



# NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

February 2015

Volume 22, Issue 2

## CELEBRATING

### HOLIDAYS OBSERVED DURING THE MONTH OF FEBRUARY

**February 14**

Valentine's Day

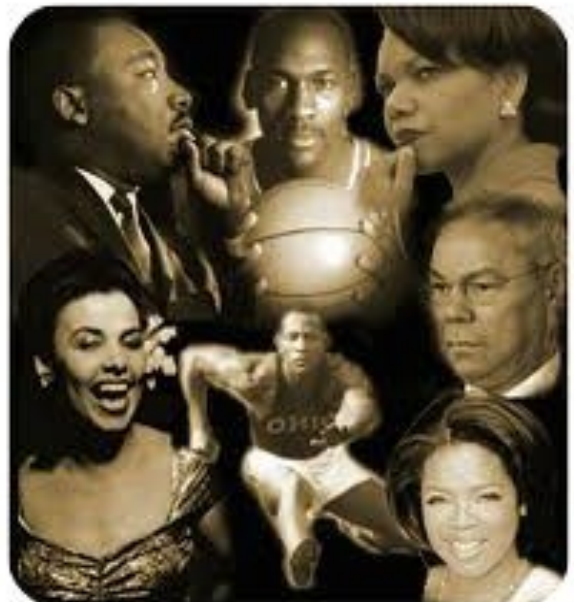
**February 16**

President's Day



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## Who Started Black History Month?

It was Dr. Carter Woodson who started the 'Negro History Week' to focus peoples attention and bring to their notice the role and contribution of African Americans in the American History. Dr. Woodson was an African American who completed his PhD. from Harvard. He found the need to become the voice of African Americans who were wrongly represented and treated in early times. He founded the 'Association for the Study of Negro Life and History' in 1915, which is now known as Association for the Study of Afro-American Life and History.

What comes to your  
mind when you  
think of  
Black History?

## Kid Friendly Facts for Black History Month

### 1. Peanut Butter

Love Peanut Butter? Peanut Butter was invented by a Black man, George Washington Carver (1864-1943), who discovered 400 uses for peanuts, soybeans, sweet potatoes, and pecans. In the process, he transformed lunchtime sandwiches forever. Yum!

### 2. Red light, Green light

The next time you are waiting at a red light, I want you to know it was invented by Garrett Morgan (1877-1963). Morgan's other invention, the gas mask, also saves lives. Many soldiers survived the First World War thanks to the gas mask, which prevented deadly mustard gas from entering their lungs.

### 3. A lifesaving discovery

While researching blood transfusions, Dr. Charles Drew (1904-1950) realized that blood, like other liquids, could be preserved. His method, now known as blood banking, revolutionized medicine and changed the way doctors work in remote areas or during times of war. Dr. Drew went on to form the Red Cross Blood Bank.

### 4. Black History inside your TV, and maybe your grandma.

There is a lot of Black history inside your television. Otis Boykin (1920-1982) created over 28 different electronic devices, including resistors that are used in home computers, televisions sets, radios, and guided missiles. He also invented the pacemaker.

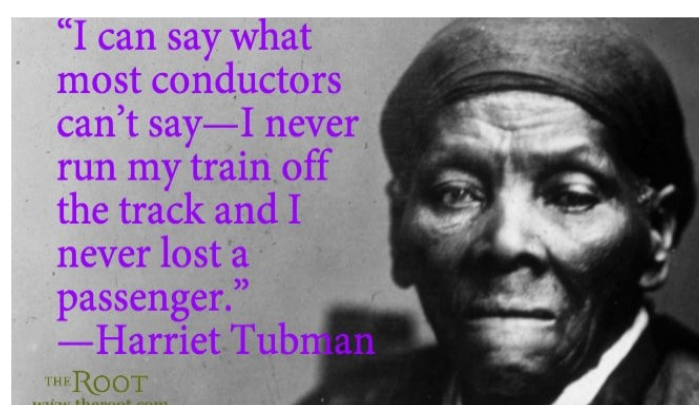
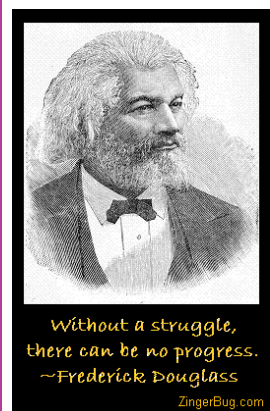
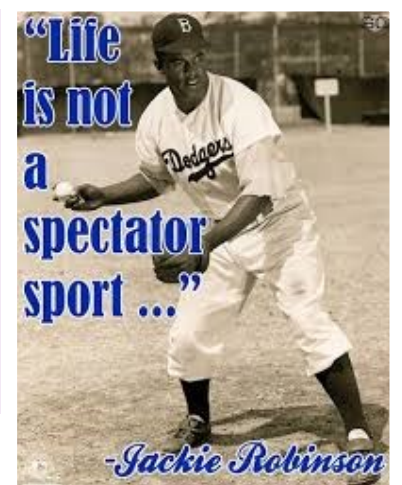
## Black History Month Facts

