

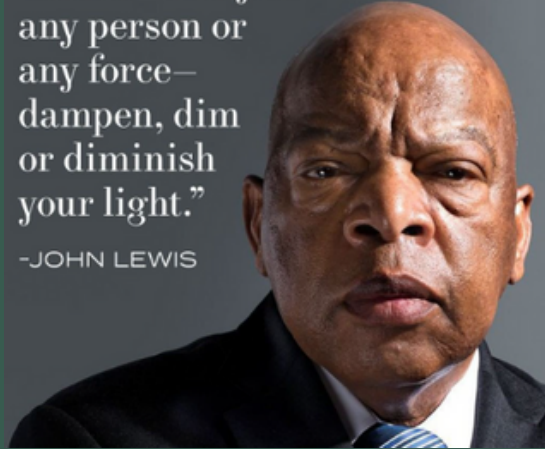
NEWSLETTER

November 2025



“Never let anyone—
any person or
any force—
dampen, dim
or diminish
your light.”

—JOHN LEWIS



Issue 5: LET US KNOW WHAT YOU WOULD LIKE TO SEE IN IT.

CRHA History Fact: In September 1980, CRHA acquired homes on Madison Ave. & Michie Dr. 41 homes are at these two sites, which both recently received updated HVAC service.

Property management: Excited about Trunk or Treat with all staff and residents on 10/30! Eviction Diversion Program continues.

Internet Technology/IT: Unfortunately due to funding cuts, Nisha (the Americorps VISTA working with staff) has moved back to northern Virginia. The teen center on 6th St. is being wired for internet.

Maintenance: Busy as ever with resident events, daily issues, and renovations. UVA's football team helped spruce up Westhaven for fall.

Redevelopment: S. 1st St.'s community center is in process, and playground equipment is being picked. Westhaven is advocating for Main St. access.

Have ideas for our monthly newsletter? Let me know!



mossb@cvilleerha.com

HERE'S HOW WE ARE MAKING A DIFFERENCE:

- ROSS program –50 residents anticipated to be enrolled by the end of this month! Ayanna is working really hard with many on goals.
- FSS-Chacha's work continues, and quarterly meeting with partners just wrapped. email fss@cvilleerha.com to enroll and earn Escrow!
- JobsPlus program—Weekly classes open to all, Thursdays at Westhaven through November.
- Resident Services –Food program has started and will be expanding to all sites soon. Ish is working on youth programs at multiple sites.



CRHA is Hiring!

HCV Specialist

Skilled Tradesman

Apply through Indeed.com

November CRHA Birthdays

Darnell Sims

Kathleen Glenn-Matthews

Natalie Rankins

Shennel Cowherd

Sherman Carter

Kaneyko Banks

Brett Titman

November CRHA

Work

Anniversaries*

Raquel Jackson

Perpetue Moubossy-Lamou

Telisha Spencer

*Correction from last month: Edgar Collins should have read BRANDON Collins. Happy workiversary!

Partnership Highlight

Bernard Hankins, MIMA

MIMA (Modern Improvisation Music Appreciation) is an organization where everyone is invited to make music together, because we believe we are born with music already in us. If you have a heartbeat then you can join the band of others as we make unique songs together. Sometimes we play instruments and sometimes we play the instruments of our bodies, voices and hands.

MIMA is lead by Education Director and Teaching Artist, Bernard Hankins. In this role Bernard coordinates local musicians to be Teaching Artists and also co-lead workshops with them.

Youth Corner

*****Within this coming month the MIMA event will be coming to an end, while we continue to build on the beautification projects within each site starting with Westhaven. Following will be the Youth and Family events which we look to expand from Westhaven and SFS. We also will begin to partner with UVA for a All girls stem workshop while also looking for more tutoring opportunities for the youth.*****

Health Tip

Vaccines

Flu season is here, but the good news is, you can easily decrease your risk of getting sick and getting others sick. Flu vaccines are widely available and most likely do not cost any money out of pocket. You can get your safe vaccine at most pharmacies and the Blue Ridge Health Department.

