

NEWSLETTER



Issue #13

Here's how we are making a difference:

ROSS Program: Ayanna hosted a four-week series, including a sound bath and a self-defense class. Thanks to all who participated!

Keep an eye out for an invitation to dance classes with ROSS and a local dance instructor. Please contact the ROSS coordinator Ayanna Hall at 434-227-9947 or halla@cvilleerha.com

Resident Services: RS has been preparing for West Haven and 1st St S community days! RS also hired a new Resident Services Coordinator! Welcome Ricco! RS is partnering with C'ville Veg to bring regular cooking demos on healthy eating to CH!

FSS: Chacha is continuing to add to his caseload! Ask a staff member about the FSS program!

Property management: Property management conducted an audit. Thank you PMs for all of your hard work!

Information Technology/IT: Andrew is moving on to continue his education! Thanks to Andrew for all of his hard work.

Maintenance: Maintenance is hiring!

JobsPlus Program: Kathleen is working with Jobs Plus in the interim while we recruit a new Jobs Plus coordinator.

July CRHA Work Anniversaries

Lashawnda Hester
TerAna Banks
Aubrey Sprouse



July CRHA Birthdays

Quentia Taylor
Dottie Norris
David Jenkins
Georgia Wyatt
Michael Weidman
Ismael Mbadinga
Roy Scott



Staff Highlight: Pamela Smith, HR

How long have you worked at CRHA? ... **I started with CRHA 4/13/2026, so I have been here 2 months.**

What is your favorite food? **Pasta of any kind - I believe there must be an Italian in my family lineage**

What is your favorite smell?..... **The smell after a fresh rain**

What is your favorite sound? **The ocean waves crashing**

Do you have a favorite song, and if so, what is it?..... **"Who Am I" by Casting Crowns**

Who would play you in a movie about your life? **Julia Roberts. Though she is way more beautiful and stunning than I am, she is a wonderful actress - and my life story has quite a few twists and turns**

What is your favorite color?..... **I love Orange**

Health Tip:

US Standard Drink Sizes



12 ounces beer
5% ABV



8 ounces malt liquor
7% ABV



5 ounces wine
12% ABV



1.5 ounces distilled spirits
(gin, rum, vodka, or whiskey)
40% (80 proof) ABV

Alcohol by volume (ABV) refers to the strength of the alcoholic beverage.

www.cdc.gov/alcohol



Dietary Guidelines for Americans on Alcohol

Limit intake to:



1 drink or less
in a day for women



2 drinks or less
in a day for men

or nondrinking

Don't drink at all if you:

- Are pregnant or might be pregnant.
- Are younger than age 21.
- Have certain medical conditions or are taking certain medications that can interact with alcohol.
- Are recovering from an alcohol use disorder or are unable to control the amount you drink.

www.cdc.gov/alcohol



July Recipe - Salmon Tacos with Mango Corn Salsa

- 1 lb. salmon fillet
- 2-3 teaspoons taco seasoning
- 2 teaspoons avocado oil

Mango Corn Salsa:

- 1 large mango, diced
- 1 cucumber, diced
- 2 ears sweet corn, kernels cut off the cob
- 1/4 cup finely chopped red onion
- 1/2 cup finely chopped cilantro
- 1 tablespoon honey
- zest and juice of 1 lime
- 1/2 teaspoon salt

Extras:

- 1 can refried beans, black beans, or 2 avocados
- 8 corn tortillas
- 1/4 cup avocado oil for softening

<https://pinchofyum.com/salmon-tacos>

- 1) Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
- 2) Toss the salmon with the taco seasoning & avocado oil until well-coated – you can do this in a bowl or on the baking sheet. If your taco seasoning does not have salt, add some salt.
- 3) Bake the salmon for 8 minutes, close to the top of the oven, or until it slips apart easily when pressed with a fork.
- 4) While the salmon is baking, chop up your salsa ingredients & toss together in a bowl. Season to taste.
- 5) To soften the corn tortillas, heat up some oil in a large skillet & give the tortilla a quick one-sided dip into the hot oil & transfer to a paper-towel lined plate. Stack them up so the heat & oil distributes between all the tortillas or wrap the tortillas in a few damp paper towels & microwave for 30 seconds to steam them so they become more pliable.
- 6) Assemble the Tacos: Mash avocado or spread refried beans on the bottom of the tortilla. Add a couple pieces of salmon; press to gently smash them. Top with a big scoop of the salsa. Finish with lime squeezes & a drizzle of honey!

CRHA History Fact: Mardi Gras in July

Beginning in 1973, every July would see a "Mardi Gras" Party at Westhaven. Even though Mardi Gras is typically celebrated in February, CRHA along with partners would hold a big event that included performances (like "The Fevers"), games, costumes, food and fun.

JUL 19 1977

Westhaven Mardi Gras Set

The Westhaven Tenant Association and the Community Social Worker will sponsor the fifth annual Mardi Gras from 11 a.m. to 8 p.m. Saturday in Westhaven. The theme for the Mardi Gras is "Halloween in July." There will be games, contests and other activities. Judging for best costume in different categories will be held. In case of rain, the event will be held Saturday, July 30. The event is open to the public.



