



October is Breast Cancer Awareness Month

An Early Breast Cancer Detection Plan should include:

Beginning at age 20: Performing breast selfexams 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 find-ings.

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.

You'r and and oh-so



Are you experiencing domestic abuse?





NNPD DV Team Message Line (757) 928-4646 • nnpddvteam@nnva.gov • nnva.gov / domestic-violence

Signs of Domestic Abuse

- Call you hurtful names.
- Physically hurts you or has hurt you in the past.
- 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, driv-Tries to isolate you from your family and friends. ers' 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

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

Housing Crisis Hotline (757) 587-4202

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

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

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

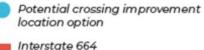
- State Board of Elections office;
- Department of Motor Vehicles offices;
- Voter Registration Drives.

Registration Deadline: October 17, 2023 by 5:00 p.m. (in person) If registering online, must be submitted by 11:59 p.m.

Pedestrian Access Survey FOR THE SOUTHEAST & DOWNTOWN COMMUNITIES

COMPLETE A QUICK SURVEY FOR A CHANCE TO WIN RAFFLE PRIZES!









In an effort to reconnect the communties of Newport News, namely the Southeast and Downtown communities, we ask that you take a few minutes to complete a quick survey. To complete the survey, please scan the QR code or visit the link below.



www.surveymonkey.com/r/LPQD3LT

Thank you for helping the city make decisions that will positively impact our citizens and communities!

THE FAMILY INVESTMENT CENTER (FIC) 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 ofierte 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.

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

Lunes—Viernes

8 de la mana - 4:30 de la tarde

757.928.3682 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 757.928.2682

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



Family Investment Center

FREE PERSONAL CARE AIDE (PCA) CERTIFICATION





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

From: October 9, 2023 - October 23, 2023

Time: 9:00am--2:00pm Days: Monday – Friday

Where: Marshall Court Recreation Center 3301 Marshall Avenue Newport News, VA 23607 757-928-3680

We have the tools. You have the talent. Let's get together. Sponsored by: Always There Home Health Care

If you currently have a PCA certificate, we are hiring.

This is a (40 hours) training. You must complete the 40 hours in order to receive your certificate. Sign up today!



2-3 WEEK TRAINEE COURSES





AN EXCELLENT CAREER OPPORTUNITY



How to Apply:



Visit buildyourcareer.com



Search "Trainee"

View all available programs.

THE REAL POIL FRANKLES

Submit your application.





90% Hands-on Instruction



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STARTING PAY OVER \$22 PER HOUR





OPEN TO THE PUBLIC & WELCOMING STUDENTS OF ALL AGES

BRD ANNUAL STEM EXPLORATION COMMUNITY EVENT

SCIENCE | TECHNOLOGY | ENGINEERING | MATH

SATURDAY, OCTOBER 14 10 A.M. TO 2 P.M.

Event will be held rain or shine. Minors must be accompanied by an adult.



First 200 who register and attend will receive paper eclipse glasses and the first 500 who register and attend will receive a drawstring backpack. Brooks Crossing Innovation + Opportunity Center 550 30th St., Suites 101 & 102 Newport News, VA 23607 757-975-5316

For more information: visit nnva.gov/CoVA-STEM, email covastemhub@gmail.com, or call 757-355-2132.



Exhibitor space is limited!



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.

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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
A CONTRACTOR OF A CONTRACT	
*Marshall	(757) 928-6181
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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

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



TENANT COUNCIL MEETINGS

Aqueduct	Last Thursday Each Month	10:00 am Gymnasium	
Ashe Manor	3rd Thursday Each Month	1:30 pm Community Room	
Brighton	3rd Tuesday Each Month	2:00 pm Community Center	
Cypress Terrace	2nd Tuesday Each Month	11:00 am Community Center	
Great Oak	3rd Thursday Each Month	2:00 pm Community Center	
Jefferson Brookville	3rd Thursday Each Month	3:30 pm - Jefferson Brookville Community Room	
Lassiter Courts	2nd Thursday Each Month	3:30 pm Community Room	
Marshall Courts	3rd Thursday Each Month	2:00 pm Recreation Center	
rcutt Townhomes I	4th Thursday Each Month	10:00 am - Ashe Manor Community Room	
Orcutt Townhomes III	4th Thursday Each Month	1:30 pm - Ashe Manor Community Room	
Oyster Point	3rd Tuesday Each Month	11:00 am Community Room	
Pinecroft	1st Monday Each Month	3:00 pm Lobby	
Spratley House	2nd Wednesday Community Room	3:00 pm Community Room	



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.

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.
≻ s	 PHAs/Owners & Agents may communicate COVID-19 related concerns at the 28, 14, and 2-day notification intervals.
ROPERTY ONCERNS	 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.
PROPER1 CONCER	 PHAs/Owners & Agents may reference the REAC Inspector Notice No. 2020-01 for additional detail: <u>https://www.hud.gov/sites/dfiles/PIH/documents/COVID19In</u> <u>spectorProtocolNotice2021-01.pdf</u>
0	 All requests to postpone inspection must be communicated to the Technical Assistance Center (TAC): 888-245-4860.
REQUESTS T POSTPONE	 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.
NUE	 REAC will coordinate with Multifamily and Public Housing leadership to ensure it evaluates all relevant factors.
REQ POS	 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

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 sub- stance abusers.	No fees
Hampton Roads Clinic Reflections 827-8430	Outpatient Counsel- ing I.V. Methadone Maintenance 30-45 day Residen- tial Facility	Sliding fee Scale Medicaid
Project Link 245-0217	Case management and coordination services for prenatal abuser	Sliding fee Scale Medicaid
Al Anon/Alateen 1-888-425- 2666	Support group Alco- holism-friends/ relatives and teens.	No fees
AA Hotline 595-1212	12 Step Program	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:

757-928-6063 or 757-928-6170

A TENANT HOTLINE IS A FREE SERVICE FOR TENANTS LIVING IN PROPERTIES OWNED AND MANAGED BY THE NEW-PORT 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





This newsletter is published by the Newport News Redevelopment and Housing Authority News Coordinator and Layout: Lisa Artis

Newport News Redevelopment and

j.

Housing Authority P. O. Box 797 Newport News, VA 23607

