



NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

June 2022

Volume 29, Issue 6

HOLIDAYS OBSERVED DURING THE MONTH OF JUNE

Father's Day

June 19

Juneteenth

June 19

Summer begins

June 21

CONGRATULATIONS!

NNRHA SCHOLARSHIP AWARDEES 2022

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Ja'Nira Baker



Jasmyne Jones



Consanyra Durham



Janaria Lickey



Tyrese Lowden



Jasmine Cash



Charmyne Jones



Lakeshia Marrow



Christal Harrison



Zavada White



Anita Kornegay



April Smith

...and High School Graduates!

REAC INSPECTIONS – COVID-19 UPDATES AND INFO



- ✓ HUD resumed inspection operations in June 2021.
- ✓ HUD worked closely with the CDC and stakeholders to develop flexible protocols which included a 28-day notification period to property management before an inspection.
- ✓ Residents may opt out of having their unit inspected and an alternate unit will be selected.

RESIDENT CONCERNS

- ✓ Residents should communicate COVID-19 health or related concerns to their property representative. An alternative unit will be selected for inspection.
- ✓ The inspector and property representative will practice safe distancing and wear personal protective equipment (PPE) consistent with CDC guidance.
- ✓ Residents who are home may elect to leave or stay in the unit during the inspection.

PROPERTY CONCERNS

- ✓ PHAs/Owners & Agents may communicate COVID-19 related concerns at the 28, 14, and 2-day notification intervals.
- ✓ If you have any additional questions, please coordinate with your inspector or you may reach out to REAC's Technical Assistance Center (TAC) at 888-245-4860.
- ✓ PHAs/Owners & Agents may reference the REAC Inspector Notice No. 2020-01 for additional detail:
<https://www.hud.gov/sites/dfiles/PIH/documents/COVID19InspectorProtocolNotice2021-01.pdf>

REQUESTS TO POSTPONE

- ✓ All requests to postpone inspection must be communicated to the Technical Assistance Center (TAC): 888-245-4860.
- ✓ REAC works with properties and inspectors to analyze postponement requests on a case-by-case basis, balancing COVID-19 conditions with the risks of not inspecting.
- ✓ REAC will coordinate with Multifamily and Public Housing leadership to ensure it evaluates all relevant factors.
- ✓ On the day of the inspection, the inspector is required to report to the Technical Assistance Center property-level COVID cases.

https://www.hud.gov/program_offices/public_indian_housing/reac

~ J U N E T E E N T H ~



Juneteenth celebrates the freedom of enslaved people at the end of the U.S. Civil War, as depicted here by illustrator Thomas Nast. Long observed by African American communities, it is the first new federal holiday since Martin Luther King Jr. Day was designated in 1983.



Observed on June 19, the holiday commemorates the end of slavery in Texas—which wasn't until two years after Abraham Lincoln issued the Emancipation Proclamation. The United States has a new federal holiday. President Joe Biden signed a bill into law that officially designates Juneteenth—observed each year on June 19—as an American holiday. Known to some as the country's "second Independence Day," Juneteenth celebrates the freedom of enslaved people in the United States at the end of the Civil War.

Juneteenth has gained awareness in recent years as activists have pushed for state and federal recognition. With the signing of this bill, those efforts will finally come to fruition.

ATTENTION!

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

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

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*

PROGRAMA LIBRE DE INSTRUCCION

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

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

Centro de Trabajo
Para La Familia

Lunes - Viernes
8 de le mana - 4:40 de la tarde

757.928.3680 ingles
757.928.6146 espanol

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



Micro Enterprise Grant

A new pilot program to support the City's Southeast Community, the Micro Enterprise Grant Program, has been established to assist in the creation and growth of viable micro businesses in the City of Newport News.



FINANCIAL ASSISTANCE

One-time grant amount between \$500 and \$3,500



TRAINING

- Counseling Sessions
- Small Business Outreach



SUPPORT

- Technical Assistance
- Business Plan Development
- Ongoing guidance

HOW ARE YOU ELIGIBLE?

