BIRCHWOOD-CLEARVIEW

NEWSLETTER

"A Community That Cares" - *FEBRUARY 2026 EDITION*

Published by Birchwood City-Clearview Manor Community Association, Inc., (BCCA)
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Prince George's County Council website:

Prince George's County Council | Prince George's County Legislative Branch, MD

COMMUNITY CONTACT INFORMATION

- **Dial 911 - Prince George's County Police for Emergency only. Non-emergency, dial 301-352-1200.**
- **Dial 311 - Request services from Prince George's County. Download the mobile Apps PGC311 at: https://play.google.com/store/apps/details?id=com.connectedbits.connectedcounty311&hl=en_US&gl=US**
- **Dial 811 – Miss Utility - Call before you Dig.**
- **Dial 211 – Help with Housing/Utility Expenses, Food, Mental Health, and Caregiver Resources - Call 211 for Essential Community Services | United Way 211**
- **Use of Birchwood Park Building – Dial 301-699-2400**
- **Calvin Thomas, Zoning Inspector for Oxon Hill – 240-444-2811**

UPCOMING EVENTS

Our next meeting will be held in MARCH VIA ZOOM – More information will be sent via email.

- **Saturdays @ 9am -** Fitness in Birchwood Park with Planet Fitness Coach, Will Chambers, **is now via Zoom for the winter months**. See you on Zoom – https://us06web.zoom.us/j/86822318584 - meeting ID 868 2231 8584.

From BCCA Education Committee Chair, Michelle Ross

Spotlight on Excellence:

Celebrating Ms. Amyah Foster

Achievement and A Bright Future

The Birchwood City - Clearview Manor Community Association (BCCA) is proud to celebrate one of our own, **Ms. Amyah Foster, who has been honored with the 2025 - 2026 Doris Saunders Scholarship for her outstanding dedication, resilience, and commitment to making a difference in our community.** This recognition reflects not only her hard work, but also the compassion and leadership she brings to every space she enters.

Beyond receiving this well-deserved award, Amyah is also taking an inspiring next step in her journey by beginning her education at Alabama A&M University. Her decision to begin her studies demonstrates the same determination and forward-thinking spirit that has made her such a valued member of our community.

BCCA believes in lifting up individuals who embody the power of growth, service, and perseverance. Amyah represents all of these qualities and more. We are excited to cheer her on as she pursues her goals and continues to build a future filled with purpose and possibility.

Please join us in congratulating Amyah on this remarkable achievement and wishing her continued success in her educational journey. Her story reminds us that when passion meets opportunity, incredible things can happen!

The Doris Saunders Award is dedicated to the loving memory of Mrs. Doris Saunders. Mrs. Saunders was an active member of BCCA and a pillar in the community. Her focus was directed at higher education for our youth. We want to keep the “torch” lit for our future leaders.

This award is made possible by generous donations from Mr. Saunders and our committed BCCA members. Please consider donating so that we can continue our goal of helping our youth reach their full potential.

2025 - 2026 Doris Saunders Birchwood City Clearview Manor Community Scholarship Essay
Submitted by: Ms. Amyah Foster
Freshman at: Alabama A&M University

As a senior that just graduated, I am driven by a passion for healthcare and a deep commitment to serving others. After college, I would like to pursue medical school with a focus on obstetrics. I’m passionate about women’s reproductive health and I want to contribute by ensuring that all receive equal and fair treatment. My academic goal is to pursue a degree in biology or nursing, which will prepare me to become an obstetrician-gynecologist (OB-GYN). This path combines my interest in science with my desire to support women through some of the most significant moments in their lives. I am particularly drawn to the field because it allows for long-term patient relationships, advocacy, and a direct impact on community health.

Moreover, through my learning of American sign language, I will be able to reach and support an additional population that may not often encounter medical providers who can communicate with them and receive equitable treatment. I have always had the desire to help and care for others, but I want to go even further and be able to help those who may not have the abilities I have or encounter institutional barriers. Communication is essential in healthcare and being able to connect with deaf and hard-of-hearing patients is a skill that will allow me to offer more inclusive and compassionate care.

My commitment to service is reflected by years of volunteer work at organizations such as Martha’s Table, where I’ve served meals to the homeless, and Seaton Elementary, where I tutored young students and helped with aftercare programs. Also, my significant work at Birchwood Community Center in which I helped plan out the community days and give back to the community at all events yearly. Also, helping the elderly people in the community complete tasks while also assisting the children.

