

# FACES OF FRIENDSHIP

APRIL 2024



## IN THIS ISSUE:

Page 1: Cover

Page 2: Photos

Page 3: Photos

Page 4: Humor

Page 5: Birthday/Covid Info

Page 6: House Rules Highlights

Page 7-9: Service Coordinator

Page 10: Administrator Update

Page 11: Seabury

Page 12: Short Story

Page 13-14: Short Story

Page 15-16: In The Spotlight

Page 17: Puzzle

Page 18: DACL Info

Page 19: FTRA News



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.





# PHOTO PAGE





## PHOTO PAGE



Friendship Terrace residents celebrated St. Patrick's Day with a St. Paddy's party! Residents dressed for the occasion and had a jolly green good time. Bringing in the spring season Friendship Terrace had a Spring Fling Concert with the Greenbelt Band a volunteer adult musical organization out of Greenbelt, Prince George's County, and other surrounding areas. Thank you for helping us welcome in the Spring season!

Crabby Road

4-1-11



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# APRIL BIRTHDAYS

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

Davis, Carolyn	4/01	Lopez, Carlos	4/29
Kambhampati, Susila	4/03	West, Lloyce	4/29
Baugh, Pamela	4/06	Robinson, Alma	4/30
Baron, Sonny	4/08		
Smith, Martha	4/09		
Macomber, Fern	4/14		
Taylor, Joan	4/17		
Harris, Renee	4/27		
Horne, Beverly	4/27		



## CENTER FOR DISEASE CONTROL INFORMATION

If you have any questions , Friendship Terrace recommends you check out the following resources:

Centers for Disease Control Website:	<a href="http://CDC.gov">CDC.gov</a>
State Department Website:	<a href="http://State.gov">State.gov</a>

DC Health Website: [Dchealth.dc.gov](http://Dchealth.dc.gov)

Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](http://Mayor.dc.gov)

## HOUSE RULES HIGHLIGHTS

Resident agrees that the following House Rules and any additional reasonable rules and regulations subsequently adopted by Landlord/Owner of which Resident receives reasonable notice shall be part of this lease and shall be incorporated by reference herein. Resident further agrees that any failure by Resident, or failure by others on the property with the consent of resident, to abide fully by such rules and regulations may be deemed by Landlord/Owner as a default by Resident and breach of this lease:

**25. FAIR HOUSING.** The Owner and Management comply with the Fair Housing Act of 1988 and other federal and state laws and do not discriminate on the basis of race, color, sex (gender or sexual harassment), national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, place of resident or business, or victim of an intra-family offense (domestic violence). Residents are expected to do likewise in their dealings with other residents, staff, and visitors. Residents also agree not to behave in any manner that creates a hostile, intimidating, or offensive environment for other residents, staff, and visitors. Residents agree to treat other residents, staff, and visitors with civility and courtesy.

**36. SMOKING.** Residents, their family members, invitees, guests, and all occupants, are **NOT ALLOWED** to smoke in their apartment or anywhere in or on the property, except in the outside designated smoking area approved by Management. Smoking or use of any tobacco product is prohibited in all common areas of the building, including but not limited to hallways, stairways, foyers, common rooms, decks, patios, entrance ways, roof top, storage areas, parking lot. Smoking shall include the combustion of any cigarette, cigar, pipe tobacco, roll-your-own tobacco, vapor products, electronic cigarettes, or other products containing any amount of tobacco, or other like substance including marijuana.

This community does not discriminate on the basis of race, color, sex, national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, victim of an intra-family offense, place of residence or business, in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. The Executive Director at 4201 Butterworth Place, N.W., Washington, DC, 20016, Tel: 202-244-7400, DC Relay Service 1-800-643-3769, 1-800-643-3768 (TTY), has been designated to coordinate compliance with the non-discrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR Part 8 dated June 2, 1988.) Occupancy is open to all persons who meet the community's eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



# From the Service Coordinator

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

# APRIL, 2024

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.

