

MAY 2021-JULY 2021, ISSUE 2

# PORTSMOUTH REDEVELOPMENT & HOUSING AUTHORITY

E-Newsletter of Resident Services



## IN THIS E-NEWSLETTER

### WHAT IS YOUR STORY?

Are you a Resident Services participant with a success story? We would love to celebrate YOU! Everyone has a story, so why not share. You could be featured in our next newsletter. You never know, your story will make a positive difference in someone else's life. Email us at [fssinfo@prha.org](mailto:fssinfo@prha.org) and tell us, in a few sentences, about something you are proud of while taking part in Resident Services (formally FSS).

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# Resident Services Information and Events

## Resident Services

### Contacts:

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757-391-2965 | bthompson@prha.org

Senior & Disability Coordinator, Lisa Akers |  
757-391-2974 | lakers@prha.org

Administrative Employment Specialist, Erika Thomas  
| 757-391-2961 | ethomas@prha.org

Case Manager, Hope Mitchell | 757-391-2961 |  
hmitchell@prha.org

Case Manager, Danisha Harper | 757-391-2932 |  
dharper@prha.org

Employment Specialist, Tarshica Rogers |  
757-391-2915 | trogers@prha.org

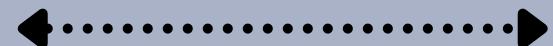
Employment Specialist, Nicole Vaughan |  
757-800-3847 | nvaughan@prha.org

Employment Specialist, Deja Horsley |  
757-391-2914 | dhorsley@prha.org

Community Support Aide, Joy Griffin |  
jgriffin@prha.org

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## Upcoming Events

May 5, 2021 @2:00 pm Covid-19  
Vaccination

May 6, 2021 @2:00 pm Healthy  
Homes Workshop

May 6, 2021 @6:00 pm Aspire  
Information Session

May 11, 2021 @6:00 pm Resident  
Services Information Session

May 20, 2021 @2:00 pm Healthy  
Homes Workshop

June 2, 2021 @2:00 pm 2nd Covid-19  
Vaccination

June 16, 2021 @2:00pm  
Shipyard Repair Seminar

## Virtual Job Readiness Workshop (4 weeks Series)

**@12:00 PM - 1:00 PM**

May 18th - Fix My Resume  
May 25th - Job Search Strategy

June 1st - Interview Prep

June 8th - Mock Interview

## March Makeover Madness Recap

On Wednesday, March 31, 2021, Residents Services hosted the 2021 March Madness Makeover (MMM) "A Pajama Jam". The purpose of this program is the give Resident Services participants a chance to relax, have fun while receiving and sharing tips about self-care and self-love. As women and mothers, we rarely take the opportunity to pamper ourselves. We are so busy taking care of others that we neglect ourselves. If we do not take care of ourselves, the whole family suffers. This year's event was held via Zoom because of COVID. Twenty-six residents registered for MMM. Hope Mitchell, Case Manager created the agenda for the workshop. MMM participants were given a party box containing decorative facemasks (hand-made by the Resident Services staff) and various beauty-related items. During this year's event, the topics of discussion were COVID-19 and its effect on our communities (Portsmouth Heath Department), natural hair care advice and smart dressing for less (Resident Services staff). There were drawings and giveaways comprised of gently used wigs and beauty baskets (donated by PRHA staff) for those who attended.

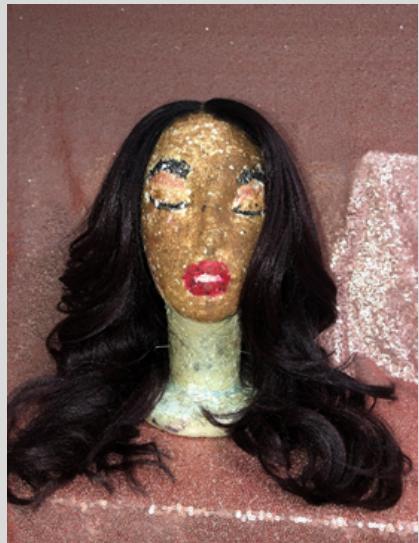


**Victoria Clinton/MMM  
Raffle Winner**

**Hope Mitchell/MMM  
Workshop Facilitator**  
**Gladys Cross/MMM Raffle  
Winner**



**Wig Giveaway**



# Resident Council: A Voice for Public Housing Tenants

Resident participation is vital in offering residents a way to build working relationships with the housing agency, and create a positive living environment in Public Housing. One form of resident participation can take is the resident council. These groups play a part in improving the quality of life for Public Housing communities and bring a wide variety of issues to the attention of PHA from safety and unit to pet and eviction policies.

