



NEWS AND NEIGHBORS

Newport News Redevelopment and Housing Authority

OCTOBER 2013

Volume 20, Issue 10

MONTH OF OCTOBER

October 14

Columbus Day

October 31

Halloween



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Newport News Redevelopment and Housing Authority

CAREER EXPO 2013

Downing-Gross Cultural Arts Center
2410 Wickham Avenue, Newport News, VA
Wednesday, October 9, 2013
12:00 p.m-3:00 p.m.



Then...This CAREER EXPO 2013 Is For You!!!!

TRANSPORTATION PICK—UP

<u>North End Communities</u>	<u>Pick-Up</u>	<u>Southeast Communities</u>	<u>Pick-Up</u>
Cypress Terrace	10:45 am	Marshall Courts Rec.	11:30 am
Aqueduct	11:00 am	Orcutt Townhomes	11:40 am
Oyster Point	11:15 am	(pick up at Ashe Manor)	
Brighton	11:30 am	Lassiter Rental Office	11:45 am
		Ridley Rec. Center	11:50 am

Departure from Career Fair: 2:00 pm

To sign up for Transportation, please contact the Family Investment Center at
757.928.3680

2013 CAREER EXPO

JOB FAIR TIPS

Make the most of your time

Do research on which companies will be at the job fair and which ones you will want to visit.

Bring plenty of supplies

Bring plenty of resumes. Bring a pad and pen to write down any info the companies may give in regards to positions.

Prepare what you will say and ask companies

Have a summary of your qualifications ready to mention to the employer.

Be professional

Conduct yourself professionally at all times. Dress as though you were going to an interview.

Be confident

When you greet a company, smile and offer your hand to shake. Make eye contact.

Show interest

Ask questions about the company and the positions available.

Follow up

To show your continued interest in the positions and company, send a thank you card. If you haven't heard from anyone within a week or two, follow up with a telephone call.

**NEED HELP PREPARING YOUR RESUME' FOR THE
CAREER EXPO...PLEASE CONTACT THE
FAMILY INVESTMENT CENTER AT
757-928-3680**

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.



BREAST CANCER SIGNS & SYMPTOMS



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.

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.*

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.

FREE TRAINING PROGRAMS

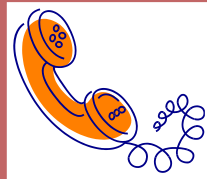
The Family Investment Center offers free training in the following courses:

- 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

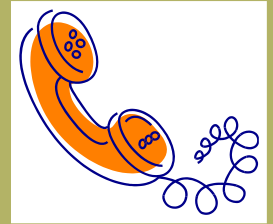


CONTACT:

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

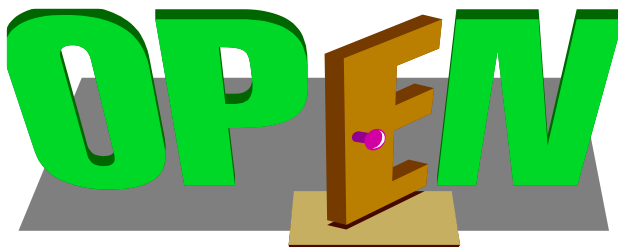


FOOD BANK



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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Newport News Redevelopment and Housing Authority
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 Newport News, VA 23607

Mitch's Safety Corner

DOMESTIC VIOLENCE AWARENESS MONTH

What is meant by Domestic Violence?

Domestic Violence can be defined to include but not to limit any violence in the home. However, most people use the term to mean any abusive, threatening or violent behavior between any intimate partner and another.

It can happen anywhere to anyone of any race, religion, culture or economic status and affects both partners, their children, other family members, friends and colleagues. One in four women will experience domestic violence during her lifetime. Women experience more than four million physical assaults and rapes because of their partners and men are victims of nearly three million physical assaults. Women ages 20 to 24 are at a greater risk of becoming victims of domestic violence.

Research has found that children exposed to domestic violence at home are more likely to have health problems, including becoming sick more often, having frequent headaches or stomachaches, and being more tired and lethargic. Children are more likely to intervene when they witness severe violence against a parent, which can place a child at great risk for injury or even death.

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition against Domestic Violence. The intent was to connect battered women's advocates across the nations who were working to end violence against women and children. The Day of Unity is celebrated the first Monday in October.

Newport News Domestic Violence Hotline (734)-722-6800, State of Virginia Hotline (855)-802-3777, National Domestic Violence Hotline (800)-799-SAFE (7233).

Should you have any safety or security questions or concerns please contact Safety & Security at 757.928.2622.



IMPORTANT NOTICE FOR ALL RESIDENTS

In an effort to address Federal Budget cuts caused by sequestration, NNRHA offices will be closed on the following dates:

Friday, October 4
Friday, November 1
Monday, December 2



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.