Dancing at Westhaven

Youngsters "rock out" to the rhythms of "The Fevers" Saturday at a "Mardi Gras" for the children of the Westhaven housing project and surrounding neighborhood. The

Mardi Gras, organized by community worker Sally Turner and the Westhaven Community Center, was the last opportunity for a outing this year, Turner said.

Partnership Spotlight: James ‘Littlez’ Dowell, Prolyfyck Run Crew

As co-founder of Prolyfyck Run Crew, I help lead a community-driven movement that uses running and walking as tools for social connection, empowerment, and holistic wellness in Charlottesville. In our collaborative work with the Charlottesville Redevelopment & Housing Authority (CRHA), we focus on breaking down structural barriers to wellness by bringing our energy and resources directly into public housing communities. Whether we are organizing neighborhood community runs, supporting local resident events, or fostering spaces of mutual support, our partnership with CRHA is built on a shared commitment to equity, health equity, and uplifting the voices and well-being of residents.



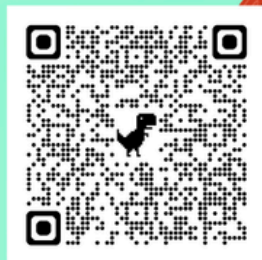
CRHA
BEAUTIFICATION
DAYS 2026

PARTNERS & FRIENDS PLEASE
JOIN US FOR BEAUTIFICATION
DAYS!

9:00-12:30PM

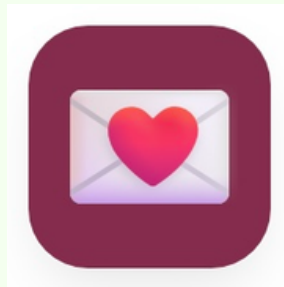
WESTHAVEN-July 17, 2026

Scan QR Code to
Sign Up!!



Special Thank You from the ROSS Program

Shout out to Cindy Ivery, Melvina Hill, and Doris Plant-Hill for attending all 4 Saturdays of the 4-week Self-Defense Series. Thank you for your commitment and strong determination.



CRHA's resource app, Cville CRR!

3RD ANNUAL GUN VIOLENCE SUMMIT



Community Care & Response

JULY 16TH (9AM-4PM)

Piedmont Virginia Community College Bolick Center

**BREAKING THE CYCLE OF
VIOLENCE THROUGH
COMMUNITY
COLLABORATION**



Register Below



bit.ly/4nbah1N

Lunch included



PEGLab

STAY COOL



JABA'S SENIOR COOL CARE PROGRAM *Need an air conditioner or fan?*

You may be eligible for a free fan, window, or portable air conditioning (AC) unit from JABA, if you are 60+ and not eligible for Department of Social Services Cooling Assistance. While supplies last so call today!



HOW TO QUALIFY

- Age 60+ with health conditions affected by heat
- Need a fan, window, or portable AC unit*
- One-member household income less than \$1,995 month
- Two-member household income less than \$2,705 month

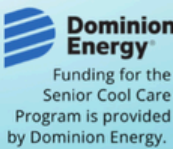
Certain deductions are allowed.

MAY 1, 2026 TO OCTOBER 31, 2026 (OR WHILE SUPPLIES LAST)

LEARN MORE AT JABA

434-817-5244 (toll-free 833-559-2428)
or jabacares.org/senior-helpline

**JABA does not install or pay for installation.*



Entrepreneur WORKSHOP



CHARLOTTESVILLE

16-WEEK SIGNATURE PROGRAM



APPLY BY JULY 3

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

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

Classes begin in August 2026



CRHA X PHAR



WESTHAVEN COMMUNITY DAY

AUGUST 1ST, 2026

**PLANNING MEETINGS
BEGINNING MAY 13TH AND
MAY 27TH AT 11AM**

Planning is open to all residents!

**at 801 Hardy Drive
or by Zoom Link Here >>>>**

wyattg@cvilleerha.com | 434-996-1514



CAT IS HIRING!



Saturday, July 11 from 10-2 at CAT HQ

HIRING OPEN HOUSE

Come see what it's like to work at CAT



Saturday, July 11, 2026

10:00 AM – 2:00 PM

CAT HQ • 1545 Avon Street Ext.



Tour buses
+ facility



Meet
our team



Apply
on-site



Enjoy light
refreshments



**SCAN HERE TO
LEARN MORE & APPLY TODAY**



CatchtheCAT.org



Transit Operators • School Bus Drivers & Aides • Mechanics • Maintenance • Supervisors



Paid CDL Training • Excellent City Benefits • Retirement + PTO • Opportunities to Grow

**Please join
CRHA for**

SFS COMMUNITY DAY

**FRIDAY, JULY 10TH
12-4PM**

1050 1st St South, Charlottesville, VA



Join CRHA and community organizations for a
day of fun, including Bingo, food trucks, and so
much more!

Scan this QR code to view
the Redevelopment
Newsletter!