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



Seabury  at Friendship Terrace  
*Senior Living*



## Catholic Mass



**April 5, 2024  
2:00pm—3rd Floor Lounge**

## Coffee Chat



**April 17, 2024  
11am— 2nd Floor Lounge**

## Episcopal Eucharist Service



**April 18, 2024  
2:00pm— 3rd Floor Lounge**

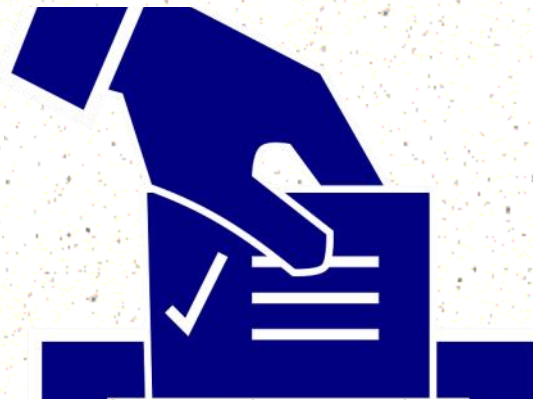
## Shabbat Service



**April 12 & 26, 2024  
3:30am— 3rdFloor Lounge**



# Health Providers Corner



## 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 5 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**
- **4. Go After Clutter First; organize items and get rid of stuff you no longer use**
- **5. Throw Out Expired Items; do a thorough cleaning of your medicine cabinets and food storage cabinets**

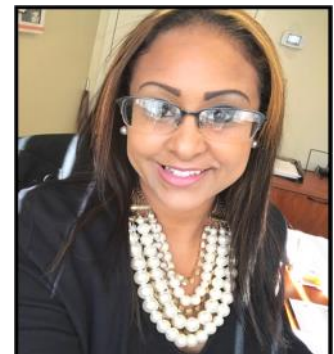
How will you "Spring" into Action at this beautiful time of year? Is it time for a new dress, pants or shirts that make us feel good when we put them on? Will you join an exercise class? Perhaps you've thought of a project to start or a club to join? Spring is a great time to start new beginnings. At 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-Ligon,  
Executive Administrator





SEABURY PAGE

**Spring is here!  
We are feeling grateful.  
Take a moment to show  
your gratitude for  
Seabury by becoming a  
monthly supporter.**

**\$5.00 a month can  
make an impact.**

Scan to give



**Beware! Apes on the March.**

There were monkeys in the Belfry? A memory from my very first time at Sunday School in England. I was four years old. I imagined them swinging from the ropes, ringing the bells, calling me to church. When I was older I remembered this and laughed. Of course, the Rector had been talking about *monks* in the belfry. In the 1500's King Henry VIII, because of his numerous marriages, broke away from the church in Rome. After his death, during subsequent reigns, there was a great deal of religious persecution in England. The old church which I attended is now over 900 years old and was Catholic in the 1500s. The Rector had been telling us how the monks ran up into the belfry to hide from their persecutors.

I know that there are people who have a fear of monkeys. During the years that I lived in South Africa I came to have a great love for the wild life. Learned that we should all have a respect for wild animals and observe caution in their presence. Monkeys and baboons are certainly no exception. My husband Vernon and I, our family and friends had numerous encounters with these animals. Some very amusing, some very, very irritating and some frightening.

We lived in KwaZulu Natal near the Drakensberg mountains. When we walked or hiked in the mountains we would sometimes hear the baboons barking, even seeing them up there in the distance. We always made sure to keep out of their path. But a friend had a frightening experience with baboons. Syd was visiting from England and we were at a conference at a mountain resort. He was taken on a scenic drive to the beautiful Kingdom of Lesotho. It is almost 6000ft above sea level and surrounded by South Africa. He was driven in a 4x4 jeep up, up, up the twisting, winding, torturous dirt road. To navigate this route the drivers have to do three point turns on the bends; reverse to the very edge of a precipice to maneuver the corners. The steep mountainside drops down right beside the road. Having driven up there, I can tell you that it is hair-raising. When making the trip, I would tell myself quietly over and over that the driver does this every day for his living. Once in Lesotho, at the top of the mountain, the road flattens out and the scary drive is forgotten... momentarily!!

The scenery from Lesotho is magnificent. There is this panoramic view of South Africa. But Syd's experience was more frightening. On the way back to the resort, on the maneuvers around the bends, the jeep broke down. Syd, his driver and tour guide had to walk down the gravel road. Suddenly, they were being chased by baboons. The walk back to the resort turned into an extremely fast gallop down the mountainside. Luckily the baboons gave up the chase. Can you imagine being chased by a troop of baboons? And down such a steep mountain. Baboons are so much bigger than monkeys. Frightening. It is known that baboons have attacked humans, biting and scratching. They



move in groups of twenty to thirty, led by the largest male of the troop. They bark, snarl, hiss and bare their teeth. Fortunately, this is a very rare occurrence. If confronted I believe the best action is to stand your ground and not to run away. It could be that the baboon will move off. The point is that we have to realize that they were defending their territory. At the formal dinner that night Syd was guest of honor at the main table. We had no opportunity to talk to him. He was very pale and subdued, and hardly said a word. He went off to bed early. A few months later we were at a conference in Denmark where we met some of Syd's friends. With smiles on their faces they said "Do tell us about Syd being chased by baboons." They laughed when we told them, so did Vernon and I. We would not have been amused if it had happened to us.

