

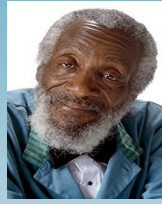


THE COMMUNICATOR!

Marshall Heights Community Development Organization, Inc. Newsletter News, and Updates of What's going on, in, and around Ward 7!

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Condolences for Dick Gregory

MHCDO extend condolences to the family of Dick Gregory; Comedian, Civil Rights Activist, Wellness Guru, and Speaker – who left a valuable impact on the world, and will be truly missed! Mr. Gregory died on August 19, 2017 (age 84) in Washington, DC.

See Biography:

<https://www.biography.com/people/dick-gregory-9320102>

Safeway Is "Super Cleaning" Its East-of-the-River DC Stores

Gone are containers of spoiled meat and moldy produce at the Safeway in Northeast DC's East River Park shopping center—at least for now.

On Thursday afternoon (August 24th), the grocery store bustled with an unusual amount of activity as employees—some from other stores—pulled expired items from the shelves, neatened displays of fresh fruits and vegetables, and scrubbed refrigerator cases from sudsy buckets. Discolorations on the walls were painted. In the meat section, a corporate employee took note of the improvements, snapping photos of freshly-packaged beef. "It's good to see y'all finally here," remarked one shopper.

The "super cleaning," as Safeway calls it, comes in direct response to a recent surprise inspection by DC councilmember Vincent Gray.

[Read more from the Washingtonian.](#)

Ward 7 Constituent Services Survey

The Ward 7 Councilmember Vince Gray constituent services team wants to know how they are doing. Take the anonymous survey:

<https://www.surveymonkey.com/r/>

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.](#)

September DC First Friday

MHCDO held another "DC First Friday's" event on September 1, 2017, this month's topic was "Banking and Financial Solutions to Start a Small Business." The guest keynote speaker was Sheila Edmundson, Procurement Technical Assistance Specialist, DC Department of Small and Local Business Development. **The next "DC First Friday" event will take place on October 7, 2017, from 6:00 pm to 8:00 pm at MHCDO, located at 3939 Benning Road NE, Washington, DC 20019.**

2017 Homeownership Sustainability Friday, 9/29/17, from 5:00pm – 6:30pm

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, please attend Marshall Heights Community Development Organization's Homeownership Sustainability Event at MHCDO, 3939 Benning Road, NE, Washington, DC 20019. To register, call 202-396-1200.



Henrietta Lacks Gets Her Own Day in Maryland

Maryland Gov. Larry Hogan issued a proclamation declaring August 1 as Henrietta Lacks Day, in honor

of the black woman whose cancer cells had been used in countless medical and scientific breakthroughs without her knowledge or consent.

Penn Hill Mini Golf

Come play at DC's newest pop-up attraction, Penn Hill Mini Golf. Each hole is individually designed and built by local artists After you test your putting skills, vote for your favorite hole! Bring the family to enjoy a new taste every week from area food trucks and play your favorite games on the "lawn". Play 9 holes for \$3 per person or \$10 for a group of four. Check with your civic association for free passes. August 6 through October 8, 2017. Hours: Saturdays, 12pm - 7pm, Sundays, 12pm - 6pm. Location: Shops at Penn Hill, aka Penn Branch Center, 3200 Pennsylvania Ave, SE, at the corner of Pennsylvania and Branch Avenues SE.

Join our Mail List!

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



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

Council Councilmember Gray Honored by Nationals



The Washington Nationals honored Councilmember Vincent C. Gray for his service in the community at Ward 7 night at Nationals Park, which took place Monday August 28. The evening featured a video presentation retrospective of his lifelong career in public service.

“Each season, the Nationals welcome the Members of the Council of the District of Columbia and their constituents as a way to say thank you for their unique contributions to our city,” said a Nationals spokesman.

Councilmember Gray has been a public servant in the District of Columbia for more than 30 years. He served as Mayor of the District of Columbia from 2011 to 2015, Council Chair from 2007 to 2011 and as Ward 7 Councilmember from 2005 to 2007. He was sworn in as the current Ward 7 Councilmember January 2nd 2017, and is the Chairman of the Committee on Health. [Read more.](#)

Produce Plus

The Produce Plus Program is a farmers market nutrition incentive program designed to connect DC residents with healthy food. Through the program, DC residents who receive: Medicaid, SNAP, WIC, TANF, SSI Disability, Medicare QMB, or Senior Grocery Plus can visit any of the District’s 44 farmers markets marked with a Produce Symbol and automatically get \$10 per visit up to two times per week to spend on fresh fruits, vegetables, and cut herbs. This is a first-come, first-served program while supplies last. Find out more: call the Produce Plus Hotline at (202) 888-4834 or email: produceplus@dcgreens.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.](#)

Residents East of the River Team With Hospital



The Sibley Memorial Hospital, a member of Johns Hopkins Medicine, announced Tuesday, August 15 the launch of its Community Health Innovators in Residence Program. The new initiative aims to improve the health status of underserved communities in the District of Columbia in months rather than the typical years of traditional health improvement projects.

Under the program, up to four teams composed of residents and organizations in Wards 7 and 8 will be accepted into the first cohort. Earlier this year, Sibley convened a series of listening sessions with faith leaders, students, senior citizens and community leaders to discuss the health and wellness priorities of Wards 7 and 8 residents. They said the common themes that emerged ranged from access to healthy fruits and vegetables to the impact that isolation has on an individual’s well-being. Sibley invites residents and qualifying non-profit organizations serving Wards 7 and 8 to apply to the first cohort. [Read more at the Washington Informer.](#) For detailed information about the Community Health Innovators in Residence Program, including the application, visit wardinfinity.com.

Senior Homeowner’s Day

On Tuesday September 5, 2017, MHCDO conducted a seminar on How to Qualify for Up to \$75,000 Assistance For: Home Rehab* Roof Repair* Make Your Home Handicap Accessible * Delinquent Property Taxes and Mortgage* Property Taxes Deferment and, much more. Are you having difficulties paying your property taxes, mortgage or maintaining your home? If yes, Government money is available to help senior homeowners. Call 202-396-1200 for additional information.

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.



Shrimp Boat Plaza Now Open

The Shrimp Boat Plaza opened on July 25th. The owner, Mr. Woundim Demissie is still working on perfecting his craft; by making your visit memorable, and having something for everyone! He is offering made to order Fresh Cooked Meals (Breakfast, Lunch & Dinner) made with wholesome ingredients. As well as Fresh Made Donuts (with tons of topping combinations - you pick'em), Locally roasted Coffee and Espresso Drinks, and Soft-Serve Ice Cream and Sorbet (that you can top with all kinds of fruit and other goodies). 4510 East Capitol St NE, Washington, DC 20019. [Read more.](#)

Free Computer Classes at Byte Back DC

Classes are for adults who live in DC and want to learn how to use a computer or earn administrative and IT certifications. To register, you’ll need proof of income, Social Security card, government-issued ID, and birth certificate. For more information on classes contact www.byteback.org | (202) 529-3395.

Free Courses	Invaluable Skills
PC for Beginners	Type, email, internet searches
Office Track	Use Microsoft Excel, Outlook, PowerPoint, and Word
Microsoft Office Specialist Certification in Excel	Advanced Excel skills and certification
CompTIA A+ Certification	Troubleshoot software and hardware issues, earn recognized IT certification

Who should take these classes? DC metro area residents Ages 18 and up, Those who have little or no experience with computers, Spanish speakers, People with disabilities, Literacy learners, Those eager to learn at a relaxed pace with a lot of practice.