

FACES OF FRIENDSHIP

AUGUST 2022



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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.



ICE CREAM SOCIAL PHOTOS



Residents enjoying Quick Trivia and Ice cream with our student volunteers in the 2nd floor lounge.



AWARENESS PAGE

Immunization Awareness



National Immunization Awareness Month

is an annual observance that highlights the importance of vaccines for people of all ages.



Vaccines are among the **safest** medical products available



Vaccines not only **protect you**, they can protect vulnerable people in your community who cannot be vaccinated.



Vaccination is as important for adolescents and adults as it is for children.

PRODUCED BY THE DEFENSE HEALTH AGENCY

To learn more about National Immunization Awareness Month visit
www.health.mil/vaccines

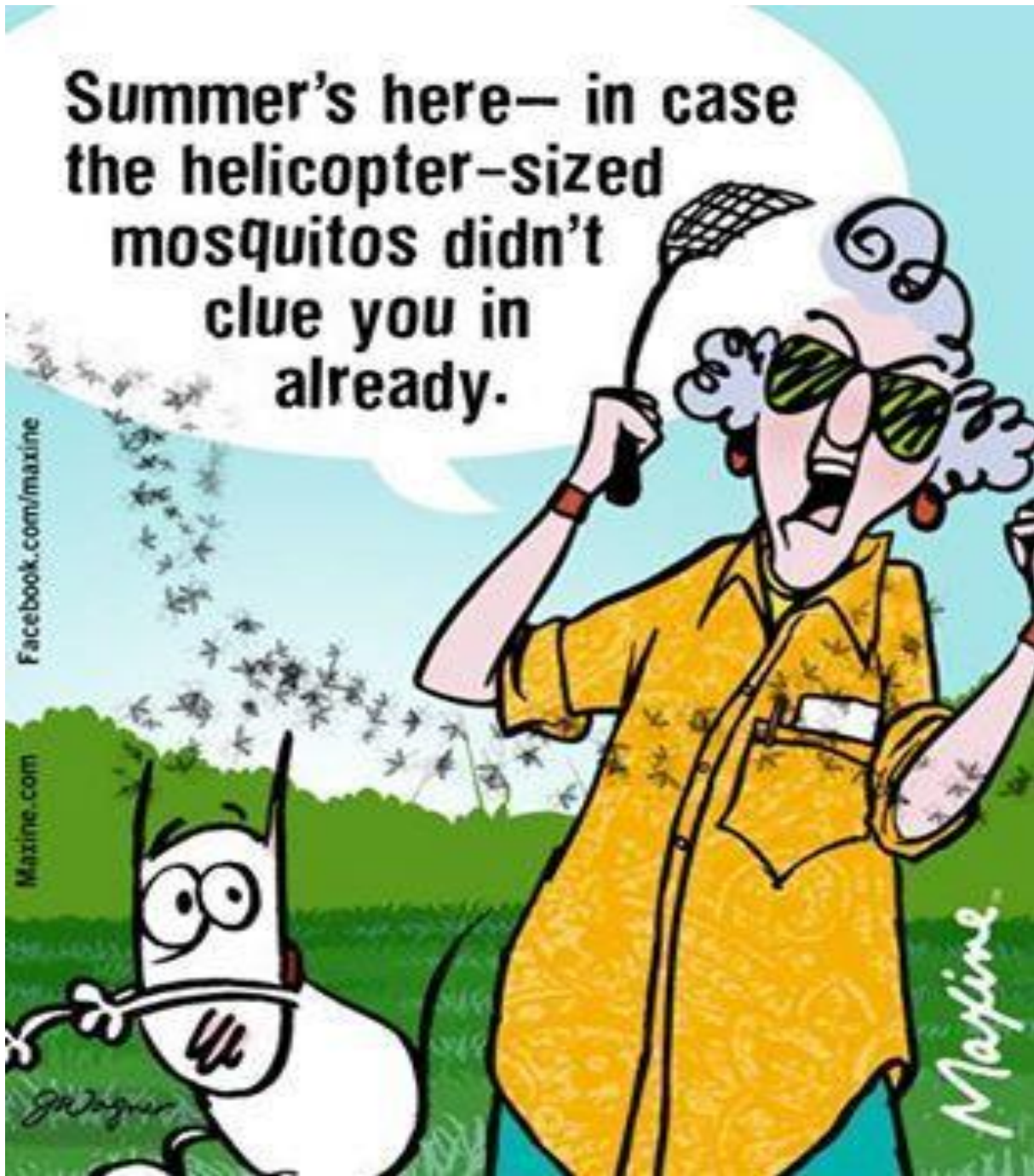
August is

national

IMMUNIZATION

awareness month







AUGUST BIRTHDAYS

Birthstone: Peridot **Flower:** Gladiolus **Zodiac:** Leo/ Virgo

Bernard, Lawrence	8/02	Ostrove, Ruth	8/28
Baetz, Barbara	8/04	Dupree, Jamie	8/29
Pearson, Miriam	8/10	Kowalsky, Mary	8/29
Wright, Merryl	8/13	Yu, Yung	8/29
Schram, Mary Lou	8/20	Gonzalez, Carmen	8/30
Bruce, Oscar	8/21	Franklyn, Margaret	8/31
Toran, David	8/23		
Robinson, Elizabeth	8/25		
Rhodes, Susie	8/28		



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)

PUZZLE PAGE

Hawaiian Word Search



ALOHA
 HANAIEI
 HILO
 HULA
 KAUAI
 KONA
 LANAI
 LUAU
 MANGO
 MAUNA LOA
 NIIHAU
 SHAKA
 SURFING
 WAILEA

HALEIWA
 HAWAII
 HONOLULU
 KAHULUI
 KILAUEA
 LAHAINA
 LIHUE
 MAHALO
 MAUI
 MOLOKAI
 OAHU
 SHAVE ICE
 WAIKIKI
 WAILUA

From the Service Coordinator

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

AUGUST 2022

Friendship Terrace Family!

It's August and time for Summertime Staycations at Friendship Terrace!

Can't get away? No time for R & R or a vacation? There is no such thing, just use your imagination! Here are 4 things you can do here at Friendship Terrace to enjoy a great staycation alone or with your neighbors. Anything goes.

- Soak up the sun at the Friendship Terrace sundial.
- Go swimming at Wilson High school.
- Have a picnic on the dining room patio with your neighbors.
- Plan game nights amongst yourselves.
- Watch classic movies while sharing popcorn with your friends (on any evening).
- Watch the sunset on the 6th floor (terrace level)

If you have any fun and creative suggestions to add to our list, please get them to your Service Coordinator.

Happy August,
Rahell & Mary

Goodbye July... 
