



# Community News

## HOLIDAY GUIDELINES FOR COVID-19

The holidays are upon us, and this year, we urge you to take extra care to keep yourself and your family safe. It is advised that families stay home and engage in indoor activities.

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. **Lower risk activities** for Thanksgiving include: having a small dinner with those who live in your household, sopping online, preparing meals for family and neighbors and delivering them in a way that does not include physical contact. **Moderate risk activities** according to the CDC include: having a small outdoor dinner with friends and family, visiting outdoor pumpkin patches where people are able to wear masks, use hand sanitizer and maintain social distancing., and attending small outdoor events with safety precautions.

The CDC cautions against high risk activities such as: going shopping on or just before Thanksgiving in a crowded store, attending crowded parades, attending large indoor social gatherings, or using drugs or alcohol.



## Prince George's County COVID Testing sites

Prince George's County has several permanent testing locations for COVID-19, with pop up locations announced on their website at <https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>. Testing is limited to persons 10 years of age or older. Patients do not need an appointment, doctor's note, or insurance to get tested.

### Cheverly Health Center :

3003 Hospital Drive, Cheverly, MD 20785  
Monday - Thursday 10:00 a.m. to 3:00 p.m.

### Adventist Medical Group

10709 Indian Head Highway, Suite D, Fort Washington, MD 20744  
Monday, Tuesday and Friday 7:30 a.m. to 11:30 a.m.

### First United Methodist Church of Hyattsville

6201 Belcrest Rd. Hyattsville, MD, 20782  
Mondays and Saturdays 9:00 am - 3:00 pm

### D. Leonard Dyer Regional Health Center

9314 Piscataway Drive, Clinton MD 20735  
Monday - Thursday 10:00 a.m. to 3:30 p.m.



**Fall is in the air!** I would like to take time out to remind everyone to be mindful of leaving your windows and doors open to enjoy the cool weather. Please be sure to lock your doors and windows when you leave your homes and before you go to sleep.

Code Enforcement has become a big issue within the Town. Please be advised that any Town resident can come to the Municipal Building during business hours to obtain a free copy of the Town Ordinance laws.

The FHPD anticipates a safe and wonderful fall within the Town of Forest Heights.



## Forest Heights Police Department Calls for Service September 2020

911 DISCONNECT	22	STOLEN VEHICLE	2
ACCIDENT	7	SUBJECT STOP	3
ANIMAL COMPLAINT	4	SUSPICIOUS AUTO	6
ARMED PERSON	3	SUSPICIOUS OCC AUTO	9
ASSIST FIRE EMS	3	SUSPICIOUS PERSON	3
BREAK IN REPORT	1	THEFT FROM AUTO	2
CHECK WELFARE	2	THEFT REPORT	1
CHECK WELFARE COMB.	2	THREATS COMPLAINT	1
DISORDERLY	9	TRAFFIC COMPLAINT	14
DISPUTE W/ WEAPONS	1	TRESPASSING COMPLAINT	1
DOMESTIC	7	UNKNOWN TROUBLE	8
FAMILY DISPUTE	3	VANDALISM	2
FIGHT	1	VEHICLE ACCIDENT COMB	5
FIGHT COMBINED	1	<b>Total Calls Handled: 216</b>	
GUNSHOTS	5		
HIGHWAY ACCIDENT	1		
HIT AND RUN	5		
LOITERING COMPLAINT	1		
MISC POLICE INCIDENTS	12		
MISSING PERSON	1		
PARTY COMPLAINT	1		
PREMISE CHECK	62		
RESIDENTIAL ALARM	4		
RESIDENT PANIC ALARM	1		

**POLICE STATION**  
**5508 ARAPAHOE DRIVE**  
**Operating**  
**Monday through Friday**  
**8:30 a.m. to 5:00 p.m.**  
**301-839-4040**  
**(Emergency) 911 (Non-Emergency)**  
**(301) 352-1200**