- Five (5) or fewer employees or persons that plan to create such an entity
- Be a for-profit Micro-Enterprise Business
- Be located or locating within the defined geographic area
- Be Low to Moderate Income (LMI) and/or the business must service a LMI area
- Have a Newport News Business License
- Be current on all local taxes or fees
- Complete pre-approved counseling sessions or workshop

TO APPLY OR FOR ADDITIONAL INFORMATION:

Visit www.nnva.gov/development or

Contact Priscilla Green at:

Phone: (757) 509-2587

Email: greenpa@nnva.gov

Newport News
Where Great Things Are Happening

Outdoor Grilling Safety Rules



- Electric Grills are still allowed for both indoor and outdoor usage.
- Propane Grills, Dual Fuel grills and Propane Turkey Fryers **are not permitted**.
- Outdoor charcoal, hibachi and wood pellet grills are permitted.
- Grills must be used at a minimum distance of 10 to 15ft away from any structure.
- Using grills on the sidewalks is prohibited.
- Grills **cannot** be left unattended at any time while in operation.
- Dumping coals and ash from the grill onto the grass or pavement is **strictly prohibited**.
- Never, under any circumstances, should lighter fluid or matches be left unattended.
- Tenants are responsible for the clean-up of any grease, ash coals and food that spills.
- Accumulated debris from the grill is to be wrapped in aluminum foil and place in trash receptacles after cooling.
- Any tenant that fails to properly clean spills and accumulated debris will incur a fine of \$25.00.
- **Storage of Outdoor Charcoal, Hibachi and Wood Pellet Grills**
 - ✓ Outdoor grills can be stored in the back of each housing unit when not in use.
 - ✓ Outdoor grills can be stored in units in a clean and orderly manner, not blocking passageways and egresses and not in the utility closet.
 - ✓ Any unit that fails to properly store a grill will be fined \$25.00.
 - ✓ No storing of Lighter Fluids.
 - ✓ Grills cannot be stored in the front of an apartment.

NNRHA does not waiver any liability for any unsafe practices. If you have any questions please call your rental office.



10 Tips To Save Energy When Air Conditioning Is A Must

There are ways to keep cool without turning on your air conditioner, but when the summer temperatures start the 90 (or 100) degree mark daily, sometimes air conditioning is a must. Stay cool and save money with these energy saving tips:

1. **Keep the AC Lower at Night:** Try turning your AC temperature up (so it is running less) during your sleep hours.
2. **Close Off Vents:** By closing the vents, you're forcing all the air up top first, cooling as it comes down.
3. **Rearrange Your Furniture:** Furniture that obstructs air conditioning vents means you could be cooling the back of a chair or the bottom side of your sofa. You would rather have that chill for yourself. Rearrange your furniture, even if only temporarily.
4. **Try 78 Degrees:** That is a good point for an air conditioner to run at its optimal performance level.
5. **Lighting:** Turning lights off can help reduce your heat, but paying attention to how much light you let in from open windows can also pay a significant role. Opening and closing your shade everyday with the changing of the sun, it makes a huge difference in how much heat your air conditioner is competing against.
6. **Don't Forget The Fan:** We rely on air conditioners to keep things cool, but having the help of a few supplemental fans doesn't hurt. They use less energy than your air conditioner unit, so having them as back-up is a great idea.
7. **Don't let the water run:** Don't let the water run while brushing your teeth or cleaning the bathroom.
8. **Report all Leaks:** Report all leaks and running toilets.
9. **Use Microwave:** Use your microwave oven instead of a conventional electric or gas range or oven.
10. **Take Showers:** Take showers instead of baths to reduce hot water use. A five minute shower uses a third of the water it takes to run a bath.



HELP WANTED!



Are you skilled in Painting and Janitorial work???

Prettysawyer LLC is looking for workers to join their contracting company. They are currently in need of skilled painters and janitorial workers with at least one years' experience. Positions are looking to be filled immediately. If you feel you are skilled in painting and janitorial work, please contact Shauniqua Hooks at (757) 928-6171. The starting pay will begin at \$12.00 an hour. Anything additional will be based upon your experience.