 ALOHA August!

Seabury  at Friendship Terrace
Senior Living



Catholic Mass



August 5, 2022
2:00pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



August 17, 2022
11am— 2nd Floor Lounge

Clothing Bazaar Fundraiser



August 12, 2022
12:00pm— 5 Floor Lounge

Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor



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

A Month to Celebrate!

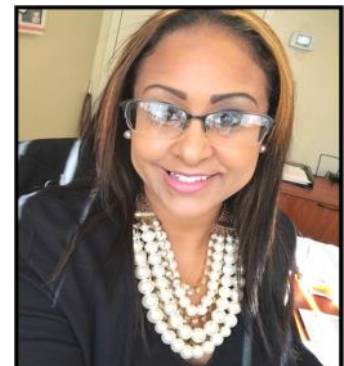
The month of August comes with a lot of things to celebrate. Hopefully we will begin to settle into beautiful temperatures and sunshine, because I'm sure we're had enough of this heat wave. We always try to schedule resident outings for early in the day to avoid dehydration 'Drink more water' becomes the theme for these hot summer days. August is the month when most families take their vacations. Some go to the beach (to get even hotter) and some head for the mountains to try and cool off. We like to think that living at Friendship Terrace is just one long vacation for our residents. Why go anywhere when you can spend your days enjoying a constant temperature of 74 degrees and non-stop activities? Our musical entertainment events continue to multiply as do our daily programs lead by our Activity Director, Cindy Brockington. We would like to invite all of our residents and any of our families who are not on vacation, to join us for our Annual Hawaiian Luau at the end of the month. It will be a fun celebration!

A Few Important Building Reminders:

- **The recycling containers are for paper only. This does not include take out containers with food or trash. Please place all other trash in the trash rooms and remember to break down boxes so that others can access the trash chutes.**
- **Please remember to lock your apartment doors, do not exit the building through the patio doors on the first floor, leaving easy access to the building and never prop exit doors open.**
- **Smoking isn't prohibited in the building. Anyone smoking must be 25 feet away from the building.**
- **We have available storage lockers for rent. Please see John Pekala in the management office for more details.**

Finally, our monthly Terrace Talks will be held on Friday, August 26th at 2pm in the dining room. I hope you will all be able to attend. The Friendship Terrace Team has one goal in their minds and hearts and that is to our residents the best experience they possibly can. We celebrate the opportunity to live in such a great community with the chance to enhance the lives of our residents!

