

NEWSLETTER



Issue #10

Here's how we are making a difference:

ROSS Program: Ayanna was highlighted at her other job with Birthing Sisters. She has been planning a 4-week series on intimate partner violence and self-defense, and is still accepting referrals.

FSS: FSS had a celebration for the first graduate of the program! Congratulations! The participant earned and escrowed approximately \$6,000 and successfully completed all program goals

Property management: Thanks to all who came to the St. Patrick's Day party at SFS!

Information Technology/IT: IT's AARP Senior Planet event on April 10th at SFS!

Maintenance: Renovating of Michie, Riverside, and Madison will begin soon!

JobsPlus Program: JP has continued Breaking Bread events!

Resident Services: We held a fire safety session at Crescent Halls with a Charlottesville Fire Marshal, and updated the app, Cville CRR. See QR code below for additional resources.

April CRHA Work Anniversaries

David Gentry
Randolph Lamb, Sr.
Zabiullah Rahmati
Courtney Smith
Brittany Waller
Kevin Ayala-Rivas



April CRHA Birthdays

Courtney Smith
Rodney Jackson
Morgan Link
Randolph Lamb, Jr.
Tony Herring, Jr.
TC Nichols
Nicole Turner
Andrew Ferrali



CRHA History Fact

One year ago,
Construction begun on
Phase 2 of S 1st Street to
build 113 homes.



Health Tip



Want to **get moving?**
Try different types of exercise!

NIH National Institute
on Aging



Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance

Balance exercises help prevent falls and can improve stability.

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.

March Recipe: Ranch Chicken

Ingredients

Chicken:

- 1/2 cup all-purpose flour
- 2 Tbsp. plus 2 tsp. ranch seasoning mix
- 2 large eggs
- 1 tsp. kosher salt
- 1/4 tsp. black pepper
- 1.5 cups breadcrumbs
- 8 thinly sliced chicken cutlets (about 2 lb.)
- Vegetable oil, for shallow frying

Sauce:

- 4 Tbsp. salted butter
- 4 garlic cloves, grated
- 1 cup dry white wine
- 2 cups chicken broth
- 2 tsp. ranch seasoning mix
- 1 cup heavy cream
- 2 Tbsp. finely chopped chives, plus more for topping
- 2 Tbsp. dill, finely chopped, plus more for topping
- 2 Tbsp. flat-leaf parsley, finely chopped, plus more for topping

<https://www.thepioneerwoman.com/food-cooking/recipes/a63138042/ranch-chicken-recipe/>



Directions

1. Preheat oven to 200°F.
2. **Chicken:** In a shallow dish, combine the flour & ranch seasoning mix. In a second shallow dish, beat the eggs with 2 tablespoons water & the salt & pepper. Add the breadcrumbs to a third shallow dish.
3. Coat a piece of chicken in the seasoned flour, shaking gently to remove any excess flour. Then transfer it to the egg mixture, coating the chicken completely in the egg. Let any excess egg drip off before transferring to the breadcrumbs, making sure to coat the chicken completely. Transfer the chicken to a large plate & repeat to bread all the chicken cutlets.
4. Heat ¼ inch oil in a large skillet over medium heat. When the oil is hot, add 2-3 chicken cutlets to the skillet, making sure not to overcrowd the pan. Cook the chicken until golden brown & cooked through, 3 -4 minutes per side. Transfer the chicken to a paper towel-lined sheet pan, & place the pan in the oven to stay warm while you cook the rest of the chicken.
5. **Sauce:** Once the chicken is cooked, discard the oil & wipe out any burnt bits left in the skillet. Return the skillet to medium heat, add the butter and garlic, & cook until the garlic is fragrant, 30-60 seconds. Pour in the wine and deglaze the pan, scraping up any brown bits. Let the wine reduce by half, 4-6 minutes, then add the chicken broth & bring to a simmer. Whisk in the ranch seasoning mix & let the sauce cook for about 15 minutes. You want the flavors to meld and the chicken broth to reduce a little. Stir in the heavy cream, chives, dill, & parsley & let simmer until slightly thickened, 4-5 minutes.
6. Serve the chicken with some of the cream sauce spooned over the top, & sprinkled with more chives, dill, & parsley.