Famous African Americans who made a contribution to the world are:

- ♦ **George Washington Carver (1860-1943)**- He was the guy who gave the world, the kids favorite peanut butter. Today kids enjoy their peanut butter sandwiches so much.
- ♦ **Madame C. J. Walker (1867-1919)**-Was the first African American to come with hair care invention and went on to become the first self made female millionaire of North America.
- ♦ **Harriet Tubman (1820-1913)**-She earned the name Moses, as she helped hundreds of slaves escape to the northern U.S. and Canada.
- ♦ **Jesse Owens (1913-1980)**-He was the first American to have won 4 gold medals in one Olympics. He was subjected to racism all through his college life but he still stood strong and made the record of the gold medals in Berlin Olympics of 1936.
- ♦ **Rosa Parks (1913-2005)**-She is one of the most famous women in American history. She was the woman who stood for her rights and refused to give up a seat on the bus to a white man which sparked off the civil rights movement. She went to jail for her refusal but ultimately came out a winner in the case against the state.
- ♦ **Jackie Robinson (1919-1972)**-He was the first black player to play in Major League Baseball. Even though he had to face the wrath of people, he emerged a winner when he was awarded rookie of the year in his second season.
- ♦ **Sidney Poitier (1927- )**-He was the first African American to win the award for the Best Actor in 1963.
- ♦ **Martin Luther King, Jr. (1929-1968)**-One of the most influential personalities who rigidly practiced the teachings of Mahatma Gandhi. He led anti-violence demonstrations against racial discrimination, one of which was Washington.



## FAMOUS BLACK HISTORY QUOTES

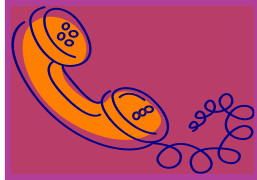


# St. Valentine

## 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

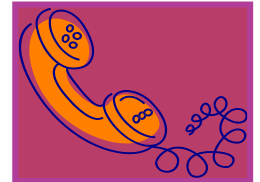
Monday thru  
Friday

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

# Student & Adult Learners



## Scholarship Interest Form

Student Name \_\_\_\_\_

Student Address \_\_\_\_\_

Housing Community \_\_\_\_\_

Student Contact Number \_\_\_\_\_

High School \_\_\_\_\_

Current GPA (Grade Point Average) \_\_\_\_\_

\*All interest forms are due by Friday, February 13, 2015.

Please return the completed form to your rental office or contact Ms. Sheila Grant at 757.928.6079 by Friday, February 13, 2015.

Are you a High School senior in need of money for college? Applicants must expect to graduate from an accredited high school in June 2015 with a cumulative GPA of 2.5 or better in overall academic courses.

Are you an adult interested in going to college, but lack the resources? Well, look no further, NNRHA may have money for you.

Simply complete the Scholarship Interest Form and return it to your rental office. A Scholarship Consultant will contact you.



**All applicants must be a resident of Newport News Redevelopment and Housing Authority or hold a NNRHA Section 8 Housing Choice Voucher.**



### 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.

It's good to know where your money is going, where to cut back and where to save. All NNRHA residents are invited to attend the sessions.