*Halloween Candy Giveaway*

# Town of Forest Heights

DRIVE THRU  
TRICK-OR-TREAT

SATURDAY, OCTOBER 31, 2020 | 5-8PM

TOWN HALL

5508 Arapahoe Drive, Forest Heights MD



Many traditional Halloween activities can be high-risk for spreading viruses. There are several safer, alternative ways to participate in Halloween. If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

## Community News



# TOWN OF FOREST HEIGHTS Summary Balance Sheet Now Available as of September 30, 2020

Online at [Forestheightsmd.gov](http://Forestheightsmd.gov) or the Town Treasurer's Office

### Get your Town of Forest Heights Information Electronically!

Stay Connected: Town Meetings Now

Available Online, FH Community Video

Residents are invited to sign-up to receive updates on upcoming events, meeting notices, public safety notices/alerts, etc.

It is easy to sign-up; just email [shawkins@forestheightsmd.gov](mailto:shawkins@forestheightsmd.gov) to start receiving information electronically from the Town of Forest Heights or call the Town Hall Administrative Office at 301-839-1030 for assistance. Visit us at [www.forestheightsmd.gov](http://www.forestheightsmd.gov). and/or check us out on Forest Heights Facebook.

May we have your email address?

## Farmers Market

Connecting the Community

**We'll See You Every  
Wednesday**

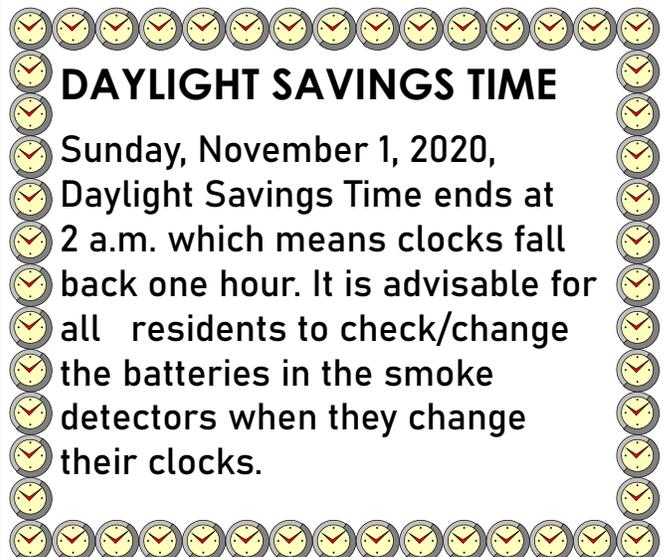
**12:00 Noon—4:00 P.M.**

Forest Heights/St. Mark AME Church  
Indian Head Hwy, MD 20745



### BE SURE TO VISIT THE TOWN WEBSITE

The Forest Heights Town Website, [www.forestheightsmd.gov](http://www.forestheightsmd.gov), is full of information and updates to what is going on in your community. Our News Flash events is located at the bottom of the home page, and changes periodically to reflect events as they change. Be sure to also check out our Town Calendar. Instructions for listening into the Town Meetings are published on the website, as well as the Agenda (published under Minutes).



### DAYLIGHT SAVINGS TIME

Sunday, November 1, 2020,

Daylight Savings Time ends at

2 a.m. which means clocks fall

back one hour. It is advisable for

all residents to check/change

the batteries in the smoke

detectors when they change

their clocks.

# Community News

## Senior Exercise Group

The Forest Heights Senior Exercise Class currently meets in front of the Municipal Building at 5508 Arapahoe Drive on Tuesdays and Thursdays at **5:30 PM**, weather permitting. Schedule is subject to change. The exercise class is free to join for Forest Heights Seniors, and a great way to stay connected and stay fit. We hope to see you there!



**AUTHORIZED  
TO ENROLL  
MARYLANDERS**



**WE'VE GOT YOU COVERED! AFFORDABLE CARE ACT OPEN ENROLLMENT.** Open Enrollment runs from Sunday, November 1 through Tuesday, December 15, 2020. Coverage begins January 1, 2021.

