



Hillcrest Community Civic Association

"Working Together for a Better Community"

www.hillcrestdc.com

P.O. Box 30895, Washington, DC 20030-0895

HILLCREST NEWSLETTER

Hillcrest Community Civic Association Newsletter

February 2020

COMMUNITY MEETING SCHEDULE

HILLCREST COMMUNITY CIVIC ASSOCIATION MEETING

Hillcrest Recreation Center
32nd and Denver Streets, SE
Saturday, February 1st
11:00 AM

PSA 606 POLICE
COMMUNITY MEETING
East Washington Heights
Baptist Church

2200 Branch Avenue, SE
Wednesday, January 15th
6:00 PM

ANC 7B MONTHLY MEETING

Pennsylvania Avenue
Baptist Church

3000 Penn. Avenue, SE
Thursday, February 20th
6:30 PM

Friends of Francis Gregory
Library

3660 Alabama Avenue, SE
Monday, February 3rd
7:00 PM

**IT'S TIME TO RENEW!
2020 Dues are \$20.00
per household**

Make checks payable to HCCA

Send to: P.O. Box 30895
Washington, DC 20030
or pay online at
www.hillcrestdc.com

Guest Speakers

Introducing Dreaming Out Loud Farm-to-School Food Hub



Zachari J. Curtis is a community accountable farmer and local food systems expert working in Washington, DC. For nearly a decade, Zachari has been contributing technical skill, grit, and strategic genius towards the task of growing ideas that make a healthier food system. Currently, Zachari manages the Dreaming Out Loud Food Hub — one of the first farm-to-table distribution hubs in recent DC history which brings local producers, mission driven institutions and local residents together as advocates for more sustainable food access solutions in Wards 7 & 8.

Let's Get Moving



Let's Get Moving is a 12-week, group-based (cohort) weight loss program that focuses on changing lifestyle behaviors to promote weight loss. Let's Get Moving builds on the theories of behavior change that emphasize setting achievable goals, building self-efficacy or confidence, and providing opportunities for problem-solving and group social support. The program emphasizes the DASH eating plan, moderate caloric restrictions to promote 1-2lb/week weight loss, and 60 minutes/week of group physical activity. The session leader guides the group sessions using principles of motivational interviewing.

Come hear Chinonso (Chinnie) Ukachukwu discuss Metro Health's Healthy Weight Program, a cohort, CDC-recognized lifestyle change program designed to help a total of 100 adults (18+) of the identified population lose weight safely:

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- ◆ Providing access to discounted fresh fruits and vegetables;
- ◆ Increasing physical activity;
- ◆ Demonstrating improvement in obesity, healthy eating and physical activity indicators for patients through the implementation of care coordinated activities, and enrollment in a lifestyle change program that uses a CDC based approach.

Chinonso (Chinnie) Ukachukwu has worked for over a decade with patients who have various acute and chronic conditions. Her desire to educate and motivate patients reach better health outcomes led her to a master's degree in public health as well as a Master Trainer with the Chronic Disease Self-Management Program (CDSMP). She is currently the Patient care coordinator of MetroHealth where she is the clinic's Consumer Advisory Board liaison, using motivational interviewing techniques to inspire change in patients.

Submitted by Wayne Young

Read Africa Week Festival at Francis Gregory Library

Francis Gregory Library will celebrate Read Africa Week, a free event, on Saturday, February 1, 2020 from 2:00-4:00 PM. This year's featured storyteller is Anna Mwalagho. Ms. Mwalagho, a Kenyan native, will entertain, educate, and captivate children and adults through song, acting, dance, comedy, and poetry. The event will also feature crafts for all ages, book giveaways, and a free taste of authentic African food.

This event is designed to choose books that provide an insight to our African culture and roots.

The national observance of Read Africa Week is held during the first week of February, Black History Month, and is advocated by Africa Access, who vets the suggested books. Read Africa hosts the annual Children's Africana Book Awards and Book Festival at the Smithsonian National Museum of African Art in April.

