

March 2022

Housing Choice Voucher Newsletter



Thousands of Virginians are newly-unemployed as a result of the COVID-19 pandemic, eligible for Medicaid and need health insurance. Get the essential information you need to help them – and their families – apply for Medicaid/FAMIS health insurance through SignUpNow.

Link is provided below.

(<https://signupnow.wufoo.com/forms/z1xob67r0rjb7pf/>)

Upcoming Live, Interactive Workshops: March 31, 2022

Register by March 20

Live and on-demand workshops cover the changes to Medicaid/FAMIS in light of the Public Health Emergency, and the “ins and outs” of the eligibility requirements, application procedures, and post-enrollment information for Virginia’s Medicaid/FAMIS programs:

- New adult coverage
- Programs for children and pregnant women (the FAMIS programs)
- Low Income Families and Children (LIFC) program
- Medicaid for Former Foster Care Youth
- Plan First (family planning)

Important Dates

- **March is National Nutrition Month.**

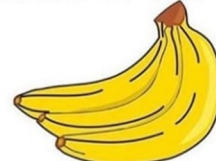


**Below are a few
Nutrition facts.**

DID YOU KNOW?



An egg contains every vitamin, except vitamin C



Just 2 bananas will provide you with enough energy for an intense 90-min workout.



Apples are more effective in waking you up in the morning than coffee.



3 carrots give you energy to walk 3 miles. They were first grown as a medicine, not food.

 HealthyFoodAdvice

SignUpNow

Free Tax Preparation

Prepare for the upcoming 2022 tax season with C.E.B. Financial Accounting & Tax Services. Free Tax Preparation is available for the “2022 Tax Season” Every Tuesday & Thursday Starting – Tuesday, January 18, 2022, through Thursday, October 13, 2022 The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$56,000 or less Services will be provided at:

C.E.B. Financial Accounting & Tax Services

533 E. PINNER STREET SUFFOLK, VA 23434

They will be taking Scheduled **APPOINTMENTS ONLY** –

No Walk-Ins

Call Tammy McClinton for more information . (757) 925-6550

Starting: January 4, 2022



Free Virginia Housing Homeownership Education Classes

Are you thinking about buying a home, but not sure where to start? Attend a free class to learn about the buying process and how to prepare for homeownership.



The course, developed by the Virginia Housing, teaches the key steps to homebuying. Industry experts — such as housing/credit counselors, real estate agents, lenders, home inspectors, and closing agents — volunteer their time and share their knowledge to make you a more informed buyer.

The class covers personal finances and credit, loan types, the loan process, working with a real estate agent, the home inspection, the closing process and more. Suffolk Redevelopment & Housing Authority facilitates classes throughout the year.

For more information, contact **Rosie James**, Housing Counselor, SRHA at 757 925-6506, or register at virginiahousing.com/freeclass.

Location and Date of class: Saturday, March 5, 2022: 8:45-3:30 – East Suffolk Recreation Center 138 S. 6th St. Suffolk

The Portal on SRHA Website

All program participants and applicants are to if not have already register on our website (www.suffolkrha.org) for the online portal. Due to the Coronavirus (COVID-19) restrictions, this is an awesome way to update your information for annual reexamination, interim changes, and upload documents.



We strongly encourage you to register at our website

www.suffolkrha.org/pay-online to register for an account. Once, registered you will be able to upload document to your caseworker as well as make changes to your application. Please keep in mind you must first register with a valid email address to be granted access. Please remember your user ID and password. In addition, you can communicate directly with your caseworker and there is a record of any documents you upload. This will eliminate the need to visit the office. We are streamlining things making the process contactless and safe. This is a reliable method of doing business considering Covid-19 restrictions.

Free Paid Internship with Hope for Suffolk



Hope for Suffolk invest in teens through there farm work program and personal development workshops. Interns gain work experience, income, job training, community and a positive use of time. Interns attend weekly workshops (with dinner provided!) for which they receive community service hours. The workshops cover everything

from conflict resolution to making good impressions to budgeting to interview skills. The program runs from **March through October**. For young adults **between ages 15 and 20**. Their goal is to empower youth to overcome obstacles and to set and achieve personal goals.

While interning students can earn up to **\$10 per hour** while getting real work experience. They can earn community service hours, meet great people, and become empowered to become who you want to be. Participants will leave the program with life-long relationships, connections with employers, a resume, and training for success. They also will have scholarship opportunities that will help out as well.

Application: <https://wrpca.ccbchurch.com/goto/forms/142/responses/new>

Events for the month of March:

March EVENTS

March 4, 2022: Friday at Registration begins at 8:30am Care-A-Van :Care-A-Van- Bon Secours Virginia Mobile Health Outreach Clinic "Care-a-Van" will be providing free medical care to uninsured adults and children every Friday at Suffolk Presbyterian Church, 410 N. Broad St. Registration opens at 8:30 a.m. The clinic is walk-in and first-come, first-served. For more information, call 889-2273.

March 7, 2022; Monday at 6:30-7:30 Get Ready for Battle: Battle of the Books Discussion - When Stars Are Scattered [LIVE] : Join us for our Battle of the Books (BOB) discussion programs to get ready to compete against other fourth and fifth graders in the Suffolk Battle to be held in the spring. Come to each meeting prepared to discuss the stated novel and answer challenging questions. Registration for Battle of the Books is required. 4th-5th graders. Registered participants will provide their email address to receive a link to a Zoom meeting at least 15 minutes before the program begins. Sponsored by the Suffolk Public Library Facebook: <https://www.facebook.com/SuffolkPublicLibrary/>

March 15, 2022 : Tuesday at 10:30am-11:30 am Bingo Boogie [In-Person] Boogie on down to the library for bingo and music! Come ready to win because there will be prizes. Light refreshments will be served. This is an adaptive version of bingo for adults of all abilities. For adults.



March 16, 2022: Wednesday at 2pm-6pm Community Blood Drive Suffolk Alumnae Chapter of DST will host a Community Blood Drive with the American Red Cross on Wednesday March 16, 2022, from 2 P.M. to 6 P.M at the Greater First Baptist church Orlando.- With a simple blood donation, you have the ability to help save the life of someone who could be a coworker,

loved one, or neighbor. Blood is routinely transfused to patients with cancer and other diseases, premature babies, organ transplant recipients, and trauma victims, according to the Red Cross.

Click link to sign-up for your donation appointment:

<https://www.redcrossblood.org/give.html/drive-results...>

March 31, 2022 ; Thursday 4:30pm-5:30pm Teen Thursday Hangout: Games, Crafts + More [IN-PERSON] Join the SPL for a fun teen social! We'll have video games, crafts and other fun activities each month. For ages 13-17.SPL events are free to attend and open to people of all abilities. If you or someone in your party will require accommodations in order to participate, please call 757-514-7323 and ask to speak with the Community Learning Manager. Please contact the Community Learning Manager if you are a facility bringing a group of 5 or more. You do not need to be a library member in order to attend.