If you don't enroll in a plan by December 15, you can't get 2021 coverage unless you qualify for a [Special Enrollment Period](#). Go to [Healthcare.gov](#) to sign up for coverage, learn more information, or to keep or update your existing plan. Plans sold during Open Enrollment start January 1, 2021.

Questions? Contact the Maryland Health Benefit Exchange at 1-855-642-8572 or go to [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov).

### DISPOSING OF PRESCRIPTIONS AND/OR MEDICATIONS

**Do not flush old prescription down the toilet.**

Remove drugs from original container. By removing unwanted, unused, or expired medicine from its original container, you are ensuring that medicine will not fall in the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and landfills.

Mix drugs with undesirable refuse and throw in garbage. Guidelines suggest mixing medications with items like used coffee grinds or cat litter and placing them in a sealed bag, empty can, or jar. Throw containers in the trash can. This extra step can prevent accidental overdose by children and pets and also possible drug theft.



### Dear Neighbors,

HELP US TO HELP YOU.

If you notice a Street or Area Light that is out please contact the Administrative Offices with the Street Address and Pole Number if possible.

You can find the Pole Number on the side of the pole facing the street and should read similar to:

PEPCO 767452-1464.



NAME OF BENEFICIARY  
JOHN DOE  
MEDICARE CLAIM NUMBER  
000-00-0000-A  
SEX  
MALE  
IS ENTITLED TO  
HOSPITAL (PART A) 01-01-2007  
MEDICAL (PART B) 01-01-2007

SIGN  
HERE →

### MEDICARE OPEN ENROLLMENT

The Open Enrollment Period sometimes called the Annual Election Period or Annual Coordinated Enrollment Period – runs each year from

October 15 to December 7. During this time:

- Anyone with Medicare Parts A & B can switch to a Part C plan.
- Anyone with Medicare Part C can switch back to Parts A & B.
- Anyone who has or is signing up for Medicare Parts A or B can join, drop or switch a Part D prescription drug plan.
- Anyone with Medicare Part C can switch to a new Part C plan.

Your coverage will start January 1 of the following year.

# Community News Continued

## Updated Information: Student Grab and GO Meals

Prince George's County Public Schools offers FREE meals for all children ages 2 to 18 to be picked up at schools on Mondays and Wednesdays from 10AM-1PM. This includes nearby locations such as Forest Heights Elementary School, Flintstone Elementary School and Oxon Hill High School. Children picking up meals do NOT need to show identification. Parents picking up meals must show student Pin Number, Student ID, or most recent report card to verify enrollment.



## Back to School 2020

Prince George's County Schools will continue distance learning at least through the end of the second term in January. Resources are still available for students and parents. Nine Parent Centers will be **open Mondays and Wednesdays, 8:00 a.m. – 10:00 a.m. and 6:00 p.m. – 8:00 p.m.** Parents may call **240-696-3315** during these hours for live assistance or to book an appointment at a center. The closest Parent Center will be Thurgood Marshall Middle School at **4909 Brinkley Road** in Temple Hills. All visitors to these centers should wear a mask.



**ALZHEIMER'S & BRAIN AWARENESS MONTH**  
2020



The number of people with the disease has soared to nearly 5.4 million. Get involved this month, and help raise awareness for Alzheimer's disease. Alzheimer's Awareness Month, which occurs every November, was established to honor the millions of Americans living with Alzheimer's, through advocacy for a cure, awareness and education. Check out the National Capitol Area Chapter of the Alzheimer's Association for information, support, and related activities at [\(703\) 359-4440](tel:7033594440).

## National Veterans Day Ceremony

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. The ceremony commences precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries.

The ceremony is intended to honor and thank all who served in the United States Armed Forces.



