

FACES OF FRIENDSHIP

AUGUST 2024



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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.



PHOTO PAGE

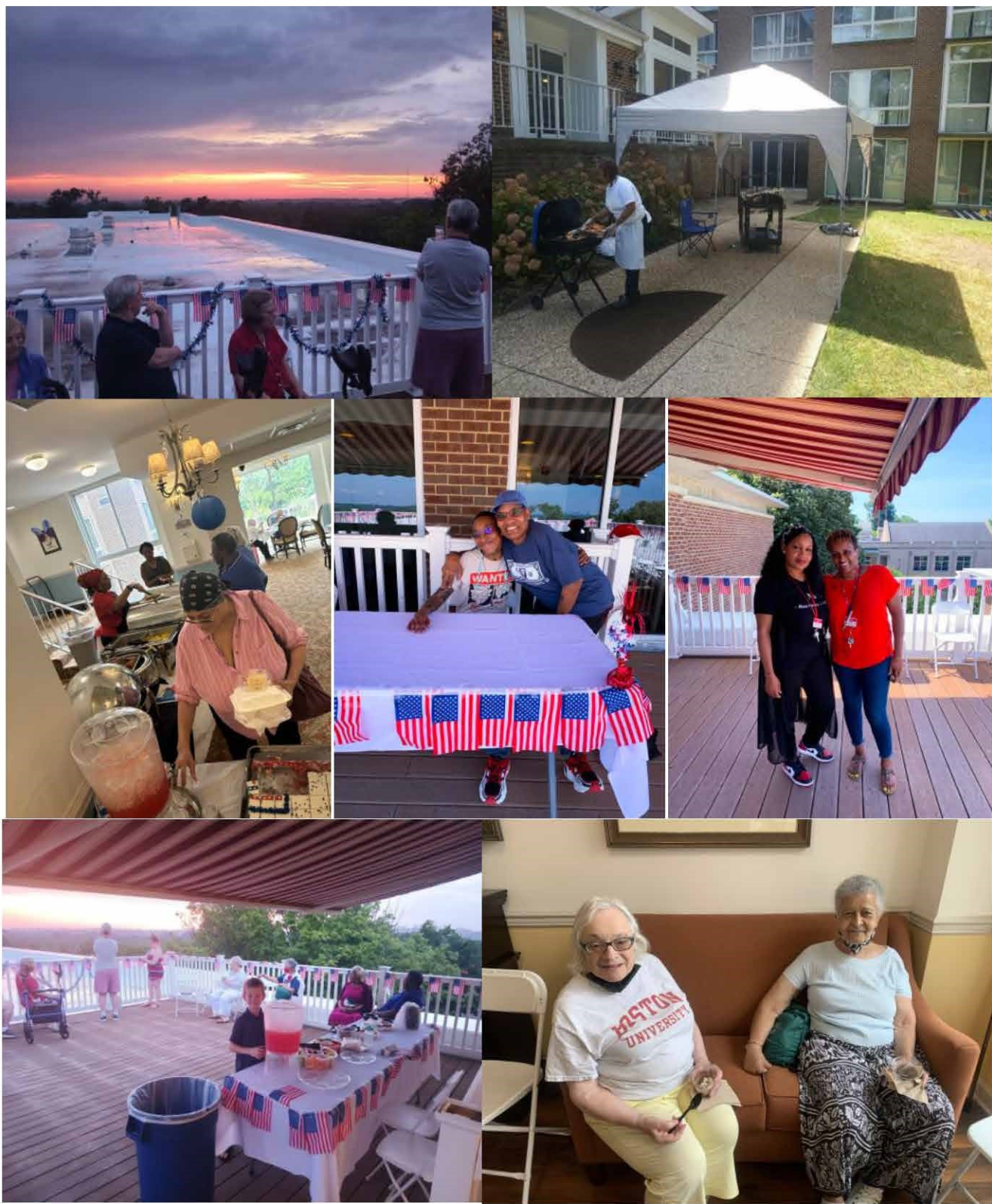


PHOTO PAGE



Friendship Terrace residents celebrated the 4th of July with a indoor cook-out and later that evening residents went to the rooftop deck for the firework display with refreshments. Friendship Terrace residents stayed cool on those hot summer days we had with a ice cream social.

