

NEWSLETTER



Issue #12

Here's how we are making a difference:

ROSS Program: Self Defense class on Saturday's this month! See flyer below.

Resident Services: CH TV scrolls are updated more frequently now with the online TV software. Thanks IT!

JobsPlus Program: Breaking Bread events continue.

FSS: Chacha continues meeting with residents to strategize their path to success!

Property management: Welcome to Crescent Hall's new Property Manager, Kim Smith!

Information Technology/IT: IT set up a new TV updating software so staff are able to update TV scrolls remotely at all sites! Thanks Eric & Andrew!

Maintenance: Shade and heat concerns discussed for Michie Dr residents at the monthly maintenance meeting.

June CRHA Work Anniversaries

Kathleen Glenn-Matthews

Andrew Ferralli

Ayanna Hall

Nicole Turner

Temeaka Evans

Khalid Haider

Winfred Washington

Fiona Smith

Roy Scott



June CRHA Birthdays

Brandon Collins

Zabi Rahmati

Fiona Smith

Randy Lamb, Sr.

James Porter

Michael Sisk, Jr.



CRHA History Fact

On June 5th 1958, the first locations suggested for public housing in Charlottesville included the location where our S 1st Street housing was eventually built. In 1960, a public hearing on June 1st followed by a vote on the 14th resulted in approval for public housing just south of S 1st St and the clearing of Vinegar Hill. Both votes passed but Council only moved forward with Vinegar Hill.

On June 14 1977, the Charlottesville Planning Commission approved the plan for the 58 homes that were eventually built at S 1st Street. However, those same 58 homes began demolition in June 2024 in preparation for an early lease of a portion of the new site in June 2026!



Health Tip: Pain

Evidence is insufficient to determine the effectiveness of long-term opioid therapy for improving chronic pain and function.¹



According to the CDC,

non-opioid therapies

such as acetaminophen, cognitive behavioral therapy, exercise and massage may actually be

better and safer

than opioid medications.²



Patients who use opioids for at least 90 days are

60%

more likely to be on opioids in 5 years.³

Pain is complex

and is influenced by not only physiological factors but also emotional health, nutrition, sleep and exercise.⁴



The risk of prolonged opioid use goes beyond addiction -- the higher the dose, the higher the

RISK

for depressed breathing, fractures and intestinal blockages.⁶



Overdose risk is

2x

higher at doses of 20-49 milligrams per day and increases to



9x

at 100 mg/day.⁵



May Recipe - Chicken Parm Pasta

Kosher salt

12 oz. store-bought cooked frozen

breaded chicken cutlets

1 lb. cavatappi or other short pasta

1 Tbsp. extra-virgin olive oil

1 small yellow onion, finely chopped

2 garlic cloves, finely chopped

4 cups store-bought or homemade
marinara sauce

2 oz. Parmesan, finely grated (about
1 cup), plus more for serving

3/4 cup shredded mozzarella

Black pepper

Torn fresh basil, for serving



1) Cook frozen chicken according to package instructions. Let cool, then cut into strips.

2) Preheat oven to 400°. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Drain.

3) Meanwhile, in a large ovenproof skillet over medium-high heat, heat oil. Cook onion, stirring occasionally, for about 7 minutes. Add garlic & cook, stirring, until fragrant, around 1 minute more. Add marinara & 1 tsp. salt & bring to a low simmer.

4) Add pasta to skillet & stir to coat in sauce. Add 1/2 cup Parmesan & toss until melted. Top with 1/2 cup Parmesan, then sprinkle with mozzarella. Arrange chicken on top of mozzarella.

5) Bake chicken parm pasta at the middle of the oven until cheese is melted & chicken is warmed through, 10-12 minutes.

6) Season with a few grinds of pepper. Top with basil & more Parmesan.

Staff Highlight: TC Nichols, Director of Finance

How long have you worked at CRHA?**2 year and 7 months**

What is your favorite food? **King crab with fennel and a chicken liver parfait with cherry and Madeira at the restaurant Speilsalen in Norway. Adventurous dinning is a hobby of TC's. "I love everything but mayo."**

What is your favorite smell?..... **Aged red wine barrels**

What is your favorite sound? **Waterfalls**

Do you have a favorite song, and if so, what is it?..... **I love Blues/Jazz and EDM but my top Spotify songs of 2025 are Messy by Laszewo and Murder on the Dancefloor by Sophie Ellis**

Who would play you in a movie about your life? **Ben Affleck already did it in the Accountant. - just kidding, I would say Jeff Bridges**

What is your favorite color?..... **Navy Blue**

Partnership Spotlight: Shaniece Bradford & Melissa Cohen

ReadyKids partners closely with CRHA through a variety of family support and community-based initiatives aimed at strengthening children and families across the Charlottesville area. Through our collaboration, we work to provide accessible programming, family engagement opportunities, youth support, and connections to resources that promote overall well-being and stability for residents.