## Weatherization Assistance Available: FREE HOME UPGRADES

Apply for weatherization upgrades that can make your home more energy efficient. Applications can be found at the Forest Heights Municipal Building or online at <http://www.e2f2.us/blog/>. Applications can be dropped off at the mailbox at the municipal building. **Veterans and Retired homeowners will be given preference.** For more information, call 301-839-1030. Anyone who meets the income requirements is welcome to apply. Come check it out today!

Number of People Living in House	Owner(s) Only Annual Income Must Be Less than	Number of People Living in House	Owner(s) Only Annual Income Must Be Less than
1	\$69,800.00	2	\$79,750.00
3	\$89,700.00	4	\$99,600.00
5	\$107,600.00	6	\$115,600.00
7	\$123,600.00	8	\$131,600.00

## APPLY TODAY FOR FREE HOME REPAIR!

H.O.P.E. (Housing Options Planning Enterprise) offers critical repair services for Forest Heights Seniors.

Services can include the following based on eligibility: exterior doors, siding, roof repair, HVAC repair, insulation, plumbing, and other health and safety related repairs.

Interested in obtaining an application? The Town of Forest Heights has applications available. Call our Healthy Heights Coordinator, Ms. Moore, at 240-641-6441 if you have any questions.



# Community Calendar

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bulk Trash 3 items or less	2	3
4	5 Trash, Yard Waste and Recycling Pickup MAYOR/ COUNCIL WORKSESSION 7:30 pm via ZOOM 	6 Senior Outdoor Exercise 5:30 PM	7	8 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	9	10
11	12 Trash, Yard Waste and Recycling Pickup	13 Senior Outdoor Exercise 5:30 PM	14	15 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	16	17
18	19 Trash, Yard Waste and Recycling Pickup	20 Senior Outdoor Exercise 5:30 PM	21 <b>MAYOR/ COUNCIL TOWN MEETING 8pm via ZOOM</b> 	22 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	23	24 Community Shredding 9AM-12PM DRIVE THRU
25	26 Trash, Yard Waste and Recycling Pickup	27 Senior Outdoor Exercise 5:30 PM	28	29 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	30	31 Halloween Candy Giveaway 5PM-8PM 

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVINGS	2 Trash, Yard Waste and Recycling Pickup MAYOR/ COUNCIL WORKSESSION 7:30 pm via ZOOM 	3 Senior Outdoor Exercise 5:30 PM	4	5 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	6	7
8	9 Trash, Yard Waste and Recycling Pickup	10 Senior Outdoor Exercise 5:30 PM	11 Veterans Day	12 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	13	14
15	16 Trash, Yard Waste and Recycling Pickup	17 Senior Outdoor Exercise 5:30 PM	18 <b>MAYOR/ COUNCIL TOWN MEETING 8pm via ZOOM</b> 	19 Bulk Trash 3 items or less Senior Outdoor Exercise 5:30 PM	20	21
22	23 Trash, Yard Waste and Recycling Pickup	24 Senior Outdoor Exercise 5:30 PM	25	26 Thanksgiving Day. No Bulk Trash Pickup 	27 Bulk Trash Pickup	28
29	30 Trash, Yard Waste and Recycling Pickup					

\*\*\*\*\*EWCRWSS\*\*\*\*

Local Forest Heights  
Post Customer

PRSWRT STD  
ECRWSS  
U.S. POSTAGE  
PAID

## Community News (continued)

### Pet Waste Station Reminder

**DO YOUR DOODY SCOOP That POOP**  
scoop IT. bag IT. trash IT.

Join with other proud Prince George's pet parents and pledge to #ScoopThatPoopPGC at [environment.mypgc.us](http://environment.mypgc.us)

[http://www.princegeorgescountymd.gov/179/Environment](https://www.princegeorgescountymd.gov/179/Environment)  
For more information call 311 or go to [environment.mypgc.us](http://environment.mypgc.us).