<https://www.aap.org/en/patient-care/immunizations/vaccination-recommendations-by-the-aap/>

<https://www.cdc.gov/vaccines/index.html>

https://www.who.int/health-topics/vaccines-and-immunization/#tab=tab_1

<https://www.aafp.org/family-physician/patient-care/prevention-wellness/immunizations-vaccines/immunization-schedules.html>

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

123 456 789 0 space return

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: [text-in-terms-conditions](#)



Recipe German Beans & Cabbage

From Mama's Kitchen

- 1 pound fresh green beans, cut into 1 1/2-inch pieces
- water, to taste
- 3 strips bacon, cut into 1-inch pieces
- 1/2 cup cider vinegar
- 1/4 cup sugar
- 3 tablespoons onion, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups red cabbage, shredded

Step 1 - In a large saucepan, add the green beans and 1 inch of the water and bring to a boil.

Step 2 - Reduce the heat to low.

Step 3 - Cover the saucepan and allow the green beans to simmer until crisp-tender, about 8-10 minutes.

Step 4 - Drain the green beans and set them aside.

Step 5 - In a large skillet over medium heat, add the bacon to the skillet and cook until crisp, about 5-8 minutes.

Step 6 - Transfer the cooked bacon to paper towels and reserve 2 tablespoons of the drippings in the skillet, draining the remainder.

Step 7 - Add the vinegar, the sugar, the onion, the salt, the pepper, to the reserved bacon drippings in the skillet and bring the mixture to a boil.

Step 8 - Add the cabbage to the vinegar mixture and stir to combine.

Step 9 - Reduce the heat to low.

Step 10 - Cover the skillet and allow the vinegar mixture to simmer until the flavors meld together, about 5 minutes.

Step 11 - Add the green beans to the vinegar mixture and stir to combine.

Step 12 - Cook the green bean mixture until heated through, about 3-5 minutes.

Step 13 - Add the bacon to the green bean mixture and stir to combine.

Step 14 - Serve.

Staff Highlight

Brandon Collins, Redevelopment

- How long have you worked at CRHA? Since October 2021 (4 years). Prior to that, he worked for PHAR for 10 years.
- What is your favorite food? Pasta!
- What is your favorite smell? Coffee
- What is your favorite sound? Music in most of its forms
- Do you have a favorite song, and if so, what is it?

"Currently, any live P-Funk I can find"

- Who would play you in a movie about your life? Robert Deniro
 - What is your favorite color?

Revolutionary Red



CRHA

Important Notice for Residents Receiving EBT / Food Stamps

Official Update from VDSS  1-855-635-4370;  www.commonhelp.virginia.gov

As of **October 22, 2025**, VDSS announced:

If the federal government shutdown is not resolved by October 28, 2025, SNAP benefits will lapse starting November 1, 2025.

If the government does **not reopen by October 28, November food stamp benefits will not be released** to EBT cards.

What This Means

- You **may not receive your November benefits** on time (or at all, until the government reopens).
 - This affects **all SNAP recipients** in Virginia and nationwide.

What You Can Do Right Now

-  **Plan ahead** — budget your current benefits carefully.
 -  **Check your EBT balance** before shopping.
 -  **Use local food resources** if you need extra help.
-  **Stay in touch** — We will share updates as we receive them.

Local Emergency Food Assistance

Blue Ridge Area Food Bank

1791 Richmond Rd, Charlottesville

 434-296-3663

 www.brafb.org

Loaves & Fishes Food Pantry

2050 Lambs Rd, Charlottesville

 434-996-7868

 Open Tues, Wed & Sat

Cyville Area Feeds

 <https://cvilleareafeeds.org/get-help/>

Emergency Food Network

900 Harris St., Charlottesville

 434-979-9180

Salvation Army Food Pantry

207 Ridge St, Charlottesville

 434-295-4058

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.



CRHA
TRUNK OR TREAT
October 30, 2025
4:30pm-5:00pm
Outside Loop

MENS GROUP
MELVIN W.
October 23, 2025
3:00pm-4:00pm
Library

CVILLE REAL ID
October 16, 2025
2:00pm-3:00pm
Community Room

RESIDENT MEETING
October 31, 2025
11:00am-12:00pm
Community Room

WOMAN INITIATIVE
October 8, 2025
11:00am-12:00pm
Library

ARTS AND CRAFT CLASS
October 15, 2025
2:30PM-4:00PM
Community Room

AETNA
October 7, 2025
11:30pm-12:30PM
Community Room

CROCHET CLASS
OCTOBER 9 & 21 2025
2:30pm-4:00pm
Community Room

Dawn
(Region Ten)
Acupuncture
October 1 & 15 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



