

FACES OF FRIENDSHIP

APRIL 2023



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Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the facilities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



RESOURCE FAIR PAGE



PUZZLE PAGE

EASTER

WORD SEARCH



Y T L
 Y P H S H Y
 H S S A R G E
 Y R Y I H I R H Y
 H H D R E T S A E H Q
 U N S P R I N G I R H
 B N I A A L D L A S I R B
 C T S L C H I C K A S I C
 J E L L Y B E A N L A S F
 R E W O L F B F N R L U A
 R S T F E A M T E R R N J
 U A E P P B A S K E T D U
 T R N B B L L S B P F A O
 B U N N Y U S A L E P Y Z
 P U O G S A A R S E B O P
 T B N A R P K A P L B
 B S E E K E G G S S L
 A T Y U E T K R
 Y D N A C U
 T B S M



BUNNY
 EGGS
 CHICK
 JELLYBEAN

BASKET
 SPRING
 FLOWER
 EASTER

GRASS
 CANDY
 HUNT
 DYE

BONNET
 SUNDAY
 PEEPS
 LAMB



About A Mom © www.aboutamom.com

Crabby Road

4-8-11

Greatest Hits

Hip joints, knee joints,
lower back ...

yep, my triple-action
doppler says it's
going to rain.



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Maxine.com





APRIL BIRTHDAYS

Birthstone: Diamond **Flower:** Daisy **Zodiac:** Aries/Taurus

Davis, Carolyn	4/01	Taylor, Joan	4/17
Kambhampati, Susila	4/03	Harris, Renee	4/27
Olsen, Alfred	4/03	Lopez, Carlos	4/29
Yehdego, Yeekalo	4/04	West, Lloyce	4/29
Baugh, Pamela	4/06	Robinson, Alma	4/30
Taylor, Roswell	4/07		
Freck, Robert	4/14		
King, Jeffrey	4/14		
MaComber, Fern	4/14		



CENTER FOR DISEASE CONTROL INFORMATION

We will continue to keep you informed of any new changes regarding the COVID-19 pandemic, as they relate to Friendship Terrace or the greater District of Columbia area.

If you have any questions about COVID-19, Friendship Terrace recommends you check out the following resources:

- DC Corona virus Website: [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)
- Centers for Disease Control Website: [CDC.gov](https://www.cdc.gov)
- State Department Website: [State.gov](https://www.state.gov)
- DC Health Website: [Dchealth.dc.gov](https://www.dchealth.dc.gov)
- Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

COFFEE CHAT PAGE

Grab a cup of coffee and join Friendship Terrace's Service Coordinator, and a very special guest, for COFFEE CHAT on Wednesday, April 19, 2023 at 11:00am in the 2nd floor Lounge!

Carolyn Dungee Nicholas is an Advocate for Elder Justice, and the author for HILDA, which is the epic story of five-term District of Columbia Councilmember Hilda Howland Minnis Mason. She will discuss the biography she's written about her mother, Hilda Howland Minnis Mason, and pays homage to Hilda's rise from humble origins in segregated, rural Virginia to her career as a renowned educator and public official in Washington, DC.

CAROLYN DUNGEE NICHOLAS

HILDA



From the Service Coordinator

A monthly publication to keep you informed about wellness programs and events

APRIL, 2023

Hello FT Family,

April is Stress Awareness month. Stress Awareness month has been recognized every year since 1992. We all experience stress whether it may be positive (called eustress) or negative (called distress).

What is positive stress you may ask? Some examples of positive stress are starting a new job, moving, buying a house etc. There are different ways to cope with stress, due to stress being a physical, mental, or emotional strain/tension. Though there are many ways to manage the stress that is in your life, such as:

- ◆ Taking care of yourself: eating healthy, exercising regularly, getting plenty of rest and giving yourself breaks if need be.
- ◆ Discussing your issues/problems with someone trusted: talking out your issues/problems can be a great way to get pressure off you or release your negative stress.
- ◆ Recognizing you need more help: know when to talk with a social worker, psychologist, or counselor if things worsen or get out of control.

Happy April!! Rahell & Mary



Catholic Mass



April 7, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



April 19, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



April 20, 2023
2:30pm— 3rd Floor Lounge

Shabbat Service



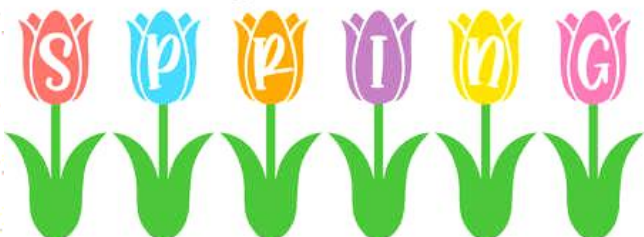
April 14 & 28, 2023
3:30am— 3rd Floor Lounge

Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor



hello



Suggestions/Comments Welcome

If you would like to leave comments or suggestions for the Service Coordinators feel free to call the front desk and place your concerns along with your name and apartment number.