**1** DOGS POOP IN THE YARD, PARK OR DOG PARK

**2** DECOMPOSITION BEGINS - DISEASE CAUSING BACTERIA & PARASITES SEEP INTO THE SOIL

**3** DISEASE CAUSING BACTERIA & PARASITES TRAVEL WITH RAIN WATER RUNOFF

**4** HARMFUL BACTERIA & PARASITES BECOME PART OF LOCAL STREAMS, RIVERS & LAKES

**5** PEOPLE PLAY IN & GET IN CONTACT WITH THE CONTAMINATED WATER

**6** PEOPLE GET SICK

**Keep your Sidewalk Clean:** As we enter fall, please take the time to rake up any Yard Waste and keep it from spilling on the sidewalk. Grass clippings can be a tripping hazard, especially after wet weather. Failure to sweep up Yard Waste is subject to a fine under Article 19.1 of the Town Ordinance.

### Important Town Help Numbers

If you need to reach the Town of Forest Heights, call **301-839-1030** for the Admin Department. For the Forest Heights Police Department or Code Enforcement, dial **301-839-4040**. For Public Works, dial **240-993-9243**.

Mayor **Habeeb-Ullah Muhammad**—ext. 1223

[Hmuhammad@forestheightsmd.gov](mailto:Hmuhammad@forestheightsmd.gov)

Town Council/Administration  
Ward I

**Robert Barnes**

[rbarnes@forestheightsmd.gov](mailto:rbarnes@forestheightsmd.gov)

**Calvin Washington**

[cwashington@forestheightsmd.gov](mailto:cwashington@forestheightsmd.gov)

Ward II

**Jonathon Kennedy II**

[jkennedy2@forestheightsmd.gov](mailto:jkennedy2@forestheightsmd.gov)

**Clifton Atkinson**

[catkinson@forestheightsmd.gov](mailto:catkinson@forestheightsmd.gov)

Ward III

**Taunya Hines**

[thines@forestheightsmd.gov](mailto:thines@forestheightsmd.gov)

**Paula Noble**

[pnoble@forestheightsmd.gov](mailto:pnoble@forestheightsmd.gov)

**Linwood Robinson, Town Administrator**— ext. 1234

[lrobinson@forestheightsmd.gov](mailto:lrobinson@forestheightsmd.gov)

**Sherletta Hawkins, Town Clerk**—ext. 1233

[shawkins@forestheightsmd.gov](mailto:shawkins@forestheightsmd.gov)

**Kathleen Via, Administrative Assistant**—ext. 1229

[kvia@forestheightsmd.gov](mailto:kvia@forestheightsmd.gov)

**Leittia Vaughn, Town Treasurer**-ext. 1235

[lvaughn@forestheightsmd.gov](mailto:lvaughn@forestheightsmd.gov)

**Larry Vaughn, Public Works Director**—ext 1231

[ldvaughn@forestheightsmd.gov](mailto:ldvaughn@forestheightsmd.gov)

**POLICE DEPARTMENT**

(301) 839-4040

**Chief of Police, Col. Anthony Rease**—ext. 1224

[chief@forestheightsmd.gov](mailto:chief@forestheightsmd.gov)

**Tessie Hoffmann, Police Clerk**—ext. 1225

**Lisa White, Director of Communications**

[FHPD\\_Media@forestheightsmd.gov](mailto:FHPD_Media@forestheightsmd.gov)

**CODE ENFORCEMENT OFFICE**

**Joseph Hawkins**—ext.1228

[codeenforcement@forestheightsmd.gov](mailto:codeenforcement@forestheightsmd.gov)

**HEALTHY HEIGHTS COORDINATION**

**Marnisha Moore, Healthy Heights Coordinator**

[mmoore@forestheightsmd.gov](mailto:mmoore@forestheightsmd.gov)

Information Line (240) 493-6998

Non-Emergency (301) 352-1200

EMERGENCY DIAL 911

[www.forestheightsmd.gov](http://www.forestheightsmd.gov)

**ADMINISTRATIVE OFFICES**

Phone (301) 839-1030 Fax (301) 839-9236

8:30a.m.—5:00 p.m. Building closed until further notice.