Staff Highlight: Chacha Mahiri

How long have you worked at CRHA? **Since December 2023 (2.3 years)**

What is your favorite food? **My favorite food is Indian curry chicken with chapati—rich, flavorful, and always comforting.**

What is your favorite smell?..... **I have to say “lavender”**

What is your favorite sound? **laughter (my son’s)**

Do you have a favorite song, and if so, what is it?..... **My taste reflects my journey—I move between different genres, styles, and moments. Jazz, Afrobeat, hip-hop, soul, reggae, folk... it all speaks to different seasons, moods, and feelings in my life. So I don’t really have one favorite song—I have many. It just depends on when. Like Bob Marley said, ‘One good thing about music—when it hits you, you feel no pain.’ That’s the kind of music I’m drawn to—music that makes me feel rooted and free at the same time.”**

Who would play you in a movie about your life? **hmm ... —the boy from “City of God”**

What is your favorite color?..... **a soft light blue**

SECOND CHANCE & RE-ENTRY

JOB FAIR

Connecting justice-involved individuals with fair-chance employers, offering job interviews & on-the-spot opportunities.

Other support provided at this event will include access to resume building, connection to community resources & expungement assistance.

April 15 | 9-11 AM | CitySpace

100 5th Street NE, Charlottesville

EVENT PARTNERS:



Virginia Career Works – Piedmont Region is an Equal Opportunity Employer/Program. Auxiliary Aids and Services are available upon request to individuals with disabilities. TDD-VA Relay: 711. Funded by Federal, State, and Local funds. Interpreters available upon request. EO Officer | info@vcwpiedmont.com | 434-290-0026

Youth Corner

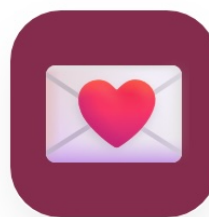
UVA's All Girls Stem Society will be collaborating with kids at West Haven on the dates below at 4pm:

April 3: General Relativity

April 10: Surface Tension

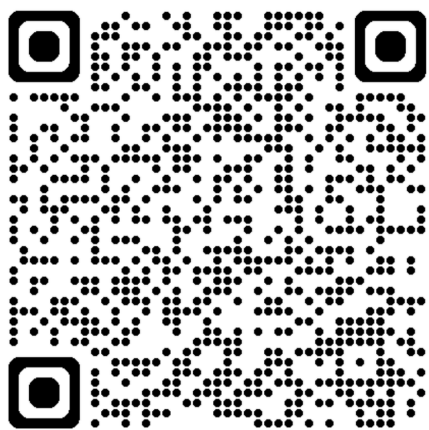
April 17: Old vs. New Technology

April 24: Muscles



CRHA's resource app, Cville CRR!

Scan this QR code to view the Redevelopment Newsletter!



ABUNDANT LIFE PRESENTS

SAVE THE DATE 5th ANNUAL COMMUNITY FESTIVAL

Saturday,
April 25th

A family-friendly affair!

12 - 4 PM

780/782 Prospect Avenue, Charlottesville, VA 22908

Celebrate the Prospect Avenue Community & 30 years of Abundant Life with us this Spring!

Food Music
Games Kids Activities
BINGO Cake Walk
& MORE!

charlottesvilleabundantlife.org | 434.970.2077 | main@charlottesvilleabundantlife.org

OPPORTUNITY FAIR

**INFORMATION ON
EDUCATION, JOBS,
TRANSPORTATION, VOTING,
RE-ENTRY & MORE!**
Wednesday, 4/8/26
3-5pm

S. 1st St. Community Center

Questions? Please contact Bridget,
mossb@cvilleha.com or 434-906-0472

Refreshments served

Fifeville Community Health Station

Abundant Life House

782 Prospect Avenue

Every 1st and 3rd Tuesdays of the Month

5:00 p.m. – 7:00 p.m.

March 17, 2026

Blood Pressure & A1c (Blood Sugar) Screenings
(UVA School of Nursing)

Produce Boxes
(4P Foods)

Acupressure Ear Seeds (good for stress reduction)
(Region Ten)

BINGO!

Community Meal @ 6:30 p.m.
Children must come with an adult

NOW HIRING

UVAHealth **Temporary Transporters**

Start Date: **MID-APRIL** • End Date: **SEPTEMBER 30**

\$16.50/hour **40 hours per week**

— **Training provided** —

Job Responsibilities

-  Clean IV pump devices following IFU standards
-  Assist with hospital equipment cleaning
-  Work with sanitizing chemicals such as bleach and alcohol
-  Training provided for all equipment

Requirements

-  **High School Diploma or GED**
-  Clear English communication
-  **WorkMed health screening**
-  Drug screening required
-  **No barrier crimes**

Parking Information

-  **Day & Evening Shift**
Fontaine Garage
-  **Overnight Shift**
11th Street Garage
(Transponder required)

Available Shifts

-  **DAY SHIFT** 7:00 AM – 3:30 PM
4 positions
-  **EVENING SHIFT** 3:00 PM – 11:30 PM
5 positions
-  **OVERNIGHT SHIFT** 11:00 PM – 7:30 AM
5 positions

Parking Information

-  **Day & Evening Shift**
Fontaine Garage
-  **Overnight Shift**
11th Street Garage
(Transponder required)

APPLY ONLINE

<https://jobs.virginia.edu/us/en/job/R0032743/Temporary-Transporter>

After applying, **SEND YOUR RESUME** so the application can be tracked.

