

NEWSLETTER

October 2025



People would say 'Who is a leader?'
A leader is a person that does the work. It's very simple.
It's a personal choice for people who choose to put in their time and their commitment to do the work. It's a personal choice.

– Dolores Huerta



Issue 4: LET US KNOW WHAT YOU WOULD LIKE TO SEE IN IT.

CRHA History Fact: The 6th St. SE site joined CRHA in March 1981. There were once 25 units, but now that redevelopment has started, building 707 is gone.

Property management: EDP Program continues with resident services. Trunk or Treat coming 10/30/25!!

Internet Technology/IT: Working on fall computer classes for residents, more info to come. New Americorps VISTA has started! CRHA website being updated.

Maintenance: *Finishing updates at Westhaven community center and starting work at 709B 6th St.'s new teen center!

HERE'S HOW WE ARE MAKING A DIFFERENCE:

- ROSS program –Ayanna continues to work with residents in the Eviction Diversion Program, and has been greeting kids in the mornings with donuts and positive affirmations.
- FSS–Still open for referrals. Learn about Escrow savings!
- JobsPlus program–Still growing and has added youth program at Westhaven.
- Redevelopment –Meetings continue, buildings up at S. 1st St.!
- Resident Services –Wellness Wednesdays continue at Westhaven. Other site programs growing.

Have ideas for our monthly newsletter? Let me know!

Want to be featured as a resident or staff member? Contact me! Also, what should we call the new newsletter?



mossb@cvilleha.com



New CRHA Staff

Malonne Golden
Tyler Cowgill
Julio Bollinger

October CRHA Birthdays

Malonne Golden
TerAna Banks
Tamika Grooms
Raquel Jackson
Eric Lefevers

October CRHA Work Anniversaries

Frederick Jones
Edgar Collins
Katrina Beitz
Michael Weidman
Kiera Poindexter
Thomas Nichols
Arlene Mills

Partnership Highlight

Connie Clark UVA Injury Prevention Center Coordinator

The UVA Trauma Center's Injury Prevention Program partners with dedicated community organizations to reduce the frequency and severity of injuries through education, research, and outreach across central Virginia. As the Injury Prevention Coordinator, I focus on preventing injuries and violence by implementing evidence-based programs and creating resources tailored to populations impacted by trauma. My role involves coordinating and developing prevention initiatives within both the healthcare system and the broader community. I've had the privilege of supporting CRHA residents through programs such as Stop the Bleed, SAIL (Stay Active and Independent for Life) balance and stability classes for adults 60 and older, Narcan training, and tobacco/nicotine education.

To contact Connie, call 540-641-2992 or email cmc4nv@uvahealth.org

Health Tip

Youth Corner

Thank you for everyone who attended the back to school activities fair in late August. There are many programs available for students K-12, including swimming, Big Brothers Big Sisters, running, multi-sports, boxing, the library, music, parks and rec, volunteering, environmental events, tech, PHAR internships, and mental health resources.

Interested? Contact Bridget:
mossb@cvillerha.com

World Mental Health Day is October 10 each year, but taking care of your own mental health can be a daily struggle. In Charlottesville, multiple organizations are available to help you, at any age.
Region 10: [Region Ten Community Services Board - Charlottesville, VA](#)
Counseling Alliance of Virginia: [The Counseling Alliance of Virginia | CAVA Helps](#)
Mental Health America: [Home - Partner for Mental Health](#)
Ready Kids: [ReadyKids - a non-profit in Charlottesville, Virginia \(readykidscville.org\)](#)
The Women's Initiative: [The Women's Initiative Mental Health Programs in Central VA \(thewomensinitiative.org\)](#)

Receive CRHA text message notifications!

CRHA ALERTS!
91896

CRHAINFO

You've requested to join our text notification list.

Reply 'YES' to opt-in.

Yes

You have successfully opted-in.