We look forward to hearing from you soon!



Coronavirus: Keeping you informed

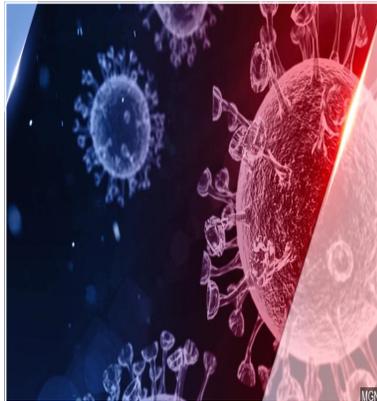
Coronavirus Update from the Virginia Peninsula Foodbank

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.



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.

Join *EVMS Teen Health 360* *Summer Academy* 2022

5

90-Min
sessions

June, July, and
August

The program provided by the EVMS Pediatrics Department aims to engage school-age youth and parents in medically accurate, age-appropriate and evidence-based Family Life Education to improve health, well-being and academic achievement.

Target audience: Middle School and High School age youth (6th-12th grade) living in Norfolk, Portsmouth, Virginia Beach, Chesapeake, Suffolk, Accomack and Northampton



Parent Opt-In Form:
evms.edu/thsummerparent

Program Description

- 9 Lessons for Middle School Program
- 11 Lessons for High School Program
- Virtual Courses via Zoom
- Provided by Certified Health Educators
- Opt-in Form to be Signed by Parents/Guardians
- Incentive for Participation
- Certificate of Completion for Participants
- An Opportunity to Participate as Volunteer Peer Leaders



Contact:
Mrs. Rebecca Slimak at
teenhealth360@evms.edu

evms.edu/TeenHealth360



Project Power Overview

PROJECT POWER is the American Diabetes Association® (ADA) initiative to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity, and family involvement. Project Power was created for elementary and middle school-aged youths to help prevent obesity, type 2 diabetes, and the complications of diabetes. The program is delivered at no cost to families as a virtual afterschool program over a three-week period with sessions twice a week.

Project Power utilizes an evidenced-based childhood obesity prevention curriculum.

Key objectives include:

- Increased knowledge of physical activity and nutrition
- Improved confidence making healthy food choices and how to exercise regularly
- Increased healthy behaviors including achieving physical activity and consumption of fruits, vegetables, and water



The curriculum includes three pillars:



NUTRITION EDUCATION

- Food groups
- Portion control and healthy snacks
- Fast food strategies
- Healthy beverage choices



FITNESS EDUCATION

- Age-appropriate exercises
- Physical activity sessions
- Active games and friendly competition
- Reducing screen time



FAMILY ENGAGEMENT

- Type 2 diabetes risk assessments
- Family resources
- Social media platforms
- Power Up! Parent Meetings

Our health education curriculum uses terminology for identifying healthful foods—**GO**, **SLOW**, and **WHOA**—as a simple means of labeling food's nutritional content.

37M

Diabetes affects over 37 million children and adults.
1 in 10 Americans has diabetes.

96M 96 million Americans have prediabetes and are at-risk for developing type 2 diabetes.



More than 81% of them do not know they have it.

When confronting the diabetes crisis, prevention is critical and developing healthy habits when kids are young will shape the lives of these future adults.



Proven Outcomes

- Improvements were seen in **all areas** of knowledge assessed
- **75% of respondents** were confident in their ability to choose healthy snacks and regularly participate in physical activity
- **50% of respondents** consumed four or more servings of fruits and vegetables per week

Project Power Results

I. IMPACT: KNOWLEDGE

The follow-up survey showed that:

- 85% of participants can correctly identify all components of a healthy plate
- 55% of participants can correctly identify the recommended amount of physical activity to do in a day

II. IMPACT: SELF-EFFICACY

The follow-up survey showed that:

- 75% of participants are confident in their ability to choose fruit as a snack
- 70% of participants are confident in their ability to achieve energy balance with the food they eat and their physical activity

III. IMPACT: BEHAVIOR

The follow-up survey showed that:

- 70% of participants drink water four or more times per week
- 50% of participants meet the recommend amount of physical activity per week
- 50% of participants eat vegetables four or more times per week

NATIONAL RESULTS



The ADA served 4,638 participants through Project Power in 2021.