Another time my mother was on a tour of Cape Point Nature Reserve, not far from Cape Town. The bus had stopped for passengers to stretch their legs. As they got back into their seats a baboon jumped in. My mother was sitting near the door and was quick thinking. She had candy and scattered it in the aisle and out of the door. Baboon gobbled the candy and disappeared. Whew, many sighs of relief.

Yet another time my dentist Casper and his wife Sally and in-laws were driving around Kruger National Park. They stopped to watch baboons and unfortunately had forgotten to close all the car windows. Suddenly a baboon jumped through the window and right onto Sally's lap. In-laws, also quick thinking, threw food from the picnic basket out of the window. The baboon followed. Sally was traumatized and they drove to the main camp where a nurse attended to her. She could not speak for at least an hour and developed large bruises on her legs from the force of the jump. Visitors have to remember to keep car windows closed.

My family enjoyed visits to the game reserves. In the Kruger National Park we could be assured of entertainment. The baboons and monkeys have obviously become so used to humans. When drivers stop near baboons invariably a large troop will jump all over the cars. Peering in the windows looking for food. Apart from remembering to close windows visitors must not feed the animals. Their antics are amusing as they gather at the side of the road. It is a delight to watch the little ones playing, romping and then clinging to their mothers. A lot of grooming goes on as well. As the cars drive away they soon jump off. Vervet monkeys can also be a nuisance at the picnic sights, looking for food.

What has caused all this attention from baboons and monkeys? Humans of course. Some people do not abide by this rule: do not feed the animals. My son Peter's wife Beth, accompanied by her mother, went to South Africa to present a paper at the University of Natal in Durban. We started their visit with a trip to the Kruger Park. We had adjoining cabins near the fence and perimeter of Satara Camp, which was one of our favorite places. These cabins are called rondavels. They are large, round and comprise a large

## SHORT STORY PAGE

bedroom with bathroom. On the veranda, called a stoep in South Africa, there is a table and chairs, a small hot plate, a fridge and grocery cupboard. On the first morning I put a simple breakfast on the table. Back in the room I heard chairs being moved. I said to Vernon "I think Beth and Jo are here and ready for breakfast" No they were not. There was havoc on the stoep. Bits and pieces of food all over the place. Sitting under the trees was a small family of baboons, eating our breakfast! And one had even opened my jar of homemade marmalade. Dipping his fingers in, staring at me as he ate. I can laugh now but I was not amused then. Our breakfast was gone but no problem. We ate in the restaurant. It was not quite the same as sitting on the stoep, watching the animals on the other side of the fence, enjoying the feel and the sounds of the African bush.

Beth and Jo also experienced what the monkeys get up to in the coastal towns. We stayed in an apartment at the beach, north of Durban. In the apartment there was a notice reminding visitors to close windows and balcony doors when we went out. We did this, to no avail. Returning from the University we found a note on the table: We are very sorry but the maid left the balcony door open and the monkeys ate your fruit.

The monkeys invaded again when Vernon and I, our son Andy and his wife Rose went to the Itala Game Reserve in KwaZulu Natal. We had two cabins. Getting ready to go for the usual game viewing drive I could not shut a window tightly. It was very stiff and I should have asked Vernon or Andy to close it. I left it open only a fraction, about one eighth of an inch. Once again we returned to havoc. Bread gone from the container, fruit gone, food all over the place. And they had jumped all over the beds. Those little devils are very clever, they had managed to pull open the window. On our return they promptly left through it.

Vernon and I often had weekends at Umhlanga Rocks, on the coast and near to Durban. We had endless amusement watching the monkeys there. They invade the beachfront hotels and apartments. We would watch them jumping and swinging from floor to floor, balcony to balcony. When they find an open window or door they perch on the edge of the balcony wall or railing. They peer in waiting for a chance to get in and grab any food they can find. Can we blame them? People have invaded their territory.

You have probably gathered that we had a great deal of enjoyment watching the baboons and monkeys. We were always aware that they are wild animals, to be respected, and we need to be aware and cautious in their presence at all times.