CRHAINFO

Get Started,
opt-in to any of the following notification lists:

- For CRHA Notifications
text "CRHAINFO" to 91896
- For 6th Street Notifications
text "CRHA6THST" to 91896
- For Crescent Halls Notifications
text "CRHACRESENTHALLS" to 91896
- For Dogwood Notifications
text "CRHADOGWOOD" to 91896
- For Madison Notifications
text "CRHAMADISON" to 91896
- For Michie Notifications
text "CRHAMICHIE" to 91896
- For Riverside Notifications
text "CRHARIVERSIDE" to 91896
- For South First Street Notifications
text "CRHASOUTHFIRSTST" to 91896
- For Westhaven Notifications
text "CRHAWESTHAVEN" to 91896

What to Expect:

- After the initial keyword is sent, you will receive a confirmation message asking you to reply YES to verify opt-in.
- You may receive multiple text messages a month with a notification for each alert category opted-in to.
- Message and data rates may apply. Check with your carrier for more details.
- You can text STOP at any time to remove yourself from ALL lists.

View terms and privacy policy info at: [textoptin.com/opt-in-terms-conditions](#)



Recipe **Skillet Lasagna** From Kroger

- 1 pound bulk sweet Italian sausage
- 5 ounces baby spinach
- 1 jar (24 oz.) Tomato + Basil Pasta Sauce
- 25 ounces frozen cheese ravioli
- 1 cup shredded mozzarella
- In large skillet over medium-high heat, brown sausage, breaking apart, until cooked through.
- **Step 2**
- Mix in spinach; continue cooking 2 to 3 minutes, until wilted.
- **Step 3**
- Reduce heat to medium-low. Stir in tomato basil sauce and ravioli. Cover; continue cooking 5 to 8 minutes, until ravioli is heated through.
- **Step 4**
- Sprinkle with mozzarella cheese. To melt cheese, cover 2 to 3 minutes.
- **Step 5**
- Tip: If you prefer golden brown cheese on top, use an oven safe skillet. Once cheese is added, place under the broiler for 2-4 minutes to melt and brown the cheese.

Staff Highlight

Shonda Steppe, Property Management

- How long have you worked at CRHA? 5 months
- What is your favorite food? Butter Popcorn
- What is your favorite smell? Lavender
- What is your favorite sound? Birds chirping
- Do you have a favorite song, and if so, what is it?
 - Sweet Sweet Spirit
- Who would play you in a movie about your life?
 - Tempestt Bledsoe
 - What is your favorite color?
 - Green

Important CRHA Contacts

~~–Main number 434-326-4672~~

~~–Maintenance 434-422-9236~~

~~–Urgent Maintenance after hours/on call 434-277-2107~~

~~–Safety concerns (anonymous): CRHASafety@cvillerha.com; ON-call manager 434-962-5579~~

~~–Jobs Plus program (Westhaven only): jobsplus@cvillerha.com~~

~~–Family Self-Sufficiency program: fss@cvillerha.com~~

~~–Resident Opportunity Self-Sufficiency program: ross@cvillerha.com~~

~~–Economic Opportunity Program, Section 3 work: eop@cvillerha.com~~

~~<https://cvillerha.com/>~~

Rent Cafe information:

~~<https://cvillerha.com/wp-content/uploads/2023/08/RENTCafe-Online-Rent-Payments-Guide-for-Residents.pdf> <https://cvillerha.com/wp-content/uploads/2023/08/Resident-RENTCafe-FAQs-CRHA.pdf>~~

CRHA sites:

Westhaven

South 1st St.

6th St.

Crescent Halls

Riverside

Madison Ave.

Michie Dr.



MOVIE NIGHT
September 24, 2025
2:00pm - 4:00pm
Community Room

MENS GROUP
MELVIN W.
September 25, 2025
3:00pm - 4:00pm
Library

RESIDENT MEETING
September 26, 2025
11:00am - 12:00pm
Community Room

WOMAN INITIATIVE
September 24, 2025
11:00am - 12:00pm
Library

ARTS AND CRAFT CLASS
September 17, 2025
2:30PM - 4:00PM
Community Room

Connie-UVA
Smoking Sensation
September 30, 2025
1:00pm - 2:00pm
Community Room

CROCHET CLASS
September 11 & 23 2025
2:30pm - 4:00pm
Community Room

Dawn
(Region Ten)
Acupuncture
September 3 & 17
2025
2:30pm - 4:00pm
Community Room

Please check the mailroom for
sign-up sheet for certain classes.