PIEDMONT REGION

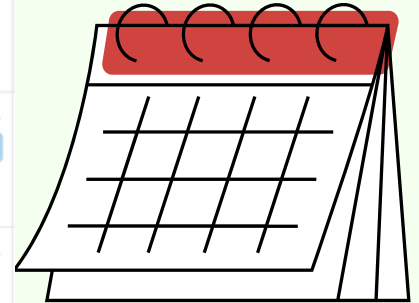
Open to all CRHA residents!

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

Westhaven Calendar

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
3	4 2 PM Department of Soci	5 10 AM Westhaven Clinic	6	7 10:30 AM CRHA Food Prc
10 2 PM Region10 -- Brooke	11 10 AM Trauma Informed 1 PM Resident Service	12 12 PM Safety Meeting	13	14
17	18	19 12 PM CRHA Security Me 2:30 PM Region10 -- Past	20 12 PM Child Health Partn	21 10:30 AM CRHA Food Prc
24	25	26	27	28



Free phone apps: **Subdial** <https://subdial.app/#why-subdial>

- Help for mental health, domestic violence, LGBTQ+, free legal services, youth, homelessness, harm reduction, free medical care, AAPI support, and reproductive resources

Findhelp <https://www.findhelp.org/>

- Enter your zip code for instant access to thousands of resources

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".

Monthly Events

November 2025

S. 1st St.

Week 1

MON	5-6pm MIMA
TUE	8-10am Bridget's office hours Election Day!
WED	12:30-4:30 Andrew IT help in computer lab 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 3:30-4:40pm Youth Beautification
FRI	
SAT	
SUN	

Week 2

MON	5-6pm MIMA
TUE	CRHA closed-Veteran's Day
WED	12:30-4:30 Andrew IT help in computer lab 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 3:30-4:40pm Youth Beautification
FRI	10:30am-12pm Food Sharing is Caring free groceries
SAT	
SUN	

Week 3

MON	5-6pm MIMA
TUE	8-10am Bridget's office hours 2-3pm Exercise class with Connie, UVA Injury Prevention Center
WED	12:30-4:30 Andrew IT help in computer lab 6:15pm St. Andrews: free meal at IX Park
THU	10am-3pm Marie from Region 10 2-4pm Dawn & Melvin from Region 10 3:30-4:40pm Youth Beautification
FRI	3-6pm Friendsgiving meal
SAT	
SUN	

Week 4

MON	5-6pm MIMA
TUE	8-10am Bridget's office hours
WED	12:30-4:30 Andrew IT help in computer lab 6:15pm St. Andrews: free meal at IX Park
THU	CRHA closed-Thanksgiving
FRI	CRHA closed-Holiday
SAT	1-5pm Youth and Family Event
SUN	



Monthly Events

November 2025

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. Election Day!
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	CRHA closed-Veteran's Day
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	

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	CRHA closed-Thanksgiving
FRI	CRHA closed-Holiday
SAT	
SUN	



Monthly Events

November 2025

BRIDGET'S OFFICE HOURS ARE WEATHER-DEPENDENT. EMAIL MOSSB@CVILLERHA.COM, OR TEXT/CALL 434-906-0472

Riverside

Week 1

MON	
TUE	Region 10 2:35-3:05 pm Free Book Bus Election Day!
WED	
THU	
FRI	
SAT	
SUN	12pm The Point

Week 2

MON	
TUE	Region 10 CRHA closed-Veteran's Day
WED	
THU	2:30-3:15pm JMRL Bookmobile at Timberlake, half mile from Riverside
FRI	
SAT	
SUN	12pm The Point

Week 3

MON	
TUE	Region 10
WED	
THU	
FRI	
SAT	
SUN	12pm The Point

Week 4

MON	
TUE	Region 10
WED	
THU	CRHA closed-Thanksgiving
FRI	CRHA closed-Holiday
SAT	
SUN	12pm The Point