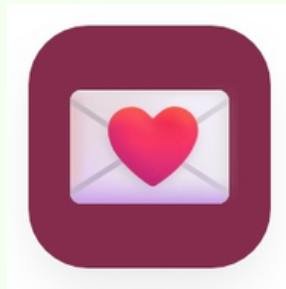
At ReadyKids, our work is centered around supporting children and families through prevention, early intervention, and community connection. We value partnerships like the one we have with CRHA because they allow us to meet families where they are and help create more equitable access to supportive services and opportunities.

Scan this QR code to view the Redevelopment Newsletter!



Youth Corner

Stay tuned for an upcoming savings program as well as the End-of-School party June 26th!



CRHA's resource app, Cville CRR!

Free Summer Teen Membership



- FREE for ages 13–18
- Full facility access without a parent present in June, July & August
- Work out, play basketball, swim in indoor pools, and play video games in our Teen Center
- Special teen events
- Unlimited group exercise classes, including Zumba, Hip-Hop Cardio, Yoga & more
- Register with a parent/guardian online or in-person at the Y
- Registration is now open for 2026



the **Y** FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

learn more:
piedmontymca.org



PIEDMONT
HOUSING
ALLIANCE

Stronger Finances. Brighter Futures.

SUPPORT • EDUCATION • OPPORTUNITY

The Financial Opportunity Center & Housing Hub is here to help you take control of your finances, improve your housing situation, and build a better future for you and your family.



SERVICES OFFERED



EMPLOYMENT ASSISTANCE

Support with job search, resume building, interview preparation, and career advancement.



ONE-ON-ONE FINANCIAL COACHING

Personalized support to create a plan, build credit, manage debt, and reach your goals.



GROUP WORKSHOPS

Free workshops on budgeting, credit, homebuyer education, and more!



INCOME SUPPORTS

Help applying for benefits and resources you may be eligible for.



WE MEET YOU WHERE YOU ARE
AND WORK WITH YOU EVERY STEP OF THE WAY.

Let's build your future—together.

Whether you want to reduce debt, buy your first home, or just get back on track, we're here to help.



LEARN MORE

Visit our website to explore programs, resources, upcoming workshops, and helpful tools.

piedmonthousing.org



STAY CONNECTED

Follow us for updates, financial tips, workshop announcements, and community news.



CONTACT US
Have a question? We're here to help. Reach out today!

info@piedmonthousing.org
(434) 817-2436



SERVING OUR COMMUNITY

Charlottesville, Albemarle, Greene, Fluvanna, Louisa, and Nelson Counties



GET STARTED TODAY!

Call or email us to schedule your orientation and take the first step.



Chrystal King
Financial Coach
434-422-4871
cking@piedmonthousing.org



OFFICE HOURS
Monday – Friday
8:30 AM – 5:00 PM



VISIT US
Piedmont Housing Alliance
123 4th Street NE, Suite 200
Charlottesville, VA 22902

NH NEW HILL
DEVELOPMENT
CORPORATION

VIRGINIA
CAREER WORKS

PIEDMONT REGION

FEATURED JOBS:

BEACON KITCHEN TEAM

BEACON Kitchen, a project of **New Hill Development Corporation**, is growing its culinary team and hiring for multiple roles in Charlottesville:

- **Sous Chef:** \$20–\$25/hour, full-time
- **Cook:** Full-time or part-time
- **Steward of the Kitchen:** Entry-level, hourly

For more details & full job descriptions, contact **Brookes Sims** at the VCWP

Charlottesville Center:

brookes.sims@fredgoodwill.org

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@vcwpiedmont.com | 434-290-0026



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@cvillerha.com | 434-996-1514



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

Scan QR Code to
Sign Up!!



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

BACK TO SCHOOL VACCINATION CLINIC

FOR SCHOOL-AGED CHILDREN IN ALBEMARLE COUNTY & CHARLOTTESVILLE

Where:

Charlottesville /
Albemarle Health
Department

1138 Rose Hill Drive,
Charlottesville, VA
Door #1

When:

Monday, May 18
4:00 – 6:30 PM

Need School Required Vaccines for 2026?

All students are required to have certain vaccines to attend school. For Charlottesville and Albemarle County students attending school in Fall 2026, the Health Department is hosting a clinic with the following vaccines available:

Dtap, Tdap, HPV, HepB, HepA, MMR,
Varicella, Meningococcal, Polio

WALK-IN ONLY. No appointments.

