

THE COMMUNICATOR!

Marshall Heights Community Development Organization, Inc. Newsletter
News, and Updates of What's Going On, In, And Around Ward 7!

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7 COMMON SUMMER HEALTH CONCERNS

For many, summertime means sun, pool, beach and sand, but the season can also bring asthma attacks, ear infections and blistery rashes on the hands and feet. Here are seven health woes that are more likely to occur in the summer months than at other times of the year.

#1 Asthma attacks - If you are prone to asthma attacks, continue taking your daily controller medications throughout the summer and keep a close eye on pollen and air pollution levels.

#2 Swimmer's ear - To prevent water from getting stuck in the ear canal, dry your ears thoroughly after swimming or showering. To do this, use a towel, tilt your head so one ear faces down to allow water to escape the ear canal. Then gently pull your ear lobe in several directions to help the water drain out.

#3 Food poisoning - Bacteria that cause food poisoning grow fastest in hot and humid weather. Prevent food poisoning by keeping perishable foods refrigerated or in a cooler with ice, Stern recommends. Food left out of refrigeration for more than two hours may not be safe to eat. In temperatures higher than 90 degrees Fahrenheit, food should not be left out for more than one hour.

#4 Hyperthermia - Hyperthermia is a heat-related illnesses ranging from heat exhaustion to heat stroke that happens when the body overheats. To prevent heat-related illnesses, avoid exerting yourself outdoors during the hottest hours of the day, and seek air conditioning on hot days.

#5 Coxsackie virus -The summer-loving Coxsackie virus causes hand, foot and mouth disease. Infections, which usually affect children younger than ten, can cause fever, sore throat, oral ulcers and small blisters on the hands and feet. It is spread person-to-person through saliva, mucous and feces. Symptoms usually go away on their own within a week, if not seek medical attention.

#6 Lyme disease - The most common insect-borne disease in the U.S., Lyme disease peaks during the summer months when people are exposed to ticks in yards and woods. Prevent tick bites by using a repellent that contains 20 percent or more DEET on exposed skin, and one that contains the insecticide permethrin on clothing.

#7 Poison ivy, oak and sumac - 85% of people are allergic to urushiol, the oil found in the sap of plants such as poison ivy, poison sumac and poison oak. Painful swelling and itching can be treated at home with hydrocortisone cream or calamine lotion and an oral antihistamine. But see a doctor if the rash appears on your eyelids, lips, face or genitals, the skin around the rash appears infected, or you have a fever prescription medication may be needed. [Read More.](#)

Enjoy your summer! Stay Healthy!

**JULY 6, 2018
DC FIRST FRIDAYS**

The July "DC First Fridays" event will be held on **July 6, 2018, from 6:00 pm to 8:00 pm** at MHCDO, located at 3939 Benning Road NE, Washington, DC 20019. The Guest Speaker is [Stephanie Thomas](#), Director of Programs and Small Business Services, Washington Area Community Investment Fund (WACIF). The Topic of Discussion is "Starting, Growing and Financing Your Business."



Business Services, Washington Area Community Investment Fund (WACIF).

Entertainment will be provided by saxophonist, [Mr. Langston Hughes, II](#). Contact Vivian Mercer at 202-650-5621 for additional information. [Click here to RSVP.](#)



SAVE THE DATE—9/8/18

THE 2ND ANNUAL WARD 7 DAY FESTIVAL is scheduled to take place on **Saturday, September 8th from noon-6pm**. Last year on 9/9/17, residents of Ward 7 got together to celebrate business and community in their neighborhoods at the Ward 7 Day Community Festival, which took place at Parks & People's Riverside Healthy Living Center (5200 Foot St. NE). There were family-friendly activities, backpacks and other giveaways, live performances, and much more. More details to follow.