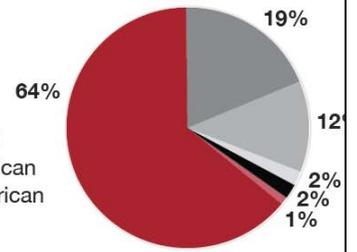
2021 PROJECT POWER BY THE NUMBERS:

4,638	Youth participants
441	Parents/guardians
23	Community partners
86	Program sessions
98	Program counselors
\$0	Cost to participants



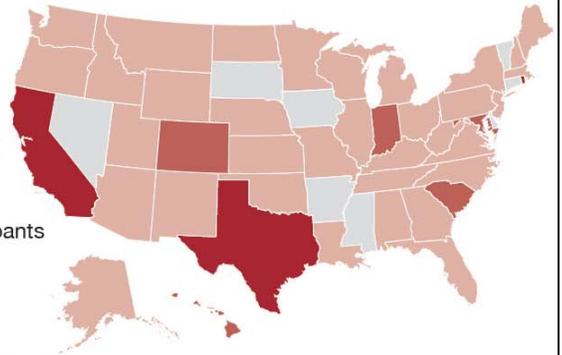
PARTICIPANT DEMOGRAPHICS

- Black/African American
- White/Caucasian
- Latino/Hispanic
- Multi-Racial
- Asian American
- Native American



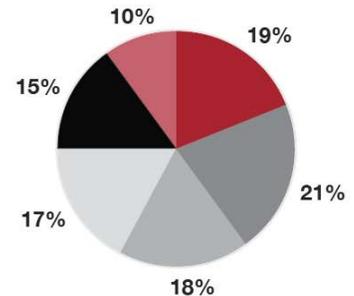
STATE TOTAL COUNT

- 500-1,000
- 100-499
- 1-99
- No Participants



Household Income

- Less than \$25,000
- \$26,000-\$50,000
- \$51,000-\$75,000
- \$76,000-\$100,000
- \$101,000-\$150,000
- More than \$151,000



Food Insecurity—a household's inability to provide enough food for every person to live an active, healthy life.



THANKS TO OUR NATIONAL SPONSORS:

QUEST DIAGNOSTICS • NOVO NORDISK • SUN LIFE • AMERISOURCEBERGEN FOUNDATION

BUILDING COMMUNITY HEALTH TOGETHER



Keith Newby, M.D.
Medical Director



Iris Lundy, RN, MHL
Senior Director



Vanessa Hill, MPH, PMP
Program Manager



Destiny Flanagan
Intern

SOUL FOOD MINUTE:

"Courage is fear that has said its prayers."
- Anne Lamott



Source: <https://medcomhealth.com/may-is-stroke-awareness-month/>

PROTECT YOUR VISION

Did you know that where a person lives and their income can increase the risk of vision loss? According to the CDC, vision loss ranks among the top 10 causes of disability in the US. An estimated 7 million Americans have vision impairment. These numbers are expected to double by 2050 because of the aging US population and the expected increase in diabetes that can cause vision loss.



Source: Heart Disease & Stroke Statistics – Update 2016 A report from the American Heart Association

EMPOWER YOUR HEALTH WITH DR. NEWBY

In the wake of the COVID pandemic, the necessary mandates of distancing and staying at home increased the awareness and the occurrence of mental health conditions. A new pandemic has emerged. Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. Everyone has mental health, and it deserves your attention just as much as your physical health does. A mental health condition, or mental illness, refers to a set of symptoms identified by the mental health community. People with mental health conditions deal with changes in emotions, thinking, and/or behavior. No matter what kind of mental health condition someone is facing, it's possible to recover. Mental wellness is a lifelong process to strengthen our reactions stresses that life brings. Sometime its called self-care and it's not selfish. It's as necessary as eating well and moving more in order to live your best life possible.



did you know?