EVERY FIRST THURSDAY OF EACH MONTH AT 11:00AM
FREE - COFFEE AND DONUTS FOR RESIDENTS



FREE

JOB SEARCH



A PROUD PARTNER OF
VIRGINIA
CAREER WORKS

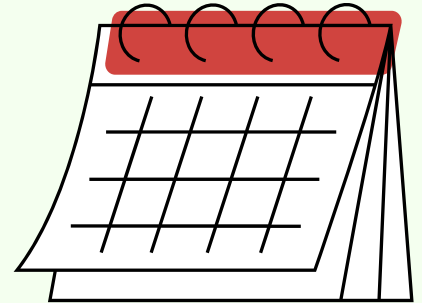
PIEDMONT REGION

Open to all CRHA residents!

MONTH ↓↓	Week 1 Topic	Week 2 Topic	Week 3 Topic	Week 4 Topic
AUGUST	Thursdays, 11 AM-Noon at Westhaven Community Center		Resume & Cover Letter Writing	Coaching: Follow Up with Resume Writing
SEPTEMBER	Career Navigation & Coaching	Accessing & Using Community Resources	Building Your Community within Community	Job Readiness Workshop
OCTOBER	Real Money. Real World.*	Prioritizing: Wants & Needs	Budgeting on a Budget	Understanding Paycheck, Benefits & Retirement
NOVEMBER	Peer Mentoring & Resident Ambassadors	Transportation Solutions & Best Practices	Wraparound Services: Mental Health, Housing	Collaboration with Local Nonprofits & Service Providers
DECEMBER	Public Housing Authority (EID Coordination)	Job Placement, Sector Training Openings	Training Providers, Community College & Pathways	Social Services, FBO, & Civic Organizations

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	Oct 1 10 AM Westhaven Clinic	2	3 10:30 AM CRHA Food Proc
6	7 2 PM Department of Social Services	8 12 PM Safety Meeting	9	10
13 2 PM Region10 -- Brooke	14 10 AM Trauma Informed 1 PM Resident Service	15 12 PM CRHA Security Meeting 2:30 PM Region10 -- Past	16 12 PM Child Health Partnership	17 10:30 AM CRHA Food Proc
20	21	22	23	24
27	28	29	30	31



Get Trained. Get Certified. Get Hired.

Are you ready to take the next step in your career?
Enroll in the Ready to Work Course — a **FREE** 4-week training
designed to help you build essential soft skills. Once certified,
you'll receive a **guaranteed interview** with a participating
Ready to Work employer!

- ☒ Career Navigation Support
- ☒ Soft Skills Certification
- ☒ Resume + Cover Letter Writing
- ☒ Interview Preparation

Start your journey today!

Contact: bichej@charlottesville.gov

Sign up at: <http://bit.ly/3lmg8uy>



✓ **Topics Include:**

- Business Communication
- Self-Awareness
- Active Listening
- Conflict Resolution
- Diversity & Inclusion
- Effective Communication
- Professional Mindset
- Time Management
- Critical Thinking
- Teamwork & Collaboration
- Positive Attitude
- Problem Solving
- Self-Motivation



You've got questions, we've got answers. Call our FREE hotline today!

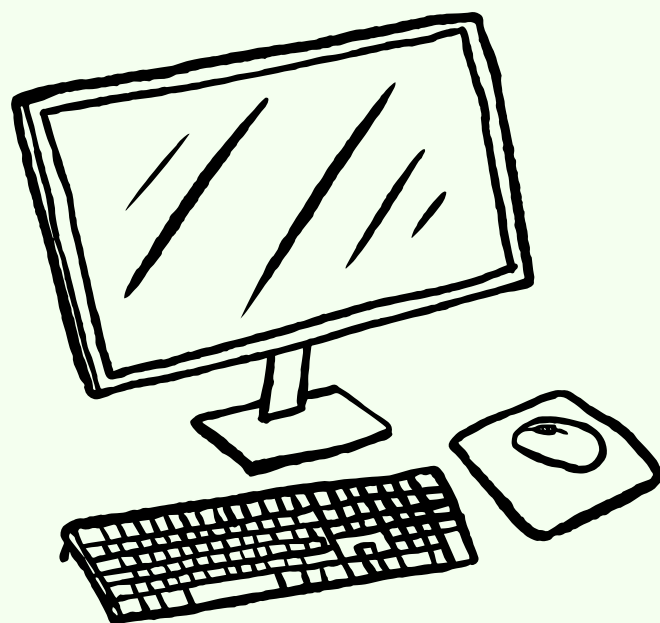
888-713-3495

Need help setting up an email account? Have a question about Zoom? Looking for advice about buying a new smartphone, tablet, or computer? Call the toll-free hotline from Senior Planet from AARP, where a patient agent will answer your questions!

