABILITATION ASSISTANCE



We all know the heartache and devastation that drugs can bring to our families.

If you or anyone you know and love is affected by substance abuse help is available.

Program Name	Services	Payment
<b>Tidewater Area Hot Line</b> 459-8467	Narcotics Anonymous	No fees
<b>Narcotics Anonymous VA Regional Hot Line</b> 1-800-777-1515	Support group for recovering substance abusers.	No fees
<b>Hampton Roads Clinic Reflections</b> 827-8430	Outpatient Counseling I.V. Methadone Maintenance 30-45 day Residential Facility	Sliding fee Scale Medicaid
<b>Project Link</b> 245-0217	Case management and coordination services for prenatal abuser	Sliding fee Scale Medicaid
<b>AI Anon/Alateen</b> 1-888-425-2666 <b>AA Hotline</b> 595-1212	Support group Alcoholism-friends/relatives and teens.  12 Step Program	No fees  No fees
<b>Peninsula Area Help Line</b> 875-9314	Narcotics Anonymous	No fees
<b>Advanced Recovery Systems</b>	Alcohol, Eating Disorders and Substance Abuse	Private Insurance

## FILING A COMPLAINT...

*Here is the Customer Service Hotline Number:*

**757-928-6063 or 757-928-3680**

A TENANT HOTLINE IS A FREE SERVICE FOR TENANTS LIVING IN PROPERTIES OWNED AND MANAGED BY THE NEWPORT NEWS REDEVELOPMENT AND HOUSING AUTHORITY. WHEN FILING A COMPLAINT, YOU MUST STATE YOUR FULL NAME, ADDRESS, AND TELEPHONE NUMBER AND SPEAK AS SLOWLY AND CLEARLY AS POSSIBLE.

WE WILL CALL YOU BACK WITHIN 48 HOURS REGARDING YOUR CONCERNS.

THANK YOU



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Newport News Redevelopment and  
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P. O. Box 797

Newport News, VA 23607





# General Overtime Guidelines

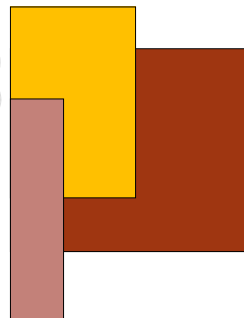
Maintenance staff will respond to the following calls:

1. Gas Leaks;
2. Electrical Problems;
3. Smoke Detector;
4. Power Outages (only at Pinecroft, Ashe Manor, Spratley House and Marshall);
5. No Heat between 5:00 p.m. on Friday and 8:00 am on Sunday or holidays if the next day is a working day. If the next day is not a working day, accepts calls until 6:00 p.m.
6. Floods and Sewer Problems;
7. Broken Windows;
8. Collapsed ceiling or damaged roofs;
9. Commode stopped up (if two in apartment hold to next day if that is a normal business day);
10. Lock Out/Lock Change;
11. Damaged Exterior Doors;
12. Fire.

Note to Residents: If you believe the situation can wait until the next day, call first thing in the morning.



# Manager's Corner



## After Hours Guidelines

Marshall Courts	(757) 928-6154
Ashe Manor	(757) 928-6187
Aqueduct	(757) 833-5700
Pinecroft	(757) 269-4300
Orcutt Townhomes I	(757) 928-6187



\*Marshall (757) 928-6181

Oyster Point/Brighton	(757) 269-4307
Brighton	(757) 591-3280
Cypress Terrace	(757) 833-5720
Orcutt Townhomes III	(757) 928-6187
Lassiter Courts	(757) 928-2690
Great Oak	(757) 592-7448
Jefferson Brookville	(757) 928-2690
Spratley House	(757) 928-6187



## MISSION STATEMENT

The mission of the Newport News Redevelopment and Housing Authority (NNRHA) is to create affordable housing, viable neighborhoods, and opportunities for self-sufficiency that enhance the quality of life for all citizens of Newport News.