



HOLIDAYS
OBSERVED
DURING THE
MONTH OF
APRIL

April 1

April Fool's Day

April 24

Administrative Profes-
sionals Day



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NEWS AND NEIGHBORS

Newport News Redevelopment
and Housing Authority

April 2013

Volume 20, Issue 4

PURSUE YOUR DREAMS



MIDDLE COLLEGE

- For young adults ages 18-24 years old
- Commit to Your Future
- Obtain a GED®
- Enroll at TNCC
- Earn college credits
- Explore career pathways
- Gain training in fields such as welding, HVAC, medical coding and billing, nursing, automotive, legal office assistant and more..
- This is a grant-funded program & space is limited!

**GET YOUR GED®
& FREE JOB TRAINING**

To learn more, contact: Franz Albertini,
Middle College Director, at 757-865-5882
or middlecollege@tncc.edu





5 Ways to Boost Your Credit Score

Most people may know their Score, but many still don't know what makes it go up and down. Here are five things that you can do to raise your rating.

1. Make early payments.

Pay all credit card and loan bills before their statement due dates. Even make multiple payments during the month rather than a single remittance.

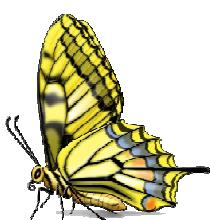
2. Stick to 33% credit use rule.
Pay down all open lines of credit so that their individual balances do not exceed 33% of the total available credit. Use only that percentage of the total limit at one time.

3. Ask for a goodwill deletion.
Request a goodwill deletion based on previous on-time payments in writing. A goodwill deletion occurs when a creditor decides to remove a negative mark based on the customer's request.

4. Keep aged accounts even if they are no longer useful.
“A portion of your score is based on history and how long you’ve maintained lines of credit”. According to FICO, 15% of your score is the length of your credit history.

5. Remove a bad debt.
Typically, paying off a collection account doesn’t remove it from your credit report.

Black Enterprise Magazine, March



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.

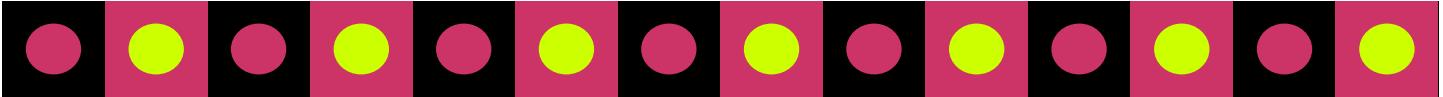
**Don't
FORGET!**



Please remember to tear off and send the payment receipt with your rent payment.

This speeds up processing your rent payment and crediting your account accurately.

-Management-



Day of Healthy Heart for Women's Awareness

Love Yourself...Love Your Health

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On Tuesday, February 26, 2013, NNRHA celebrated American Heart Month by hosting a Day of Healthy Heart for Women's Awareness. A total of 31 residents received valuable and informative material on ways to live a healthier lifestyle and reduce the chance of heart disease. Community Organizations such as Peninsula Health Department, Second Chances Youth Services, Sister to Sister, Virginia Cooperative Extension Services, PICH, Family Redirection, Healthy Families Initiative and NNRHA Community Health Workers provided residents with resources to be used as preventative measures against heart disease. Blood Pressure Screenings were also conducted.

Outside vendors included a Certified ZUMBA instructor who spoke about the importance of exercise as it relates to a stronger heart. She also did an intro to ZUMBA where residents were able to participate. One Life Fitness Certified Trainers were also on sight providing residents with information on proper diet and exercise.

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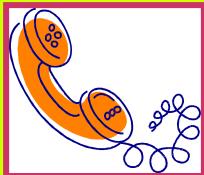




FREE TRAINING PROGRAMS

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

- Self-Paced Typing;
- Employability Skills Workshops
- Resume' Prep;
- Job Lead Assistance;
- Homeownership.



CONTACT:

Family Investment
Center
600 C Ridley Circle
Newport News, VA

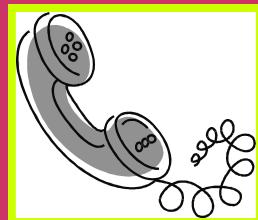
Monday thru
Friday

8:00 a.m. - 4:30 p.m.
757.928.3680

PROGRAMA LIBRE DE INSTRUCCION

Centro de Trabajo Para la Familia ofierte los cursos que sigue:

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



CONTACT:

Centro de Trabajo
Para La Familia
600 C Ridley Circle
Newport News, VA
757.928.3680

Lunes-Viernes
8 de la mañana
4:30 de la tarde
757-928-3680

Important Numbers

Marshall	928-6181
Ridley/Lassiter	928-2690
Spratley House	928-2680
Ashe Manor	928-6187
Aqueduct	833-5700
Cypress Terrace	833-5720
Great Oak	591-3282
Oyster Point	269-4307
Phoenix Village	591-3282
Pinecroft	269-4300
Brighton	591-3280
Orcutt Townhomes	928-6187
Community Resources	928-6170
Family Investment Center	928-3680
Facilities East & North	247-0484/0485



Do You Have A Job Interview?