The Read Africa Week Festival @ the Francis Gregory Library is supported by the DC Public Library, Friends of the Francis Gregory Library, and the Port of Harlem Gambian Education Partnership.

Adults must accompany children 10 and under at all times. The library is located at 3660 Alabama Avenue SE, Washington, D.C. 20020.

Special Thanks

During the January meeting a small number of volunteers offered to undress the HCCA Holiday tree. Eric, Stephanie, and Iris agreed to meet on Thursday, January 9th at noon. By the time I arrived at the site, the tree had been undressed and everything had been packed for storage. Thank you so much for a job well done! - Karen Williams

The Joy in Giving Back

Once a month, neighbors from around Hillcrest and Penn Branch partner with Martha's Table to deliver fresh produce and nutritious goodies to the children at Randle Highlands Elementary School through their Joyful Food Market program.

As part of the program, Martha's Table provides fresh groceries as well as a cooking demonstration and recipe to 53 elementary schools throughout Ward 7 and 8. In order to make this amazing program happen, a lot of eager volunteers are needed to roll up their sleeves in exchange for beautiful smiles of appreciative kids and families.



"I was fortunate to be one of the volunteers physically handing out bags of food, and I was overwhelmed by the families who expressed gratitude. It was literally "joyful" seeing children get excited about oranges, broccoli, and having them request extra pears to take home," said Anne Smith of Hillcrest.

For nearly 40 years, Martha's Table has worked to support strong children, strong families, and strong communities by increasing access to quality education programs and healthy food, and providing family support.

The Joyful Food Market program at Randle Highlands runs during the school year, from 2:00 - 4:30 PM, and on the following dates:

- ◆ Tuesday, February 4
- ◆ Tuesday, March 3
- ◆ Monday, April 6
- ◆ Tuesday, May 5

Thanks to Hillcrest's Deborah Loomis and Duane Smith this program has been a hit among the students and their families. "What I love about doing the markets is the energy that I get from coming together with neighbors to help neighbors. What I was not prepared for, was how touched I would be by the beautiful smile of each and every child who comes to collect their bag of groceries or sample a bit of whatever we are cooking that day. The whole experience just lights me up every time!" said Deborah.



Deborah, Duane, and their team are always looking for more volunteers. If you're interested in helping out, even if only for an hour, you can contact Deborah at loomisdeborah@gmail.com or Duane at smithda@icloud.com to sign up.

February is Black History Month

Black History Month Cultural Events in the District of Columbia

Gun & Powder

Signature Theatre

Saturday, February 1 @ 8:00 PM

Sunday, February 2 @ 2:00 PM and 7:00 PM

Based on a true story, make way for the sisters Clarke in a dynamic, moving, and inspiring world premiere musical of two light-skinned African-American women who passed themselves off as White to become notorious outlaws in the Wild West. Show runs through February 23rd. Learn more at <https://tinyurl.com/hillcrest0220-1>

A Right to the City

Presented by: Smithsonian Anacostia Community Museum

Learn more about how Washingtonians have shaped and reshaped their neighborhoods in extraordinary ways. After a half-century of population decline and disinvestment, Washington, DC, today is home to a rapidly growing population, rising rents and home prices, major new development projects, but also deepening inequality. *A Right to the City* explores more than five decades of neighborhood change in the nation's capital as well as the rich history of organizing and civic engagement that accompanied it. Highlighting six neighborhoods across the city—Adams Morgan, Anacostia, Brookland, Chinatown, Shaw, and Southwest—the exhibition tells the story of how ordinary Washingtonians have helped shape and re-shape their neighborhoods in extraordinary ways: through the fight for quality public education, for healthy and green communities, for equitable development and transit, and for a genuinely democratic approach to city planning. Learn more at <https://anacostia.si.edu/>

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