



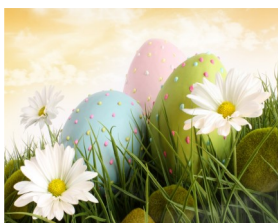
HOLIDAYS OBSERVED DURING THE MONTH OF APRIL

April 4

Easter Sunday

April 21

Administrative
Professional's Day



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NEWS AND NEIGHBORS

Newport News Redevelopment
and Housing Authority

April 2021

Volume 27 Issue 4

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**.
- 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: Monday, May 17, 2021 by 5:00 p.m. (in person)
If registering online, must be submitted by 11:59 p.m.



HRCAP

Hampton Roads Community Action Program

Maximizing Opportunities & Transforming Lives

VOLUNTEER INCOME TAX ASSISTANCE

FREE

TAX PREPARATION *Services*

- ✓✓ Low Income Families
- ✓✓ Seniors
- ✓✓ Disabled Residents

INCREASE YOUR TAX RETURN BY MORE THAN
\$6,000!

Sponsored by
Families Achieving Community Economic Stability (FACES) Coalition

For a complete listing of VITA Preparation Sites
and Eligibility Requirements, visit:

www.hrcapinc.org



FACES VITA Tax Sites

SCAA - VITA

(Formerly Courthouse Community Center)

13813 Warwick Blvd., Suite BC2
Newport News, VA 23602

Service Hours:

Saturday—9:30 am to 11:30 pm

Open February 1st to April 15th

Walk-ins accepted

Family Investment Center

600 C Ridley Circle

Newport News, VA 23607

Service Hours:

Please see HRCAP Mobile Sites Below

For services for this VITA Site. Refer

questions to (757) 928-3681 or

tjones@nnrha.org

USW Region 8 Local 8888

4106 Huntington Avenue

Newport News, VA 23607

Service Hours:

Monday, Wednesday and Friday

8:30 am to 4:30 pm

Open February 3rd to October 15th

Walk-ins accepted

HRCAP Mobile Site 2

Clark Multi-Purpose Center

392 Maple Avenue

Newport News, VA 23607

Service Hours:

Monday—10 am to 1 pm

Open from February 8th to TBD



To Free File your taxes visit
[IRS.gov/Free File](http://IRS.gov/FreeFile) where you can prepare
and file your federal individual income tax return for free using
tax-preparation-and filing software.

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 (757-596-7188) prior to visiting to confirm hours of operation, as distribution plans change quickly and without much notice.

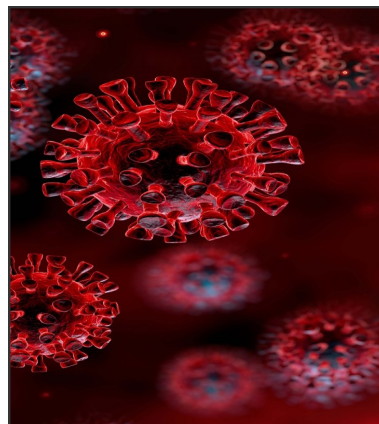
Due to the increased demand for food in grocery stores, the Foodbank has seen a significant decrease in food pick-ups and store donations, which means personal donations are even more important. You can still drop food donations off at their Hampton headquarters at 2401 Aluminum Avenue. All donations 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.

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 COVID 19 to your loved ones and friends.

Coronavirus:
Keeping you informed

Coronavirus Updates

CORONAVIRUS: PREVENTION IS KEY

Shanina Knighton PhD RN

A RESPIRATORY ILLNESS WITH SYMPTOMS SUCH AS:

- FEVER
- HEADACHES
- FATIGUE
- COUGH
- BLOOD CLOTS
- STROKE
- NEW LOSS OF SMELL OR TASTE
- MUSCLE/BODY ACHES
- DIFFICULTY BREATHING

TRANSMITS DIRECTLY & INDIRECTLY



IF YOU FEEL OFF... **STAND UP AND SPEAK OUT FOR YOURSELF**

KEEP UP WITH YOUR MEDICAL APPOINTMENTS & MEDICATIONS



SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

MEDICAL CONDITIONS, LIKE ASTHMA OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