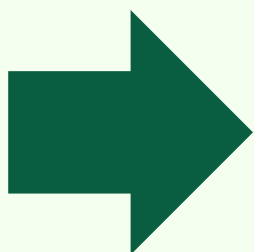
You can also make an appointment for a personalized tech help session, or find out more about Senior Planet's FREE online and in-person programs. Join other older adults from across the country to sharpen your technology skills, take fitness classes, and contribute to our growing community!

Hotline hours: Mon-Fri, 9:00am-8:00pm ET / Sat, 9:00am-2:00pm ET

Senior Planet from AARP helps people age 60+ learn to use technology to reach their goals, find community, and thrive in the digital world. Learn more at www.seniorplanet.org



The Cville ID team will be at
S. 1st St.
Community Center on
Wednesday,
10/8 from 1-2
pm. This is right
after the safety
meeting.



**CVILLE
ID
TEAM**

**Need ID?
We can help!**

ID Services

New, Renew, Replace IDs or Licenses
Birth/Marriage/Divorce Certificates if needed
Fees Paid*
Transportation to DMV

*We do not assist with Driver Privilege cards.

*We do not pay for license reinstatement fees.

Contact the Cville ID Team:

804-552-1663; idsccville@gmail.com

Drop In Hours, Mon & Fri 10am-12pm

Jefferson School Community Conf. Rm.

(next door to Rm 131), 233 4th St. NW

Monthly Events

S. 1st St.

Week 1

MON	4-7pm Parks & Rec 5-6pm MIMA
TUE	8-10am Bridget's office hours 4-7pm Parks & Rec
WED	4-7pm Parks & Rec 6:15pm St. Andrews: free meal at IX Park
THU	10am-3pm Marie from Region 10 11am-12:30pm CRHA staff meeting 1-6pm IX Park museum free admission 2-4pm Dawn & Melvin from Region 10
FRI	4-7pm Parks & Rec
SAT	
SUN	

Week 2

MON	4-7pm Parks & Rec 5-6pm MIMA
TUE	8-10am Bridget's office hours 11am-1:30pm Resident Planners meeting 4-7pm Parks & Rec
WED	12-1pm Safety meeting 4-7pm Parks & Rec 4:15-5:15pm JMRL Bookmobile 6:15pm St. Andrews: free meal at IX Park
THU	10am-3pm Marie from Region 10 12:30-2:30pm PHAR 2-4pm Dawn & Melvin from Region 10
FRI	10am-2pm Food Sharing is Caring free groceries 4-7pm Parks & Rec
SAT	
SUN	

Week 3

MON	4-7pm Parks & Rec 5-6pm MIMA
TUE	8-10am Bridget's office hours 2-3pm Exercise class with Connie, UVA Injury Prevention Center 4-7pm Parks & Rec
WED	4-7pm Parks & Rec 6:15pm St. Andrews: free meal at IX Park
THU	10am-3pm Marie from Region 10 2-4pm Dawn & Melvin from Region 10 3-4pm Cultivate Charlottesville free produce
FRI	4-7pm Parks & Rec
SAT	
SUN	

Week 4

MON	4-7pm Parks & Rec 5-6pm MIMA
TUE	8-10am Bridget's office hours 4-7pm Parks & Rec
WED	4-7pm Parks & Rec 6:15pm St. Andrews: free meal at IX Park
THU	10am-3pm Marie from Region 10 2-4pm Dawn & Melvin from Region 10
FRI	10am-2pm Food Sharing is Caring free groceries 4-7pm Parks & Rec 4:15-5:15pm JMRL Bookmobile
SAT	
SUN	



