

NEWSLETTER



Issue #7

Staff Highlight: Ismael Mbadinga, Resident Services, Youth Coordinator

- How long have you worked at CRHA? **4 months**
- What is your favorite food? **Cassava leaves with rice**
- What is your favorite smell? **Fresh air**
- What is your favorite sound? **Peace**
- Do you have a favorite song, and if so, what is it? **Idek x 800 Ray by AI Haven**
- Who would play you in a movie about your life? **"Nobody could be me if they tried. Maybe Ashton Sanders."**
- What is your favorite color? **Brown**

January CRHA Work Anniversaries

Alfred Allen
Quentia Taylor
Joy Johnson
Kaneyko Banks



January CRHA Birthdays

Temeaka Evans
Khalid Haider
Zoe London



Partner Spotlight: PVCC/Network2Work

<https://www.pvcc.edu/community-business/network2work>

PVCC, our local community college, offers training and resources to those looking for work. They have shown great results: over 2/3's of participants find a job, and earn thousands more per year! They work with individuals to overcome barriers to employment and connect with them local companies looking to hire people.

Email network2work@pvcc.edu to learn more and sign up today.

Health Tip

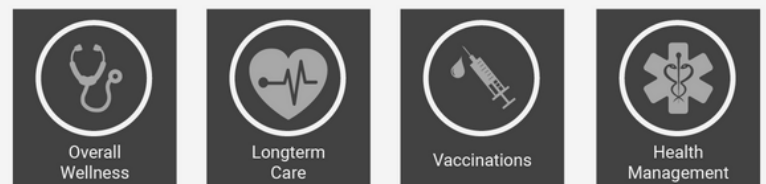
Urgent Care



by quick care med

Primary Care vs. ER vs. Urgent Care

Primary Care



Emergency Room



January Recipe: Shepherd's Pie

2 lb. russet potatoes, peeled, sliced 1/2" thick
Kosher salt
2/3 cup half-and-half
4 Tbsp. unsalted butter
2 Tbsp. chopped fresh parsley, divided
Freshly ground black pepper
1 Tbsp. canola oil
2 lb. lean ground beef
1 medium yellow onion, chopped
2 medium carrots, peeled, chopped
3 cloves garlic, chopped
2 tsp. chopped fresh rosemary
2 tsp. chopped fresh thyme
3 Tbsp. tomato paste
1/2 cup dry red wine, such as Cabernet Sauvignon
1 cup low-sodium beef broth
3 Tbsp. Worcestershire sauce
Cooking spray
3 Tbsp. all-purpose flour
1 cup frozen corn
1 cup frozen peas
3 Tbsp. grated Parmesan

from delish.com



- 1) Preheat oven to 400°. In a medium saucepan, cover potatoes with water by 1/2"; season with 1 Tbs salt. Bring to boil over high heat. Cook until potatoes are fork-tender, 12-15 minutes. Drain potatoes; set aside in colander.
- 2) In same pot over medium-low heat, cook half-and-half & butter; stir until butter is melted. Return potatoes to pot. Mash potatoes' Stir in 1 Tbs parsley, season with salt and pepper. Remove from heat.
- 3) Meanwhile, in a large skillet over medium-high heat, heat oil. Add beef; season with 2 Tsp salt & 1/2 Tsp pepper. Break up beef with a wooden spoon & cook until crumbled & no longer pink, 6-8 minutes. Using a slotted spoon, transfer beef to a plate. Pour off all but 2 Tbs beef drippings.
- 4) In same skillet over medium heat, cook onion & carrots, stirring, until onions begin to soften, 5-6 minutes. Add garlic, rosemary, & thyme & cook, stirring, until fragrant, ~2 minutes more. Return beef & accumulated juices to skillet; stir in tomato paste. Cook, stirring, until tomato paste turns dark red, 3-4 minutes. Add wine & cook, stirring, until almost completely evaporated, 2-3 minutes. Stir in broth & Worcestershire & bring to a simmer. Sprinkle with flour & cook, stirring occasionally, until sauce is thickened, ~5 minutes. Stir in corn & peas.
- 5) Pour beef mixture into a 13" x 9" pan & dollop mashed potatoes on top. Lightly spray a rubber spatula with cooking spray & spread potatoes over beef mixture. Sprinkle with Parmesan & a pinch of pepper.
- 6) Bake shepherd's pie until beef mixture bubbles, ~25 minutes. Remove from oven. Place a rack in upper third of oven and turn broiler to high. Broil until top begins to brown, 1-2 minutes.
- 7) Sprinkle with remaining 1 Tbs parsley. Let cool 10 minutes before serving.

Next class is 1/20



CRHA BLOOD PRESSURE MONITORING PROGRAM

Come get your Blood Pressure
checked or borrow a machine for a
few days!

WESTHAVEN CLINIC
709B 6TH ST.
1050 S. 1ST ST.
CRESCENT HALLS CLINIC
RIVERSIDE, MICHIE, MADISON

FOR MORE INFORMATION CONTACT
MOSSB@CVILLERHA.COM 434-906-0472

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

CRHA History

Following the creation of this map by the Housing Advisory Committee (HAC) in 1967 and the recommendations that accompanied it, CRHA moved to build public housing at Madison Ave, S 1st St. as well as Crescent Halls and Sixth Street in the Garrett St urban renewal area.



1967 HAC map for low rent housing



From the ROSS program:

❄️ Winter Support Is Here ❄️

ROSS – Resident Opportunities & Self-Sufficiency Program helps residents connect to services and resources that make life safer, easier, and more comfortable — especially during the winter months.

ROSS can help with:

- Medical, senior, and disability services
- Benefits such as Social Security, Medicare, and SNAP
- Food, utility, and energy assistance
- Transportation and appointments
- One-on-one support from a ROSS Coordinator

This program is FREE, voluntary, and confidential. Seniors, residents with disabilities, and anyone needing extra support are welcome.

Interested? Contact your ROSS Coordinator:

Name: Ayanna Hall

Phone: 434-227-9947

Office Location: Jefferson School



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

ESSENTIALS WORKSHOP

Contact Chef Ami to Enroll Today: 434-202-4105 | ami@culinaryconceptsab.com



Strengthen Your Soft Skills Through the Culinary Arts!

Unlock your full potential and propel your career forward with our Essentials Workshop series. Enhance key workplace skills, boost job satisfaction, and open doors to new opportunities for growth in today's workforce. Don't miss this fun and transformative journey!

Upcoming Workshops



Thursday, January 8th | 6:30pm - 8:30pm

Soft Skill: Perception

Culinary Skill: Tasting



Thursday, January 22nd | 6:30pm - 8:30pm

Soft Skill: Adaptability

Culinary Skill: Homemade Ranch



Chef Ami

Location

Culinary Concepts AB

2041 Barracks Rd

Charlottesville, VA

<https://culinaryconceptsab.com/>

OPPORTUNITY FAIR

INFORMATION ON
EDUCATION, JOBS,
TRANSPORTATION, VOTING,
RE-ENTRY & MORE!

Tuesday, 1/27/26

3-5pm

S. 1st St. Community Center

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

Refreshments served



HOME SAFETY PLANNING FOR PIZZA MIND



ALL ARE
WELCOME!



5PM -
6PM

EVENT DETAILS

When:

MONDAY, JAN. 12 from
5:00 PM to 6:00 PM

Where:

South 1st Street
Community Center

Learn how to
prepare for an
emergency with
your household!



Scan for more resources!