# IN THE SPOTLIGHT PAGE

## IN THE SPOTLIGHT

### Martha Smith



**Martha Smith moved into Friendship Terrace August 2023. Martha who has an adult son and adult daughter, was born in 1936 and grew up in New York City with her parents and one brother. Because Martha was familiar with the Tenleytown area she chose Friendship Terrace as her District of Columbia new home.**

**Growing up in New York, Martha’s most favorite pastimes were roller skating and reading. The excitement of roller skating with the refreshing wind blowing through her flowing hair and around her face made her life thrilling and soothing simultaneously.**

**As a youth, Martha also enjoyed reading because it allowed her the opportunity to psychologically visit faraway places and meet people who were doing fantastic, interesting things.**

**Martha Smith is a graduate of Maryland University and had a stellar career as a Conservator with the Smithsonian Institution examining, repairing and restoring important, delicate documents. Martha recalls vividly making three visits to Tehran on official business for the Smithsonian Institution.**

**Now, as a resident of Friendship Terrace, Martha relishes interacting with other residents, reading, and watching movies. She enjoys books that keep her on the edge of her seat from beginning to end. And she reveres movies with unanticipated endings. She also enjoys listening to music of various types.**

## IN THE SPOTLIGHT PAGE

**Among the many people she admires, Barak Obama and Michelle Obama are in that group. Martha believes Barak and Michelle Obama are down to earth cool people.**

**Martha is a very engaging Friendship Terrace resident who is always willing to take part in various activities offered at Friendship Terrace.**

**Martha Smith currently serves on the Friendship Terrace Residents Association (FTRA) Elections Committee.**

**I am sure residents are elated to have Martha Smith as a member of the renowned Friendship Terrace Senior Living family.**

**Written by:  
Buddy Moore  
April, 2024  
With input from:  
Martha Smith**





PUZZLE PAGE

# Spring Word Search

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

APRIL  
 BEES  
 BIRDS  
 BLOOM  
 BLOSSOM  
 BUTTERFLY  
 DAFFODILS

EGGS  
 FLOWERS  
 GREEN  
 GROWING  
 HATCH  
 MARCH  
 MAY

RAIN  
 ROBINS  
 SPRING  
 SPROUTING  
 SUNSHINE  
 TULIP

<http://natashel.com>

## 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](mailto:dacl@dc.gov)



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



## FTRA PAGE

**SPRING IS HERE!!!!** Spring is the most beautiful season in Washington, DC. If you are not a Washingtonian or have not been here long, you must try to get out and see Mother Nature waking up. Washington has been my home for more than 40 years and every Spring is enthralling to me still. I love watching the leaves open anew, and all the flowers that adorn this city. I do not cease to be amazed every year.

Our Wednesday Scrabble Club seems to be attracting more and more participants. On the day of the last birthday party, which took place in the same room right after Scrabble, three of the game tables were fully occupied. Players were impervious to us busily trying to set up for the party around them. Our weekend movies, Saturday evening at 7:30 PM and Sunday at 3:00 PM, continue to attract more people. This is nice to see as those of us engaged in the process are trying to keep everyone informed of the schedules. Individual popcorn bags are being distributed at the movies and those in attendance seem happy to have them.

We instituted a birthday money card to be raffled among those attending their monthly party, but this didn't succeed in attracting more celebrants to the event. The delicious birthday cake from Whole Foods did not attract them either. At the last party only one birthday person was in attendance.

As usual, there were several volunteers, but only one birthday person this time. This is the lowest number of celebrants ever. After such a smashing success (irony intended), we decided to suspend the birthday parties to take some time to give thought to ways to improve participation.

The proposed trip to the National Museum of Natural History was replaced by a trip to see our world-famous yoshino cherry blossoms. We chose one of the neighborhoods nearby rather than the Tidal Basin to avoid the crowds. The streets of Kenwood in Bethesda are lined with more than 1,200 yoshino cherry trees and we have the advantage that the blossoms generally peak a little later than they do at the Basin.

If there is enough interest, we will still have the trip to the Museum of Natural History, which we will schedule for this month. Again, we will have a sign-up sheet for those interested. There is something for everyone in this museum, the gigantic elephant at the entrance being one of the many fascinating exhibits. The museum also offers several eating facilities, and we may want to have lunch there to have more time to see the exhibits.

We are initiating an open coffee hour to which everyone is invited, to take place in the cafeteria. The first such hour is scheduled for April 3rd, from 1:15 to 2:30, Cookies and pastries will be offered. There is no agenda other than providing yet another opportunity for residents to meet one another and socialize. Finally, once again, we strongly encourage residents to come to the dining room for dinner at least once or twice per week. We invite you to sit at a table with people you have not met so we all have an opportunity to become better acquainted. It is nice, and sometimes useful, to know your neighbors!

Eda Valero-Figueira  
President FTRA



# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Negasi	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
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Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Lawrence Nocente	Maintenance Director	<a href="mailto:Lnocente@seaburyresources.org">Lnocente@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</a>

## 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 \$7 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