

NEWSLETTER



Issue #6

CRHA History Fact:

S. 1st St. was originally developed in 1981 and had 58 units, a plan that took about 10 years to complete. Redevelopment expanded that to 62 units in 2023, and now they are in phase 2, adding more homes and space.

Property management: Attended conference on best practices

Internet Technology/IT: computer lab classes starting, look out for flyers with more information

Maintenance: scattered site remodel planning; instrumental in helping staff move to new office space on 6th St

Here's how we are making a difference:

ROSS Program: Ayanna has met her participant goal!

FSS: case load stable

JobsPlus Program: Hiring a program support coordinator!

Resident Services: Come visit Ish & Bridget at 709B 6th St at their new work space! Hiring part-time assistant youth coordinator!

December CRHA Work Anniversaries

Chacha Mahiri
John Johnson
Milton Field



December CRHA Birthdays

Arlene Mills
Maria Carey
Claudette Greene
Chris Thibodeaux
Judah Berry
Milton Field
Roberta Crown
Katrina Beitz



Partner Spotlight: Heather Pehnec from JMRL library

As JMRL's Young Adult Services Manager, I order books and other materials for the library's young adult collection for ages 11-18, serve as a liaison for YA staff at library branches, manage the Central Library's teen services and coordinate regional programs across JMRL's 8 branches (and a bookmobile) such as 100 Books Before Graduation, JMRL's Teen Poet Laureate program, the Teen Creative Arts Magazine and, of course, the Summer Reading Program.

Connecting with CRHA gives me the opportunity to reach tweens and teens who are sometimes walking distance to a library branch, and remind them that we are here as a third space for them to relax, have snacks, connect with friends, learn or create something new, play games (digital and analog) or find a great book. All of JMRL's weekly and monthly programs are free! When school is out, the Central Library typically has drop-in programs with snacks. Central's doors are open 7 days a week so come check us out!

Health Tip



What is Domestic Violence?

Domestic violence is a pattern of physically, sexually, and/or emotionally abusive behaviors used by one individual to maintain power over or to control a partner in the context of an intimate or family relationship.

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are/were married, living together, or dating.

If you or someone you know is a victim of domestic violence, please call the 24-hour Shelter hotline at: (434) 293-8509.



Safety Plan

- Program 911 into your cell phone speed dial.
- Know the Shelter's hotline: (434) 293-8509.
- Don't get trapped in the kitchen or bathroom.
- Plan an escape route. Have a safe place to go after you have escaped.
- Take your children with you.
- Hide an extra car key and cash for emergency use.
- Gather important papers and phone numbers. Store them with a friend.
- Tell a friend or neighbor about your partner's violent behavior.
- Arrange a signal so a child, friend, or neighbor knows to call the police if needed.
- Pack a bag for emergencies. Include clothes, medications, and children's favorite toys.

December Recipe: Chicken & Broccoli Casserole

Unsalted Butter

1 pound of shredded chicken
or protein of choice

All-Purpose Seasoning Salt

Yellow Onion & Garlic

Long-Grain White Rice

Low Sodium Chicken Broth

Cream Of Mushroom Soup

Broccoli

Cheddar

Ritz Crackers

Garlic Powder



Preheat oven to 375° and grease a 13" x 9" pan with butter.

Slice the chicken breast into cutlets: This is done the same way you would butterfly a chicken breast.

Season all over with seasoning salt.

Heat a large skillet over medium heat. Pour in some oil and swirl to coat the pan.

Cook the chicken for about 7 minutes per side or until light golden brown and cooked through.

Melt 2 Tbsp. butter in the pan.

Add the onion and 1/2 tsp. salt and cook, stirring occasionally, until the onion begins to soften, about 5 minutes.

Add the garlic and cook 1 minute, or until garlic is fragrant. Add the rice and stir.

Lightly toast the rice, 2 to 3 minutes.

Add the broth and scrape any browned bits from the bottom.

Stir in the soup until smooth and combined.

Transfer everything to the prepared pan. Cover the pan with foil and bake, uncovering and stirring halfway through, until the rice is fully cooked through, 35 to 40 minutes.

