



BIRCHWOOD-CLEARVIEW

NEWSLETTER

"A Community That Cares" OCTOBER 2023 EDITION

Published by Birchwood City-Clearview Manor Community Association, Inc., (BCCA)
P.O. Box 7, Oxon Hill, MD 20745

Website: www.welcometobcca.org Email: birchwood.clearview@gmail.com



COMMUNITY CONTACT INFORMATION

- **Prince George's County Police: For Emergency dial 911, non-emergency, dial 301-352-1200.**
- **Request services from Prince George's County: dial 311 or download the mobile Apps PGC311 at https://play.google.com/store/apps/details?id=com.connectedbits.connectedcounty311&hl=en_US&gl=US**
- **Use of Birchwood Park Building – Dial 301-699-2255**



Community-Wide Meeting – Thursday, October 19, 2023, 7:00 PM, for all who live in the Birchwood City-Clearview Manor Community. Please join us in-person at the Birchwood Recreation Community Center, address: 1331 Fenwood Avenue, Oxon Hill, MD 20745.

Remember, you don't have to wait until the monthly meeting to get your questions/concerns addressed, you may send them via email to bccaconcerns@gmail.com.

PRIMARY AGENDA:

1. Opening Prayer/Community Pledge
2. Announcements from President, Sylvia Griffin and Vice President, Elton Jones
3. Prince George's Police Dept – Cpl. Dorian Johnson, COP Representative for our community
4. Guest speakers
5. Comments/Questions – Community Residents

You are invited to attend!

(Continuation from Upcoming Events)

Saturdays @ 9-10am - Fitness in Birchwood Park at 9am (weather permitting) with Planet Fitness Coach, Will Chambers. See you there!

Saturday, October 21, 2023 - Birchwood-Clearview Community Day, will be from 11am – 4pm; **(No makeup date)**. There will be music, food, fun, entertainment, games and much more. To help make this event a great success, we kindly request your support through a donation of money, cases of water, (packaged chips, cookies, candy), etc. See attached email sent earlier. **Thank you in advance for your donations and volunteering!**

Saturday, October 28, 2023 - "Growing Green With Pride" community event, meet at Birchwood Community Center at 8:30am. **Volunteers** – Please contact Sharon Sims-Colbert, sharon.sims2@verizon.net or Betty Woods-Beautification, btywoods@gmail.com to sign-up for this event.

From the Desk of BCCA President, *Sylvia Griffin*



It is a goal to help make Birchwood not only a thriving community but a healthy one as well. Health is undoubtedly our most valuable asset, it affects every aspect of our lives, from our ability to pursue our passions to our capacity to enjoy each moment. Yet, in our fast-paced world, health is often overlooked or taken for granted. I would like for the community to explore the importance of health, key components of a healthy lifestyle, just practical tips for achieving and maintaining optimal well-being. Health is not merely the absence of illness; it encompasses physical, mental, and social well-being. Here's why it should be a top priority in just naming a few priorities.

- **QUALITY OF LIFE:** Good health enhances our overall quality of life, allowing us to engage in activities we love, spend time with loved ones, and pursue our dreams.
- **PRODUCTIVITY:** Healthy individuals are more productive, both at work and in their personal lives, as they have the energy and focus to accomplish their goals.
- **MENTAL WELL-BEING:** A healthy mind is essential for emotional resilience, stress management, and maintaining a positive outlook on life.
- **PHYSICAL ACTIVITY:** Regular exercise is crucial for cardiovascular health, muscle strength, flexibility, and mental well-being. Aim for at least 150 minutes of moderate-intensity aerobic activity each week. ***Note: BCCA collaborated with Planet Fitness to lead the way in getting our community started with outdoor exercising under the Pavilion since June 2023 and still going strong.**

Also, let us keep check on our emotional wellness in finding that balance in our lives that we need. We can incorporate small steps for our mental and emotional health which are just as vital as our physical health. I just want to share with the community just a few of the following tips in keeping our mental wellness together:

- **STRESS MANAGEMENT:** Learn stress reduction techniques, like meditation or deep breathing, as well as gardening.
- **MINDFULNESS:** We can practice mindfulness to stay present and reduce anxiety

(Continuation from the Desk of BCCA President)

- **SEEK SUPPORT:** Reach out to friends, family, or a therapist, if you are struggling emotionally-**DON'T HOLD IT IN!**
- **POSITIVE SELF-TALK:** Replace negative self-talk-with something positive.