A resident council is a group of Public Housing residents who organize by holding elections for officers and adopting by-laws that serve as a roadmap for how the council will conduct its business. The council's democratically elected board must consist of five board members who have been elected by the voting membership.

Public Housing residents can serve on resident the council if they are: 1) Head of household (of any age) or 2) a household members whose name is on the lease and at least 18 years old. Council members cannot be in violation of the lease. They also have to meet any additional requirements that are written into the resident council bylaws.

PHAs must acknowledge a duly elected resident council as the one voice of the residents and support its tenant participation activities. The housing should make sure to meet with a new council whenever one has been elected. In fact, the housing agency should approach the resident council to set up an initial meeting and provide materials on its occupancy, admissions policies, and tenant participation policies. Also, communication should not stop with this initial session. The PHA must encourage a flow of information and to address outstanding issues or concerns through meeting and other means of communication.

Finally, the relationship between the PHA and the resident council should be formalized in a written Memorandum of Understanding (MOU) which is updated every three years. HUD provides housing agencies with money for tenant participation activities. PHAs then make these funds to properly elected resident councils and jurisdiction-wide councils. The PHA and its resident council must work together and decide how the funds will be used for tenant participation activities; if the PHA and the council cannot agree on how the funds should be distributed, then the housing agency takes the matter to its local HUD field office. Tenant participation funds may be used to support training activities, meetings, resident organization and other related activities such as: neighborhood cleanup, crime watch, outreach programs, resident training, and household training.

Residents should be actively involved in the PHA's decision-making process since the residents have firsthand knowledge of what is needed in their respective communities. By developing a productive working relationship, the residents and PHA can flourish together.

If a resident is interested in joining the Resident Council, contact Erika Thomas at (757) 391-2961 | [ethomas@prha.org](mailto:ethomas@prha.org).





## JOB SKILLS TRAINING PROGRAM

### UPCOMING TRAINING PROGRAMS

Offered Quarterly: January, April, July, October

#### TRADES

Salary Range:  
\$11.00 to \$18.00 per hour



Welding, Pipefitting,  
Sheet Metal, Coatings  
Carpentry, Plumbing

#### CDL Class B

Salary Range:  
\$14.55 to \$15.50



DriveNow HRT Bus Operator  
Norfolk Works

Waste Management Truck Operator  
Virginia Beach

#### HEALTHCARE

Salary Range:  
\$10.25 to \$14.00 per hour



Certified Nursing Assistant  
(CNA)

#### CULINARY ARTS

Salary Range:  
\$9.50 to \$15.00 per hour



Certified Professional  
Food Manager  
(CPFM/ServSafe)



#### IF INTERESTED, COMPLETE THE FOLLOWING STEPS TO BEGIN THE ENROLLMENT PROCESS

**STEP 1:** Click [HERE](#) to complete a VCCS student application or go to  
[https://www.apply.vccs.edu/Home/Sign\\_In/Logon.aspx](https://www.apply.vccs.edu/Home/Sign_In/Logon.aspx)

**STEP 2:** Click [HERE](#) to complete a JSTP student application or go to <https://forms.gle/pfXrAziuKKm7bbb9>

**STEP 3:** Click [HERE](#) to create a TCC new student profile or go to [tcc.augusoft.net](http://tcc.augusoft.net)

**STEP 4:** Call 757-822-7717 or email [abishop@tcc.edu](mailto:abishop@tcc.edu) to complete a pre-assessment



VIRGINIA  
CAREER WORKS

## STATEWIDE VIRTUAL HIRING EVENT

MAY 4, 2021

1:00 PM - 4:00 PM

Jobseekers register here:

<https://bit.ly/32evUj2>

For information on accommodations, please contact  
[Danielle.Hart@dhart@vcwblueridge.com](mailto:Danielle.Hart@dhart@vcwblueridge.com)

The license for this service is 100% funded through Wagner-Peyser funding provided to the Western Virginia Workforce Development Board through the U.S. Department of Labor - Employment and Training Administration and Virginia Employment Commission.



