



NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

October 2015

Volume 22, Issue 10

HOLIDAYS OBSERVED DURING THE MONTH OF OCTOBER

October 12

Columbus Day

October 31

Halloween



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COMMUNITY FALL FEST

Join Councilwoman Sandra Cherry

in partnership with

Newport News Redevelopment and Housing Authority



**Free Miniature Pumpkin Give-Away
Ages 2-7 (while they last)**

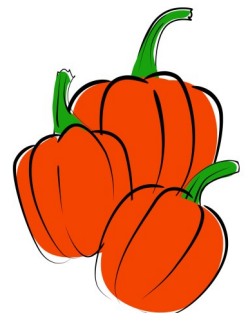


Saturday, October 31, 2015

1:00 pm—3:00 pm

617 27th Street

Newport News, VA 23607



OCTOBER IS BREAST CANCER AWARENESS MONTH

An Early Breast Cancer Detection Plan should include:

- ◆ **Beginning at age 20:** Performing breast self-exams and looking for any signs of change.
- ◆ **Age 20 to 39:** Scheduling clinical breast exams every three years.
- ◆ **By the age of 40:** Having a baseline mammogram and annual clinical breast exams.
- ◆ **Ages 40 to 49:** Having a mammogram every year or two years depending on previous findings.
- ◆ **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, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.



One In Eight.

A woman's odds of getting breast cancer.

Join in the fight against breast cancer!



Common Signs & Symptoms of Breast Cancer include:

- ◆ A change in how the breast or nipple feels. You may experience nipple tenderness or notice a lump or thickening in or near the breast or in the underarm area.
- ◆ A change in how the breast or nipple looks. This could mean a change in the size or shape of the breast or a nipple that is turned slightly inward. In addition, the skin of the breast, areola or nipple may appear scaly, red or swollen or may have ridges or pitting that resembles the skin of an orange.
- ◆ Nipple discharge.

Prostrate Cancer Awareness



Prostate cancer is cancer that occurs in a man's prostate — a small walnut-shaped gland that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer in men. Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly.

Prostate cancer that is detected early — when it's still confined to the prostate gland — has a better chance of successful treatment.



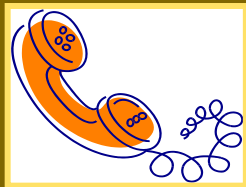
Screening for Prostate Cancer

- Whether to test healthy men with no symptoms for prostate cancer is controversial. Medical organizations don't agree on the issue of screening and whether it has benefits.
- Some medical organizations recommend men consider prostate cancer screening in their 50s, or sooner for men who have risk factors for prostate cancer. Other organizations advise against screening.
- Discuss your particular situation and the benefits and risks of screening with your doctor. Together, you can decide whether prostate cancer screening is right for you.

FIC Corner...

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.

Family Investment Center
600 C Ridley Circle
Newport News, VA

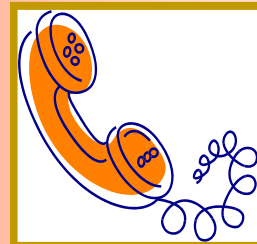
Monday thru
Friday

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

PROGRAMA LIBRE DE INSTRUCCION

Centro de Trabajo Para la Familia ofrece 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	928-6163
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

CONGRATULATIONS!

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Ziyon Eley and Jermeryis Graham received scholarships to attend the week long 4-H Camp sponsored by the Virginia Cooperative Extension. The camp was held at the Jamestown 4-H camp. Ziyon and Eley had the opportunity to experience things for the first time such as kayate, archery, woodshop, leadership and S.T.E.M!

Daylight Savings Time Ends
Sunday, November 1, 2015



New Eyes for the Needy is a national organization that helps with eye glasses through a voucher program with most Walmart Vision Centers. Applicants must be in financial need, have had an eye exam and attach a copy of the eye-glass prescription to the application; have no other resources available to them to pay for glasses (including federal or state programs or assistance from local charitable organizations) and have not received a New Eyes voucher in the last 24 months. Learn more by going to the site listed.

www.neweyesfortheneedy.org

Safety Corner



As our children get ready to celebrate Halloween, we would like for all NNRHA Residents to review these outstanding safety tips from KidsHealth as we wish you and yours a "Safe" and Happy Halloween.

Adorning Your Little Ghouls

Choose a light-colored costume because these are easier seen at night. Add reflective tape or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.

