

FACES OF FRIENDSHIP

DECEMBER 2021



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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.



Upcoming Activities

Wednesday, December 1st– Human Rights Program– Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world. Join the Resident Service Coordinators as we discuss the topic of Human Right in our 5th floor lounge at 2:30pm.

Thursday, December 2nd– Music Trivia w/ Jerry Roman– Join Jerry Roman after dinner for Holiday Music trivia with a wide variety of songs in his repertoire, there will be tunes for everyone to enjoy. He even takes requests! New date and time change: every first Thursday at 6pm in the 2nd floor lounge.

Tuesday, December 7th-Holiday Door Decorating Contest– No Rules!!! Just Fun!!! All residents are welcome to join us for our door decorating contest. Decorate your door and win a prize! Prizes will be awarded for 1st, 2nd and 3rd place on December 21st . Let the decorating begin!

Friday, December 24th– Twas the Night Before Christmas Reading & Refreshments- You are invited to join Friendship Terrace Staff and their families for a special reading of “Twas the Night Before Christmas” on December 24th in the 5th floor lounge at noon. It’s a holiday event you must have on your calendar don’t miss the fun!

Saturday, December 25th– Christmas Dinner- From the residents and staff of Friendship Terrace, we wish you the happiest of holiday seasons. In this spirit, we invite you to attend our annual Christmas Dinner. There is NO CHARGE for residents. Family and guest tickets are \$12 for adults, \$7 for children 6 to 12, and children under 6 eat for free. Visit the Friendship Terrace front desk to purchase your tickets.

ALL IN PERSON ACTIVITIES CAN BE JOINED VIRTUALLY ON ZOOM:

Zoom ID: 588 529 4839

Call in info: 301-715-8592

51st ANNIVERSARY PHOTOS



Maxine™
Crabby Road

12-22-13

Want to give someone a Christmas they'll never forget?
Give 'em a pair of socks in an empty
smartphone box.



www.facebook.com/maxine maxine.com

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DECEMBER BIRTHDAYS

Birthstone: Blue Topaz **Flower:** Narcissus **Zodiac:** Sagittarius/ Capricorn

Pollard, Tyrus	12/01	Bianchi, Marka	12/17	Yoshpe, Ruthellen	12/27
Shafer, Adelle	12/01	Williams, Evelyn	12/17	McDonald, Rose	12/28
McDermott, Joan	12/03	Parker, Trudy	12/18		
Gobe, Kefey	12/06	Tobin, Cornelia	12/20		
Alexander, Christine	12/07	Agolli, Anna	12/21		
Kidd, Theafers	12/07	Swiader, Jennie	12/22		
Mellette, William	12/10	Hanson, Claudia	12/23		
Miller, Barbara	12/11	Kaplan, Morton	12/24		
Cartwright, Lawrence	12/14				



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)

The Universal Declaration of HUMAN RIGHTS

Adopted by the General Assembly of the United Nations in 1948, the Universal Declaration states basic rights and fundamental freedoms to which all human beings are entitled.

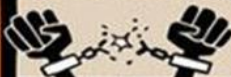
WE ARE ALL BORN FREE AND EQUAL

EVERYONE IS ENTITLED TO THESE RIGHTS

NO MATTER YOUR RACE, RELIGION OR NATIONALITY

EVERYONE HAS THE RIGHT TO LIFE, FREEDOM AND SAFETY

No one has the right to hold you in slavery.



No one has the right to torture you.

You have the right to recognition everywhere as a person before the law.

We are all equal before the law and are entitled to equal protection of the law.

You have the right to seek legal help if your rights are violated.

No one has the right to wrongly imprison you or force you to leave your country.

You have the right to a fair and public trial.

Everyone is innocent until **PROVEN** guilty.

You have the right to privacy. No one can interfere with your reputation, family, home or correspondence.



You can travel wherever you want.

You have the right to seek asylum in another country if you are being persecuted in your own country.



Everyone has the right to a nationality.

All adults have the right to marriage and to raise a family.



You have the right to own property.



Everyone has the right to belong to a religion.

Freedom of Expression: You have the right to free thought and to voice your opinions to others.

Everyone has the right to gather as a peaceful assembly.

You have the right to help choose and to take part in governing your country, directly or through chosen representatives.



You have the right to social security and are entitled to economic, social and cultural help from your government.

Workers' rights: Every adult has the right to a job, a fair wage and to join a trade union.

You have the right to leisure and rest from work.

Everyone has the right to an adequate standard of living for themselves and their family.



Everyone has the right to education.

Your intellectual property as an artist or scientist should be protected.

We are all entitled to social order so we can enjoy these rights.

You have the responsibility to respect the rights of others

NO ONE CAN TAKE AWAY ANY OF YOUR RIGHTS

From the Service Coordinator

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

DECEMBER 2021

Hello Friendship Terrace Family!

The month of December is known for National Human Rights Month. During National Human Rights Month and every other month that follows it we recognize that people of different races, religions, cultures, and beliefs are all in all the same -- we are all just PEOPLE. There are 3 major basic human rights that each human has:

- 1.) LIFE
- 2.) LIBERTY
- 3.) PURSUIT OF HAPPINESS

“Where, after all, do universal human rights begin? In small places, close to home — so close and so small they they cannot be seen on any maps of the world. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.”