**ATTENTION PORTSMOUTH REDEVELOPMENT &  
HOUSING AUTHORITY RESIDENTS**

**COVID VACCINATIONS WILL BE GIVEN ON  
WEDNESDAY, MAY 5, 2021 AT 2:00 P.M. AT  
SEABOARD SQUARE COMMUNITY CENTER  
2847 BERKLEY AVENUE  
(ACROSS FROM THE KROGER)**

**2ND VACCINATION WILL BE GIVEN ON FRIDAY,  
JUNE 2, 2021 AT 2:00 P.M. AT SAME LOCATION**

**IN THE EVENT YOU HAVE NOT SIGNED UP, PLEASE  
CONTACT ME TO REGISTER**

**PLEASE ARRIVE 15 MINUTES EARLY TO COMPLETE  
YOUR PAPERWORK**

**CONTACT MS. LISA AKERS, PRHA  
SENIOR & DISABILITY SERVICES**

**AT**

**391-2974**

**WITH ANY QUESTIONS YOU MAY  
HAVE**



# Schedule your COVID-19 vaccination.



CVS Health® has collaborated with local community partners to help get you one step closer to being back with those you care about most.

**FREE** COVID-19 vaccinations are now available at no cost either with insurance or through a federal program for the uninsured.

## Why get a COVID-19 vaccination from CVS?



### 94% to 95% effective

After two required doses, the Moderna and Pfizer-BioNTech vaccines have a 94% and 95% efficacy rate of protection against COVID-19.



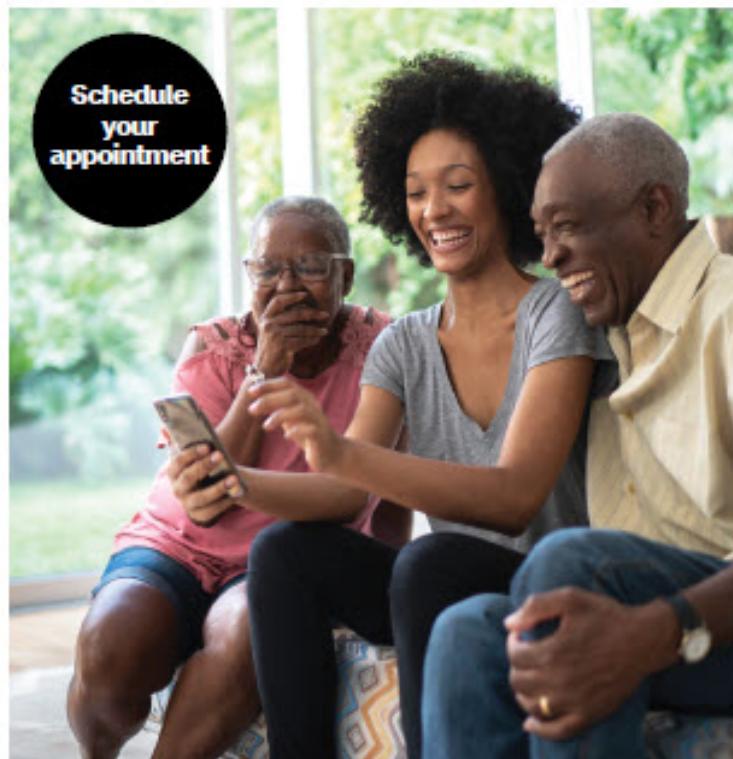
### We're here for you

We understand you may have concerns about the COVID-19 vaccine. We'll have medical experts on hand to answer your questions.



### We're experts

With millions of COVID-19 vaccine doses administered to date, we have the expertise and experience you need to get vaccinated safely.



Schedule  
your  
appointment

#### Location:

Lexington Place, 217 Paul Revere Drive

#### Date:

May 11<sup>th</sup> (1<sup>st</sup> dose) & June 1<sup>st</sup> (2<sup>nd</sup> dose)

#### Registration Link\*

(one link to register both doses)

11am-3pm [cvs.co/VA-May11-17](https://cvs.co/VA-May11-17)

*\*Type link into web browser*

If you need help registering, please contact:  
Vernice Crocker  
[vcrocker@prha.org](mailto:vcrocker@prha.org)

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### We're experts

With millions of COVID-19 vaccine doses administered to date, we have the expertise and experience you need to get vaccinated safely.



#### Location:

Westbury Pine, 612 Rutter Street

#### Date:

May 16<sup>th</sup> (1<sup>st</sup> dose) & June 6<sup>th</sup> (2<sup>nd</sup> dose)

#### Registration Link\*

(one link to register both doses)

11am-3pm [cvs.co/VA-May16-21](https://cvs.co/VA-May16-21)

\*Type link into web browser

If you need help registering, please contact:  
Layla Jimenez-Slade  
[Islade@prha.org](mailto:Islade@prha.org)

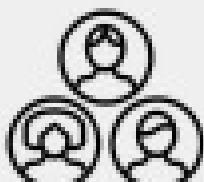
# HOW DO YOU FEEL ABOUT COVID-19?

VOLUNTEERS NEEDED FOR STUDY

We want to know what you think about COVID-19. Partner with **Eastern Virginia Medical School, Hampton University and Norfolk State University** to share your thoughts.