Semira Negasi,
Executive Director



Music to the Ears!



The residents of Friendship Terrace have much for which to be thankful. They recently received a standup Yamaha piano from Laura and Chris Mead who covered all expenses related to transporting the donation.

Their gift was made in honor of their Uncle and former resident, **Billy Millett**, and will be enjoyed by residents of the community for many generations to come.



According to the National Institutes of Health music is a powerful tool for the mind and spirit. Thus, Friendship Terrace will benefit greatly from a gift that will keep on giving. Learn more about how to make a financial contribution by visiting our website.

HUGE

SUMMER



WORD SEARCH PUZZLE

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BIKE
 BOAT
 CAMP
 FAMILY
 FISHING
 FLIGHT
 FLIP FLOPS
 FLOWERS
 FRIENDS
 GARDEN
 HEAT
 HOLIDAYS
 HOT
 HUMID
 ICED TEA
 INSIDE
 JULY
 JUNE
 LEMONADE
 OUTSIDE
 PARK
 PICNIC
 PLAY
 POOL
 RELAX
 SANDALS
 SHORTS
 SKATEBOARD
 SOCCER
 SUNSCREEN
 SUNSET
 SWIMMING
 TAN
 TANK TOPS
 TENT
 THEMEPARK
 TOUR
 TRAVEL
 TRIP
 VACATION
 WATERPARK

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



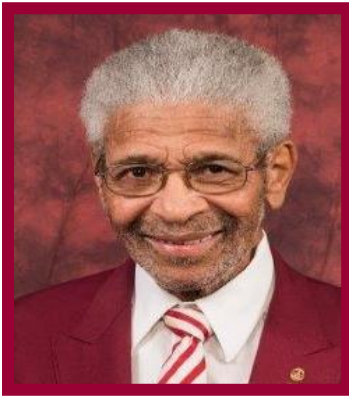
SUMMER JAM PARTY



SUMMER JAM PARTY



In the Spotlight Roswell Taylor



I was born April 7, 1935 at Columbia Hospital for Women in Washington, DC. My father was Roswell A. Taylor, Sr. born in Culpepper Virginia and my mother was Lillian LaRue Taylor, born in New Rochelle, New York.

I had one brother; Donald Maurice Taylor 17 months younger than I. There were two other children whom I never knew. One died in childbirth and the other a day or two after birth.

My parents taught us many things, not only by words, but also by deeds. The most important thing they taught us was Stick-too-activeness. In other words, sticking to a chore until it was completed to the best of our abilities.

I learned as a youngster that sports were a major part of my life, especially football and not so much baseball. I also enjoyed attending school and interacting with other students. I often think about the things I learned in my youthful years.

When I was 16 years of age, I got my driver's license. That was an exciting moment for me. Being able to drive legally was a defining moment in my life. Now the goal was to purchase a car.

By saving money from summer jobs, I was able to purchase my first automobile at age 18. It was a 1949 Ford. I

loved that car. However, over the years, my taste in cars improved and the Jaguar became my car of choice.

As long as I can remember, especially as a youth, I wanted to be a professional football player. Football fascinated me. Football players received much notoriety and it brought out one's "manhood", so I thought.

I came close to being a football player. I played football in the army at Fort Myer Virginia and I think I was a pretty good player. I played both offensive end and defensive end. In those days you played both offense and defense.

I graduated high school in 1952. However, Black high school students in Alexandria, Virginia were only allowed to attend high school up to the eleventh grade and then graduated. I was in the last class from that system, then Blacks went to the twelfth grade.

After high school, I attended college on a scholarship from Lafayette College in Easton Pennsylvania. But I did not get the initial high school training I needed and I flunked out.

I worked at the National Institutes of Health after flunking out of college. With downright sheer determination and fortitude, I eventually graduated from DC Teachers College.

I was drafted into the military in 1958 and I was sent to Ft. Jackson South Carolina for basic training.

At Fort Jackson, there was training under live fire as we recruits, crawled through the mud at night while seeing the tracer bullets soar overhead. When I completed basic training, I was allowed to re-enlist with a bonus which was paid in cash. With those funds I purchased a polaroid camera. Hence, I became engrossed as an amateur photographer.

IN THE SPOTLIGHT PAGE

It was peacetime, between the Korean and Vietnam wars, so there was no actual engagement with an enemy. I guess we were around to “keep the peace.”

My military service ended in Fort Myer Virginia on inauguration day, January 21st, 1961 in the midst of a devastating snow storm. Right before discharge, the army was assigned to clear Pennsylvania Avenue in Washington DC in preparation for the inauguration and the inaugural parade for President John F. Kennedy.