-Eleanor Roosevelt

Saja Hogans – Service Coordinator



Seabury  at Friendship Terrace
Senior Living



Human Rights Program



**December 2, 2021
2:30pm– 5th Floor Lounge**

Coffee Chat w/ Rahell & Saja



**December 15, 2021
11am - 2nd Floor Lounge**

Fighting the Holiday Blues



**December 22, 2021
1pm - 5th Floor Lounge**

Fun Fitness w/ Saja



**Every Monday
11am– 5th FL**

Health Providers Corner

Blood Pressure Check

December TBD– Wellness Center
Flyers will be sent out with the
Information.

*Sign up at the front desk to
request an appointment*

**STOP THE SPREAD OF
CORONAVIRUS (COVID-19)**



**PLEASE WASH
HANDS FOR
20 SECONDS**



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

Saja Hogans

(202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

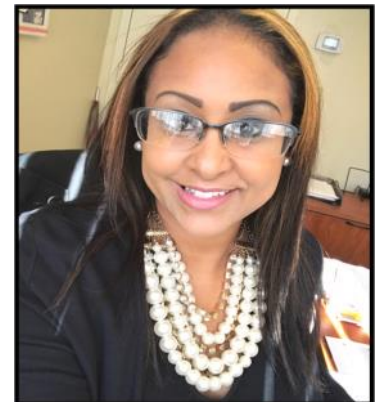
The wonderful holiday season is upon us! “Winter is time for comfort, for good food and warmth, for the touch of a friendly hand and talk beside the fire: it is the time for home.” I hope that everyone had a Blessed Thanksgiving. Personally, I have been thinking about how fortunate I am to be working with you all at Friendship Terrace. It is without question that Friendship Terrace is a very special community of residents, families and associates and I count myself fortunate to have the opportunity to be a small part of the Friendship Terrace Family.

We had a very busy November with all the planned activities, the Anniversary Dinner party and the Covid Booster Clinic. Of course, with Thanksgiving now behind us, we look forward with eager anticipation to the Christmas Holiday and the New Year. We can't wait to trim the Christmas trees throughout the community and have it look festive. I hope that we take some time out to reflect on the Blessings in our lives and ponder “the reason for the season.” We have plenty of holiday events planned for December and I hope to see each and every one of you enjoying the festivities.

December is quite a month! It's a time of short days and long nights with lots of celebrations around the world. We are honored to be celebrating together with you.

I wish you and yours a warm, healthy and happy holiday season!

Semira Negasi,
Executive Director



Happy Holidays

FROM ALL OF US AT SEABURY



This holiday season, Seabury is...

- Serving over 3,000 monthly meals
- Subsidizing transportation for 1,500 older adults
- Providing a safe and welcoming environment for 346 older adults to call home
- Offering over 250 monthly activities
- Supporting older adults and family caregivers through over 60 hours of subsidized Care Management services each month

seaburyresources.org/donate

51st ANNIVERSARY PHOTOS



51st ANNIVERSARY PAGE



SHORT STORY PAGE

RED BOY

“There was a boy, a very strange enchanted boy .. A little shy and sad of eye but very wise was he ...and then one day, a magic day he passed my way and while we spoke of many things, fools and kings, this he said to me. The greatest thing you’ll ever learn is just to love and be loved in returned.”

His real name was Frank, but everyone, including the teachers, called him Red Boy. Maybe it was because his skin was the color of Georgia clay. No one knew where he lived, only that he did not live in our small rural village, nor did he attend our church. During recess, he did not play with us, but sat alone under the same oak tree every day.

We were in the 4th grade when our very strict teacher announced that she had to go to the toilet and said that she did not want us to make a sound. She was hardly out of the door when we used her absence to yell and shout at each other. She heard the commotion and rushed back into the classroom absolutely furious! She took her paddle and made each of us hold out a hand to receive a good lick. Red Boy refused! She made the mistake grabbing his arm in an effort to force his compliance. He bit her pinky finger clean off. Of course, he was suspended for two days. I was to become his next victim.

We were in the 6th grade and heading for recess. I did not know that Red Boy was standing behind me and I made a step backward and my left foot landed on his. Before I could apologize, he reached up and slapped me as hard as he could! Everyone stopped whatever was happening and the scene was like that of the old slow-motion movies. The students, all being aware that I never fought, were wondering what I would do, especially because I was much bigger than Red Boy. I was stunned. No one had ever hit me before, not even my parents, discounting, of course the occasional hand lick from teachers. Anyway, I simply skipped recess and went back to my desk.

SHORT STORY PAGE

The next morning, there was a large bag of parched peanuts on my desk. No one claimed to be the gift giver. I arrive at school very early the next day, in time to see Red Boy deposit a bag of oranges on my desk. When we went out for lunch recess, I dared to go and sit with Red Boy under the oak tree. Unlike the rest of us, he never ate lunch. We did not talk, but I handed him one of my sandwiches, which he devoured hungrily. I told mama about Red Boy and for the rest of the school year, she put two lunches in my box. Before the school year ended, we had become “best friends”.