## WE'LL ASK YOU TO:



- Join virtual meetings using the tablets we give you. Each meeting will last 60-90 minutes.
- Participate in short virtual interviews and complete online surveys

If you join the study, you will complete 2-4 activities a month for up to two years.

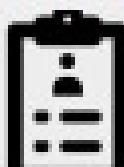
## YOU CAN JOIN IF YOU ARE:



- 18 years or older
- A resident of Portsmouth Redevelopment and Housing Authority

We will use what we learn from you to make information about the pandemic more relevant to your community.

## IF YOU JOIN, YOU WILL GET:



- A free Samsung tablet with internet
- \$20 for each month that you are in the study

## QUESTIONS? CONTACT US:

(757) 797-6908 or  
(757) 392-7510 or  
[covid19study@evms.edu](mailto:covid19study@evms.edu)



# Health and Wellness

1. When you find yourself overwhelmed in life, take a moment to find a quiet place and relax your thinking. Sometimes just focusing on something peaceful will assist you. Sitting by a stream, a walk along the greenbelt, sitting under a tree while listening to the wind - all are good suggestions.
2. Quieting your mind allows it to focus on what you can control and what you cannot control.
3. Write down the pros and cons to any decisions you may need to make.
4. Read a book and escape into a new adventure story.
5. Exercise by riding a bike or doing an online yoga class.
6. Realize you do not need to be perfect everyday and that some days it is ok just to relax.
7. Journal your thoughts. It helps to see your words on paper and it releases some of the tension.
8. Sometimes helping someone else assists you in thinking outside of your own troubles.
9. Talk to a friend or a counselor.
10. Breathe. Take a few minutes and just listen to your own breathing. Breathe in slowly through your nose and exhale through your mouth.
11. Last but not least, have some sort of fun. Take your children on a picnic, play with your dog or have coffee with friends or family. These things make you smile.

Remember to contact your Case Manager for any other referrals that you may need. We are here to support you and assist by guiding you to be the best that you can be.





At times we all need someone to talk to about life situations.

## Need to talk? ☎

We at NAMI Virginia recognize the importance of support for our families and peers during this difficult time. You don't have to suffer in silence. You are never alone. We are here for you.

There are many services listed here that may be helpful to you. As always, feel free to reach out to our Helpline at (888) 486-8264 or [info@namivirginia.org](mailto:info@namivirginia.org).

### Need Help In A Crisis?

NAMI National Crisis Text Line  
Text NAMI to 741741

National Suicide Prevention Lifeline  
(800) 273-TALK (8255)

National Domestic Violence Hotline  
(800) 799-SAFE (7233)

National Sexual Assault Hotline  
(800) 656-HOPE (4673)

Mental Health Crisis Hotline  
1-800 442-HOPE (4673)

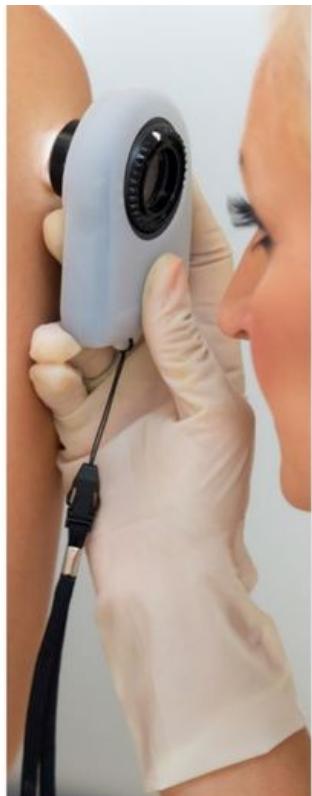
### Helplines offering information and referral services

NAMI National Helpline  
Answering voicemails within 24 - 48 business hours  
800-950-NAMI (6264)

NAMI Virginia Helpline  
M-F 8:00am-5:00pm  
(888)-486-8264

Substance Abuse Mental Health Services Administration (SAMHSA) National Helpline  
Available 24/7  
(800) 662-HELP (4357)

This event is free and open to the public.  
Registration is required - 1-800-736-8272.



## FREE SKIN CANCER SCREENING EVENTS

### SENTARA DERMATOLOGY SPECIALISTS

850 Kempsville Road, Suite 100  
Norfolk, VA 23502  
Thursday, May 6, 2021 - 5:00 p.m. - 7:00 p.m.

### EVMS DERMATOLOGY

721 Fairfax Ave., Suite 200  
Norfolk, VA 23507  
Monday, May 17, 2021 - 4:00 p.m. - 6:00 p.m.

Registration is required 1.800.736.8272

[sentara.com/events](http://sentara.com/events)

**EVMS**  
DERMATOLOGY

 **SEN TARA**<sup>®</sup>



**Health & Wellness**

## FEELING UNDER ATTACK BY COVID?

Need somewhere safe to vent?

