



NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

JUNE 2012

Volume 19, Issue 6

HOLIDAYS OBSERVED DURING THE MONTH OF

JUNE

June 17

Father's Day

June 20

Summer Begins



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CONGRATULATIONS TO THE NNRHA 2012 SCHOLARSHIP RECIPIENTS



On Tuesday, May 15, 2012 at the Downing Gross Cultural Arts Center, Scholarships were awarded to high school seniors and adults living in the Housing Authority's public housing communities and Housing Choice Voucher clients for their outstanding academic achievements.



Congratulations to Jaquan Outlaw for winning the 2012 Virginia Association of Housing and Community Development Officials Scholarship. We wish you continued success on your academic path.



Congratulations to Rosetta Smith for winning the 2012 Housing Authority's Insurance Scholarship. We wish you continued success on your academic path.

"In order to succeed in life, your desire for success should be greater than your fear of failure." Bill Cosby

Hurricane Season is Here, Prepare NOW!!!



Officially, the Atlantic hurricane season is June 1 to November 30.

Hurricanes are enormous heat engines that generate energy on a staggering scale. They draw heat from warm, moist ocean air and release it through condensation of water vapor in thunderstorms.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephone—were cut off?

Families can and do cope with disaster by preparing in advance and working together as a team. Knowing what to do is your best protection and your responsibility.

*More information on Hurricanes coming in your
next edition of News and Neighbors*

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.

Healthy Living Tip...



Healthy Living does not have to be hard, it was never created to be. However, it does require a small amount of commitment and a big love for being refreshed.

Deep Breathing.

When you have time—at your desk, driving the car, cooking food—do some deep breathing.

Inhale and count up to 5 seconds, hold it for a few seconds, and release slowly.

Exchange of oxygen and carbon dioxide is one of the best things we can do for our blood cells.

www.lifehack.org

REHABILITATION ASSISTANCE



If you or anyone you know and love is affected by substance abuse help is available.

We all know the heartache and devastation that drugs can bring to our families.

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

BEAT THE HEAT...Summer Cooling Tips

During the hot summer months, many people look for ways to beat the heat. There are several ways you can keep your home cool and save money on your energy bills when it is hot outside.

- You may be able to enhance air conditioning with the use of fans. Fans create breezes and move air from one area to another. They also move heat away from your body and help cool you by evaporating sweat.
- Using fans during mild weather and at night can save up to 50 percent in cooling costs and reduce the need to use an air conditioner.
- When using an air conditioner, do not set the thermostat lower than desired temperature. The recommended temperature is 78 degrees.
- Using a fan with the air conditioner can help better circulate the cooler air.
- Drink lots of water and wear short sleeved, loose, light colored clothing.
- 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.



Fan Care
Do you need a Fan?

Call the Peninsula Agency on Aging at
757.873.0541

CRITERIA:

- Must be 60 years of age or older;
- Must meet household income guidelines;
- Have health risk or heat stress.

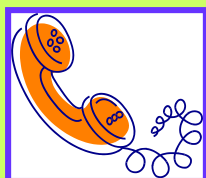
You may apply June 15th. Please call the number above for additional information.



FREE TRAINING PROGRAMS

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

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



CONTACT:

Family Investment Center
600 C Ridley Circle
Newport News, VA

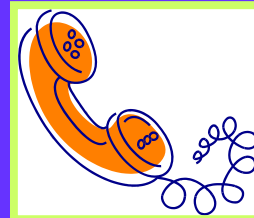
Monday thru
Friday

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 manana
4:30 de la tarde
757-928-3680

Important Numbers

Marshall/Orcutt	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

Mitch's Safety Corner

HURRICANE SEASON PREPAREDNESS

Hurricane season runs June 1st through November 30th. Here are a few steps you can take to prepare you for hurricane season:

Stock Your Home

Stock a supply of food, water and supplies for an emergency. Keep at least a week's worth on hand. Fresh Water - The average person needs at least 2 quarts of water or other liquid to drink per day. Also keep a couple of gallons on hand for sanitary purposes; fill bathtubs, sinks with clean water.

Food - Supplies should include enough non-perishable foods to feed you and your family for up to 7 days.

Supplies and Equipment - Gather emergency supplies such as manual can opener, battery operated radio, flashlight, toiletry items.

Medicines - Keep an adequate supply of any medicines you take, at least 2 weeks worth.