**WARDS 7 AND 8
COMMUNITY CALENDAR**

Interested in what is happening in Wards 7 and 8 on a daily or monthly basis? Listed on the calendar are farmers markets, health, educational, recreational, cultural, volunteer, and many other kinds of events, activities, and opportunities to engage. [Read more.](#)



Marshall Heights Community Development Organization, Inc.
The Lloyd D. Smith Center
3939 Benning Road NE
Washington, DC 20020
202-396-1200
www.mhcdo.org

**MHCDO's
Affordable Housing Navigator**
Your Route to DC's Affordable Housing

Marshall Heights Community Development Organization (MHCDO)
Upcoming Housing Events; Free & Open to the Public



Marshall Heights Community Development Organization (MHCDO)
3939 Benning Rd., N.E., WDC 20019
202-396-1200 / mhcdo.org

Date	Event	Time
June 25	Affordable Housing Strategies	5:30p – 7:30p
June 30	First Time Homebuyer's Workshop	1p - 3p
July 17	Foreclosure Prevention	5:30p – 7:30p
July 28	Senior Homeownership Day	1p – 3p
Aug 25	Foreclosure Prevention	12p – 2p
Aug 30	First Time Homebuyer's Workshop	5:30p – 7:30p
Sept 18	Homeownership Sustainability Event	5:30p – 7:30p
Sept 29	The Beauty of 7: Ward 7's Homeownership Benefits	12p – 4p

Events held at Marshall Heights Community Development Organization (MHCDO); register at mhcdo.org

Since 1979 MHCDO has helped thousands obtain and sustain housing in the Nation's Capital.



[Click here](#) to register for one or all of MHCDO's Upcoming Affordable Housing Events.

INCLUSIONARY ZONING

DC's Inclusionary Zoning (IZ) Program helps city residents rent and buy places to live when they can't afford market-rate prices.

DC Department of Housing and Community Development (DHCD) disposes of IZ units through a lottery process. Households interested in purchasing or leasing an IZ home must take a Inclusionary Zoning Orientation class which is provided by MHCDO on the **4th Thursday of every month from 12:00 pm – 1:00 pm**. Call 202-396-1200 for more information.

FREE RESOURCES AND/OR REDUCED FEE PROGRAMS FOR DISTRICT RESIDENTS

Are you aware of programs that benefit District Residents such as free smoke detectors, radon and lead test kits, home fire safety and lead based paint inspections, and more? [Click here for more information.](#)

JOIN OUR MAIL LIST!

Don't miss important events and information. [Click here](#) to join.



NEWS FROM WARD 7 COUNCILMEMBER VINCENT GRAY

* 19 Bills, 2 hearings and Initiative 77 - 6/19/18 [Read More.](#)

* Birth to Three For All DC Passes—6/29/18 [Read More.](#)

NEWS FROM MAYOR MURIEL BOWSER

5/24/18 Vol. 4, Issue 21, [Read More.](#)

5/31/18 Vol. 4, Issue 22, [Read More.](#)

6/7/18 Vol. 4, Issue 23, [Read More.](#)

6/14/18 Vol. 4, Issue 24, [Read More.](#)

COUNCILMEMBER GRAY ADVANCES HEALTH AND WARD 7 BUDGET PRIORITIES

For Immediate Release 5-7-18, Contact: Takiyah "T.N." Tate
Ward 7 Councilmember and Chairman of the Committee on Health, Vincent C. Gray, held the Committee on Health's markup of the FY19 proposed budget on May 3rd. The Committee approved the FY19 capital budget as proposed by the Mayor with one change:

•\$51 million in capital funding for the Saint Elizabeths Hospital Medical Center Project.

This change will move up the completed construction of the new hospital from fiscal year 2024 to fiscal year 2023. ...Budget wins for Ward 7 include funding for:

- The "East End Grocery and Retail Incentive Tax Abatement Act of 2017" to combat food justice issues
- Full implementation of the "Public Use of Public Buildings" legislation to ensure access to meeting and event space for community organizations
- Opioid rescue kits to aid in the fight against the Opioid Epidemic
- The Produce Rx Program, a nutrition-based health intervention program
- A dedicated water source for the Kingman Park/Rosedale Community Garden
- New exercise equipment and upgrades for the Fort Davis and Deanwood Recreation Center
- Expansion of a cultural arts district and small business feasibility and implementation study for mid and low-density retail corridors in Deanwood

[Read More.](#)

AFTER 10 YEARS OF FLUNKING, ANACOSTIA RIVER PASSES ANNUAL HEALTH-CHECK WITH D RATING

By Marissa J. Lang, *Washington Post*, 6-13-18

For the first time ever, the Anacostia River has passed an annual health-check that assesses the waterway for levels of toxins, trash and other environmental issues. The grade — a 63, or D — is an accomplishment for a river that has failed every annual check for 10 years.

...This year's grade is a culmination of decades of work, Anacostia Watershed Society president Jim Foster said in a statement. It has, he added, resulted in improved water clarity, less trash and rapid regrowth of submerged aquatic vegetation, which contributes to a healthy underwater ecosystem.