Monthly Events

6th Street

Week 1

MON	8-10am Bridget's office hours
TUE	3:15-3:45pm Free Book bus 5-6 MIMA. If bad weather CRHA transports to/from S. 1 st St.
WED	6:15pm St. Andrews: free meal at IX Park
THU	1-6pm IX Park museum free admission
FRI	Region 10
SAT	
SUN	

Week 2

MON	8-10am Bridget's office hours
TUE	5-6 MIMA. If bad weather CRHA transports to/from S. 1 st St.
WED	4-6pm Resident Planners meeting 6:15pm St. Andrews: free meal at IX Park
THU	1:30-2:15 JMRL Bookmobile at Crescent Halls, < half mile away
FRI	Region 10
SAT	
SUN	

Week 3

MON	8-10am Bridget's office hours
TUE	5-6 MIMA. If bad weather CRHA transports to/from S. 1 st St.
WED	6:15pm St. Andrews: free meal at IX Park
THU	
FRI	Region 10
SAT	
SUN	

Week 4

MON	8-10am Bridget's office hours
TUE	5-6 MIMA. If bad weather CRHA transports to/from S. 1 st St.
WED	6:15pm St. Andrews: free meal at IX Park
THU	1:30-2:15 JMRL Bookmobile at Crescent Halls, < half mile away
FRI	Region 10
SAT	
SUN	



Monthly Events

Riverside

Week 1

MON	
TUE	Region 10 2:35-3:05 pm Free Book Bus
WED	
THU	5-6 MIMA 5:45pm The Point
FRI	8-10a Bridget's office hours
SAT	
SUN	

Week 2

MON	
TUE	Region 10
WED	
THU	2:30-3:15pm JMRL Bookmobile at Timberlake, half mile from Riverside 5-6 MIMA 5:45pm The Point
FRI	8-10a Bridget's office hours
SAT	
SUN	

Week 3

MON	
TUE	Region 10 3-4pm Cultivate Charlottesville free produce
WED	4-5:30pm Resident Planners meeting
THU	5-6 MIMA 5:45pm The Point
FRI	8-10a Bridget's office hours
SAT	
SUN	

Week 4

MON	
TUE	Region 10
WED	
THU	2:30-3:15pm JMRL Bookmobile at Timberlake, half mile from Riverside 5-6 MIMA 5:45pm The Point
FRI	8-10a Bridget's office hours
SAT	
SUN	



Monthly Events

Michie

Week 1

MON	
TUE	5:30-6pm JMRL Bookmobile 6pm The Point
WED	8-10am Bridget's office hours 5-6 MIMA
THU	
FRI	Region 10
SAT	
SUN	

Week 2

MON	
TUE	6pm The Point
WED	8-10am Bridget's office hours 5-6 MIMA
THU	
FRI	Region 10
SAT	
SUN	

Week 3

MON	
TUE	5:30-6pm JMRL Bookmobile 6pm The Point
WED	8-10am Bridget's office hours 2-3:30pm Resident Planners meeting 5-6 MIMA
THU	
FRI	Region 10
SAT	
SUN	

Week 4

MON	
TUE	6pm The Point
WED	8-10am Bridget's office hours 5-6 MIMA
THU	
FRI	Region 10
SAT	
SUN	



Monthly Events

Madison

Week 1

MON	10:30am-12:30pm Bridget's office hours
TUE	Region 10
WED	
THU	
FRI	
SAT	
SUN	1pm The Point

Week 2

MON	10:30am-12:30pm Bridget's office hours
TUE	Region 10
WED	
THU	10:30-11:30am JMRL Bookmobile at Community Lab school, < half mile away from Madison
FRI	
SAT	
SUN	1pm The Point

Week 3

MON	10:30am-12:30pm Bridget's office hours
TUE	Region 10 3-4:30pm Resident Planners meeting
WED	
THU	
FRI	
SAT	
SUN	1pm The Point

Week 4

MON	10:30am-12:30pm Bridget's office hours
TUE	Region 10
WED	
THU	10:30-11:30am JMRL Bookmobile at Community Lab school, < half mile away from Madison
FRI	
SAT	
SUN	1pm The Point