Plan For Evacuation

Make plans in advance to stay with friends or relatives living inland if you need to evacuate. Keep your gas tank full as possible during hurricane season. Fuel may be difficult to get. Know your emergency evacuation route, and know what your destination will be in advance.

Secure Your Home

Outside Items - Bring outdoor possessions such as lawn furniture, grills, children's toys, etc. inside. Secure windows and doors. Close and lock your windows and doors, lowering blinds and closing curtains to keep flying rubble out.

Keep refrigerator and freezer doors closed as much as possible. Food will last longer if the power goes out.

Should you have any safety or security questions or concerns, contact Safety & Security at 928-2622.

FILING A COMPLAINT...



Here is the Customer Service

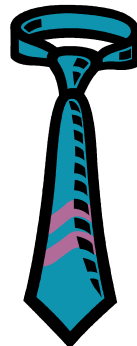
Hotline Number:

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.

Happy Father's Day



The idea of Father's Day was conceived slightly more than a century ago by Sonora Dodd of Spokane, Wash., while she listened to a Mother's Day sermon in 1909. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. A day in June was chosen for the first Father's Day celebration, June 17, 1910, proclaimed by Spokane's mayor because it was the month of Smart's birth. The first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent.

MIDDLE COLLEGE

at Thomas Nelson Community College

What is Middle College?

Offered through TNCC Workforce Development, Middle College is a **FREE** four month career development program designed to offer a college opportunity to individuals between 18 and 24 who have not completed high school. This college entry recovery program is designed for those individuals who have had a desire to pursue college coursework, but need to attain a GED certificate first.

Helping you get back on track & finish what you started!



Benefits:

- Obtain a GED
- Enroll at TNCC
- Earn college credits
- Explore career pathways
- Earn a Career Readiness Certificate
- Access Financial Aid
- Continue college coursework
- Obtain workforce readiness training
- This is a **FREE** program & space is limited!

Call
757.865.5882
for more
information



Housekeeping Tips

15 Reasons to Pay Rent "On Time"

- ⇒ To maintain good payment/rental history with management;
- ⇒ To set a good example for your family;
- ⇒ To help promote family self-sufficiency;
- ⇒ To have a good credit history;
- ⇒ To avoid management from calling/knocking on your door;
- ⇒ To avoid lost time from work due to court appearances;
- ⇒ To avoid legal action;
- ⇒ To teach responsibility;
- ⇒ To always have a place to live;
- ⇒ To maintain a good payment history for purposes of landlord references;
- ⇒ To prepare for future homeownership;
- ⇒ To prevent the accumulation of late charges and legal fees;
- ⇒ You must pay to stay - It's the right thing to do!



Getting Started:

This is the toughest part of housekeeping, but it is the most important. The best way to start is to decide which room you want to start on first.

Pick Up First:

Shoes and socks, scattered plates, coffee mugs, books, silverware or anything that is thrown in the room that just gets in the way and distracts you from the real job at hand. Make a clockwise sweep of the room and decide what needs to be hung up or put in its proper place.

Divide and Conquer:

Thinking about the entire job will only discourage you. Break each chore down to manageable, room-by-room "quadrants". Focus on one room at a time. Things seem more manageable that way.

Carry your Cleaning Supplies with you:

Any project takes longer and is more frustrating when you continually have to stop and start your work and look for the tool you need. So tote your basic cleaning supplies such as sprays, sponges and cloths, a broom and dustpan or vacuum cleaner.

More helpful information on Housekeeping Tips coming in the next issue of News and Neighbors.



PET POLICY



Residents interested in owning and/or maintaining a common household pet in their dwelling unit will be required to submit a written request for approval to their Management Rental Office and must receive approval from Management prior to housing a pet on NNRHA property.

The pet owner must submit and enter into a Pet Agreement with the NNRHA. The purpose is to ensure that there is a standard to document the health, suitability and acceptability of the pet. Registration requirements may not conflict with State and local law.

Please contact your rental office for additional questions or information.

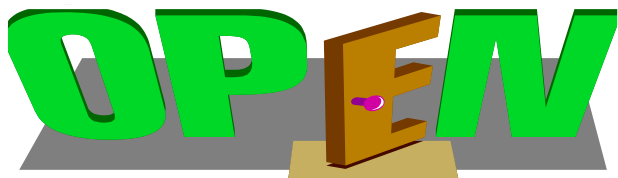


FOOD BANK

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 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



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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