



NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

March 2014

Volume 21, Issue 3

HOLIDAYS OBSERVED DURING THE MONTH OF MARCH

March 9

Daylight Saving's Time begins

March 17

St. Patrick's Day



Inside this issue:

FREE Training Programs	2
Eating Smart, Being Active Classes	3
Money Management & Budgeting Classes	4
Food Bank Distribution Sites	5
Safety Corner	6
Rehabilitation Assistance	7
Manager's Corner	8

**VOTE
HERE**



ALL NNRHA RESIDENTS

If you feel you are a good leader and want to see change in your neighborhood...consider running for office in your local housing community.

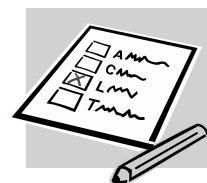
RESIDENT COUNCIL ELECTIONS

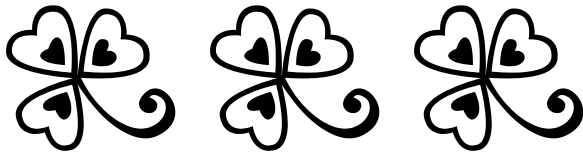
Tuesday, April 8, 2014
All on-site Recreation Centers

Pick up a nomination package from your rental office immediately.
Applications must be received no later than 4:30 p.m. on Tuesday, March 18, 2014.

9:00 a.m. to 1:00 p.m.

VOTE! VOTE! VOTE!

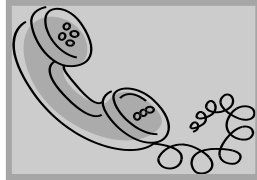




FREE TRAINING PROGRAMS

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

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

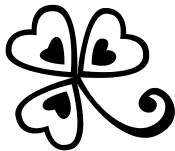


CONTACT:

Family Investment Center
600 C Ridley Circle
Newport News, VA

Monday thru
Friday

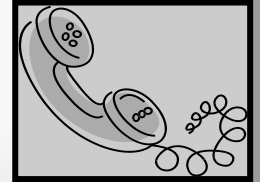
8:00 a.m. - 4:30 p.m.
757.928.3680



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

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	928-6063
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

EATING SMART!



BEING ACTIVE!

Is Back!

**March 6 - April 24
10:00 a.m– 11:00 a.m**

THURSDAYS

**COME JOIN THIS FREE 8 WEEK NUTRITION
EDUCATIONAL
PROGRAM DEALING WITH HEALTH AND WELLNESS**

**FAMILY INVESTMENT CENTER
600 C RIDLEY CIRCLE, NEWPORT NEWS VA 23607**

RSVP 757-928-3681

SPONSORED BY THE VIRGINIA COOPERATIVE EXTENSION

PAGE 3



March Madness
Are You Mad
About NOT HAVING enough



Money?

Then come join in on the Family Investment Center's
Money Management/Budgeting Class

Tuesday, March 19, 2014 at 10:00 a.m.—11:30 a.m.

600 C Ridley Circle
Newport News, VA 23607
Phone: 757-928-3680

While attending these Budgeting classes you will learn smart and innovative ways to save
your cash DOLLARS!!!

Sponsored by
Langley Federal Credit Union and Wells Fargo Bank
Providing you with ways to save in a fluctuating economy.....



**FREE TAX
Preparation**

Tired of paying high Tax Preparation Fees?

Need help filling out your Tax Return? Time is running out.

College Students
Teenagers
Part-Time Employees
Seasonal Employment

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

Contact the
Family Investment Center (FIC)
600 C Ridley Circle
Newport News, VA

For more details, please call 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	L.I.N.K. 757-595-1953	Monday - Friday 9 am - 3 pm
Orcutt Townhomes	L.I.N.K. 757-595-1953	Monday - Friday 9 am - 3 pm
North End		
COMUNITY	DISTRIBUTION FOR ALL SITES	DELIVERY DATE
Aqueduct	Kids Café, Foodbank 757-596-7188	2-3 times per week
Brighton	Kid's Cade Foodbank 757-596-7188	Summer and Fall
Oyster Point	Foodbank 757-596-7188	Summer and Fall
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



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.

Editor: LeVonda Bell

News Coordinator: Sheila Grant

Layout: Lisa Artis

Newport News Redevelopment and Housing Authority

P. O. Box 797
Newport News, VA 23607
757.928.6063

safety Corner



Poison Control

What's the danger?

- Poison centers answer more than 4 million calls each year. That's one call every eight seconds. According to the American Association of Poison Centers; children younger than 6 years old account for about half of the calls placed to poison centers. The center reported over 150,000 calls made about exposure to common household pesticides. These figures show the need for everyone to lock up pesticides and household chemicals out of children's reach- preferably in a high cabinet.
- Never leave household chemicals unattended when you are using them.
- Use child-resistant packaging by closing the container tightly after use.

What chemical-containing products are in your home? Common products that could seriously harm a child if ingested include:

- Bath and kitchen disinfectants and sanitizers, including bleach;
- Drain cleaner, paints, or glue;
- Roach sprays and baits;
- Insect repellents;
- Weed killers;
- Products used to kill mold or mildew;
- Before using these products read the product label first and follow the directions to the letter.

If someone has swallowed or inhaled a pesticide or gotten pesticide in the eye or on the skin:

- ◆ Call 911 if the person is unconscious, having trouble breathing, or having convulsions.
- ◆ Check the label for directions on how to give first aid.
- ◆ Call the Poison Control Center at 1-800-222-1222 for help with first aid.

Should you have any questions or concerns, contact Safety & Security at 928-2660.

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.

THOUGHT: The greater part of our happiness or misery depends on our disposition and not our circumstances.

~Martha Washington~

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

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

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 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.

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.

Manager's Corner

Marshall Rental
Office
New
Location

Did you know Marshall Rental Office Moved?

NEW LOCATION:

Marshall Courts Recreation Center
3301 Marshall Avenue
Newport News, VA 23607

757.928.6181



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.

Cold Weather Precautions Take Preventive Action

Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the "strength" of a container, expanding water can cause pipes to break.

Being prepared and informed may help you to avoid the messy issue of frozen pipes:

- ◆ Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children;
- ◆ When weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe—even at a trickle—helps prevent pipes from freezing;
- ◆ If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