CRHA
&
FOOD SHARING IS CARING

**FREE
GROCERIES**

1ST ST S COMMUNITY
CENTER

STARTING OCT. 9

**10AM-1PM
2ND AND 4TH FRIDAYS OF
THE MONTH**





CRHA
&
FOOD SHARING IS CARING

FREE GROCERIES

WEST HAVEN
COMMUNITY CENTER

STARTING OCT. 9

10AM-1PM
1ST AND 3RD FRIDAYS OF
THE MONTH



JOIN US FOR EXERCISE CLASSES

Led by Connie Clark at UVA
Injury Prevention Center. Have
fun in a supportive environment!

2-3 PM
3rd Tuesday of each
month, starting
October 21

1050 S. 1st St.
Community Center

 **UVAHealth**



Trauma-Informed Parenting Group

An Educational Support Group for Adults Caring for Children and Teens Who Have Experienced Trauma

This 6-week group is for parents and caregivers who would like to:

- Understand the impact of trauma on children and teens;
- Develop practical strategies to respond effectively to challenging emotions and behaviors;
- Practice self-care and understand why this is important; and
- Connect with parents and caregivers with similar experiences.

Date: Wednesdays | October 8th-November 12th, 2025

(optional additional meeting on Nov 19th for consultation with counselors)

Time: 5:30-7:00pm (childcare and pizza provided)

Location: ReadyKids Office, 1000 East High St. Charlottesville, VA 22902

Registration deadline: October 3rd

To learn more or register, please contact:

Kat Ahearne, MA 434-296-4118 ext. 224, kahearne@readykidscville.org

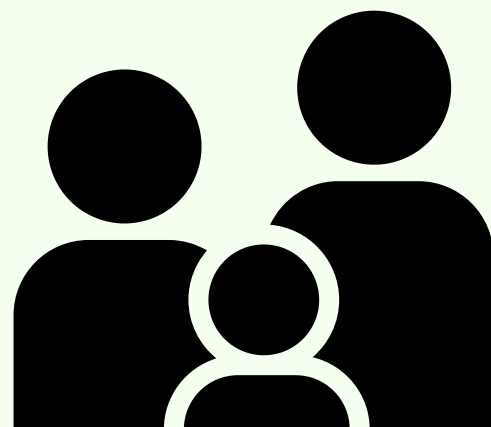
Ashley Wood, LCSW: 434-296-4118 ext. 273, awood@readykidscville.org

*This is not a co-parenting group nor does it meet requirements for a court mandated parenting course

www.readykidscville.org

434.296.4118

1000 E High St. Charlottesville, VA



Laundry sites, Charlottesville

Current as of 9/15/25

Name	Address	Phone	Hours	Cost Wash	Cost Dry
Preston Suds	912 Preston Ave.	434-963-7837	9a-7p daily	\$3.69-\$13.99 per load	\$0.31 for 5 minutes
Sunshine Laundromat	380 Greenbrier Dr.	434-975-2323	7:30a-6p, Monday-Saturday. Closed Sunday	\$3.75-\$5.25 per load	\$0.25 for 5 minutes
Hydraulic Wash	2405 Hydraulic Rd.	434-977-7837	7a-10p daily	\$3.69-\$12 per load	\$0.50 for 5 minutes
Stadium Wash	121 Maury Ave.	434-202-2010	6a-12:30a daily	\$3.75-\$12.50 per load	\$1.75 for 28 minutes
Bubbles Laundromat	221 Carlton Rd.	434-260-1212	7a-10p daily except open until 11pm on Tuesday	\$3-6.75 per load	\$0.25 for 5 minutes



CRHA AND INNOVAGE/PAGE PRESENT

BINGO WITH BETTY

Community, Fun, Prizes!

WEDNESDAY 10/15, 1-2 PM
MADISON AVE. SITE

WEDNESDAY 10/29, 1-2 PM
S. 1ST ST. COMMUNITY CENTER



Here is a QR code for the community resources app:



CRHA has created a resource app! Scan QR code here to get instant information on how to access over 600 organizations for assistance!

To get the app on the homescreen of your device, you must click the share button once on the website, and "Add to Home Screen".