



Hillcrest Community Civic Association

"Working together for a better community"

[www.HillcrestDC.com](http://www.HillcrestDC.com)

P.O. Box 30895, Washington, D.C. 20030-0895

# HILLCREST NEWSLETTER

Hillcrest Community Civic Association Newsletter

December 2017

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### The holiday season is here!!!

The Hillcrest Community Civic Association's Annual Holiday Luncheon will be held on Saturday, December 2, 2017 at the Hillcrest Recreation Center, beginning at 11:00 a.m.

The Luncheon prices are \$20.00 for members; \$25.00 for non-members; and \$10.00 for children under 12. There will be limited number of tickets available the day of the event.

Visit <http://www.hillcrestdc.com/> to purchase tickets.

## Special Points of Interest

### HILLCREST COMMUNITY CIVIC ASSOCIATION MEETING

The United Medical Center  
1310 Southern Avenue, SE  
December 2, 2017  
11:00 AM to 1:00 PM

### PSA 606 POLICE COMMUNITY MEETING

East Washington Heights Baptist Church  
2200 Branch Ave., SE  
Wednesday, December 20th  
6 PM

### ANC 7B MONTHLY MEETING

Ryland Methodist Church  
3200 S St., SE  
Thursday, December 21st,  
7 PM

**The Hillcrest Community Civic Association  
Annual Tree Lighting**  
*With Special Guest - Santa Claus*  
*(Children are encouraged to bring and read their wish list to Santa)*

**WHEN:** Saturday, December 2, 2017, 4:30 p.m.  
**WHERE:** Branch & Erie Streets, SE

Please bring flashlights, baked goods to share and a donation for Pathways to Housing  
Cider and Hot Chocolate will be provided

[Click here](#) to donate baked goods      [Click here](#) for Pathways wish list

## HILLCREST VISITS UNITED MEDICAL CENTER

The Hillcrest Community Civic Association (HCCA) met on Saturday November 4th at an unusual location. Our meeting was held on the premises of the United Medical Center (UMC) which was originally named Cafritz Hospital when it opened over 50 years ago.

The hospital hosted a full breakfast for members in attendance. Led by David Thompson, Director of Public Relations for the hospital, the attendees were briefed on a number of aspects of the institution.

Dr. Raymond Tu addressed the group. He teaches at the George Washington University Medical School and is a practicing physician in radiology at UMC. He spoke of the high level of modern equipment in use at UMC.

Mr. Thompson, provided our members with other data relating to the service of the hospital. Each year about 60,000 adults and 30,000 children are treated in the emergency room. In the case of more severe health crisis, after being stabilized, the adults are transferred to the Washington Hospital Center. Children needing further care are moved to the Children's National Medical Center.

Early in the briefing session, several members of HCCA offered some viewpoints. One member of HCCA gave an unsolicited testimony that twice he had been brought by a DC Fire Dept. ambulance to the emergency room where he had received good treatment. Another member reminded the group that on that very morning, *The Washington Post* had carried a lengthy story that the DC City Council was taking a very close look at the company holding the management contract for the institution.

The group was then divided into teams led by staff employees for a tour of the hospital. While escorting his group, Mr. Thompson explained that two floors of the hospital were devoted to "inpatient care" and one floor was devoted to "skilled nursing care" for longer term patients. There is a capacity of 210 beds for inpatients. One wing of the hospital provides office space for skilled medical specialties.

Everywhere the tour group went, they saw evidence of a "new" hospital. It was more than just a fresh coat of paint. The floors and lighting were new and the equipment was modern. Most impressive was the section devoted to three "Hyperbaric" chambers. These units are able to deliver 100% oxygen to Diabetic patients suffering from open wounds that are not healing properly. With such treatment, many patients experience healing which often means they are spared amputation of the infected limbs.

Mr. Thompson repeatedly reminded his audience, that even if a decision is made to build a new hospital east of the Anacostia River, such a facility would not be ready to receive patients for at least a half dozen years from this date. In the following week, readers of *The Washington Post* learned that the DC City Council, by a narrow margin, had voted to terminate the contract of the management firm that operates the hospital.

**To feed the hungry, to  
clothe the naked, to  
visit the ill in the  
hospital—these are  
acts of mercy, but  
there is one charitable  
deed which cannot be  
compared to them: to  
free your brother from  
misconception.**

A Calendar of Wisdom

## STATEMENT OF THE D.C. STREET LIGHT TASK FORCE

The D.C. Department of Transportation is poised to convert all of the District's 74,000 street lights to energy-saving LEDs. While this presents a wonderful opportunity to save tax dollars by reducing energy consumption, we must ensure that DDOT selects the best-available LED technology.

The American Medical Association has warned that "blue-rich" LEDs – those emitting a greater amount of blue-wavelength light – produce more glare, which the AMA calls a "road hazard." The AMA also warns that blue-rich LEDs are potentially harmful to human health because blue-wavelength light suppresses the hormone melatonin, which regulates Circadian sleep cycles.

The AMA recommends that outdoor lighting fall within the warm-white range (3000 Kelvin *or lower*). The AMA also recommends "the lowest emission of blue light possible to reduce glare." These recommendations are based on more than a decade of research published in peer-reviewed journals.

The D.C. Street Light Task Force is urging DDOT to install warm-white 2700-Kelvin LED street lights because they comply with the AMA recommendations and have been selected by other progressive cities concerned about public health, including Phoenix, Ariz., and Davis, Calif.

The color of LED light, as measured on the Kelvin scale, should not be confused with the level of illumination, as measured in lumens. National standards for roadway illumination can be attained with 2700-Kelvin LED fixtures by adjusting the wattage to produce the desired lumens.

The District of Columbia should embrace this once-in-a-generation opportunity and become a national leader in street lighting by installing 2700-Kelvin LEDs.

### 3 Tips for Healthy Holidays!

#### 1. Eat

As many colorful fruits and veggies as you can! Go ahead: stuff yourself silly with delicious winter squash, citrus fruits, etc.!

#### 2. Drink

As much water as you can, plus winter teas (ginger and lemon – YUM!), cranberry smoothies, and other fresh concoctions.

#### 3. Be Merry!

At the end of the holidays, what you'll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!



**EAT**  
YOURSELF  
WELL

*Inspiration to help you crave the foods that will make you radiantly happy and healthy!*



Hillcrest Newsletter brings you the information of the community

### Got Ideas!

Email ideas or articles for newsletter by the 15th of the month to:  
[hillcrestdc\\_newsletter@yahoo.com](mailto:hillcrestdc_newsletter@yahoo.com)

### Pay 2017 Dues

Make checks payable to HCCA  
Send to : P.O. Box 30895  
Washington, DC 20030  
Or  
[www.hillcrestdc.com/hcca/paydues.html](http://www.hillcrestdc.com/hcca/paydues.html)

Follow on Twitter @HillcrestWard7 and Facebook

Visit our website at:  
[www.hillcrestdc.com](http://www.hillcrestdc.com)

Join the conversation on our list serve at: [Hillcrestdc@yahoo.com](mailto:Hillcrestdc@yahoo.com)

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Contact information is available on our website at [www.hillcrestdc.com](http://www.hillcrestdc.com)

  
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