In my conclusion, it is not only for BIRCHWOOD TO BE A THRIVING COMMUNITY-- let us become a HEALTHY COMMUNITY! Just remember that wellness is a journey, not a destination. Embrace the PROCESS, let us stay committed to self-care, and make choices that empower us to lead a healthier and fulfilling life.

“Birchwood-Clearview to become the Leading Community in South County of Prince Georges.”

From BCCA Ways and Means Committee Chair, *Sharon Sims-Colbert*

Greeting from the Ways & Means Committee!!

"Growing Green With Pride" community event will be held **Saturday, October 28, 2023, 8:30am to 12:30pm.** This year, we will meet at the Birchwood Community Center at 8:30am.

Event Volunteers - Contact Sharon Sims-Colbert: sharon.sims2@verizon.net or Betty Woods, Beautification Chair - btywoods@gmail.com to sign-up for this event. (This change was mandated as the Community Day event is scheduled on Saturday October 21, 2023.)

All scheduled pick-up of supplies and planting materials will still be under the County wide schedule of **October 16th through 21st, 2023.** If you can volunteer to transport these items, your assistance will be greatly appreciated.

Pick-Up Volunteers - Pickup of supplies, materials and plants. Anyone with pickup capability is essential. Please contact Betty Woods-Beautification (btywoods@gmail.com) or Sharon Sims-Colbert (sharon.sims2@verizon.net) for more information, see below schedules.

Thank You So Very Much

IMPORTANT DATES AND INFORMATION FOR GROWING GREEN WITH PRIDE DAY FALL 2023

Plant Material Pickup Dates and Location

For HOA, Civic Associations, Churches, Private and Charter Schools Only

Monday - Friday, October 16-20.....8 A.M. to 2 P.M.

Wednesday, October 18.....5 P.M. to 8 P.M.

Saturday, October 21.....8 A.M. to noon

*Not open on weekends & holidays

Litter Supply Pickup Dates and Location

Wednesday, October 18.....5 P.M. to 8 P.M.

Thursday-Friday, October 19-20.....8 A.M. to 4 P.M.

Saturday, October 21.....8 A.M. to noon

Department of Public Works and Transportation
MOC Building, 8400 D'Arcy Road, Forestville, MD 20747

Application Deadline

FRIDAY, OCTOBER 13, 2023

Plant material for HOA, Civic Associations, Churches, Private and Charter Schools are available for pickup at:

DPW&T Maintenance Facility, 8400 D'Arcy, Forestville, MD 20747

Plant materials for Prince George's County Public Schools will be delivered by the schools' maintenance operations.

Plant material for municipalities are available for pick up at:

M-NCPPC - Randall Farm Maintenance Facility, 4200 Ritchie Marlboro Road, Upper Marlboro, MD 20772

(Continuation from BCCA Ways and Means)

**PRINCE GEORGE'S COUNTY - BIRCHWOOD-CLEARVIEW 2023
"BEAUTIFICATION HOMEOWNERS AWARDEE'S"**

**BARBARA CARTER
VEDA DIXON
ALLYCE KENNERLY
VIOLA H. KIRBY
DENISE JORDAN-WILLIAMS
ROLAND JOHNSON
SHARON R. SIMS-COLBERT**

Congratulations On Behalf Of Birchwood-Clearview Ways & Means Committee

Stop By the Ways & Means Committee Table on Community Day for more information about this program. 2024 is right around the corner!!



Birchwood/Clearview Playground Installation Update: Pending review is still in progress.