★ **HAND WASHING** KILLS THE VIRUS WHEN DONE RIGHT



SING HAPPY BIRTHDAY SONG TWICE

WASH WITH SOAP FOR 25 SECONDS

MAKE SURE TO WASH UNDER JEWELRY, WATCHES & FINGERNAILS

USE A TOOTHBRUSH YOU DEDICATE FOR THIS TASK



PHONES

MEDICAL EQUIPMENT

WIPE DOWN



TAKE OUT CONTAINERS

★ **KEEP SURFACES CLEAN** COVID-19 CAN LIVE ON SURFACES LIKE CARDBOARD, PLASTIC & METAL FOR 3 DAYS

COVID-19 CAN LIVE ON BUTTONS & ZIPPERS



★ **AVOID TOUCHING YOUR FACE**

VIRUSES ENTER OUR BODIES THROUGH OUR EYES, NOSE & MOUTH



FACE MASKS

CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

STILL USE SNEEZE & COUGH ETIQUETTE WHEN WEARING A MASK



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WEARING FACE MASKS

DURING THE TIME OF COVID-19

Shanina Knighton PhD RN

WEARING A FACE MASK CAN HELP STOP THE VIRUS FROM SPREADING



YOUR TO DO LIST

- ✓ SOCIAL DISTANCING
- ✓ FREQUENT HAND WASHING / SANITIZING
- ✓ AVOID TOUCHING YOUR FACE
- ✓ COUGH/SNEEZE INTO YOUR ELBOW (EVEN WHEN WEARING A MASK)
- ✓ ALWAYS HAVE A FACE MASK IN PUBLIC PLACES

SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

★ **PUTTING IT ON**

WASH YOUR HANDS BEFORE PUTTING ON A CLEAN MASK



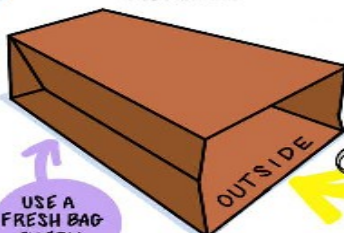
★ **TAKING IT OFF**

REMOVE BY THE EAR STRAPS ONLY, EAR TO EAR

★ **TAKING IT OFF IN PUBLIC**

DON'T SIT IT DOWN JUST ANYWHERE, STORE IT IN A CLEAN PAPER BAG

WRITE "OUTSIDE" ONTO ONE SIDE OF THE INTERIOR OF THE BAG



USE A FRESH BAG EVERY DAY

INSIDE - SIDE THAT TOUCHES YOUR FACE

OUTSIDE - SIDE THAT PEOPLE SEE

★ **TRY NOT TO USE YOUR PHONE-** IT CAN CONTAMINATE YOUR MASK, AS WELL AS YOUR HANDS



★ **WEARING A MASK CAN CAUSE A RASH. IF THAT HAPPENS, DECREASE THE TIMES YOU NEED TO WEAR ONE**

★ **IF YOU HAVE ANXIETY, BREATHING ISSUES OR FEEL RESTRICTED, TAKE YOUR MASK OFF**



★ **KIDS UNDER 2 DON'T NEED MASKS**

★ **WASHING IT**

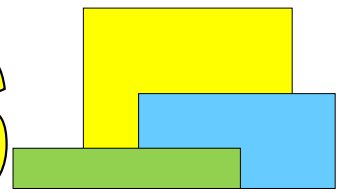
CLOTH MASKS CAN BE PUT IN THE WASHING MACHINE OR WASH THEM BY HAND AND HANG TO DRY



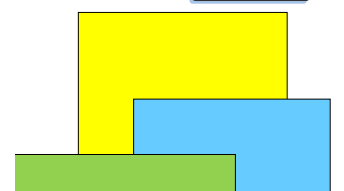
IF YOU HAVE SENSITIVE SKIN, USE DETERGENT THAT IS FRAGRANCE FREE

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Coronavirus Updates



Coronavirus: Keeping you informed



LEAVING THE HOUSE DURING CORONAVIRUS

Shanina Knighton PhD RN

STAYING HOME & LIMITING SOCIAL INTERACTIONS CAN HELP PREVENT COVID-19 FROM SPREADING...BUT

WHEN YOU HAVE TO GO OUT



BE SMART

SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

BEFORE YOU LEAVE HOME



FACE MASKS CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

ALWAYS WASH OR SANITIZE YOUR HANDS BEFORE & AFTER USING A MASK



CARRY HAND SANITIZER FOR WHEN YOU CAN'T GET TO A SINK TO WASH YOUR HANDS



BRING A BROWN PAPER BAG TO STORE YOUR MASK IN IF YOU NEED TO REMOVE IT WHILE YOU ARE OUT

SOME PLACES WILL REQUIRE YOU TO WEAR ONE

WHILE YOU ARE OUT

AVOID TOUCHING THINGS YOU DON'T HAVE TO EVERYTHING YOU TOUCH OR OTHERS TOUCH MIGHT BE CONTAMINATED WITH COVID-19



USE DISINFECTANT SPRAY TO WIPE DOWN CAR DOOR HANDLES, CARDS IN YOUR WALLET & KEY PADS

WHEN YOU GET HOME

LEAVE YOUR SHOES AT THE DOOR



CLOTHES YOU WORE OUTSIDE SHOULD BE WASHED



WASH YOUR HANDS



YOUR REUSABLE FACE MASK CAN BE WASHED BY HAND AND HUNG TO DRY



ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCHED



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LIFESTYLE HABITS

IN THE ERA OF COVID-19 ... AND BEYOND

Shanina Knighton PhD RN

DO



HAND HYGIENE

PREVENTS THE SPREAD OF CORONAVIRUS AND OTHER INFECTIOUS DISEASES

WASH YOUR HANDS BEFORE TAKING MEDICATIONS



DURING THE CORONAVIRUS PANDEMIC, REMEMBER TO PRACTICE SOCIAL DISTANCING AND HAVE ACCESS TO A FACE MASK



EXERCISE

REGULARLY, IT LOWERS STRESS AND CAN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EXERCISE HELPS IMPROVE LUNG FUNCTION