Our high school was a boarding school for well-to-do students from all over the country and some from foreign countries. Red Boy and I were among the few locals who would pay the tuition to attend as day students.

Our high school went from 7th to the 12th grade. I was determined to be in with the in crowd, as they say. I had no time for shy reticent Red Boy. I joined five clubs, served as campaign manager for students running for class and/or school president. I edited the school newspaper and was in charge of writing the class history for our yearbook. Guess what? Red Boy was the class valedictorian! And another guess what? Everyone in my graduating class applied to and was accepted for admission to the college of choice, except Red Boy, he adamantly refused to go to college even though, like the rest of us, he was offered liberal scholarships. Red Boy did not even attend the graduation ceremonies.

I got to know Red Boy the summer after graduation. He told me that he had a girlfriend since our elementary school days and that he was driving since he was 14. He said that he was deeply in love and would marry his girlfriend when he was old enough. That summer, he drove to my house in a tractor and asked me to climb aboard and he would take me to his farm. It was a very large produce farm with watermelons, cantaloupes, okra, field peas, squash, and tomatoes. I went with him to the farm every day up until two weeks before I was to leave for Hampton.

Two weeks before my departure, he came by to say that his girlfriend was relocating to New York. I had never seen him looking so dejected. He wanted the three of us to go for a ride that evening. Usually when the three of us went for a ride, I would sit in the back. This time, he insisted that we all sit in the front seat. We were driving through the Ocala National Forest, and it was pitch dark. Red Boy was driving faster and faster and faster. The car was actually skipping on the road. Betty's nails were about to rip my arm into, and my own breath had deserted me! No one said anything. This went on for about five excruciating miles. Then he slowed down, placed his head on the steering wheel for about five minutes. He then turned the car around and slowly drove us back home.

The night before I was to leave for Hampton, Red Boy came to my house to ask mama if I could spend the night with him. I was hoping that she would say "no", but she gave her approval. This was my only time going into his house. It was a very neat but sparsely furniture bungalow, with two bedrooms. He insisted that we sleep in the same room. Needless to say, I was not about to close my eyes until I was sure that he was fast asleep! I did sleep though but I was awakened before day by the strong aroma of Maxwell coffee. Red Boy had made biscuits, scrambled eggs, country smoked ham, and grits. He also served homemade peach preserve.

I wrote to him every month that I was in college, but he never wrote back. I always let him know when I would be coming home, but he never visited. However, faithfully, the day before my arrival, he would deliver an abundance of produce to my house. I was in Africa when I got the news that Red Boy had died. He had just turned 35. I still mourn his death.

Happy Holidays
To you



By: Gilbert Lancelot Raiford

PUZZLE PAGE

KWANZAA

Word Search

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

Words can be found horizontally, vertically, diagonally and backwards.

AFRICAN BENDERA BLACK CANDLES COLLECTIVE
 COOPERATIVE CREATIVITY CULTURE CUP
 DETERMINATION ECONOMICS FAITH FEAST FRUIT
 GIFTS GREEN HERITAGE IMANI KARENGA KIKOMBE
 KINAR KUJICHAGULIA KUUMBA KWANZAA MAULANA
 MAZAO MKEKA NGUZO NIA PLACEMAT PURPOSE RED
 RESPONSIBILITY SABA SELF UJIMAA UMOJA UNITY
 WORK ZAWADI

MERRY CHRISTMAS

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

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

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FTRA PAGE

FTRA NEWS & NOTES!



The November 1 Council Meeting convened at 7 pm.

Gail Lelyveld, Eric Golden, Buddy Moore, Louise Pearson, and Mildred were present. Marina Buhler-Miko, Jane Simpson and Marka Bianchi were absent.

The minutes were read and accepted. The Treasurer's report was read by Gail Lelyveld. It was accepted. The Corresponding Secretary reported one death. As of this meeting Gail had not received the number of move-ins.



Old Business

Barbara Frias reported on prices for a bus rental. FTRA has not committed money YET. We need to know more if we are to commit to rent a bus. We have to know how many residents are committed to the trip. If there is a requirement of 20 people, there should be 20 people in seats. If not, the driver will not provide the ride. There is no refund because the bus must be paid for. Remember the Bethesda Rescue Squad paid for itself until this summer.

Finally, 1st Vice President Buddy Moore informed residents of a free membership in Bernice Fonteneau Wellness Center. There is computer help on Zoom and exercise classes. To apply see Buddy Moore or call the center at 202-727-0338.

Upcoming Events:

Current Events	Tuesdays, December 14 and 28 at 2:30 pm	Library
Book Buzz	Wednesday, December 15 at 1 pm	4th floor lounge
Council Meeting	Monday, December 6 at 7 pm	5th floor lounge
General Meeting	Monday, December 13 at 7 pm	Dining Room

Enjoy,
Gail Lelyveld, 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
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Steven Arias	Maintenance Director	Sarias@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Saja Hogans	Service Coordinator	Shogans@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