Interviewing preparation is available. Call the Family Investment Center to make an appointment. The number is 757.928-3680.

Family Investment Center
600 C Ridley Circle
Newport News, VA 23607
757.928.3680



★ FREE TAX PREPARATION ★ SERVICES

TIRED OF PAYING HIGH TAX PREPARATION FEES?

VITA, the Volunteer Income Tax Assistance program sponsored by the Newport News Redevelopment & Housing Authority will help prepare and file your basic returns for **FREE!**

College Students

Teenagers

Part-Time Employees

Seasonal Employment

Free Tax Preparation through Monday, April 15th at the

Family Investment Center (FIC), located at

600 C Ridley Circle in Newport News.

For more details, please call FIC at 757.928.3680

Joining the Public Housing Family Self-Sufficiency Program Can Change Your Life

Did you know that joining the public housing Family Self-Sufficiency (FSS) program allows you to earn \$\$\$? Upon completion of their goals, FSS participants receive an escrow account that they can use for a downpayment on a home...for continued education...or for any purpose they choose. **And you won't be alone!** FSS Coordinators will help you set and reach your goals to become economically self-sufficient.

Here's how it works! Participants agree to enter into a five year contract with the Newport News Redevelopment and Housing Authority that identifies their educational, personal and employment goals. The FSS Coordinator helps the head of household develop a plan of action that outlines specific activities and services needed to achieve those goals. Services include education, job training, credit counseling, job placement, and self-help workshops.

Throughout the five years, the FSS Coordinator monitors the participant's progress and helps him or her achieve the next level of self-sufficiency.

As participants reach their goals and their income increases from employment, their rent will also increase. When rent payments increase, portions of the rent are deposited into an escrow account for the participant. Upon successful completion of the FSS contract, the participant then receives the escrow money.

Call Elsie Hines, Public Housing, FSS Coordinator at 757-928-3680 to find out more information.

Spring Cleaning



The flowers are blooming, the birds are serenading, and our house still feels like it is stuck with winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of Spring and Summer.

Clearing Clutter and Organizing During Spring Cleaning:

One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Use these resources to clear out your stuff. Plan a garage sale. Learn how to box up items you don't need. Find out how to donate items that are taking up space. Take advantage of the natural urge that comes each spring to get rid of items that are weighing you down and begin fresh with a more streamlined lifestyle. While we may have a tendency to hoard and hold on to items in the winter, we generally are more ready to let go of clutter when spring arrives. Trust me. Cleaning will be a lot easier when the clutter is gone.

Getting the Family Involved in Spring Cleaning:

If you need a little help in your cleaning endeavors, try to get your family involved. Even the most unwilling helper can make a big difference in the work load. I know what you are thinking. It might actually seem easier to just do everything by yourself rather than try to get your family to help. Don't worry, we've got advice to deal with even those most reluctant helpers. This is actually a great time of year to get the entire family to work together. Try throwing on some music or establishing a family reward for when the work is done.



Healthy Eating Tips



Parents can help their children avoid obesity and develop healthy habits for a lifetime by following these guidelines.

Be a good role model.

This is the most important tip for parents because studies have shown that children learn their eating habits from their parents.

Choose drinks wisely.

Water is best. Use 1% or skim milk. Discourage sweetened drinks such as soda, sports drinks and drinks made from powdered mixes. These are mostly sugar. Limit 100% fruit juice to 6-8 oz. a day.

Offer only healthy snacks.

Encourage healthy snacks such as fruits and vegetables. Discourage chips, cookies, and candy. These are empty calories with little or no nutritional value. Junk foods should be limited to special occasions, don't keep them in the house routinely.

Don't allow eating in front of the TV.

Make the TV area a no-food zone. It's easy to overeat while watching TV because we mindlessly put food into our mouth without paying attention to the cues our body gives to know we are full. Also, food and drink commercials trigger thoughts of eating even when we are not really hungry.

Limit eating out.

On average, restaurant food has 55% more fat and calories than food prepared from scratch at home. Fast foods also tend to be higher in salt. If you opt for fast food, avoid the "super sizes". Select foods that are grilled, baked or broiled.

FIC Corner...

SPEED "MOCK" Interviews

Want to brush up on your Interviewing Skills?

Join the Family Investment Center and other Interviewers who will conduct practice interviews.

You will learn tips on interviewing that will assist you with your job seeking endeavors. Come professionally dressed with copies of your resume.

**Tuesday, April 9, 2013
1:00 p.m.-3:00 p.m.**

Family Investment Center
600 C Ridley Circle
Newport News, VA 23607

For more information, you may call 757-928-3680

Budgeting Classes



Budgeting is often taken for granted. Today is a great time to review your finances. It's an opportunity to look at your accounts and determine what needs to be changed and make plans for the future.

Budgeting classes are provided on a weekly basis to assist residents in preparing a personal budget. Class participants learn budgeting, the benefits of budgeting, and how to use a budgeting tool.

It's good to know where your money is going, where to cut back and where to save.

