

# NEWSLETTER



Issue #8

**CRHA History Fact:** In early 1977, residents of Westhaven held a forum at the Community Center about the proposed Fashion Square Mall. Residents in attendance expressed support for the idea. (Fashion Square Mall was eventually opened in 1980).

See QR code below for Redevelopment's newsletter



## February CRHA Work Anniversaries

Cyndi Ivery  
Brett Titman  
Eric Lefevers  
Judah Berry  
Tony Herring, Jr.  
Roberta Crown

David Jenkins  
Eddie Weidman  
Rodney Jackson  
Robert Harvey



## February CRHA Birthdays

Thelma Miller



### Partner Spotlight: Antonio Steadman, Community Outreach Specialist, UVA Pipelines & Pathways

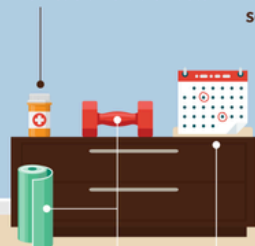
I, Antonio Steadman, serve as a Community Outreach Specialist with UVA Pipelines & Pathways, a workforce development initiative designed to create clear, supported pathways into employment at the University of Virginia and with regional employer partners. In this role, I focus on outreach, recruitment, and job readiness training for individuals facing barriers to employment, including residents of public and affordable housing communities. My work includes facilitating workforce readiness programming, career exploration, resume and application support, interview preparation, and ongoing coaching to help participants successfully transition from interest to employment. Guided by Pipelines & Pathways' people-centered and employer-informed approach, I serve as a connector between community members, UVA departments, and workforce partners to ensure participants are prepared, supported, and positioned for long-term success.

UVA Pipelines & Pathways partners with the CRHA to expand access to career pathways for CRHA residents through consistent on-site engagement, coordinated referrals, and wraparound support. This collaboration prioritizes meeting residents where they are, aligning employment opportunities with supportive services, and reducing systemic barriers to workforce participation. I work alongside my colleague, Victoria Maxey, Community Resources Specialist, to ensure residents receive holistic support that integrates career-readiness with community-based resources. Together, we align job training, employment opportunities, and supportive services to help CRHA residents move from exploration to enrollment, placement, and retention within UVA and the broader Charlottesville workforce ecosystem.

## Six Tips To Help Prevent Falls

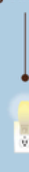
More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



Do strength and balance exercises

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Get your vision and hearing checked regularly



Stand up slowly to avoid dizziness

Use a cane or walker if you need more stability



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



Health  
Tip

## February Recipe: Lentils with Roasted Beets and Carrots

2 ½ cups French lentils (also called Puy lentils)

About 1 dozen (1 large bunch)

medium-small carrots, with their tops on

About 1 dozen (2 large bunches)

medium-small beets

2 tbsp. olive oil

½ cup chopped fresh herbs (whatever

you have on hand: basil, chives, or parsley)

½ cup chopped carrot tops

Grated zest of one organic lemon

½ cup feta cheese

### For Eggless Aioli:

½ cup olive oil

2 cloves garlic

Fresh-squeezed juice of one

large lemon (about ¼ cup)

from pbs.org

1) Remove leafy tops from carrots & beets, reserving carrot tops. Beet greens can also be kept as they are nutritious & delicious. Wash & scrub the carrots & beets, removing soil, leaving their skins on. Place the whole carrots & beets in a large French oven or enameled iron pot & mix in 2 tbsp. olive oil, fully coating the vegetables.

2) In a 375 F oven, roast the vegetables for about 30 to 45 minutes, until tender when pierced with a fork. If you wish, once the beets are cool enough to handle, remove the skins from the beets by gently rubbing them off with your fingers.

3) Meanwhile, rinse lentils and check for small pebbles, then place in a medium saucepan. Cover with water & bring to a boil.

4) Simmer on medium heat, uncovered, for about 30-40 minutes, until tender but not falling apart or turning mushy. Add water if necessary through the cooking. Drain the lentils & place in a large shallow serving bowl.

5) In a blender or food processor, puree the garlic, lemon juice, & salt to make the aioli. Add the olive oil and puree until thick & opaque and no chunks of garlic remain. Pour this mixture over the lentils. Add chopped carrot tops, chopped herbs, & grated lemon zest & toss it all together. Season with salt & pepper to taste.

6) Place roasted carrots & beets on top, then crumble the feta all around. Serve warm or cold. Feel free to add the protein of your choice.