### VA C.O.P.E.S. WARMLINE

TRAINED CRISIS

COUNSELORS

AVAILABLE

SEVEN DAYS

A WEEK



>>CALL or TEXT<<  
**877-349-6428**

Mon-Fri | 9 a.m. - 9 p.m.

Sat-Sun | 5 p.m. - 9 p.m.



**VA COPES**  
Comprehensive Optimum Person-Centered Empowering Support



## HealthWise

### FREE Technology Help for Ages 60+

Work With A Virtual Coach – Learn How To Use Technology To Connect With Family, Friends, And Healthcare Providers

This program is FREE and virtual. Participants must:



Be willing to commit to 2 sessions a week for about 3 months



Have access to a Wireless Connection (Wi-Fi)



Have a tablet or computer with a camera  
\*Option to borrow one from Senior Services

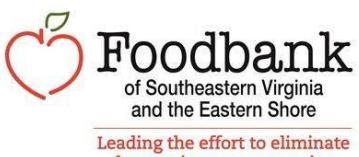
Spots Open! Register Today at 757-524-1646

 **Westminster Canterbury**  
ON CYPRESS BAY

 **Senior Services**  
of Southeastern Virginia

 **Prime Plus**  
Senior Centers

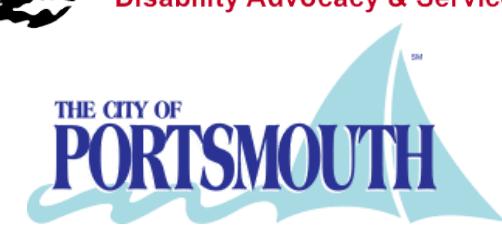
 **EVMS**  
GLENNS CENTER  
FOR GERIATRICS  
AND GERONTOLOGY



**BURNING BUSH  
WORSHIP CENTER**



LEGAL AID SOCIETY  
OF EASTERN VIRGINIA



**BANK OF AMERICA**

There are dozens of community resources and helpful organizations who step up on a variety of needed ways. We Thank You For Your Continuous Support!



THE CENTER FOR AGING



**TOWNE BANK**



**Urban League of  
Hampton Roads, Inc.**

*Empowering Communities.  
Changing Lives.*

# "WHAT HOME MEANS TO ME"

## POSTER CONTEST

### ELIGIBILITY:

Open to all children (grades K-12) residing in affordable housing assisted directly or supported under community development and affordable housing programs administered by a NAHRO member authority (e.g. public or Section 8/HCV-assisted housing, RAD, CDBG, HOME, LIHTC)

### SPECIFICATIONS:

Theme: "What Home Means to Me"

Poster size: 22" x 28" (horizontal/landscape only)

Contestant may use any art media (marker, crayon, paint, collage, textiles, etc.). Posters will need to mailed flat and reproduced. Please do not use materials that may smear, crack or chip. Only original artwork will be accepted. Depictions of cartoon, video game movie/TV characters, celebrities, movie themes, computer clip art, magazine pictures, other print media, brand/product images, or other trademarked and copyrighted materials will not be accepted.

A short essay explaining the inspiration, design and importance must be attached on the back of poster.

Contestant's name, grade level and housing authority/agency must be written on back of poster and listed on release form to be attached to entry.

Submission must be created by only one person. Entries created by two or more people will not be accepted.

### CATEGORIES:

Elementary School: K - 5th Grade

Middle School: 6th - 8th Grade

High School: 9th - 12th Grade

**SUBMISSION DEADLINE: May 20, 2021**

### PRIZES FOR EACH SELECTION CATEGORY!

1ST PLACE: \$100 CHECK

2ND PLACE: \$50 CHECK

3RD PLACE: \$50 CHECK

\* Posters, narratives and applications from each selection category will move on for regional-level competition.

\* National winners will be selected based on how well the artwork uses the "What Home Means to Me" theme.



### SUBMISSION INSTRUCTIONS:

All posters, essays and applications must be postmarked, hand delivered or received by:



**5 p.m. on Thursday, May 20, 2021**

**Submit to: VAHCDO, ATTN: Cathy Littreal, Bristol Redevelopment  
and Housing Authority, 809 Edmond Street, Bristol, VA 24201**

For more information contact:

[cathy@brha.com](mailto:cathy@brha.com)