...The river earned an A+ for its resurgence of aquatic vegetation and a B- for its levels of a microalgae that helps dissolve oxygen and replenishes nutrients in the water. It also saw improvements in its levels of fecal bacteria, which scored a D; its water clarity, and the amount of toxins and trash found in the water, all of which still earned Fs. The Anacostia improved its overall score by 29 percent this year, up from a 49 in 2017. Still, it has a long way to go before it reaches the level of recovery undergone by its neighbor to the west, the Potomac River. This year, the Potomac earned its first-ever B grade, issued by the Potomac Conservancy — the highest grade it has ever seen.

[Read More.](#)

D.C. STUDENTS WILL RECEIVE SMARTRIP CARDS TO RIDE PUBLIC TRANSIT FREE

By Perry Stein, *Washington Post*, 6-8-18

D.C. students will begin using standard transit cards this summer to ride public transportation free — a change that city leaders said Friday is intended to make boarding the region's trains and buses more efficient for the District's 92,000 public school students.

For years, traditional public and charter students have used DC One fare cards — which serve as an all-in-one student identification, library card and Metro pass — to board public transit. But students, educators and city leaders have complained that those cards are complicated to activate, resulting in people not using them properly.

City Administrator Rashad M. Young said the city will start distributing the fare cards this summer at yet-to-be-determined pickup points. Students who do not retrieve them will get them at the start of school. DC One cards will continue to work on public transportation until the end of September.

The new cards will look similar to the transit system's standard SmarTrip cards, but they will have a sticker designating them as student passes.

[Read More.](#)



GROUND-BREAKING: PARKSIDE PARCEL 11

On May 17, Deputy Mayor Kenner broke ground

on 191 workforce housing and multi-family units in the Parkside community. The Deputy Mayor was joined at the ceremony by Councilmember Vincent Gray and City Interests partners, Alan Novak and Peter Farrell.

"Parkside is growing, in the last two years we welcomed nearly 300 families to our neighborhood, and we look forward to welcoming more in the coming years," said ANC7D Justin Lini. "I hope that the dialogue that we've had success with in Parkside can be a model of how dialogue with DC government and developers, like City Interests, can help address community needs like jobs, amenities and retail, and transportation access."

Over the last decade, City Interests have brought to Parkside a 98-unit Senior Living Facility, 100 single family homes, the Unity Health Clinic, the Educare Pre-School Learning Center, the Cesar Chavez Middle and High School, as well as 186 affordable apartment units at the Grove. Within the next year, the city will begin construction of a new pedestrian bridge connecting Parkside directly to the Minnesota Avenue Metro. With these neighborhood assets in place we can continue to implement our vision of Parkside as a mixed income, mixed use community. [Read More.](#)

SENIOR TELEPHONE TOWN HALLS

The D.C. Office on Aging, the Mayor's Office on Community Relations and the Deputy Mayor for Health and Human Services will be holding Senior Telephone Town Halls. Seniors can get important information and updates on senior programming and events. The first town hall will be held on **July 18th and will repeat every month on the third Wednesday until Sunday, December 30, 2018 from 11:00am to 11:30am.** Call in to 1-855-756-7520 x30984 to listen and be engaged!

MAMATOTO VILLAGE RECEIVES FINANCIAL SUPPORT FROM MARCH OF DIMES

By Candace Y.A. Montague, *East of the River*, 6-13-18

Location: 311 47th Street NE, Washington DC 20019

For the second year in a row, a community staple is getting financial support to expand its outreach and improve the health outcomes of women and babies. [Mamatoto Village](#), a perinatal family support organization located in Ward 7, provides non-clinical assistance for DC expectant mothers. Recently the nonprofit received additional funding that will help it hire more helpers, boost salaries of select staff members and get educational materials.

Mamatoto Village has received a grant from March of Dimes for its Comprehensive Maternity Support Program (CMS), which involves wrap-around support for mothers in pregnancy and postpartum. It pairs expectant mothers with perinatal health workers who provide prenatal and postpartum support to mothers and their families. Participants receive health education, care coordination and social support during pregnancy and throughout the infant's first three months. [Read More.](#)

DCOA RECRUITS COMMUNITY AMBASSADORS

The District of Columbia Office on Aging conducts the Ambassador Training Program to provide more community members with information about our programs and services available for DC residents age 60+, residents with disabilities age 18 and older with disabilities and their caregivers. Ambassadors will share information with those who may be in need of services and connect them with the Office on Aging.