Classes are held on **Monday, Wednesday and Friday
10:00-12:00 noon**

All NNRHA residents are invited to attend classes.

Family Investment Center
600 C Ridley Circle
Newport News, VA
(757) 928-3680



FOOD BANK DISTRIBUTION SITES



East End

COMMUNITY	DISTRIBUTION FOR ALL SITES		DELIVERY DATE
Ashe Manor	Agape Hands Cathedral	757-247-0090	3rd Tuesday after 4 pm
Spratley House	Christian Union Church	757-244-3819	2nd Thursday 12 noon -1 pm
Lassiter Courts	A Road Ahead	757-245-6098	Monday, Wednesday, Friday 10 am -1:30 pm
Ridley Place	L.I.N.K.	757-595-1953	Monday - Friday 9am - 3 pm
Marshall Courts			
Orcutt Townhomes			

North End

COMMUNITY	DISTRIBUTION FOR ALL SITES		DELIVERY DATE
Aqueduct	Kids Café, Foodbank	757-596-7188	2-3 times per week
Brighton	Kid's Café' Foodbank	757-596-7188	Summer and Fall
Oyster Point	Foodbank	757-596-7188	
Cypress Terrace	New Beech Grove Baptist Church 757-877-4114		United Way (757) 594-4636 for referral
Pinecroft	Foodbank	757-596-7188	3rd Friday 11 am

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.



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

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Newport News Redevelopment and Housing Authority

P. O. Box 797
Newport News, VA 23607
757.928.6170



MITCH'S SAFETY CORNER

CHILD ABUSE PREVENTION

Child maltreatment includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (clergy, coach, and teacher, etc.). There are four common types of abuse.

- Physical abuse is the use of physical force, such as hitting, kicking, shaking, burning or other show of force against a child.
- Sexual abuse involves engaging a child in sexual acts. It includes fondling, rape, and exposing a child to other sexual activities.
- Emotional abuse refers to behavior that harm a child's self-worth or emotional well-being. Examples include name calling, shaming, rejection, withholding love and threats.
- Neglect is the failure to meet a child's basic needs. These needs include housing, food, clothing, education, and access to medical care.

The few cases of abuse or neglect we see in the news are a small part of the problem. Many cases are not reported to police or social services. Some factors can increase the risk for abuse or neglect. The presence of these factors does not always mean that maltreatment will occur. Children are never to blame for the harm others do to them. Children under 4 years of age are at greatest risk for severe injury and death from abuse.

Families that do not have nearby friends, relatives, and other social support are also at risk. On-going violence in the community may create an environment where child abuse is accepted.

Children are suffering from a hidden epidemic of child abuse and neglect. Every year 3.3 million reports of child abuse are made in the United States involving nearly 6 million children. The United States has the worst record in the industrial nation- losing five children every day due to abuse-related deaths. Approximately 80% of children that die from abuse are under the age of 4.

If you or someone you know suspects a child is being abused, here are some numbers you can call for help.

Child Protective Services (Newport News)	757.926.6600
Child Abuse/Neglect Hot Line	804.786.8536
Newport News Police Department	757.247.2500

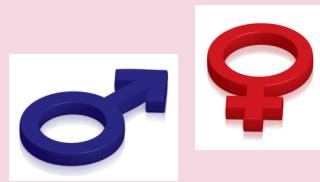
Should you have any Safety or Security questions or concerns, contact Safety & Security at 757.928.2660.

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.



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

FILING A COMPLAINT...



Here is the Customer Service Hotline Number:

757-928-6170 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



GOAL: Let this year represent positive change in your life. Let's strive to live peaceful with our neighbors.

PENINSULA INSTITUTE FOR COMMUNITY HEALTH

23rd Annual Free Health & Cancer Screening

48th Street Physicians

4714 Marshall Ave. Newport News, VA 23607

Join us again this year as we provide FREE health screenings for adults living in Newport News and ALL surrounding areas!

Prevent Heart Disease

- Blood Pressure Screenings
- Lab screenings for Diabetes & Cholesterol

Prevent Cancer

- Well-Women Exams (including Pap Smears & Clinical Breast Exams)
- Prostate Screenings for Men

Remember...the KEY to PREVENTION is
EARLY DETECTION!

Call today for more information (757)247-2806.

Or 1-800-Sentara

Saturday

April 27, 2013

9am—12pm

Must be 18 or
older.

No Appointments
Needed!!!!



FREE CLASSES

Topics will include:

- Employability Classes
- Resume' Writing
- How to successfully complete an Employment Application
- Interviewing Do's and Don't's
- Coping Skills Classes
- Life Skills Classes

Family Investment Center

600 C Ridley Circle
Newport News, VA 23607

Tel. 757-928-3680

"Self-Advancement Development Workshops"

Do you want to change your career path, seeking career advancement or looking for personal improvement? Then the Family Investment Center (FIC) Self-Advancement workshops can help. Come join us!



**Every
Monday & Tuesday
11:00 am -12:00 noon**



Newport News
Redevelopment and Housing
Authority