Respectfully,

BCCA Ways & Means Chair
BCCA Beautification Chair

From BCCA Beautification Committee Chair, *Betty Woods*



Good Neighbors, are you getting excited? Do you see and feel the change that's coming? I certainly do! Fall, peeking right around the corner with all the wonders of nature we get to enjoy. Those vibrant, colorful leaves, dew upon the morning grass, early darkness and the list goes on. What changes will you make in anticipation?

With community **"Clean-up Day"** rapidly approaching, we can get a jump on this event and start by cleaning up right on our own property. We can prepare by getting that final lawn work in by cutting the grass, trimming shrubs and bushes, fertilizing, and aerating and reseeding the lawn. And, let's not forget to inspect windows and doors for drafts.

I want to encourage you to be mindful of our friends, **the pollinators**, that play such an important role in our yards and gardens...those insecticides that are sprayed for those pesky predators, also kills the "good guys" that we need.

On a very serious note, I want to make an appeal to those of you who own dogs. Please do not let your dog roam the neighborhood without being on a leash. A neighbor was seriously bitten twice in one week, by the same dog, as he was walking his leashed dog. This is serious!!

Finally, please come out and support the community, meet your neighbors, and be a team player as we celebrate Community Day on October 21.

Many blessings!

From BCCA Education Committee Chair, *Michelle Ross*



October 2023 News

Are You Up-to-date on Your Vaccines? As we head into the fall and winter months, cases of COVID-19, flu, and other respiratory viruses such as RSV and pneumonia are expected to rise. Getting vaccinated is one of the best ways to protect yourself and your loved ones, especially older adults and people with weakened immune systems.

The [Centers for Disease Control \(CDC\)](#) recommends adults 65 years and older stay up to date on flu and pneumonia vaccines, and everyone ages 6 months and older receive an updated bivalent COVID-19 vaccine. In addition, the [Advisory Committee on Immunization Practices](#), a government agency that advises the CDC, recommends adults over the age of 60 get the RSV vaccine, which was approved by the [Food and Drug Administration](#) earlier this year.

Though the official COVID-19 Public Health Emergency has ended, most Americans, including Medicare beneficiaries, will still receive free COVID vaccines under their insurance plans. Flu, pneumonia, and RSV vaccines are also available at no cost through Medicare, [Health Insurance Marketplace](#) plans, and most private insurers.

(Continuation from BCCA Education)

For more vaccine information go to vaccines.gov, or contact your healthcare provider, pharmacist, or local health department. For questions on Medicare coverage, contact [SHIP](#) or call 1-800-MEDICARE (1-800-633-4227).

This article was copied from [Maryland Department of Aging](#).

From BCCA Publicity Committee Chair, Veda Dixon



Hello Neighbors, hope you are well!

As you may have notice, we are not sending out the BCCA's Monthly Newsletters as much, door-to-door, due to the high cost of printing. If anyone would like to be added to the community notification email list, please contact me via email at h15642vad@hotmail.com, include your name and address for verification, and you will be added to the list. Also, copies of the Newsletters (English and Spanish versions) are placed in the BCCA Publication Board on Crisfield Drive. Thank you!



The "Good News" Segment! This is where we share and feature your "Good News"! We hope the "Good News" will inspire, encourage, and give our readers "food for thought." With that said, **please send me any "Good News" you would like to share, the first Monday of each month via email H15642vad@hotmail.com. Thank you!**

SPOTLIGHTING – **Will Chambers**, Planet Fitness Coach. Thanks to BCCA President, Sylvia Griffin, and Ricky Lockett, Manager of Planet Fitness in Fort Washington, MD, Will was assigned to our community to start an outreach fitness program which you see advertised weekly as **"Saturday 9am Fitness in Birchwood Park."** Below are some of the testimonies I received about Will:

Carmen Mack: Will Chambers is a friendly, professional and well-trained instructor. He walks us through each exercise, and kindly encourages us to focus and complete each part of the routine. His Saturday morning workouts have helped me improve my overall well-being and strengthened my upper body (I can do pushups now), as well as my core and leg strength. These Saturday morning sessions have encouraged me to continue to move, be active and exercise. I hope Will can continue these Saturday morning exercise routines because they are beneficial to me individually and to our community collectively.

