

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.





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: <u>Secure your space</u> 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: <u>Minimize financial hardship</u> by organizing important documents, strengthening your property, and considering insurance coverage.

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: <u>Drop, Cover, and Hold On</u> or other recommended actions (if you feel shaking or get an alert).

Step 6: <u>Improve safety</u> 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.

Visit our website

Upcoming Holiday Closings

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



Upcoming Events in the









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**







Vote Nov. 2

- On Virginia ballots: governor, lieutenant governor, attorney general, state delegates, local races & referendums
- Visit <u>VOTE411.org</u>, 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:

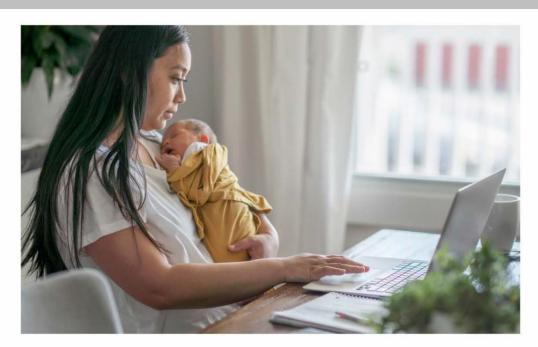
- Register to vote or update registration until Oct. 12
- · Request mail-in ballot until Oct. 22
 - Requested ballots will be mailed beginning Sept. 17
- Vote early at your <u>registrar</u> or satellite office Sept. 17 Oct. 30
- Return ballot by mail or in person to your registrar by 7 p.m. Nov. 2
 - 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 <u>vote.elections.virginia.gov</u> 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

To learn more and/or have questions please contact Kela Cowan-Gant, Project Coordinator, cowanyd@evms.edu, 757, 446,6027

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



Virginia Tenant and Landlord Resources

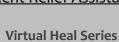
Rent Relief Assistance

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 highspeed internet to low-income families - YouTube



Health Education and Literacy with Optima Health

Join us for interactive bingo every class!

Register by visiting www.optimahealth.com/fidewaterHeal

What

Eight lessons about health topics such as: Dealing with Emergencies, Medicines, Healthy Eating and more.

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When

Every Thursday starting July 22nd (with the exception of holidays) 10:33 om – 12:00 pm

Where

Where



Ongoing Health Literacy Classes
Optima Health (optimahealthplans.com)

News from the Governor



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

<u>Virginia Governor Ralph</u> <u>Northam - September</u>



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.



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