We welcome your feedback!

Rahell Negash

(202) 244-7400 Ext. 106

Mary Toussaint

(202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

Spring is finally here!

Spring is my personal favorite season; There's just something so rejuvenating about spring. Whether it's the birds chirping, flowers or sunshine, spring does wonders for my soul. As the fresh buds turn to blooms, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. Springtime is typically also a favorite season for seniors because they have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance our quality of life. As we all shake off another winter, it's spring cleaning season once again. We all know how important a clean and clutter-free home and community can be, for safety and aesthetically. With yearly spring cleaning, we can improve the safety of your home by eliminating hazards.

With all that in mind, here are 4 tips to make your spring cleaning easy:

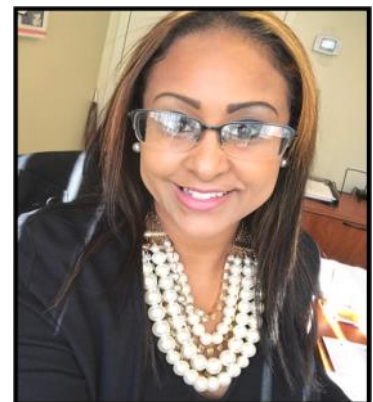
1. Have a Plan; make a checklist of the areas you want to address
2. Invite Other Family or Friends to Help; cleaning as a team makes spring cleaning easier and faster
3. Go After Clutter First; organize items and get rid of stuff you no longer use
4. Throw Out Expired Items; do a thorough cleaning of your medicine cabinets and food storage cabinets

How will you "Spring" into Action at this beautiful time of year? Is it time for a new dress, pants or shirts that make us feel good when we put them on? Will you join an exercise class? Perhaps you've thought of a project to start or a club to join? Spring is a great time to start new beginnings. At Friendship Terrace, the choices are endless. Make sure to check out our calendar to see if there are any new activities you would like to join this month! Take time this month to get involved in a new activity and meet a friend or two. You will be glad you did!

Speaking of Spring, our taste buds tend to change along with the spring weather. You will begin to notice new items on our spring menus that may not have been served during the fall/winter months. Is there a special food or entrée that you would like to see us add to our menus? Maybe there is something that you would like for us to serve more often... or less often. Please make sure to utilize our Happy or Not machine located in the dining room and give us your feedback. Our goal continues to be that we make your dining experience the very best it can be.

May you all enjoy the many blessings that April has to offer you!

Semira Negasi
Administrator



SEABURY PAGE



STUFF THE SHED

Seabury Resources is seeking donations to help older adults age in place. Donations will be used to help residents in Wards 4, 5, and 6 who need a hand keeping up with yard or housework.

Rakes • Sponges • Shovels • Hoes • Gloves • Trash bags

Go to our website to make a donation or contact Grandon Purnell purnell@seaburyresources.org

(202) 577-8442

www.seaburyresources.org

HOW MANY MORE “HIDDEN FIGURES” IN VIRGINIA THAT WE WILL EVENTUALLY DISCOVER?

If you have become dependent on your GPS to reliably get you from point A to point B in these United States, don't hesitate to thank the Good Lord for sending us a brilliant African American, **Dr. Gladys Brown West**.

Dr. West was born and raised in the rural community of Sutherland, Virginia, in the equally unknown county of Dinwiddie. Not unlike ex-enslaved people throughout the south, Blacks did what they could to get an education. In rural Sutherland, they pooled their meager resources and built a one-room schoolhouse, which they named Butterwood Road School. Their books were those discarded by white students – usually marked up and with missing pages. The students were taught reading, writing, and arithmetic from first through seventh grades – all in one room and all by one teacher. There was no transportation and many of the students had to walk as many as five miles to attend. Such was the initial educational background of the woman who would revolutionize travel for the entire universe.

Even though more than five billion people throughout the world are beneficiaries of her genius, essentially none has even heard her name, let alone know her history. This is beyond shameful!

This is not to say that Dr. West has not received a modicum of public recognition, mostly locally and mostly in the form of personal recognition, such as inductions into various Halls of Fame. To me, this is not even remotely acceptable!

When that august Naval Proving Ground research center in Dahlgren, Virginia amassed an impressive corps of mathematical and scientific geniuses, Dr. West was not initially on their radar. However, it seems that after she was thoroughly vetted, that agency vigorously recruited her, wooing her from her teaching job by doubling her current salary and hiring her “sight unseen”, meaning without even interviewing her. Such was their confidence that this young African American woman, only in her mid-20’s, could significantly assist these highly qualified researchers, practically all white men, in the formidable segregated south.

It seems that the team was on the verge of creating a GPS but was stymied. There was one essential problem that this corps of brilliant minds was unable to solve. Dr. Gladys Mae Brown West could and did and, lo and behold, we got our GPS!