An Ambassador Workshop Series will be offered to help ambassadors stay abreast of other topics to help residents as they age in place in the community. Attendees are required to train as an ambassador in order to register for workshops in the series. To register, please contact darlene.nowlin@dc.gov or 202-727-8364. Refreshments will be provided.

Ambassador Training

Date: **Thursday, July 19, 2018/Time:** 10am -12 pm

Location: 500 K Street, NE, Washington, DC 20002

SECOND SUNDAY JAZZ PRESENTS

The Khalid Gray Unitet— [Khalid Gray](#), Trombone; Julian Spires, Piano/keyboard; Wally Davies. Bass; and Angeliqua Bethea, Drums

July 8 @ 2:00 pm - 4:00 pm—FREE Admission/ Donation Appreciated Event.

[Click here](#) to reserve your seat.

A partnership with Anacostia Arts Center and East River Jazz, Second Sunday Jazz brings FREE monthly jazz performances to Anacostia. **Location:** Anacostia Arts Center, 1231 Good Hope Road, SE, Washington, DC, 20020, Tel. # 202.631.6291.

2017 DPW ANNUAL REPORT

The Department of Public Works which provides the most basic of municipal services for residents, businesses, commuters and visitors released its FY 2017 Annual Report, dated May 2018, "Growing with the District of Columbia," which summarizes how the District was kept clean, safe and attractive between October 1, 2016 and September 30, 2017. Highlights from the report include:

- Community engagement activities and public events, e.g., Helping Hand neighborhood cleanups and Truck Touch.
- Statements of DPW's solid waste, parking enforcement and fleet management operations.
- Descriptions of new services, e.g., tow and boot notification system, and solar-powered street litter cans.
- Workload statistics, e.g., 95,000 tons of trash collected from 105,000 residences in FY17.
- Accounts of DPW employees' contributions to our communities.

[Click here](#) to view the report.



THE SHOPS AT PARK VILLAGE AT 1535 ALABAMA AVE. SE

CHIPOTLE SIGNS DEAL WITH WC SMITH FOR FIRST LOCATION EAST OF THE RIVER

By Jon Banister, Bisnow, 5/30/18

Chipotle has 20 locations in D.C., but until now it has not had a presence in Wards 7 and 8, the lower-income areas east of the Anacostia River. The fast-casual chain has just signed on for its first deal in that part of the city, leasing 2,430 SF at The Shops at Park Village in Congress Heights, the Washington Business Journal reports. ...When WC Smith built the project in 2007, the shopping center's Giant became the first full-service grocery store to be built in Ward 8 in over 40 years. The property also includes an IHOP, Subway, Pizza Boli's, a bank, a barbershop and a nail salon. The property is about half a mile from the Congress Heights Metro station and the St. Elizabeths East campus, which is undergoing a major redevelopment. [Read More.](#)

"THE LATEST NEWS ON RESERVATION 13"



HILL EAST NEIGHBORS ARE PISSED ABOUT THIS UNDEVELOPED PLOT OF PRIME D.C. LAND

By Natalie Delgadillo, DCist, 6/11/18

...Until somewhat recently, Reservation 13 (whose name is a vestige of the L'Enfant Plan, which enumerated hundreds of reservations throughout the District) was federal land. In 2002, though, residents and the city approved a master plan for the parcel, calling for a "vibrant, mixed-use waterfront community" that would connect Hill East to the river. Congress handed over the land to the District in 2006, and the city commissioned a developer to start the work in 2008. It was short-lived; D.C. officials drastically scaled the project back amid the economic downturn.

Two parcels, F-1 and G-1, just north of Massachusetts Ave SE, are still slated for the development of two mixed-use buildings with 353 housing units and more than 25,000 square feet of retail across two acres of land. The original groundbreaking was supposed to happen two years ago, but instead happened just a few months ago. [Read More.](#)

OFFICIALS WILL INVESTIGATE REPORTED DELAYS IN THE WARD 7 AND 8 HOMELESS SHELTERS

By Morgan Baskin, Washington City Paper, 6-21-18

Last week, City Paper reported that senior officials in the D.C. government—including the "entire executive leadership team"—have known for months that contracting and construction issues have delayed the production of homeless shelters in Wards 7 and 8. Those shelters, two of three initially scheduled to open this fall, are supposed to partially house some of the 250 families who will be displaced when the D.C. General shelter closes this year. But City Paper's reporting showed that the subcontractor responsible for building the prefabricated modules and delivering them, Z Modular, was a functionally brand new company with little history in modular construction at the time it signed on to complete the projects.