According to the National Center for Education Statistics, only 18% of all students graduate with a STEM degree, among 2% are black. At only 34 years old, Dr. Kizzmekia Corbett not only broke through barriers, but her gifts and skills enabled her to lead the team at the National Institutes of Health that would develop the vaccine for COVID 19.

Source: <https://www.cbsnews.com/news/covid-19-vaccine-development-kizzmekia-corbett/>

Boost your wellbeing

Finding support

Try writing

Writing can help you identify what is affecting your wellbeing, clear your thoughts, and create perspective.

Be kind and compassionate to yourself

Question the critical voice that frequently tells you how you are in this situation!

Look at our Good Mental Health Guides for Seafarers

You can find these on the link at the top of this page. We have a link to the Seafarers' Health Management System and Sleepers' aid too.

Prepare for your time in port

Use the Seafarers' Health Center's Seafarer's Health Management System app. Try to be able to turn the app on when you have a few minutes to bring you what you need.

Contact SeafarerHelp

We can assist the number of our members with any form of help, day or night. The Seafarers' Health and Wellness team will assist you to find out how to get through.

Source: <https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/good-mental-health-infographics-boost-your-wellbeing>

For more information on our services HealthEquity@sentara.com





YOU need Renter's Insurance if your apartment is damaged by a fire, flood, or burglarized. Your personal property is not replaced unless you have rental insurance. Sofas, beds, toys and clothes are covered only if you buy this type of insurance.

Renter's Insurance can also help if you move out of your apartment temporarily due to a fire. It can help you even if the problem is not in your apartment.

Look under "Insurance" in the yellow pages of the telephone book for companies located in the Newport News area. Don't take chances with your belongings.!

According to Section II, 9-C of the Resident's Lease "Management will not be responsible for any of Tenant's personal belongings which are damaged or destroyed by natural disaster or other circumstances which are beyond the control of Management".



Protect your items with affordable renter's insurance.

CDC's Eight Tips for Safe and Healthy Summertime Work and Play



Digital info helps Americans avoid illness and injury



CONTACT:

BEAT THE HEAT AND RAYS

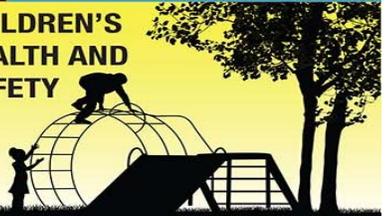


FOOD SAFETY



INSECT PROTECTION

CHILDREN'S HEALTH AND SAFETY



SWIMMING SAFETY



WORKER SAFETY AND HEALTH



STAY UP TO DATE ON VACCINES



TRAVEL ABROAD SAFELY



cdc.gov/disasters/extremeheat/heattips

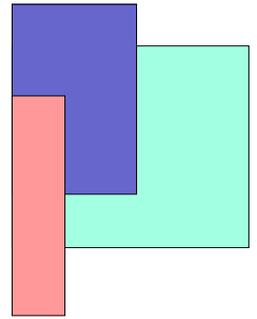
General Overtime Guidelines

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 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



Requested Work Orders

Public Housing

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

Tax Credit Properties

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

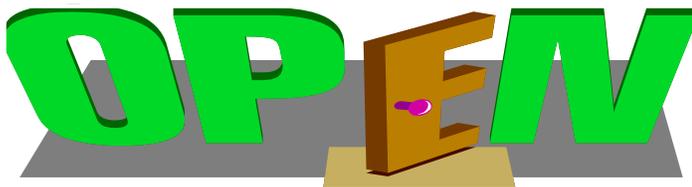
***USE ONLY AS AN ALTERNATE NUMBER**

Please use this number ONLY after 5:00 pm (757) 247-0484



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.



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.

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	Alcohol, Eating Disorders and Substance Abuse	Private Insurance

FILING A COMPLAINT...



Here is the Customer Service

Hotline Number:

757-928-3680 or 757-928-6060

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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P O Box 797
Newport News, VA 23607



News Coordinator and Layout~Lisa Artis

