

Cochran, Patricia (DCOZ)

From: Merary Vasquez <MVasquez@UnityHealthCare.org>
Sent: Monday, October 18, 2021 3:29 PM
To: DCOZ - ZC Submissions (DCOZ)
Cc: NeighborsOfParkview@gmail.com
Subject: Opposition to park tower (16-11)

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DC Zoning Commission:

I oppose replacing Bruce Monroe Community Park with a 9-story-plus-penthouse tower.
(Case 16-11)

The city's new Comprehensive Plan requires a thorough impact assessment -- ensuring that negative impacts on neighborhoods, transportation, environmental quality, and other issues are assessed and adequately mitigated. The DC Appeals court made clear this was not thoroughly done.

Bruce Monroe is making a difference in our community's health.

I am a Care Coordinator at upper Cardozo where we serve our community some live in the surrounding neighborhood of Bruce Monroe Community Park. This park is not only a park, is a place where our patients improve their health. Some patients are given Park Rx to better their health condition. We have patients young and old with chronic illnesses such as hypertension, diabetes, overweight just to name some. Bruce Monroe is accessible to our community, it's making a difference and is also building strong relationships. Some might say well there's other parks around. It is critical for a patient that has mobility issues to have a park within block or two. This makes a big difference whether they will comply with a provider's orders. In our program we also see many children that we encourage to stay active and provide a Park Rx. A park is more appealing and safe for any child to take a walk, play with a ball for 30 minutes, shoot some hoops for 30 minutes, then sidewalks with zooming traffic.

Our communities deserve to keep their parks. Very offend we hear that our city is changing. Developments are being built and not enough places where children can run around and have fun. Elderly can take a walk and meet new people. Moms can bond and learn from each other. I oppose to this new development because we will be losing a great place where the community can come distress and get healthy.

Sincerely,

Merary Vasquez
841 Longfellow Street Washington DC
202-316-0469

The paradigm shift in the way we think about parks: not just as a place to recreate, but literally as a prescription, a place to improve your health," says Zarr, who writes up to 10 park prescriptions per day. In 2017 he founded Park Rx America to make it easier for more health professionals to write park prescriptions for patients of all ages, particularly those with obesity, mental-health issues, or chronic conditions like hypertension and Type 2 diabetes.

Park Rx America www.ParkRxAmerica.org
Ask your doctor for a park prescription today!

Clearly, with the U.S. **\$190 billion** each year.

Being obese puts a person at **greater risk for chronic illness**, including coronary heart disease, high blood pressure, stroke, type 2 diabetes, cancer, and reproductive problems.

29 million Americans suffer from diabetes and are at higher risk of heart disease, stroke, blindness, kidney failure, and lower limb amputation.

Exercising heart disease is the **leading cause of death** for both men and women.

12.2 million adults reported having at least **one major depressive episode** in the past year.

Outdoor activities improve both **mental and physical well-being** more than indoor activities.

Spending time in nature is associated with **better cognitive development** in schoolchildren.

The closer we are to green spaces, the **less we suffer from cardiovascular, neurodegenerative, mental health, respiratory, reproductive, and cognitive diseases**.

Spending more time in parks translates to being **more physically active**.

Spending time in nature **decreases anxiety and negative thinking** and lowers levels of depression and stress.

Children who spend more time in nature are more **physically active and show better blood sugar control**.

Spending time in nature helps to **decrease high blood pressure**.

LEARN MORE AT ParkRxAmerica.org
The program was created in collaboration with HEAT, NARA, Dr. Zan, and NPL/OTC.