**Please call the Family Investment Center for information on the sessions.**

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



# NNRHA Family Investment Center 3rd Annual Day of Healthy Heart for Women's Awareness Love Yourself...Love Your Health

- Sister to Sister
- Certified Fitness Trainer
- Peninsula Health District
- VA Co-Op Extension Services
- Riverside
- PICH
- ZUMBA - Tyshawna Spell
- Massage Therapy
- Another Level Youth Services
- NNRHA Community Health Workers



Downing Gross  
Cultural Arts Center  
Newport News, VA 23607  
February 24, 2015  
11:00 pm—1:00pm

"Get Ready"  
to raise your  
Heart Rate with  
Intro to Zumba

FREE Door Prizes  
FREE Give Aways  
FREE Refreshments



## Transportation Pick Up

North End Communities	Pick Up	Southeast Communities	Pick Up
Cypress Terrace	10:00 a.m.	Marshall Courts	10:15 a.m.
Aqueduct	10:15 a.m.	Orcutt Townhomes	10:20 a.m.
Oyster Point	10:25 a.m.	Ashe Manor	10:30 a.m.
Brighton	10:35 a.m.	Lassiter Courts	10:40 a.m.
Pincroft	10:40 a.m.	Spratley House	10:45 a.m.

If you need transportation, please call the Family Investment Center at (757) 928-3680  
By Monday, February 23, 2015.





## THERE'S NO BETTER TIME TO WEAR RED

Every day, *The Heart Truth*<sup>®</sup> and its supporters empower women to live for their hearts. But there's one day each year when our message is loudest. On **National Wear Red Day<sup>®</sup>, February 6, 2015**, Americans across the United States will wear red in unison to call attention to women's heart health.

We hope this sea of red across our country leaves a lasting impression on every woman, communicating the hard truth that she may be at risk for heart disease, the **#1** killer of women. We also want this day to remind women that they can control their risk and protect their hearts, starting with a visit to the doctor to learn about their personal risk factors.

## WHAT ARE THE RISK FACTORS FOR HEART DISEASE?

An astonishing 80 percent of women ages 40 to 60 have one or more risk factor for heart disease. Having one or more risk factors dramatically increases a woman's chance of developing heart disease because risk factors tend to worsen each other's effects. In fact, according to research compiled by the NHLBI, having just one risk factor doubles your chance of developing heart disease.

Whatever a woman's age, she needs to take action to protect her heart health. Heart disease can begin early, even in the teen years, and women in their 20s and 30s need to take action to reduce their risk of developing heart disease. Yet among U.S. women ages 18 and older, 17.3 percent are current smokers, 51.6 are overweight (BMI of 25 or greater), 27 percent have hypertension, 35 percent have high cholesterol, and 53 percent do not meet physical activity recommendations. African American and Hispanic women, in particular, have higher rates of some risk factors for heart disease and are disproportionately affected by the disease compared to white women. More than 80 percent of midlife African American women are overweight or obese, 52 percent have hypertension, and 14 percent have been diagnosed with diabetes. Some 83 percent of midlife Hispanic women are overweight or obese, and more than 10 percent have been diagnosed with diabetes.



### Modifiable Risk Factors

- Hypertension (high blood pressure)
- Tobacco Use
- Raised blood glucose (diabetes)
- Physical inactivity
- Unhealthy diet
- Cholesterol/lipids
- Overweight/Obesity

# Get Healthy... Get Covered... Get Help...

## **Health Insurance Marketplace Open Enrollment Ends Feb. 15!**

- Uninsured? Apply & Enroll... You may qualify for help, or Medicaid!
- Enrolled in 2014? Still time to update your application and review 2015 plans for a better option... or maybe more help!
- Enroll by Jan. 15 for coverage beginning Feb. 1