**Jefferson**  
FOUNDATION

**BLACK HISTORY MONTH ART EXHIBITION**  
FEBRUARY 2026

**FIRST FRIDAYS ART RECEPTION**

**"IN THE SANCTUARY: A CELEBRATION OF BLACK HISTORY"**

CELEBRATE THE POWER OF ART, CULTURE, AND CREATIVITY. EXPERIENCE WORKS THAT HONOR BLACK HISTORY AND THE VOICES THAT CONTINUE TO MOVE US FORWARD.

COME CELEBRATE WITH ART, MUSIC, AND LIGHT REFRESHMENTS

FEBRUARY 9TH, 2026 6PM-8PM

FREE ADMISSION

**CRHA BLOOD PRESSURE MONITORING PROGRAM**

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

**WESTHAVEN CLINIC**  
709B 6<sup>TH</sup> ST.  
1050 S. 1<sup>ST</sup> ST.

**CRESCENT HALLS CLINIC**  
RIVERSIDE, MICHIE, MADISON

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

## Debt Reduction Program Announcement

Dear Community Partners,

PHA is currently accepting referrals for a NEW "Debt Reduction" program for eligible clients in the Charlottesville area and surrounding counties.

The new program will offer a low-interest loan to clients struggling with high monthly payments from predatory loans, credit cards, consumer loans, etc.

Any clients referred to the program will begin meeting regularly with a financial coach who will help them create a monthly budget and apply for a loan. If approved, PHA will offer a **loan of up to \$10,000**, at an **interest rate of 5-7%**, which will go towards paying off high-interest debt.

The debt reduction program is designed to *lower* the client's monthly debt burden by *replacing* high-interest debt with low-interest debt. The maximum period of repayment will be 48 months.

### WHO IS ELIGIBLE?

Debt Reduction Program funds may only be offered to those living in specific census tracts in and around Charlottesville. Follow [this link](#) to view the map tool—eligible areas are highlighted in green.

**For further questions, information, or referrals, please contact:**

Peter Compton (Financial Coach): [pcompton@piedmonthousing.org](mailto:pcompton@piedmonthousing.org)

Shymora Cooper (FOC Manager): [scooper@piedmonthousing.org](mailto:scooper@piedmonthousing.org)

## Youth Corner:

Weekly beautification & youth link event schedule:

Wednesdays at Westhaven, 3:30 PM & 5:00 PM

Thursdays at South 1st St, 3:30 PM & 5:00 PM

Fridays at 6th St., 3:30 PM & 5:00 PM



**COMMUNITY INVESTMENT COLLABORATIVE**

# SOCIAL ENTREPRENEUR BOOTCAMP

A hands-on program for local entrepreneurs to pursue an innovative idea that has the potential to solve a problem in our community.

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|---|--|
| <b>FACILITATING OFFICER</b><br>Kate Zuckerman<br>Conscious Consults | <b>FACILITATING OFFICER</b><br>Tamara W. Dias, EdD<br>Leading for Good |
|---|--|

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| <br><b>RESILIENCE</b><br>Design start-up or early-stage initiatives | <br><b>CONFIDENCE</b><br>Develop concepts to create meaningful impact | <br><b>KNOWLEDGE</b><br>Determine preparatory skills and tools to grow | <br><b>COMMUNITY</b><br>Discover like-minded peers and mentors |
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**BASIC TRAINING BEGINS MARCH 2026**

**CANDIDATES APPLY HERE:**  
<https://civille.org/social-entrepreneur-bootcamp>

Upon course completion, successful candidates are eligible to apply for Community Impact Microgrants, up to \$2,500 per initiative, supporting proof-of-concept work, capacity building, or launch costs

**COMMAND CENTER**  
COMMUNITY INVESTMENT COLLABORATIVE (CIC)  
300 PRESTON AVE, BASE 206  
(434) 218-3481 | [CIVILLE.ORG](http://CIVILLE.ORG) | @CIVILLE



CRHA resource app, Cville CRR!  
Scan QR code for access to over 600 organizations! To add the app on your device, click the Share button, and Add to Home Screen

# COMMUNITY RESOURCE DIRECTORY

from the BRHD Population Health Team



**Scan the QR code to check out our comprehensive list of local resource & service agencies serving the communities of the Blue Ridge Health District!**



## RESOURCE CATEGORIES INCLUDE:

- Aging / Rehabilitation / Caregiving
- Children & Family
- Clothing
- Disability
- Discrimination / Legal Aid
- Employment / Job Assistance + Training
- Food Assistance
- Housing / Utilities / Financial Assistance
- Immigrants / Refugee Support
- Incarceration / Reentry Support
- LGBTQIA+
- Mental + Behavioral Health
- Physical Health
- Sexual Assault Advocacy
- Substance Use / Harm Reduction
- Transportation
- Veterans
- Women & Reproductive Health
- Unhoused Shelter