Meanwhile, fill a small saucepan with water and bring to a boil. Place ice cubes in a medium bowl and fill with cold water. Boil the broccoli until bright green, 2 to 3 minutes

Transfer the broccoli to the ice water to stop cooking.

Remove the broccoli from the ice water and season with 1/2 tsp. salt

Shred chicken into bite-sized pieces.

In a medium bowl, melt the remaining 2 Tbsp. of butter in the microwave. Add 1/2 cup cheese, crackers, garlic powder, and pepper. Toss with a fork to combine.

Uncover the pan and stir in the shredded chicken, broccoli, and remaining 1 cup cheese.

Top with the cracker topping and bake for another 15 minutes, or until broccoli is tender and topping is slightly browned. Let cool slightly to set before serving.

Staff Highlight: Claudette Greene, Property Management

- How long have you worked at CRHA? **Claudette has worked for CRHA since April 1991, fresh out of college, with a degree in Consumer Housing. Claudette left in 2005, but came back in 2018. Claudette then left in 2021, but returned in 2023. Between working for CRHA, Claudette worked for AHIP and PHA. "I love housing, it is all I knowlost without it and very unhappy when I am not doing it."**
- What is your favorite food? **Fried catfish**
- What is your favorite smell? **'My mother'**
- What is your favorite sound? **Rain, especially on a tin roof**
- Do you have a favorite song, and if so, what is it? **Growing up with a bunch of female family members, Claudette's song was "We Are Family" by Sister Sledge and with her children "Always & Forever" by Heatwave (because she was in love with her babies). She would sing that song to them at bedtime.**
- Who would play you in a movie about your life? **Tiffany Haddish**
- What is your favorite color? **red (as she gets older), but used to be purple**

FREE

JOB SEARCH

from Jobs Plus at Westhaven



Financial Skills Workshops

Every other Thursday at 11 AM in the Community Center



DATES:

- November 20
- December 4
- December 18
- January 8

WHO SHOULD ATTEND?



All are welcome!

Bring your financial questions & long-term goals.



TOPICS:

- The Money Mindset
- Budgeting on a Budget
- Wants vs. Needs
- Understanding Your Paycheck & Benefits
- Credit vs. Debt
- Smart Spending Skills

Want to know more?



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

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



RESIDENT SURVEY

DECEMBER 2025

Don't miss out on the exciting opportunity to make your voice heard and improve your community!

Share your opinion for a chance to win a \$100 American Express gift card! (ONE survey per household)