Monthly Events

November 2025

BRIDGET'S OFFICE HOURS ARE WEATHER-DEPENDENT. EMAIL MOSSB@CVILLERHA.COM, OR TEXT/CALL 434-906-0472

Michie

Week 1

MON	
TUE	5:30-6pm JMRL Bookmobile Election Day!
WED	
THU	
FRI	Region 10
SAT	
SUN	12pm The Point

Week 2

MON	
TUE	CRHA closed-Veteran's Day
WED	
THU	
FRI	Region 10
SAT	
SUN	12pm The Point

Week 3

MON	
TUE	5:30-6pm JMRL Bookmobile
WED	
THU	
FRI	Region 10
SAT	
SUN	12pm The Point

Week 4

MON	
TUE	
WED	
THU	CRHA closed-Thanksgiving
FRI	Region 10 CRHA closed-Holiday
SAT	
SUN	12pm The Point



Monthly Events

November 2025

BRIDGET'S OFFICE HOURS ARE WEATHER-DEPENDENT. EMAIL MOSSB@CVILLERHA.COM, OR TEXT/CALL 434-906-0472

Madison

Week 1

MON	
TUE	Region 10 Election Day!
WED	
THU	
FRI	
SAT	
SUN	1pm The Point

Week 2

MON	
TUE	Region 10 CRHA closed-Veteran's Day
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	
TUE	Region 10
WED	
THU	
FRI	
SAT	
SUN	1pm The Point

Week 4

MON	
TUE	Region 10
WED	
THU	CRHA closed-Thanksgiving
FRI	CRHA closed-Holiday
SAT	
SUN	1pm The Point



Previous attachment

CATEC PROGRAMS EXPO

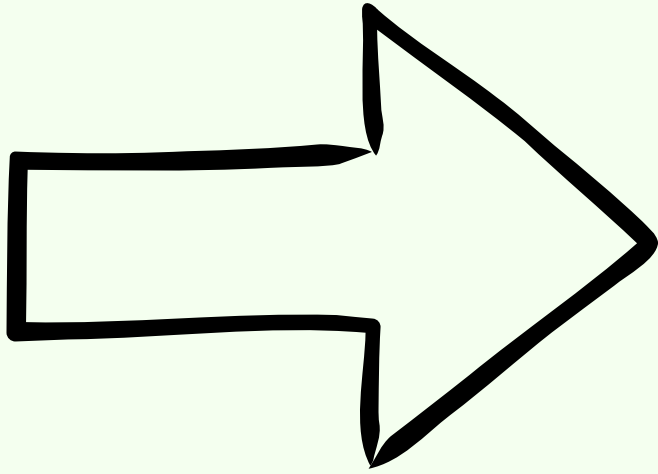


**TUES.
DEC 9
5-6:30PM**

- Tour CATEC
- Meet instructors
- See programs
- Try hands-on skills
- Learn about program request process



Next class is 11/18



**Next One Stop Shop at
Carver Rec Center:
Thursday, 12/4/25
12-3pm**

**HER
SPORTS**

BASKETBALL LEAGUE

OPEN REGISTRATION

We're back and better than ever. Last season gave us growth, this season we're raising the bar

AGES 9-14

\$30/\$45

SCHOLARSHIPS AVAILABLE

WHAT'S INCLUDED IN HER SPORTS LEAGUE:

- Player Skill Assessment before the season
- Fundamental Clinics leading up to league play
- Official HER SPORTS League Shirt
- Pre-Season Parent/Guardian Meeting for expectations & Info

For more information, contact:

Colin Banks: banksc@charlottesville.gov OR Jessica Carter: Jessica.Carter@hersports.info



REGISTRATION DEADLINE:
DECEMBER 1, 2025

IF YOU ARE INTERESTED IN COACHING?
PLEASE CONTACT US.



C4K

TECHNOLOGY MENTORING FOR 6-12TH GRADERS

Free program for qualified youth! Create STEAM (Science, Technology, Engineering, Arts, Math) projects using industry-level technology with adult mentors at our beautiful C4K Clubhouse at IX Park!

**SPACE
IS
LIMITED!**



robotics & electronics

custom apparel



game design
& much more

SCAN TO LEARN MORE
AND APPLY



**NOW
ENROLLING
FOR SPRING
2026!**

Text us
434-214-0277



Call us
434-817-1121



Website
C4KCLUBHOUSE.ORG/MEMBERSHIP/



Location
945 2ND ST SE, C'VILLE