Ultimately, my goal is to become a knowledgeable, caring OB-GYN who bridges communication gaps by learning ASL and continues to uplift underserved communities through healthcare. I am committed to academic excellence and lifelong learning as I pursue a career dedicated to service, equity, and empowerment.

From BCCA Beautification Committee Chair, Betty Woods

Great day friends and neighbors, what a glorious day to awaken and our new supply of grace and mercy has already been given…we can simply enjoy and be blessed because this is the day that the Lord has made. He wants us to rejoice and be glad in it.

Have you had your fill of snow mounds, icy sidewalks and playing that game of slip and slide if you venture out…well, I came bearing good news. March 20th is only 34 days away until spring, in her splendor and grandiose manner, she will make her royal appearance. Now, that's good news!

With the appearance of spring, we naturally think of budding plants/trees, twittering birds and ponder what seeds to plant. This process involves making choices.

In life we're constantly making choices. So, this decision is up to us whether it be life decisions or decisions as to what will germinate and grow. Let's make great choices. Choose love over hate, humility over arrogance and kindness over meanness. Let's water these choices with helping each other, loving and supporting each other, and being the very best person, we can be. **Don't forget to fertilize with forgiveness, patience, and sometimes adding in an extra dose of saying, "I'm sorry."** If we apply these tidbits to our gardening, we will produce the fruit of the spirit and produce a bountiful harvest. **Shalom.**

From BCCA Publicity Committee Chair, *Veda Dixon*

Hello everybody! In the month of February, we celebrate Black History, Valentine's Day, as well as American Heart. Very seldom do we talk about **American Heart** so here's a little something about it. In 1964, former president, Lyndon B. Johnson, proclaimed, American Heart Month as a national call to take charge of your heart health. Heart disease is one of the leading causes of death in the U.S.; someone has a heart attack every 40 seconds.

Some heart risk factors include:

- **high blood pressure –** a condition where blood force against artery walls is consistently too high; which causes serious damage including heart disease and stroke, if not treated.
- **high cholesterol –** condition with excessive fat/lipids in the blood, often exceeding 200 mg/dL, causing dangerous plaque to buildup in the arteries.
- **smoking –** damages blood vessels, cause plaque buildup, raises blood pressure, and double the risk of heart attack and stroke.

Know your numbers - blood pressure, cholesterol, and diabetes and take control of your heart health. Some benefit factors include **- Increase your physical activity** (of course check with your doctor first). **Eat more fruits and vegetable**, take charge of your diet. **Stop smoking** – know your triggers and try to distract yourself until the craving goes away or use nicotine replacement therapy.

This information and more can be found at the following websites: www.heart.org, www.mayoclinic.org, and AI Overview.

Love you and I mean it and there's nothing you can do about it 😊❤️.

From BCCA Membership Committee, *Gloria Hernandez Saunders*

MEMBERSHIP FORM (2026)

BIRCHWOOD CITY-CLEARVIEW MANOR COMMUNITY, INC. (BCCA)

BCCA's Mission is to enhance the quality of life for residents of the Birchwood City-Clearview Manor Community. Membership dues and community volunteers help BCCA accomplish this mission. Go to www.welcometobcca.org to see some of the accomplishments.

TOGETHER EVERYONE ACHIEVES MORE

TO JOIN BCCA, please pay your membership dues ($25.00 per household annually) by using either one of the two methods below:

(1) Complete this Membership Form and MAIL IT with your check or /money order payable to BCCA. Mail to:

BCCA
Attn: Mrs. Hernandez Saunders, Membership Committee Chair
P.O. Box 7
Oxon Hill, MD 20745-0007
--OR

(2) Pay your membership dues electronically by using **CashApp $birchwoodBCCA (Percellwalker@verizon.net)**

NOTE: If you use CashApp, please remember to complete this form and email it to Percell Walker at pjwalker47@hotmail.com

Date_____

Name(s) of Residents_____

Address_____

Phone Number_____ **Email**_____

Membership Dues$**___ **Scholarship Donation$____ **General Donation$**___ **Total $**_____

Would you like to volunteer in any of these areas? __Beautification __Community Services __Diversity __Education __Hospitality __Legislation __Membership __Planning __Publicity __Recreation/Events __Technology __Ways and Means __Youth

Please go to www.welcometobcca.org to learn what each committee does.

THANK YOU FOR JOINING BCCA.

Your membership renewal date for next year will be 12 months from the date you joined this year.