WE WILL BE GOING DOOR-TO-DOOR IN YOUR COMMUNITY

Previous attachment

CATEC PROGRAMS EXPO



TUES. DEC 9 5-6:30PM

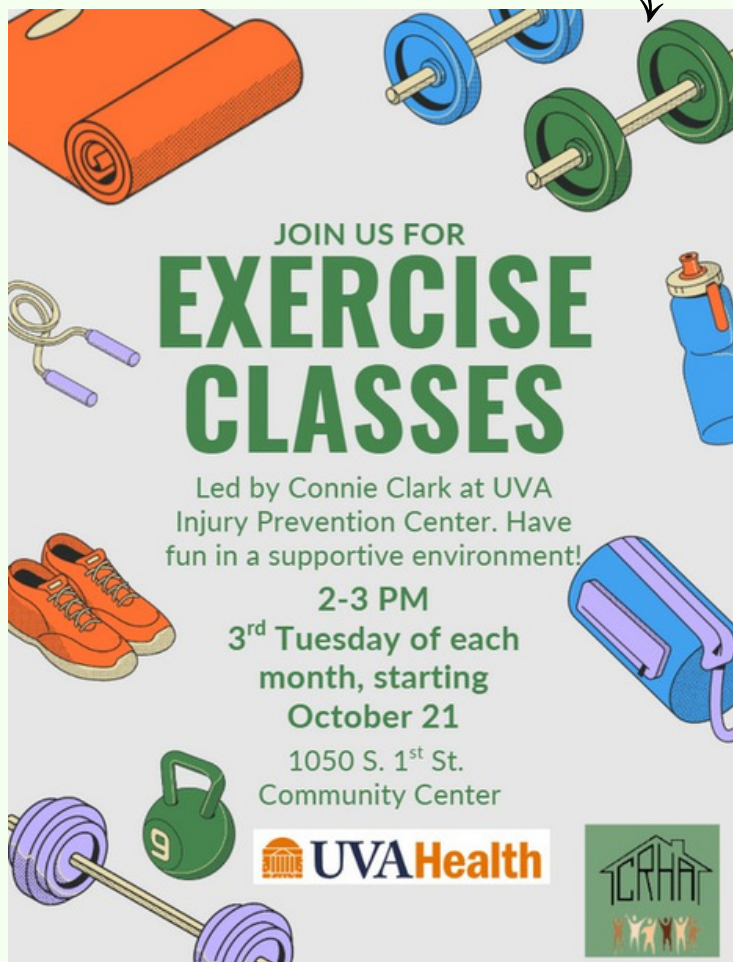


- Tour CATEC
- Meet instructors
- See programs
- Try hands-on skills
- Learn about program request process



CRHA has created a resource app, Cville CRR! Scan QR code here to get instant information on how to access over 600 organizations for assistance! To add the app on your device, click the Share button, and Add to Home Screen

Next class is 12/16



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

 **UVA Health**



Youth Corner

MIMA sessions are coming to an end until spring while we continue to expand Youth Beautification to 6th St. Keep an eye out for Youth and Family events expanding from Westhaven and SFS as well!

Additionally, we will begin partnering with UVA for an all girls stem workshop. Finally, we are continuing our search for more youth tutoring opportunities.



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!



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: bankscol@charlottesville.gov OR Jessica Carter: Jessica.Carter@hersports.info

REGISTRATION DEADLINE: DECEMBER 1, 2025

IF YOU ARE INTERESTED IN COACHING? PLEASE CONTACT US.







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



Entrepreneur WORKSHOP

CHARLOTTESVILLE

16-WEEK SIGNATURE PROGRAM



APPLY BY JAN 2

<https://cicville.org/entrepreneur-workshop>

Applications encouraged from residents of Charlottesville, Albemarle County, and surrounding areas

Classes begin in February 2026

empowering small business for big change

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



empowering small business for big change

ENROLL: SPRING 2026 WORKSHOPS

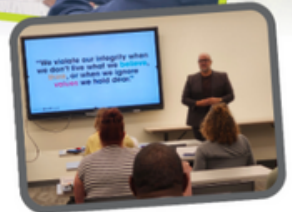
Calling entrepreneurs in **Charlottesville**,
Culpeper-Orange, and **Southern Virginia!**

Ready to level up your business? Join the Community Investment Collaborative's (CIC) Spring 2026 Entrepreneur Workshop for 16 weeks of hands-on learning, mentorship, and community connections.

Tuition: \$750 (scholarships available).

Apply online: cicville.org/entrepreneur-workshop/

Questions? Contact Juana Dent (juana@cicville.org) for Charlottesville, Christine Caldwell (christine@cicville.org) for Culpeper-Orange, or Laura Coleman (laura@cicville.org) for Southern Virginia.



Test your idea



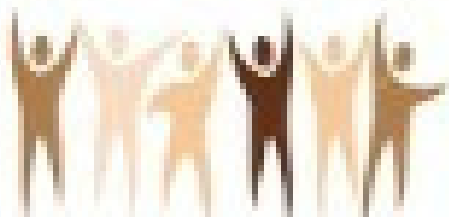
Explore the costs



Develop your plan



APPLY BY JAN 2



SKIP THE SALES PITCH GET THE FACTS



Medicare Open Enrollment October 15 – December 7

More than 5 out of 10 people need to change **Medicare Part D Prescription Plan** or **Medicare Advantage** plans during Open Enrollment to cover their prescriptions.

JABA offers **FREE**, unbiased counseling provided by **certified volunteers**. Choose a plan that will best cover your medications and save you money.



Make an Appointment:

(434) 817-5248 or

jabacares.org/medicare-counseling