Only buy a costume that is labeled "flame-retardant." This means the material won't burn.

Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.

Kids shouldn't wear masks — they can make it difficult for them to see and breathe. Instead, use non-toxic face paint or makeup. Have younger kids draw pictures of what they want to look like.

Avoid colored or decorative contact lenses, unless they have been prescribed by an eye doctor for your child.

Avoid oversized and high-heeled shoes that could cause kids to trip. Make sure the rest of the costume fits well, too, which can help prevent trips and falls.

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



Manager's Corner

New Changes for Work Orders

Marshall	928-6154
Ridley/Lassiter	928-6154
Spratley House	928-6189
Ashe Manor	928-6189
Aqueduct	833-5700
Cypress Terrace	833-5720
Great Oak	592-7448
Oyster Point	269-4307
Phoenix Village	592-7448
Pinecroft	269-4300
Brighton	591-3280
Orcutt Townhomes	928-6189



- Marshall 928-6181
- Ridley/Lassiter 928-2690

- USE ONLY AS AN ALTERNATE NUMBER

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

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:

757-928-6063 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

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.

October is Domestic Violence Month

Are you being abused ?

Does your partner . . .

- ◆ Frighten you or your children?
- ◆ Threaten or blame you?
- ◆ Control you and your activities?
- ◆ Act jealous of your friends?
- ◆ Have an explosive temper?
- ◆ Push, shove or hit you?
- ◆ Promise that it will never happen again?



You are not alone. One in four women will experience some form of abuse in her lifetime. Men experience abuse as well. Witnessing domestic violence also has harmful effects on children. If you or someone you know is experiencing violence in their home or their relationship, *help is available at Transitions Family Violence Services.*

Please call 757-723-7774 24 hour hotline.

Safety Planning Guide

What to do if you are in an abusive situation:

- ◆ Call Transitions 24-hour Hotline (757) 723-7774
- ◆ Do not get trapped in the kitchen or bathroom. Stay out of rooms where there are weapons such as guns or knives.
- ◆ Plan an escape route.
- ◆ Take your children with you.
- ◆ Know where to go. Go to an emergency shelter, a family member or friend, or to a public place.
- ◆ Keep a list of important telephone numbers of family, friends, doctors, and shelters.
- ◆ Gather important documents such as identification papers, marriage, school and birth certificates, and insurance information.
- ◆ Gather your checkbook, money and credit cards, medicines, keys, clothing, and toys.
- ◆ If you've been hurt, go to the emergency room. Call the police.
- ◆ You are not alone. Get help. Talk with someone close to you.

For more information, please visit
www.transitionsfvs.org

Feeling Scared?

Confused?

Helpless?

Angry?

Transitions can help.

No one Deserves to be Abused.

Violence Against Women Act Policy

The Newport News Redevelopment and Housing Authority provides or offers the following activities, services, or programs, either directly or in partnership with other service providers, to child or adult victims of domestic violence, dating violence, sexual assault, or stalking.

- The Community Resources Division provides services to victims of domestic violence through referrals in partnership with Transitions Family Violence Services. Transitions Family Violence Services is the sole provider of comprehensive family violence services. The agency assists adult and child victims through shelter, counseling and advocacy. Community Resources staff work with residents to increase awareness of domestic violence and provide opportunities for them to get assistance through referrals. Families are also given the number to Transitions 24 Hour Hotline-757-723-7774.
- NNRHA works in partnership with the Commonwealth Attorney's Office Victim Services Unit.
- NNRHA works in partnership with the Department of Social Services, Newport News Drug Court and the Peninsula Center for Independent Living sharing information about the different programs and services we offer to assist victims of domestic violence.

The Newport News Redevelopment and Housing Authority provides or offers the following activities, services, or programs that helps child and adult victims of domestic violence, dating violence, sexual assault, or stalking, to obtain or maintain housing.

- Transitions Family Violence Services distributes literature at the Annual College and Career Fair which is sponsored by the Authority.
- The Authority bans individuals from Authority properties that commit assaults.
- The Authority's policy allows the transfer of victims when necessary to other complexes.

The Newport News Redevelopment and Housing Authority provides or offers the following activities, services, or programs to prevent domestic violence, dating violence, sexual assault, and stalking, or to enhance victim safety in assisted families.

- NNRHA has an Involuntary Displacement Preference policy in place to assist families who are "actual or threatened with physical violence directed against the applicant or the applicant's family by a spouse or other household member who lives in the unit with the family".