If assistance is needed in applying, and for more information contact Hollie

Hollie Lee
UVA Pipelines & Pathways
E hnl5q@virginia.edu
P 434.962.3996



UVA Health PO Box 800224, Charlottesville, VA 22908



Mobile Care is coming to Greenstone on 5th

Every 2nd and 4th Tuesday of the month | 2 pm - 6 pm

746 Prospect Ave. | Charlottesville, VA

UVA Health Mobile Care makes healthcare easier by bringing primary care to your neighborhood. We offer a range of services for adults and kids so you and your family can get the care you need in one place — without traveling far.



To learn more UVA Health Mobile Care, including updates on schedule and services, please visit uvahealth.com/mobile or scan QR code or call to make an appointment **434.297.7800**

Partnership Spotlight: Birth Sisters, Ayanna Hall



BIRTH SISTER

AYANNA HALL

Community Based Perinatal/ Postpartum Doula
Hometown: Naugatuck, CT

What prompted you to become a community based doula?

It provided me a way to help carry on the legacy of the ancestors who served as Black midwives, caring for and protecting black and brown birthing persons.

What do you feel is essential in supporting a birthing person?

Being fully present with the birthing person, and learning their personalities, customs/traditions, wants/needs, fears/concerns and then leaning into that knowledge and offering the appropriate supports.

Favorite aspect of being a Birth Sister

Connecting with and developing bonds with the birthing community of color.

Favorite or most used item in your doula bag

Essential oils

Quote or sentiment meaningful to you

Sunflowers, because they are bright and cheerful, and they follow the sun.

Favorite flower or tree

Sunflowers, because they are bright and cheerful, and they follow the sun.

Favorite season or holiday

Summer because I love being sun-kissed!

Certifications relevant to providing community based doula support

State Certified Doula, Certified Pregnancy Reiki, Certified Yoga Teacher

Birth work related training

Birth In Color Doula Training, Spinning Babies, Stanford's Short Course on Breastfeeding, Evidence Based Birth Childbirth Education Professional Audit, Pre and Perinatal (PPN) Training

Current job outside doula work

Charlottesville Redevelopment Housing & Authority, as the Resident Opportunities & Self Sufficiency program coordinator. Linking public housing families with resources to work towards becoming more self sufficient and better supported within the community.

Jobs Plus at Westhaven



PIEDMONT REGION

MONTH ↓↓	Topics			
APRIL: Community Support	Peer Mentoring & Resident Ambassadors	Transportation Solutions & Best Practices	Wraparound Services: Mental Health, Housing	Collaboration with Local Nonprofits & Service Providers
MAY: Strategic Partners	Public Housing Authority (EID Coordination)	Job Placement, Sector Training Openings	Training Providers, Community College & Pathways	Social Services, FBO, & Civic Organizations

**Every Other Thursday
@ 11 AM in the
Community Center**

For the schedule:

**Reach out to Jennifer Mammi at
434-235-1939, or mammij@cvilleha.com**



Hop on over for our

EASTER Egg hunt

Join us on

APRIL 2, 2026

4PM-5:30PM

for some egg-citing fun!

1050 South 1st St. Charlottesville VA 22902

"Community Work is the Best Work."
-Martize Tolbert

ONE STOP SHOP

CONNECT WITH **FREE**
SERVICES & RESOURCES!



FOOD BY: CHEF G

APRIL 23, 2026 12:00 PM - 3:00 PM

**UPSCALE EVENT CENTER
1226 HARRIS STREET
CHARLOTTESVILLE, VA**

FREE COMMUNITY EVENT!

- ✓ NETWORK WITH PARTNERS
- ✓ GET CONNECTED
- ✓ GET HELP. GET RESOURCES.

OneStopCville.org

FOUNTAIN FUND

TOM TOM FESTIV



THE ACADEMY

YOUR PATH TO
ENTREPRENEURSHIP

DO YOU HAVE A BUSINESS IDEA?

WHAT IF YOU COULD MAKE IT A REALITY

THE ACADEMY is a transformative, **gospel-centered** program that **empowers** you with the **skills** and **resources** to become your own boss!