Kathy Graves: Will is a very good trainer. Not only am I more mobile but I also have more energy afterwards. I like the way he observes each person to make sure they are doing the right movements and not in distress. He also varies the workout so that different muscle groups are addressed each time which helps with whole body mobility.

(Continuation from BCCA Publicity)

Fredella Baylor: I've not exercised with the group very long, but I want to say how much I appreciate Mr. Will Chambers, for the important instructions he provides; how he checks up on the participants, inquiring during the session how they are coming along, he remembers different things about some individuals so that they do not overexert themselves with the issue/issues that may be affecting them. I have specifically, asked him about some things and Will has taken the time to stop and answer my questions and explain why he suggested the information, this was after the session, as he was leaving. I like the fact that he's up front with us, if he doesn't know something he lets us know; if he finds the answer, he lets us know, at the next session. He is exceptionally polite and very respectful. I appreciate it.

I only selected a few testimonies but I can confidently say, Will Chamber has been a blessing to our community!

Submitted by Veda Dixon

What's New



New T-Shirts – BCCA Walkers! For all you Birchwood-Clearview walkers out there, Elton Jones, Sr., BCCA VP, created and are selling these T-Shirts for \$20. To place your order, contact Elton via email eltonbjones@aol.com or Veda h15642vad@hotmail.com.

Free Notary Service for Birchwood-Clearview Seniors 65 and Older. BCCA's Secretary, Wanda Gross, is offering notary service. You may contact her at (301) 247-8926 or via email mommy1954.wg@gmail.com.

Dogs Should Be On Leash

Per Prince George's County Regulations, it is against the law for the owner or custodian of any animal to allow the animal to run at-large. Violators are subject to pet impoundment and fines. Call 311 with concerns.

No Smoking in Parks

The Department of Parks and Recreation in Prince George's County, part of the Maryland-National Capital Park and Planning Commission, sends a reminder to the community **that its parks have been and will continue to be smoke free. This includes all forms of tobacco, e-cigarettes, vapes and marijuana.**



Our Community Matters! Become a Volunteer and Get Involved!

From BCCA Membership Committee Chair, *Gloria Hernandez Saunders*



Hello, Birchwood–Clearview Residents! Thank you for your membership with the Birchwood City-Clearview Manor Community Association (BCCA).

For those who would like to become a member of BCCA, a membership table will be available during our Community Day celebration on October 21, 2023, to sign up; (membership fee \$25 per household).

Next year, BCCA Membership Committee plans to launch a Community-Wide Membership Drive going from door-to-door. We want to welcome our new neighbors as well as our long-standing neighbors to become a part of BCCA. **As the saying goes, “United we Stand, Divided we Fall.”** We want our community to be **United** in order to make a difference and to change/improve the things we can for the betterment of our wonderful community.

If you would like to join the Membership Committee to help me with the door-to-door, Community-Wide Membership Drive, please email me at army320@verizon.net.

Your Membership Dues Have Contributed to the Following Community Benefits--And Much, Much More:

- Thousands of dollars in scholarships provided to our youth to further their education;
- Newsletter-Printing & Distribution - keeping you abreast and up to date on what's going on in the neighborhood, including state and county impact;
- Maryland officials' spending over \$3 million to build sound/safety barriers along the Capital Beltway near the Birchwood-Clearview Community;
- Street Cleaning supplies - the people you see walking with trash bags and picker uppers and mowing the entrance are keeping our community clean; County-Wide Growing Green with Pride Clean-Up Projects;
- Walking Trail, tennis and basketball courts, the pavilion, and the planned playground at Birchwood Park;
- Tree planting throughout the community under Prince George's County "Right Place/Right Tree Program;"
- Community Center activities & senior activities: teen and adult Valentine dances, Halloween parties, exercise classes and chronic disease management and healthy eating classes;
- Community Days, annual holiday events including Family Breakfast/Dinner with Santa;
- Food/Coat Drives (in support of local Food Banks/Shelters); Holiday Basket Distributions and much, much more.