

# NEWSLETTER



Issue #6

## Here's how we are making a difference:

**ROSS Program:** ROSS is still accepting referrals!

**FSS:** Chacha has been coordinating with Atlantic Union Bank to organize a homebuyer training session. Stay tuned.

**JobsPlus Program:** Jobs Plus has hired a new Support Coordinator, Ranishia Crenshaw. Welcome!

**Property management:** scattered sites will join SFS monthly activities. The parking policy was approved, effective May 1<sup>st</sup>. New parking gate at Crescent Halls.

**Internet Technology/IT:** IT hosted CRHA's first technology program for seniors through AARP Senior Planet, "Getting to know your Android Smartphone".

**Maintenance:** Maintenance did an incredible job before, during, and after the snowstorm! They salted and shoveled at every site, multiple times.

**Resident Services:** We have continued our research on Eviction Diversion strategies.

## March CRHA Work Anniversaries

Virginia Geter  
Dottie Norris  
Randy Lamb, Jr.  
Darnell Sims



## March CRHA Birthdays

John Sales  
Benjamin Hawk  
Richie Sprouse Jr  
Leivi Palacios  
Telisha Spencer  
David Gentry  
Chacha Mahiri  
Cyndi Ivery



### CRHA History Fact: St Patrick's Day, 1980

St Patrick's Day Party held at the "Highrise for the Elderly" (later named Crescent Halls) Longtime resident and advocate for persons with disabilities Chester Turner shown dancing with woman in the community shared space. Photo courtesy of S. Lewis.



# Health Tip



## TIPS FOR HEALTHY SLEEP

<b>✓ YES</b>		
GET UP AT THE SAME TIME	EVENING WALKS	BEDTIME ROUTINE
COMFORTABLE BED	COOL AND DARK ROOM	RELAXING BATH
<b>✗ NO</b>		
HEAVY FOOD	BLUE LIGHT	HARD TRAINING
ALCOHOL, SMOKING	CAFFEINE	STRESS

## March Recipe: Spring Vegetable Saute

### Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

### Directions

Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a Tablespoon or 2 of water. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more. Feel free to add the protein of your choice, and serve immediately!



<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/spring-recipes>

## Staff Highlight: Ayanna Hall, ROSS program coordinator

**How long have you worked at CRHA? .....** 1 Year and 8 months

**What is your favorite food? .....** Anything seafood but buttery Lobster is my favorite

**What is your favorite smell?.....** Frankincense & Myrr or Lavender

**What is your favorite sound? .....** Drumming ( Djembe Drums)

**Do you have a favorite song, and if so, what is it?.....** I AM WOMAN by Emmy Meli  
and I Owe You Nothing by Seinabo Sey

**Who would play you in a movie about your life? .....** Teyana Taylor

**What is your favorite color?.....** Rainbow plus bubble gum pink

# OPPORTUNITY FAIR

INFORMATION ON  
EDUCATION, JOBS,  
TRANSPORTATION, VOTING,  
RE-ENTRY & MORE!  
Wednesday, 4/8/26  
3-5pm

S. 1<sup>st</sup> St. Community Center

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

Refreshments served

# 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



The Piedmont Regional Education Program  
Parent Resource Center  
in partnership with  
Piedmont Virginia Community College  
is excited to announce the



# Life After High School

Transition Conference & Resource Fair

Community Supports



Expert Presenters

**Saturday, March 7, 2026**

**8:30am to 12:15pm**

PVCC Main Building- 501 College Dr, Charlottesville

Teens, families, and professionals are invited!

**Cost: FREE**

More than 20 agencies and professionals!

Presentations, youth panels, exhibits, and information to prepare families in special education for life after high school.

\*\*Refreshments provided\*\*

Adults: Register <https://forms.gle/hNi7XQUPaKqFsQYV7>



Students: Register <https://forms.gle/mWagdmZaEdPPXDBK9>

For questions/info about this conference contact Stephanie Hicks (434) 218 - 4496  
PRC@piedmonteducation.org

## Men's Health Madness



### Full Court Press on Prostate Cancer

Thursday, March 5

6:00 pm - 8:00 pm (drop-in)

Brooks Family YMCA  
151 McIntire Park Drive  
Charlottesville, VA 22902



Food, prizes, and more provided!



Join the UVA Cancer Center and Sentara for brief (< 15 minutes) rotating sessions throughout the evening. Come and go as you can. Incentives to complete all sessions.



LEARN

Learn about prostate cancer and the latest research in prevention and treatment.



DISCUSS

Discuss how food and nutrition can impact cancer prevention with a Registered Dietitian.



CONNECT

Connect with a Cancer Screening Navigator to get help finding resources.



GET SCREENED

Prostate cancer screenings (PSA blood tests) will be available on-site by Sentara.

For PSA Screenings: If you are insured, please bring your insurance card and a photo ID. For uninsured patients who meet eligibility requirements, screening will be provided at no charge. Screenings made possible by the Martha Jefferson Hospital Foundation.

Screening questions?  
434-316-1860



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

## Youth Corner

UVA's All Girls Stem Society will be collaborating with kids at West Haven on the dates below at 4pm:

March 13: Water Cycle

March 20: Binary Numbers

March 27: Enzymes

April 3: General Relativity

April 10: Surface Tension

April 17: Old vs. New Technology

April 24: Muscles

# Jobs Plus at Westhaven



PIEDMONT REGION

MONTH ↓↓	Topics			
<b>FEBRUARY:</b> Employment Services	Accessing & Using Community Resources		Building Your Community within Community	
<b>MARCH:</b> Financial Literacy	Financial Literacy Simulation		Understanding Your Paycheck, Savings, Benefits & Retirement	
<b>APRIL:</b> Community Support	Peer Mentoring & Resident Ambassadors	Transportation Solutions & Best Practices	Wraparound Services: Mental Health, Housing	Collaboration with Local Nonprofits & Service Providers
<b>MAY:</b> Strategic Partners	Public Housing Authority (EID Coordination)	Job Placement, Sector Training Openings	Training Providers, Community College & Pathways	Social Services, FBO, & Civic Organizations

**Every Other Thursday  
@ 11 AM in the  
Community Center**

### For the schedule:

Reach out to Jennifer Mammi at **434-235-1939**, or [mammij@cvillecrha.com](mailto:mammij@cvillecrha.com)





Scan this QR code to view the Redevelopment Newsletter!