hello
SUMMER







AUGUST BIRTHDAYS

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

Nabu, Samson	8/03	Rhodes, Susie	8/28
Baetz, Barbara	8/04	Dupree, Jamie	8/29
Carter, Iris	8/06	Kowalsky, Mary Jane	8/29
Reed, David	8/13	Gonzalez, Carmen	8/30
Brennan, Sandra	8/17		
Hewson, Teresa	8/17		
Schram, Mary lou	8/20		
Temnewo, Hiwet	8/21		
Foxworth, Shelia	8/23		
Driscoll, Marianne	8/26		



CENTER FOR DISEASE CONTROL INFORMATION

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

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://dchealth.dc.gov)

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

29. POSSESSION OF FIREARMS/WEAPONS. Firearms are not permitted on the premises. Possession of firearms on the premises shall be grounds for eviction.

35. SECURITY. Apartment doors must be kept closed at all times. Propping doors open is not permitted as it is a fire hazard and a safety issue. All doors must close, latch, and lock as designed. The Resident is not permitted to change or add locks/chains to the apartment door. Wreath hangers, clothes hangers, etc., that prohibit proper operation of the door are prohibited. Resident agrees not to remove or disable the door closer or hinge on the apartment entry door. The Residents is not permitted to grant access to the building to anyone other than their own guests.

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

AUGUST, 2024

Hello Friendship Terrace family!

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

Can't get away? No time for a vacation? There is no such thing, just use your imagination!

Here are some things you can do here at Friendship Terrace to enjoy a great staycation alone or with your neighbors.

- Soak up the sun at the Friendship Terrace sundial.
- 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 my friends :)
Rahell & Mary



Seabury

at Friendship Terrace

Senior Living



Catholic Mass



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

Coffee Chat



**August 21, 2024
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**August 15, 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**August 2, 2024
3:30am— 3rd Floor 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

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, plastic and glass 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 is prohibited in the building. Anyone smoking must be 25 feet away from the building.**

Finally, our monthly Terrace Talks will be held on Friday, August 30th at 1pm in the dining room. I hope you will all be able to attend We have a special guest speaker from Seabury joining us! 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



SEABURY PAGE

#SEABURY60 60 HOURS OF GIVING WITH DOUBLE THE IMPACT



This July 24th - 26th, join Seabury for 60 hours of giving! Every donation you make will be matched by the Cafritz Foundation up to \$10,000!



Your donation can make a big impact:

- 1) Support an older homeowner to Age in Place,
- 2) Offer more 1:1 Care Management support to older adults with limited resources
- 3) Expand our outreach so more communities know about the resources available to them,
- 4) Provide a home to an older adult facing homelessness at Home First,
- 5) Help build a community for our LGBTQ elders in DC in Out & About,
- 6) Serve a meal and provide community to a Ward 5 or 6 senior coming to one of our Dining Sites.

Every donation counts. Help Seabury expand our resources to caregivers and older adults in the region, and make sure that everyone is able to age with dignity and independence.

www.SeaburyResources.org/60



Summer Word Search

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

AUGUST

COOKOUT

HIKING

PARK

SANDALS

SUNGLASSES

VACATION

BEACH

FIREFLIES

LEMONADE

PICNIC

SMORES

SUNSHINE

WATERMELON

CAMPING

FIREWORKS

OUTDOORS

POPSICLE

SPRINKLER

SWIMMING



WORD LIST

AUGUST
BASEBALL
BEACH
CAMP
FISHING
FLIP FLOPS
HOT
ICE CREAM
JULY
JUNE
LEMONADE
OCEAN
PICNIC
POOL
SAND
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIM SUIT
SWIMMING
TOWEL
UMBRELLA
VACATION
WATERMELON

SUMMER

WORD SEARCH

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



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
 THEME PARK
 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	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.