Even though getting a man/woman to the moon and back and creating satellites that circle the out of space are impressive, it seems to me that they are outclassed by a system as useful as the GPS. Dr. West’s name should echo throughout every household in the world because the GPS has become just that indispensable.

My hope is that a full-length biographical movie be made to inform the world that we owe tremendous gratitude to a woman whose humble beginnings did not prevent her from making it possible for everyone throughout the world get from point A to point B, regardless of the starting point.

Dr. Gilbert Lancelot Raiford
Resident of Friendship Terrace

ST. PATRICK'S DAY PHOTOS



FYZICAL THERAPY PHOTOS



PUZZLE PAGE



Earth Day

WORD SEARCH



K Y P A D Y X K E Z Y U S Q Y M
 U V E G H T Y A J R E D U C E O
 J N S K L I T T E R U V G H L E
 D H U I L I P R E X P T Y U A B
 P Y B N S I V C Y Z I C A P K W
 R J D V S I Y S S A R G H N E O
 E E X R A C C T P L A N E T F I
 S A Y W L O U R W H P U S G H F
 E R B E G R B E Y T H L B P S T
 R E X K Q H B E G R G F A X A H
 V U R D M A E T S A W P J N R N
 E S K X Y D G R E E N N W A T F
 U E F L O W E R S L A A Z S C S
 K Q T O L C Q H O E T G B S O N
 C H P S A Z G U L E F P U Q J D
 R H K P A E W C R S A V E U H W



- | | | | | |
|---------|--------|----------|---------|-------|
| clean | grass | nature | recycle | trash |
| earth | green | planet | reduce | tree |
| flowers | lake | plants | reuse | waste |
| glass | litter | preserve | save | water |

PUZZLE PAGE



Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M R G W D Z B A S E B A L L L R Q
 R R T E Q W Q Y V T J D L A H C E
 M B H R M W D Q T W W Q R Q X H U
 M F M S E R J F N O T T A G S H E
 N G N I R P S X X B G A I S I V W
 E R H I I I L M G R E E N Y L T R
 Y R W D M L G Q T T I A O A F F B

SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER



APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



DACL INFORMATION PAGE

DC Department of Aging and Community Living (DACL) (DACL)

The Department of Aging and Community Living (DACL) serves District residents 60 and older, adults living with disabilities, and those who care for them. In partnership with more than 20 community-based organizations across the city, we offer more than 40 free or low-cost programs to help all District residents live boldly at any age, stage, or ability.

Through a variety of programs including community activities and events, nutrition and transportation services, healthcare and insurance counseling, caregiver support resources, and adult protective services, we are building a District where we can all thrive together in the communities we know and love.

Connect with our team today at (202) 724-5626 so we can work together to help keep you happy, healthy, and connected to a community that sees and values you.

<https://dacl.dc.gov>

[\(202\) 724 - 5626](tel:(202)724-5626)

English - Department of Aging and Community Living

dacl@dc.gov



Supported by the D.C. Department of
Aging and Community Living.

FTRA PAGE

News and Views from FTRA April 2023

While much is being accomplished during the FTRA 2022-23 term, we are rapidly gearing up to welcome a new FTRA administration for the 2023-24 term.

Electing new officers is always an exciting event. It is a time when Friendship Terrace residents get the opportunity to bring forth, through new officers, new ideas to our building. Friendship Terrace has a plethora of talented residents and running for an FTRA office is the perfect time to utilize that talent.

I would now like to focus briefly upon an upcoming outside activity. On April 10, 2023 FTR is hosting a trip to the National Museum of African-American History and Culture. Friendship Terrace residents are looking forward to a much deserved informative, exciting, adventure as we navigate through the very popular most recent museum.

FTRA would also like to take this opportunity to thank all Friendship Terrace residents for your ongoing monetary support. Your donations will continue to be used for events suggested by and used for Friendship Terrace residents. Your suggestions and recommendations are always welcomed.

Thanking you again for your continued support,
Buddy Moore
President, FTRA



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Executive Director	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Affairs	Jpekala@seaburyresources.org
Antranishia Watkins	Marketing/Admissions	Awatkins@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Steven Arias	Maintenance Director	Sarias@seaburyresources.org

LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Georgetown University Hospital	202-444-2000
Holy Cross Hospital	301-754-7000
Iona Senior Services	202-895-9448
Metro Access	301-562-5360
Providence Hospital	202-269-7000
Roberts Home Medical Supply	301-353-0300
Rodman's Drug Store	202-363-3466
Safeway Pharmacy	202-364-0320
Sibley Memorial Hospital	202-537-4000
Suburban Hospital	301-896-3100
St. Columba's Episcopal Church	202-363-4119
Verizon	800-837-4966
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Whole Foods Market	202-237-5800
Transport DC \$5 Taxi(members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573
Department of Aging and Community Living	202-724-5626
US Postal Service	800-275-8777