Upon reaching the age of retirement, I retired from American Management Systems after 26 years of service. The company in which I had a marvelous career.

After retirement in 1999, I spent much of my time as a caregiver for my dear wife who passed away December 5, 2005 with dementia. My life was never the same after her death.

The most embarrassing thing I ever did was at the conclusion of a football game held at Robert F. Kennedy Stadium in Washington, DC. It was during a football game in 1965 between the “Washington Football Team” and the Baltimore Colts.

At the end of that hard fought game, I ran onto the field and attempted to tackle one of the Baltimore Colts football players, Raymond Berry. I was very close to tackling him when the cops grabbed me by the seat of my pants and took me down to the third police precinct and charged me with disorderly conduct. I am sure they could have placed other more serious charges against me. So, I was lucky only being charged with disorderly conduct.

I learned a true lesson that day. And that lesson was, never allow your “bottled-up emotions” take total control of your actions.

IN THE SPOTLIGHT PAGE

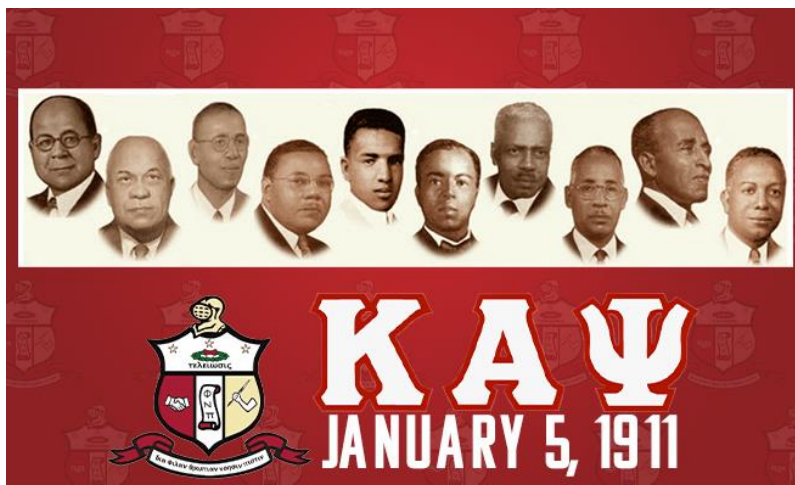
After residing on Capitol Hill in Southeast Washington, DC for forty-seven years, I learned through a social worker that there was a vacancy at Friendship Terrace.

I did indeed move to Friendship Terrace Senior Living Development where I now delightfully reside, taking part in the numerous activities planned and implemented by management and the Friendship Terrace Resident Association (FTRA).

I also served on the FTRA Nominating Committee which was indeed an astounding learning experience for me. My life at Friendship Terrace is one of friendly interaction and pure contentment.

In closing, my favorite greeting is “I am blessed”. I wish the same for all FT residents and I thank Buddy Moore for his assistance in writing my profile.

**Roswell Taylor
August 2022
Assisted by: Buddy Moore**



FTRA PAGE

From the Lectern of FTRA President Buddy Moore

When you mention FTRA to residents, some may say, “I have heard of that, but what is it?”

Glad you asked. FTRA is “Friendship Terrace Resident Association” an organization encompassing “ALL” those who reside at Friendship Terrace.

FTRA gives residents a “collective voice” in expressing shared concerns with Friendship Terrace management in keeping our building safe, clean, organized, attractive and affordable!

FTRA sponsors and conducts the following activities: trivial pursuit; bingo; book club/authors; current events; 50-50 lottery; movies; mints and music; birthday recognitions; sympathy acknowledgements, and other special events.

FTRA has entered a request for “senior exercise equipment”; provides computer-room availability and equipment; finances “new residents meet and greet parties”; sponsors a “low-vision support group”; assist in renovating the Friendship Terrace Green House; evaluating rent increase requests; coordinating residents interests with the Friendship Terrace Activities Director; and so on.

Residents’ donations help pay for many FTRA activities and services. Other ways for residents to provide support includes: serving on the FTRA Council or committees; helping host FTRA events; or attending a meeting which provides productive social interaction – a main key to happy and healthy senior living. Participating in activities can also be fun and gratifying as you enjoy your happy home and simultaneously contribute to the broader community.

And finally, Your FTRA contributions provide holiday monetary gifts annually for the Friendship Terrace dedicated, courteous staff.

WELCOME ABOARD!



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
Steven Arias	Maintenance Director	Sarias@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Shanice Lyles	Food Service Director	Shanice.Lyles@sodexo.com

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