



CRHA News and Recent Developments
September 2021



Greetings!
September 2021
Happy Fall!

I love fall! I love the cooler temperatures, the changing colors, the gathering of friends and family in gratitude, the lights and decorations, the anticipation and wonder leading up to the joyous holiday season, and HALLOWEEN! This year my granddaughter wants to dress up as a superhero, but she is already my superhero! She, and all children with their sweet innocence and lack of bias are perfect role models for us all. They share pure love, not yet influenced by society's prejudice and preconception. They just see each other as potential new friends and the opportunity for shared fun and adventure. I pray that we can all find a way to come together in mutual understanding and respect, with shared ideas and goals and see a beautiful change in the world, not just in the color of the leaves.

Have a safe and happy October!
Nancy Tarkenton, Interim Executive Director

RECENT EVENTS

BINGO ANYONE?

On Tuesday, September 14, 2021 Anthem HealthKeepers hosted an informative benefits session at the Broadlawn Community Center from 12 PM - 2 PM. The event included a thorough examination of benefits available and an entertaining bingo session afterwards.



2022
ANNUAL
AGENCY
PLAN

CRHA held a public hearing and Resident Advisory Board meeting on Tuesday, September 7th at 5:00 pm & 6:00 pm respectively, to review CRHA's 2022 Annual Agency Plan. Public participation, comments and input are always encouraged and welcome.

The Plan was approved by Resolution 1466 at the September Board of Commissioners meeting and submitted to HUD on September 23, 2021.

[2022 CRHA Agency Plan](#)

"Kicking Out COVID Thursdays"

CRHA continues its partnership with the Chesapeake Health Department to host "Kickin' Out Covid Thursdays!"

Free Covid testing and vaccinations remains available for ages 12+ every Thursday at the Geneva Square Community Center, 700 Geneva Avenue from 3-7 PM through the fall. No appointments are necessary and all three vaccinations are available.

For questions, please contact the Chesapeake Health Department at (757) 382-8631.

KICKIN' OUT COVID THURSDAYS
AT GENEVA SQUARE

700 Geneva Ave.,
Chesapeake

3 p.m. - 7 p.m.

FREE COVID Testing
FREE COVID Vaccinations*
Age 12+. Adult must be present

First and second doses available. Pfizer, Moderna and J&J. No appointment needed! Just come on in! Call 382-8631 for more info.

The Great American Shake Out is
October 21st

Seven Steps to Earthquake Safety

Before the next big earthquake we recommend these four steps that will make you, your family, or your workplace better prepared to survive and recover quickly:

Step 1: [Secure your space](#) by identifying hazards and securing moveable items.

Step 2: [Plan to be safe](#) by creating your emergency plan and deciding how you will communicate.

Step 3: [Organize emergency supplies](#) in convenient locations.

Step 4: [Minimize financial hardship](#) by organizing important documents, strengthening your property, and considering insurance coverage.

Survive and Recover

During the next big earthquake, and immediately after, is when your level of preparedness will make a difference in how you and others survive and can respond to emergencies:

Step 5: [Drop, Cover, and Hold On](#) or other recommended actions (if you feel shaking or get an alert).

Step 6: [Improve safety](#) after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

After the immediate threat of the earthquake has passed, your level of preparedness will determine your quality of life in the weeks and months that follow:

Step 7: [Reconnect and Restore](#) daily life by reuniting with others, repairing damage, and rebuilding community.

Protect yourself during an Earthquake!



DROP!



COVER!



HOLD ON!