WEAK LUNGS HAVE A HARDER TIME FIGHTING OFF INFECTIOUS LUNG DISEASES LIKE COVID-19 AND PNEUMONIA



GOOD NUTRITION

INCLUDING LOTS OF FRUITS AND VEGETABLES, IS THE FUEL FOR A HEALTHY BODY

GET YOUR ZINC - A MINERAL THAT INCREASES PRODUCTION OF WHITE BLOOD CELLS AND T-CELLS THAT HELP FIGHT INFECTION



SLEEP

HELPS BOOST YOUR IMMUNE SYSTEM. TRY HARD TO GET ENOUGH.

NUTS, SEEDS, BEANS AND MEATS ARE HIGH IN ZINC

COOK MEATS THOROUGHLY

TRY TO EAT FOODS WITHOUT ADDITIVES OR PRESERVATIVES

DON'T

STOP

TAKING MEDICATIONS BEFORE TALKING TO YOUR DOCTOR

GO OUT

WHEN YOU ARE SICK

SMOKE

IT COMPROMISES LUNG HEALTH



SHARE

CIGARETTES, CIGARS, VAPING PENS, DRINKS OR UTENSILS

SHARE



★ PREVENTION IS BETTER THAN TREATMENT

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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
Tidewater Area Hot Line 459-8467	Narcotics Anonymous	No fees
Narcotics Anonymous VA Regional Hot Line 1-800-777-1515	Support group for recovering substance abusers.	No fees
Hampton Roads Clinic Reflections 827-8430	Outpatient Counseling I.V. Methadone Maintenance 30-45 day Residential Facility	Sliding fee Scale Medicaid
Project Link 245-0217	Case management and coordination services for prenatal abuser	Sliding fee Scale Medicaid
AI Anon/Alateen 1-888-425-2666 AA Hotline 595-1212	Support group Alcoholism-friends/relatives and teens. 12 Step Program	No fees No fees
Peninsula Area Help Line 875-9314	Narcotics Anonymous	No fees
Advanced Recovery Systems 1-888-338-1433	Alcohol, Eating Disorders and Substance Abuse	Private Insurance

Your mind is
a powerful thing.
When you fill it with
positive thoughts,
your life will start
to change.



Important Numbers

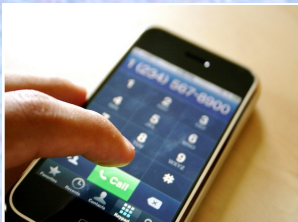


Marshall	928-6181
Ridley	928-2690
Spratley House	928-2680
Ashe Manor	928-6187
Aqueduct	833-5700
Pinecroft	269-4300
Orcutt Townhomes	928-6187
Community Resources	928-6063
Family Investment Center	928-3680
Facilities East & North	247-0484/0485



Requested Work Orders

Marshall	928-6154
Ridley	928-6154
Spratley House	928-6187
Ashe Manor	928-6187
Aqueduct	833-5700
Pinecroft	269-4300
Orcutt Townhomes	928-6187



**Please use this number ONLY after
5:00 p.m.
(757) 247-0484**



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, Ridley and Marshall);
5. No Heat between 5:00 pm 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.



MISSION STATEMENT



The mission of the Newport News Re-development 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.

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.



This newsletter is published by the
Newport News Redevelopment and
Housing Authority.



Editor/News Coordinator/Layout
Lisa Artis



Newport News Redevelopment and
Housing Authority

P. O. Box 797
Newport News, VA 23607

OPEN

The waiting list for housing assistance at the Warwick SRO is open for single room occupancy only.

Please call (757) 928-6060, Monday-Friday, from 9:00 a.m. - 4:00 p.m. to schedule an appointment.

Safety Corner

APRIL IS STD AWARENESS MONTH

The Center for Disease Control (CDC) recognizes April as Sexual Transmitted Diseases (STD) Awareness Month, an annual observance to raise awareness about the impact of sexually transmitted diseases (STDs) on the health of Americans and the importance of individuals discussing sexual health with their healthcare providers and, if sexually active, their partners.

STDs affect people of all races, ages, and sexual orientations, though some individuals experience greater challenges in protecting their health. People who struggle financially may end up in circumstances that increase their risk for STDs. For example, those who can't afford the basic necessities may have trouble accessing and affording quality health care, making it difficult to receive STD testing and other prevention services.

Regardless of community affiliation, personal decisions and actions regarding condom use, partner choice, and drug or alcohol abuse also affect a person's risk for STDs. When risk behaviors are combined with barriers to quality health information and STD prevention services, the risk of infection increases. To ensure that individuals have the opportunity to make healthy decisions, it is essential to address both the individual and social dynamics that contribute to their risk for STDs.