The Newport News Redevelopment and Housing Authority has the following procedures in place to notify residents of their rights under the Violence Against Women Act:

- This information is given to residents at their leasing.
- The Authority posts this information on the bulletin board at each rental office and the Family Investment Center.
- This information is included in the resident Newsletter quarterly.

In partnership with Transitions Family Violence Services, the Authority holds an annual Domestic Violence workshop/meeting in October in recognition of Domestic Violence Month. Tenant Council Members are invited to attend as well as the Commonwealth Attorney's Office Victim Services Unit.

For the purposes of interpreting the Violence against Women Act, NNRHA recognizes the following definition:

Bifurcate: with respect to a public housing lease, it means to divide a lease as a matter of law such that certain tenants can be evicted or removed while the remaining family members' lease and occupancy rights are allowed to remain intact.

Hurricane Season

Emergency Preparedness...

Plan Ahead!!!!

Natural disaster is an occurrence causing widespread destruction and distress: a Catastrophe or a great misfortune.

Theses few steps should be completed in preparation for severe weather or disaster:

- **Gather Supplies**-Gather the emergency supplies you previously stocked in your home;
- **Stay Tuned**-Stay tuned to local radio or television stations for updates. Also check the latest from the National Weather Service;
- **Turn Off Utilities**-Turn off all utilities at the main power switch and close the main gas valve if evacuation appears necessary;
- **Immunization Records**-Have your immunization records handy or be aware of your last tetanus shot, in case you should receive a puncture wound or a wound becomes contaminated during or after the flood;
- **Fresh Water**-Fill bathtubs, sinks, and plastic soda bottles with clean water. Sanitize the sinks and tubs first by using bleach. Rinse and fill with clean water;
- **Outside Items**-Bring outdoor possessions, such as lawn furniture, grills and trash cans inside or tie them down securely.

Know the Difference

Hurricane Watch

Hurricane conditions are a threat within 48 hours. Review your hurricane plans. Get ready to act if a warning is issued, and stay informed.

Hurricane Warning

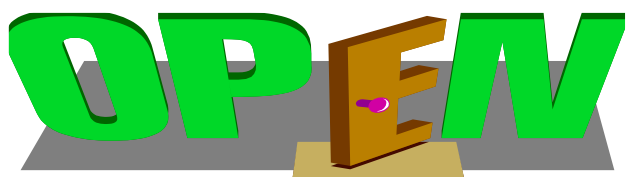
Hurricane conditions are expected within 36 hours. Complete your storm preparations and leave the area if directed to do so by authorities.



FOOD BANK DISTRIBUTION SITES PAGE 11



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 9 am - 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 Café' 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
Great Oak	Foodbank 757-591-3282	3rd Tuesday 11:30 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
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Newport News Redevelopment and
Housing Authority
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Newport News, VA 23607
757.928.6063

October 2015

Family Investment Center

757-928-3680

SUN	MON	TUES	WED	THUR	FRI	SAT
						
		<p>*All workshops are scheduled 10:00am-11:30am, unless otherwise stated.</p>				
PP 4	PP 5 Open Computer Lab	PP 6 Open Computer Lab	PP 7 Open Computer Lab Budgeting Class	PP 8 Open Computer Lab	PP 9 Lab Open (9:00am-11:30am)	PP 10
PP 11	PP 12 Open Computer Lab	PP 13 Open Computer Lab Healthy Relationship and Communication	PP 14 Open Computer Lab	PP 15 Open Computer Lab Healthy Relationship and Communication	PP 16 Lab Open (9:00am-11:30am)	PP 17
PP 18	PP 19 Open Computer Lab	PP 20 Open Computer Lab	PP 21 Open Computer Lab Sister To Sister	PP 22 Open Computer Lab	PP 23 Lab Open (9:00am-11:30am)	PP 24
PP 25	PP 26 Open Computer Lab	PP 27 Open Computer Lab	PP 28 Open Computer Lab Domestic Violence	PP 29 Open Computer Lab	PP 30 Lab Open (9:00am-11:30am) Home Management Workshop @Aquaduct	PP 31 

Domestic Violence Awareness: "The most common way people give up their power is by thinking they don't have any". ~Alice Walker~

Breast Cancer Awareness: "There can be life after breast cancer. The prerequisite is early detection". ~Ann Jillian~