Register at: www.ShakeOut.org

Visit our website

Upcoming Holiday Closings

Monday, October 11th-Columbus Day
Tuesday, November 2nd- Election Day

Upcoming Events in the Community

501c3 Non-Profit
all other donations
excepted



AGES 12 & UP

HOST THE
5TH ANNUAL TEAM UP

Communities and Law Enforcement
October 2, 2021



12:00pm-4:00pm

BRIDGING THE GAP BETWEEN COMMUNITIES
AND LAW ENFORCEMENT

Cookout, Games, and Music

KICK BALL CORN HOLE & MORE

ALL PROCEEDS TO BENEFIT THE MENTORING PROGRAM
AND MALE RESIDENCY FOR YOUNG MEN

CALL US AT 757-606-2280

Cost is Free to the first 200 to
register on our website event page at
www.groundzerodevelopment.info



HOST THE
5TH ANNUAL TEAM UP

Communities and Law Enforcement
October 2, 2021
12:00pm-4:00pm

Come Share in the fun!

Cookout, Games, and Music



KICK BALL
CORN HOLE & MORE

Chesapeake City Park
900 City Park Drive
Chesapeake VA 23320

CALL US AT 757-606-2280
(Ages 12 and Up)

Cost is Free to the first 200 to
register on our website event page at
www.groundzerodevelopment.info

Calling all Black and other high-risk men* age 40 and over!





40FY 757

CONNECT. DETECT. PROTECT.

*High-risk for our purposes means a man's father or a brother has been diagnosed with prostate cancer.

TURNING 40 IN OCTOBER?

You're invited to join us for a birthday celebration unlike any other!

OCT 4

FAMILY CHAT

Virtual prostate cancer conversation for men and women

Zoom Meeting ID: 874 1587 2030

Passcode: prostate

Time: 6-7 PM

Facilitator: Charlie Hill and other prostate cancer warriors and survivors.



OCT 11

VIRTUAL PANEL

One-hour virtual awareness and educational session about prostate cancer for men and women

Virtual

Time: 6-7 PM

Featuring an expert panel including Dr. Paul Schellhammer, Dr. Mark Fleming, Dr. Ifeanyi Ani and others.



OCT 16

IN-PERSON PSA TESTING + DRE*

FREE In-person PSA Testing and DRE*

Location: St. Mark Missionary Baptist Church, 2714 Frederick Blvd. Portsmouth, VA 23704

Time: 10:00 AM-12 Noon

To register for your appointment, call

1-800-736-8272

Code R.E.D.

Rallying for Early Detection | Rallying to End Disparity

Prostate Cancer Disparity & Early Detection

*Mask wearing and social distancing will be required in accordance with public health guidance.

contact Charlie Hill at 757-827-0488 or info@hrprostatehealth.com for more info.

PRESENTED WITH SUPPORT FROM OUR PARTNERS:

St. Mark

EVMS

Bon Secours

SENTARA

#40FY757 Bringing Our Community Together to Combat Prostate Cancer

CRHA

CHESAPEAKE, VA



CHESAPEAKE REDEVELOPMENT AND HOUSING AUTHORITY

HARVEST FEST

A FESTIVAL FOR EVERYONE

THURSDAY

OCTOBER

7

PEACEFUL VILLAGE

3003 WELCOME ROAD

CHESAPEAKE, VA 23324

FROM 3:00 PM - 6:00 PM

VENDORS- MUSIC - FOOD

-360 BOOTH - BOUNCE HOUSE

SPONSORED BY: ANTHEM HEALTHKEEPERS

Anthem HealthKeepers Plus



Made with PosterMyWall.com

Community Resource Fair

a partnership with Chesapeake Public Schools

Dr. Clarence V. Cuffee Outreach & Innovation Library
Saturday | October 16, 2021 | 10:00am-12:00pm

You are invited to a one stop shop for community resources! Enjoy treats and giveaways, while supplies last.

Learn more about webinars, workshops and school resources available for families.

Tour the Library and Community Center.

Sign up for free in-person tutoring.

Meet Family and Community Engagement Specialists.

Learn special education tips.

Explore child care, mental health and other community resources.