And despite having known since at least February that the company wasn't on track to deliver fully-furnished modular units as expected, officials from the Department of General Services repeatedly, and publicly, promised residents that the shelters were projected to open on time. When City Paper asked a spokesperson for the mayor why her administration continued to assure the public that the shelters would open on time despite public documents detailing delays, the spokesperson said, "Mayor Bowser has been informed that all timing adjustments have been made and our short term family housing will open on schedule." [Read More.](#)

ADVOCATING FOR CHANGE IN OUR COMMUNITIES - INTERACTIVE WORKSHOP TO FACILITATE THE IDENTIFICATION OF COMMUNITY LEADERS AND TO FACILITATE COMMUNITY PARTICIPATION

Please join BRIDGES Inc. in partnership with Councilmember Vincent Gray's Office, and the East River Family Strengthening Collaborative for an interactive workshop designed to develop advocacy tools that will focus on equipping others to effectively communicate for change. The workshop will help to facilitate the identification and development of community leaders as well as help to facilitate active community participation to get results. The workshop is scheduled for **Thursday, July 12th, 5:30 PM** at Marshall Heights Community Development Organization, 3939 Benning Rd, NE, Washington, DC 20019. [Click here](#) to register and read more about the FREE Workshop.

12TH ANNUAL EAST OF THE RIVER EXHIBITION A 3DIMENSIONAL EXPRESSION OF ART

The show will have a new twist this year, 3-Dimensional artwork and artists from Ward 7 and 8 in Southeast DC will be celebrated.

Honfleur Gallery will be showcasing the work of: Craig Kraft, Diane English, Jay Coleman, Lisa Swanson, Luis Peralta De Valle, Lyric Prince, and Malik Lloyd. Vivid Gallery will exhibit the work of Amber Mimz, Jeri Hubbard and Ibé Crawley.

Location and Time:

The 12th Annual East of the River Exhibition will run from **June 22 through July 28, 2018** in both ARCH galleries. [Honfleur Gallery](#) is located at 1241 Good Hope Road SE and Vivid Gallery is located at 2208 Martin Luther King Jr. Ave SE. Gallery hours are **Wednesday through Saturday 12-7PM** and by appointment.

THAT ISN'T THE WATER GUY! DC WATER WARNS OF SCAM TO GET INSIDE YOUR HOUSE

By Natalie Delgadillo, DCist, 6-19-18

DC Water customers beware: there's a scam afoot. According to a message sent out to neighborhood listservs from the DC Water Office of External Affairs, several customers have been getting calls saying a person from the utility would be visiting their home to "check on the quality of their water." DC Water apparently hasn't made any such calls.

"This is likely someone trying to impersonate a DC Water technician and wanting to gain access to homes," the message reads. "If you receive a call from a person claiming to be from DC Water asking to visit your home to check the quality of the water, please do not share any personal information or allow them access to your homes." They're asking customers to contact DC Water at 202-354-3724 if they get such a call. [Read More.](#)

ABOUT A QUARTER OF D.C. PUBLIC SCHOOLS TEACHERS LACK REQUIRED CERTIFICATION

By Perry Stein, Washington Post, 6-21-18

About 1,000 teachers in D.C. Public Schools — a quarter of the educator workforce — lack certification the city requires to lead a classroom, according to District education leaders.

The Office of the State Superintendent of Education, which handles teacher certification, said it made the discovery during an internal investigation this winter. The District's teachers all have college degrees and have undergone criminal background checks and drug tests, city officials said. The interim chancellor of D.C. Public Schools, Amanda Alexander, said in an interview earlier this week that the lack of city-issued certification does not mean the teachers are unqualified to educate children.

Because of the findings, the school system will require all teachers to start the application process for credentials by the start of the academic year — a strict time frame that hasn't been mandated in the past, according to Alexander. D.C. law exempts teachers who work in charter schools from being certified. Nearly half of the city's children attend charter schools. [Read More.](#)

JULY TRIVIA

Birthstone: Ruby
Flower: Water Lily or Larkspur
Horoscope: Cancer (June 21 - July 20)
Leo (July 21 - August 20)