Are you an aspiring business owner who wants to start your business and change your world?
The Academy has a spot for you!

The Academy is tailored to uplift our financially under-served neighbors, including educators, first responders, and community service workers, facing economic challenges. It represents our mission to combine practical support with gospel-centered action, fostering success and impactful service in their communities.

WHAT IF YOU COULD

Turn your **side hustle** into your **main hustle**?

Find **creative** freedom and become an entrepreneur?

Be active in your **community** and make a positive difference?

Experience the **freedom** of being your own boss?

Have something that belongs to **you**?

Win \$5,000 to use toward **your business**?

GET
STARTED



Need help finding a job? • Need to develop professional skills? • Help with interviews and applications?

Join Charlottesville Housing Authority & DARS for a...

Job Ready Group

Building Skills...Building Confidence...Building Careers

Beginning April 3rd, 2026

First Friday each month 4 pm to 6 pm

Located at Charlottesville Housing Authority, 801 Hardy Ave-bottom level



- Job Exploration
- Resume Building
- Interview Skills
- Self-Advocacy
- Workplace Readiness
- Computer Skills

Join us for BINGO on April 3rd

Bring your computer & resume for hands-on training!

Schedule of Events

April 3rd Introductions, Forms & BINGO!
May 1st Digital Skills & Resumes
June 5th Workplace Readiness Skills
July 10th Job Search & Applications
Aug 1st Interviews & Thank Yous

****NOTE**
NO
MEETING
JULY 3rd**



For more information, contact Kat Buchanan, DARS, at kathleen.buchanan@dars.virginia.gov

WHAT YOU GET AT THE ACADEMY

WEEK ONE

Become familiar with the core material, understand the course structure, and get to know both your group and yourself - identifying your strengths, limitations, and the importance of building the right team.

WEEK TWO

Be able to identify your ideal customer, the problem they are trying to solve, attempts to solve the problem from your competitors, your solution, the benefits you provide, and your competitive advantage. More importantly, you will understand how these elements connect within your business and be prepared to test them in the real-world.

WEEK THREE

Understand the importance of customer relationships - how to build them and effectively communicate your business's core message across multiple outlets.

WEEK FOUR

Explore how to start small, what you're selling, how it reaches your customer, your payment process, and the right pricing strategy.

WEEK FIVE

Recognize the importance of legal matters and understand how to take the necessary steps to address them when legal concerns arise.

WEEK SIX

Gain a clean understanding of the costs involved in starting and running a business, and determine a realistic break-even point.

WEEK SEVEN

Understand your business's break-even point and how to adjust it. Estimate the time needed to reach profitability, and recognize the importance of cash flow management and accurate financial record-keeping.

WEEK EIGHT

Develop a clear plan for moving forward and establish a solid business model to support your pitch.

WEEK NINE

Workshop and develop your pitch with the help and support of your group.

WEEK TEN

Celebration Night which will feature an opportunity for students to present their business proposals to a panel of judges with a chance to win a check for \$5,000!

The program is **valued** at over **\$1,000**, but you only pay **a one-time fee of \$175** for the **10-week course** and ongoing mentorship. The Point Church will cover the rest. Why? You are our neighbor, and we want you to have every opportunity to achieve your dreams.

SO HOW DO YOU GET STARTED?

Get more information and register by going to

thepointva.com/theacademy

Email us at: theacademy@thepointva.com



CRHA BEAUTIFICATION DAYS 2026

PARTNERS & FRIENDS PLEASE
JOIN US FOR BEAUTIFICATION
DAYS!

9:00-12:30PM

RIVERSIDE/WESTHAVEN - April 10, 2026

MADISON/MICHIE-May 8, 2026

SFS P1/6TH ST.-June 5, 2026

WESTHAVEN-July 17, 2026



SING READ PLANT

PROGRAM DETAILS:

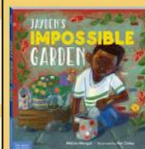
**Saturday,
April 18,
2026**

**10:00 AM until
11:30 aM**

**Jefferson School
African American
Heritage Center**



A Hands-On Weekend!



- ✓ **Welcome Song: "Funga Alafia, Ashe, Ashe"**
- ✓ **Storytime: *Jayden's Impossible Garden* By Melina Mangal**
- ✓ **Activity: Plant & Decorate a pot of Oregano, with Daisa Pascall from *We Grow***

REGISTER NOW!

434-688-5082

education@jeffschoolheritagecenter.org

Protecting Your Personal Information Online

Class, discussion, and snacks

SENIOR
PLANET



Crescent Halls
Community Room

**Friday,
April 10
1:30-3pm**



reallygreatsite.com