## **Get Help Applying for Coverage**

**Marketplace Customer Service:** 1-800-318-2596

**Marketplace Website:** [www.healthcare.gov](http://www.healthcare.gov) ("Find Local Help")

**Schedule an Appointment:** <http://pahealthaccess.org/GetHelp>

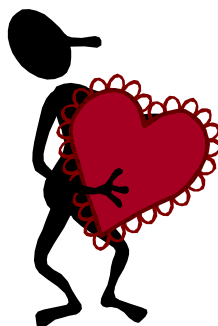
**Medicaid:** No deadline. Apply anytime by calling 1-866-550-4355 or online at [www.COMPASS.state.pa.us](http://www.COMPASS.state.pa.us)



# 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  
757.928.6063



# safety Corner

## Driving Tips for Cold Weather

Snow, ice, and extreme cold can make driving treacherous. Before winter arrives, have your car tuned up, check the level of antifreeze, make sure the battery is good, and check your tires.

Keep emergency gear in your car for everyday trips:

- ◆ Cell phone
- ◆ Flashlight
- ◆ Jumper cables
- ◆ Sand or kitty litter (for traction)
- ◆ Ice scraper, snow brush, and small shovel
- ◆ Blankets
- ◆ Warning devices (e.g. flares, reflectors)

For long car trips, keep food, water, extra blankets, and required medication on hand.

⇒ Avoid driving in snow or ice storms. If you must travel in bad weather, drive slowly. Let someone know what route you're taking and when you plan to arrive so they can alert authorities if you don't get there.

⇒ If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car. Snow packed in or around the exhaust pipe can cause high levels of carbon monoxide in the car.

⇒ Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage.

⇒ If your car stalls or gets stuck in snow, light two flares and place one at each end of the car, a safe distance away making sure snow has not blocked the exhaust pipe. Then stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.

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



## 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.

"Be thankful for what you have; you'll end up having more.

If you concentrate on what you don't have, you will never, ever have enough."

*-Oprah Winfrey*



## 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
<b>Tidewater Area Hot Line</b> 459-8467	Narcotics Anonymous	No fees
<b>Narcotics Anonymous VA Regional Hot Line</b> 1-800-777-1515	Support group for recovering substance abusers.	No fees
<b>Hampton Roads Clinic Reflections</b> 827-8430	Outpatient Counseling I.V. Methadone Maintenance 30-45 day Residential Facility	Sliding fee Scale Medicaid
<b>Project Link</b> 245-0217	Case management and coordination services for prenatal abuser	Sliding fee Scale Medicaid
<b>AI Anon/Alateen</b> 1-888-425-2666 <b>AA Hotline</b> 595-1212	Support group Alcoholism-friends/relatives and teens.  12 Step Program	No fees  No fees
<b>Peninsula Area Help Line</b> 875-9314	Narcotics Anonymous	No fees

## Helpful Tips... Conserve Energy & Reduce Utility Bills



### The Following Tips Will Be Helpful In Savings On Heating Bills:

Did you know that for every degree you reduce the heat within 60°-70° range will save you 2% on your heating costs. Running at 5° less you will save you 10% on your next bill.

Turn your thermostat down to 68 degrees if possible.

- Lower the thermostat when you are away for more than 4 hours at a time. The energy used to reheat your home will be less than what it would take to keep your home heated while you were gone. 55° is a good target.
- Dress warmer for cold weather, wear sweaters and socks.
- Let the sunshine in during the day, open curtains for natural light and warmth, close them at night to retain the heat.
- Try to arrange furniture so that you are sitting near interior walls.
- Replace bulbs with energy star bulbs. The price in these bulbs have started to decrease. These bulbs use 75% less energy and last 10 times longer than regular bulbs.
- Make sure lights are turned off in unoccupied rooms. Turn off TVs when no one is in the room watching them. Put computers and monitors to sleep when not in use.
- Shorten showers.

# 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.

## 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.





★ **FREE TAX**  
★ **PREPARATION**  
★ **SERVICES**

**TIRED OF PAYING HIGH TAX PREPARATION FEES?**

**NEED HELP FILLING OUT YOUR TAX RETURN?**

**College Students**

**Teenagers**

★  
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!**

**Part-Time Employees**

**Seasonal Employment**

★  
**Free Tax Preparation**

**Family Investment Center (FIC), located at  
600 C Ridley Circle in Newport News.**



For more details, please call FIC at (757) 928-3680