For more information call:
757-482-5923

Chesapeake
VIRGINIA
Public Libraries



TALENT SHOW

CHESAPEAKE POLICE DEPT.
LEAGUE OF ADVOCATES
PRESENTS

JOIN US FOR THE 2ND ANNUAL

TRUNK or TREAT

FOOD, FUN GAMES & PRIZES
SUNDAY, OCTOBER 31
AT 4:00 PM TIL 8:00 PM
CUFFEE CENTER PARKING LOT
2019 WINDY ROAD CHESAPEAKE, VA 23324
FOR MORE INFO CONTACT LISA AT 757-546-0296

Vote Nov. 2

- On Virginia ballots: governor, lieutenant governor, attorney general, state delegates, local races & referendums
- Visit VOTE411.org, LWV's nonpartisan voters' guide, to view your ballot and candidates' position statements

Vote by mail, early in person, or Election Day

Important deadlines to make sure your vote is counted:

- Register to vote or update registration until **Oct. 12**
- Request mail-in ballot until **Oct. 22**
 - Requested ballots will be mailed beginning **Sept. 17**
- Vote early at your [registrar](#) or satellite office **Sept. 17 - Oct. 30**
- Return ballot by mail or in person to your registrar by **7 p.m. Nov. 2**
 - Drop boxes for mail-in ballots will be at registrar, satellite and polling places
 - Mailed ballot must be postmarked by Nov. 2 and received by noon Nov. 5
- Vote in person at your polling place **6 a.m. to 7 p.m. Nov. 2**

Visit vote.elections.virginia.gov to register, request mail-in ballot, find your registrar, polling place, accepted ID's & more

Need help? Call (800) 552-9745



Voting is Power



Help Us Learn More About the Impacts of the COVID-19 Pandemic on Mental Health & Postpartum Care

The study aims to gather information on specific stresses related to the COVID-19 pandemic on postnatal care from mothers, parents and caregivers in South Hampton Roads. Researchers will collect feedback via an online survey and that will take approximately 10 minutes to complete.

Completely anonymous & voluntary!
No personal data will be collected.

To participate, please use your camera to scan the QR CODE via your mobile phone or tablet or type the link below in an internet browser:



https://redcap.link/MHSURVEY_HR

The CRHA Board of Commissioners Continues the Executive Director Recruitment Process



Regular meetings are held the 4th Wednesday of each month (except November) at the CRHA Central Office located at 1468 S. Military Highway in Chesapeake, VA 23320.

The next meeting is scheduled for Wednesday, October 27th at 5 PM.

[Welcome to CRHA](#)



During the third week of September, Two CRHA Commissioners attended the Commissioners and Executive Directors Training: Effective PHA Governance During & Post-Pandemic Virtual Conference presented by the Housing and Development Law Institute (HDLI).

On September 22nd, CRHA Commissioners participated in the Annual Review of the Commissioners Best Practices presented by CRHA Counsel, Ms. Delphine Carnes.

HELPFUL NEWS & INFORMATION



[Jobs Plus Initiative](#)



[Rent Relief Assistance](#)



[Virginia Tenant and Landlord Resources](#)

Technology



CRHA is a [ConnectHome recipient/partner](#) who, in the coming months and courtesy of the Emergency Broadband Benefit (EBB) Program, will provide up to \$50 toward the monthly cost of in-home broadband service during the pandemic. The benefit also covers a one-time \$100 subsidy toward a computing device through community partner T-Mobile.

[ConnectHome sends free high-speed internet to low-income families - YouTube](#)



CRHA, in partnership with the Food Bank of Southeastern Virginia and the Eastern Shore, offers healthy and nutritious meals monthly at the four CRHA communities. Geneva Square and Peaceful Village locations are serviced the 4th Wednesday of each month and Broadlawn Park & MacDonald Manor on the 3rd Wednesday.

Children's food boxes and fresh produce are provided for families.

Virtual Heal Series



Ongoing Health Literacy Classes
[Optima Health \(optimahealthplans.com\)](#)

News from the Governor



For the latest news from Governor Ralph Northam, visit the link below:

[Virginia Governor Ralph Northam - September](#)



[Buying a Home | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#)