Vaccine quantities are limited & will be given on a first come, first served basis.



Call Charlottesville/Albemarle
Health Department for questions
434-972-6269

Please bring a copy of your child's insurance or Medicaid card and vaccine record as applicable. Uninsured children are welcome!

Minors must be accompanied by an adult ages 18 and older.



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

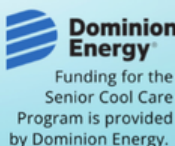
Certain deductions are allowed.

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.*



Charlottesville Center for Peace and Justice Community Gathering 2026

We will be back in the refurbished parish hall at Westminster next month for our annual potluck supper and inter-group exchange of ideas and tactics. This is CCPJ's most important annual event, bringing delegates from activist organizations across central Virginia together in the solidarity of fellowship. Please see that the organization you work for is represented. Look forward to renewing old alliances and making new ones, over some tasty food and then over mutual reporting on recent months' accomplishments and future initiatives. Here are the details:

When: Tuesday, June 16th, from 5:30 to 8:00 or so
Where: Westminster Presbyterian Church, 400 Rugby Road.
What: Bring a dish to share, and talking points about what your group is up to and has in mind for 2026.

The potluck will begin at 6:00 and the program around 6:45.

CCPJ will sort attendees on arrival into small groups for facilitated discussion. Facilitators will then report highlights back to the entire group, leaving time at the close for informal conversation and networking. Come ready to tell others at the table about the past year's activities and about what you hope to do in the year ahead.

CCPJ will also provide table space for any brochures or statements about your organization that you choose to bring. If your group has an Internet presence, please make sure we get that information. We want everyone attending the Community Gathering to be able to follow up on their interests in your organization.

Now as in former years, this gathering has given people who work for peace, non-violence, social and environmental justice organizations a chance to interact with people of similar interests who volunteer for other non-profit groups. This outreach opportunity has never mattered more in living memory than it does in the current socio-political climate.



Charlottesville
Redevelopment &
Housing Authority
JOBS PLUS PROGRAM

veo

RIDE FOR LESS WITH VEO ACCESS!

Veo Access is a reduced fare transportation program for individuals receiving local, state, or federal assistance.

NOW AVAILABLE IN CHARLOTTESVILLE!



ONLY
\$5
PER MONTH

PROGRAM BENEFITS

- No unlock fees (normally \$1 per ride)
- One FREE ride per day (up to 30 minutes)
- Only \$0.20 per minute after the free ride

WHO CAN APPLY?

Residents receiving:

- ✓ SNAP
- ✓ Medicaid
- ✓ SSI
- ✓ TANF
- ✓ Other qualifying assistance programs

HOW TO APPLY

- 1 Create a Veo account on your smartphone.
- 2 Apply for Veo Access online.



SCAN TO APPLY



veoride.com
(Access Program)



NEED HELP?

If you do not have a smartphone or need assistance:

Call Veo Customer Service
1-855-VEO-2256

OR



Contact Resident Services
or Jobs Plus

We're here to help you get where you need to go!

AFFORDABLE. ACCESSIBLE. SUSTAINABLE. THAT'S VEO. ♥

JOIN CRHA for the EOS YOUTH AWARDS PARTY

MUSIC - FOOD
YOUTH AWARDS

FREE TRANSPORTATION 3:30-4:30 PM AT
WESTHAVEN CENTER, DROP OFF AT 6PM AND 7PM
KIDS 10 & UNDER NEED ADULTS

DRESS TO IMPRESS RED
CARPET EVENT

06.26.2026 | 4:00 PM

1ST ST S COMMUNITY CENTER



The ROSS Program Presents...



EMPOWERMENT

THROUGH SELF DEFENSE AND PERSONAL SAFETY

A Four Week Series

SATURDAYS AT NOON

JUNE 6 12-2PM: WELCOME CIRCLE WITH ROSS COORDINATOR AYANNA HALL

JUNE 13, 1-4PM: SELF DEFENSE CLASS WITH FIGHT LIKE A GRRRL

JUNE 20, 12-4PM: GRIEF WORKSHOP WITH OSE

JUNE 27: SOUND BATH RELAXATION WITH ANITA

DETAILS

Location: SFS Community Center

A goodie bag will be provided to those who complete all four sessions.



WANT TO SIGN UP OR HAVE QUESTIONS?

Reach out to Ayanna Hall at
434-227-9947

or halla@cvillerha.com

SIGN UP BEFORE JUNE 4TH