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IN THE SPOTLIGHT PAGE

IN THE SPOTLIGHT



FRIENDSHIP TERRACE SENIOR LIVING

When COVID-19 first extended its devastating, destructive tentacles throughout the city of Washington, DC, and beyond, fear and insecurity gripped Friendship Terrace Senior Living. To neutralize Covid's devastation various safety precautions were taken by Friendship Terrace.

As residents, we were literally restricted to our individual units (unable to use common areas) for fear of COVID-19 and its far-reaching capability. However, in spite of our limited interacting status, Friendship Terrace management performed magnificently in keeping residents out of harm's way and cocooning us in a relatively optimistic state of mind.

IN THE SPOTLIGHT PAGE

Consequently: our meals were delivered to us; we received phone calls inquiring about our mental health; memos were placed on our doors keeping us informed; items were delivered to us; hygiene necessities were available when needed; Zoom activities were available; management connected with CVS to administer residents' COV-19 vaccinations; Christmas carols were sung outside our building; residents were treated with the utmost respect; and we were continuously updated on CoVID-19 and the ensuing rules established by both the Federal and DC governments.

Additionally, Friendship Terrace management negotiated with CVS to have its medical staff visit Friendship Terrace to administer Covid vaccinations on the Friendship Terrace pThere were other benevolent activities developed by Friendship Terrace staff during the Covid epidemic too numerous to mention here. All of this was planned and implemented by Friendship Terrace staff, led by Executive Director, Semira Negasi.

As one who endured and survived those trying times, I commend Friendship Terrace management for the care and compassion its dedicated employees demonstrated during a time of ceaseless stress and high levels of anxiety remises.



IN THE SPOTLIGHT PAGE

Why do I bring this up at this time? It is primarily because residents need to be aware of the magnificent management team we have here at Friendship Terrace. I have family members and friends visiting me periodically and they are highly impressed with the coordinated efforts between Friendship Terrace residents and staff. Unfortunately, many of us relinquish the time to appreciate and celebrate the amazing ambiance and plethora of activities available at Friendship Terrace.

It must also be revealed that Friendship Terrace management in conjunction with the Friendship Terrace Residents Association and others played a significant role in securing Housing Choice Vouchers and food subsidies for Friendship Terrace residents.

This was undeniably a major collaborative, time consuming accomplishment. While there are numerous unexpected challenges in rental housing, it must be recognized that Friendship Terrace management has indeed successfully addressed most of those obvious encounters while simultaneously providing safe, attractive, affordable housing for all its residents.

Written August, 2024

By: Buddy Moore

Former FTRA President and

Six years as a

Friendship Terrace Resident



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

I would like to start by thanking my fellow Council Members for their time and energy in support of our Community. Also, I 'd like to thank the many residents who have spoken with me and shared their comments and suggestions. I have heard many good suggestions for activities and hope to implement some of them in the near future. Others will need to be spread out over time.

I have met with most of the Management Team and can report that we are off to a good start. This is such a wonderful community and while more needs to be done I see the level of interest by all concerned as quite promising. I heard from residents that changes are overdue and I strongly believe that there is room for the process to take hold. As with the ongoing building renovations a little bit of understanding and patience will take us far.

We still need volunteers and many of you have expressed your willingness to participate at some level. It would be helpful for the Council if you could place your particular desire in writing as our impromptu talks do not always get written down. Your notes can be placed in our mail slot in front of the 2nd floor lounge. We are in need of an individual to help steer an Activities Committee as it is clear that more activities are desired.

In speaking with Portia it has been decided to reopen the Greenhouse. I extend many thanks to Iris and Heather whom I joined in a repotting and replanting experience. The plants will continue to receive regular care and nurturing from the Greenhouse Committee and its helpers. This as the rest of us benefit from the plants natural way of improving our lot. As always, just be mindful that on occasion the Greenhouse may well be warmer than expected. Let's keep both ourselves and the plants hydrated. The resumption of Bingo nights with Mohammed is not too far away and I know many of you look forward to it.

FTRA President,
David Rivera

Goodbye July... 
 ALOHA August!

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
Lawrence Nocente	Maintenance Director	Lnocente@seaburyresources.org
Samuel Reuto	Food Service Director	Wilfran.reuto@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 \$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