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November is also American Diabetes Month
Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, heart disease and stroke, and can lead to other health problems if it’s not controlled. One in 10 Americans have diabetes — that’s more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthier, getting more physical activity, and losing weight. 

REHAB PROGRAM
MHCCDO provides information and assistance on how to Qualify for Up to $75,000 for Home Rehab, Repair, or Alteration. Make Your Home Handicap Accessible in the District of Columbia (DC). How to prepare your home for wheelchair accessibility and safety. Call 202-396-1200 for additional information.

JOIN OUR MAIL LIST!
Don’t miss important events and information. Click here to join.

November is National Family Caregivers Month
Caregiving can be a 24-hour a day/7-days a week job. Caring for a senior with Alzheimer’s or an illness or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. How can family caregivers face, and how do they manage them day and night? 

Click here for “10 Tips for Family Caregivers.”

NEW PROGRAM: VETS RIDE
The Mayor’s Office on Veterans Affairs (“MOVA”) is launching a pilot transportation program for District of Columbia (DC) veterans with the Department of For-Hire Vehicles. Program eligibility is restricted to veteran residents of Washington DC whose annual income is less than $30,000. They will be eligible for free taxi rides to medical treatment and/or appointments, educational opportunities, and employment. For more information, call (202) 724-3454. Read More.

NOMINATING CONCLUSION
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 MHCCDO on the third Thursday of every month from 12:00 noon to 1:00 pm. Call 202-396-1200 for more information.

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

DECEMBER DC FIRST FRIDAY
The next “DC First Friday” event will take place on December 1st from 6:00 pm to 8:00 pm at MHCCDO, located at 3939 Benning Road NE, Washington, DC 20019. The Guest Speaker will be Mayor Muriel Bowser. Contact Vivian Mercer at 202-650-5612 to RSVP or for additional information. Plan to attend.

HOME SAVERS PROGRAM
Did You Know the District of Columbia has MONEY available to help DC homeowners facing foreclosure? Are You Having Problems Paying Your Mortgage? To find out if you can qualify for up to $60,000 in a forgivable loan to prevent foreclosure on your home, contact MHCCDO, 3939 Benning Road, NE, Washington, DC 20019. For additional information call 202-396-1200.

WHAT’S NEXT FOR THE UNITED MEDICAL CENTER?
(A Letter from DC Councilmember Ward 7, Vincent C. Gray)
Dear Friends,
On November 7th, the Council of the District of Columbia voted 7-6 not to renew the contract of Veritas of Washington LLC to operate and manage the United Medical Center. While many concerns about Veritas were raised in recent weeks, ultimately the issue for me as Chair of the Council Committee on Health came down to an issue of patient care and safety. Read More.

JOIN THE COMMUNICATOR!
Marshall Heights Community Development Organization, Inc.
Thea Lloyd 3, Smith Center
3939 Benning Road NE
Washington, DC
20019
202-396-1200
www.mhccdo.org

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.

JOIN OUR MAIL LIST!
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One third of drivers who are D.C. residents live in the D.C. region, work hand in hand with Uber to spread prosperity and create more pathways to the middle class for D.C. residents," Bowser said in a release. The ride-hailing company has a goal of creating 10,000 jobs by the end of 2018.

Mayor Muriel Bowser announced last week that the ride-hailing company will open a “Greenlight Hub” at the East River Park Shopping Center in Northeast. “We are excited to support Uber in hopes of delivering over 180 residences above retail to the area,” Bowser said in a release.
The Benning Library Offers A-Step Tutoring
Trouble in class? Get free help today! A-Step (After School Tutoring & Enrichment Program) provides educators who are available to tutor students K-12 while addressing a variety of academic needs. Stop by after school and enhance your education. This program is Free and open to the public. Repeats every week every Tuesday and every Thursday until Thursday 12/14/17 except Thursday 11/23/17 at Benning (Dorothy I. Height) Library. Call 202-281-2583 for additional information.

Mahogany Books Opens East of the River Mahogany Books opened on November 24, 2017 meeting the literary needs of readers in historic Anacostia in over two decades, featuring a wide array of books, events, and services geared towards supporting, empowering, and engaging readers and writers. The hours of operation are 11am to 7pm, Tuesday thru Friday 10am to 7pm on Saturday, and 11am to 3pm on Sunday. The store is located at 1231 Good Hope Rd SE, Washington, DC 20020.

OPC WARNS CONSUMERS ABOUT A NEW SCAM PROMISING TO LOWER YOUR UTILITY BILL
The Office of the People’s Counsel (OPC) recently has been alerted to reports of deceptive Third Party Supplier (TPS) marketing phone calls to solicit energy customers. The TPS representative will say “Hi, this is Pepco. We can save you 25 percent on your electric bill...” and asks you to call a different number for full details. Pepco has assured OPC that none of their employees is calling consumers with this claim or asking customers to call the number cited. OPC is working to determine exactly who is making these calls.
If you receive a call like this, ask for the company name or phone number, then end the call and contact OPC immediately at (202) 727-3071. Share the information about your call with an OPC consumer outreach employee is calling customers with this number for full details.

Anacostia’s Busboys and Poets Opening Date Likely Pushed Back
By Nena Perry-Brown
Our reigning King Jr. Avenue location East of the Anacostia River and the blocks-long Reunion Square development, more retail and restaurant space is planned for one of Anacostia’s main intersections. The Menkiti Group and Enlightened, Inc. have teamed up in hopes of redeveloping the vacant lot and strip of single storefronts from 1201-1215 Good Hope Road NE (map). The proposal would restore the existing buildings while constructing three- and four-story additions in the rear. Read More.