

# FACES OF FRIENDSHIP

DECEMBER 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.*



PUZZLE PAGE

## Christmas Word Search



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

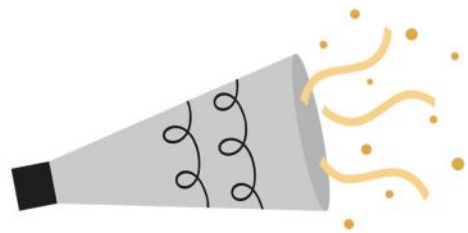
BELLS  
 STOCKINGS  
 WREATH  
 ELVES  
 SLED

CELEBRATE  
 EGGNOG  
 TREE  
 JOLLY  
 SANTA

MERRY  
 MISTLETOE  
 CHIMNEY  
 REINDEER

PUZZLE PAGE

# HAPPY NEW YEAR!



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

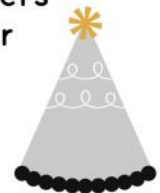
Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



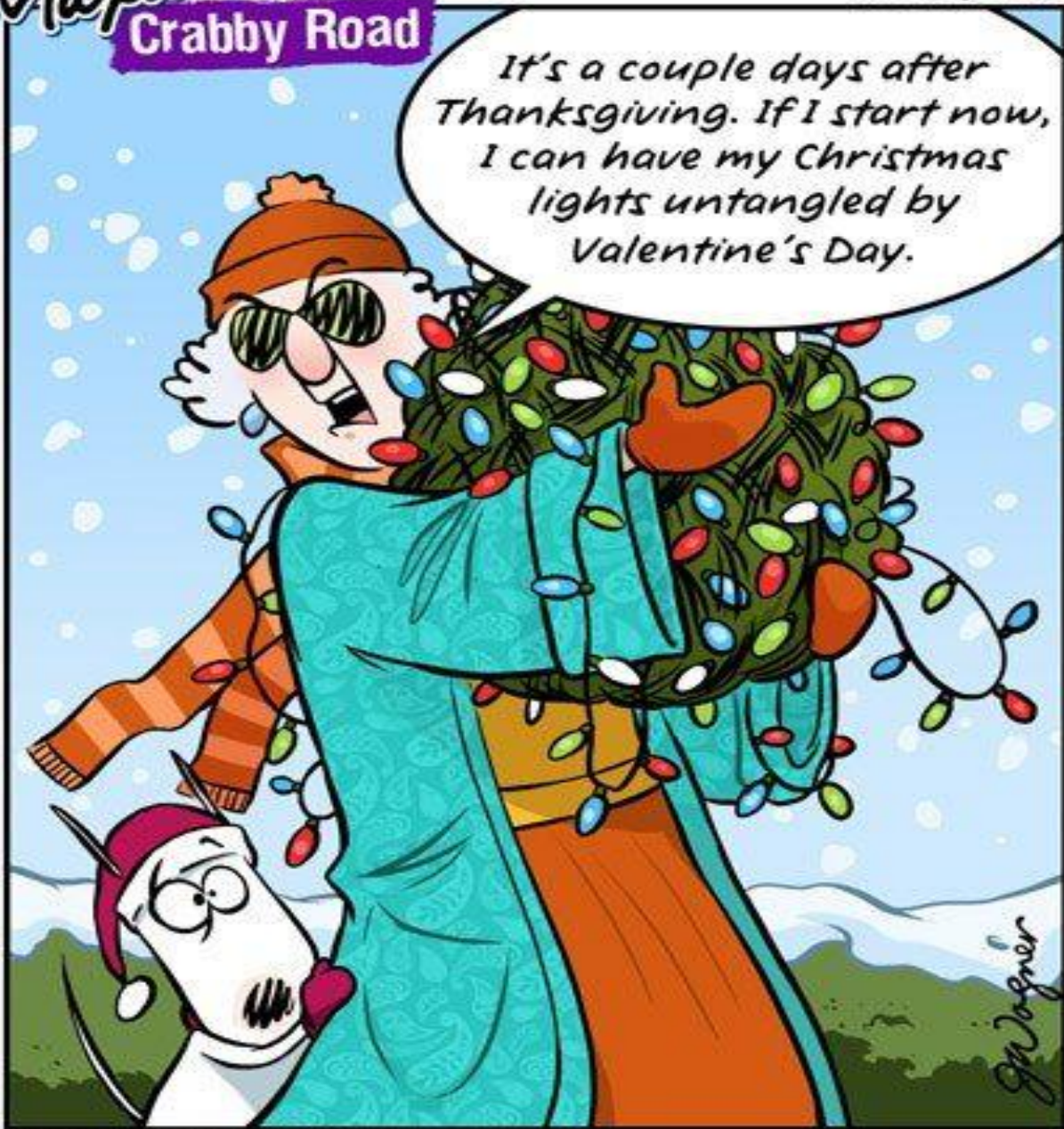
New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers



Maxine's  
Crabby Road

11-24-12



www.facebook.com/maxine maxine.com

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DECEMBER BIRTHDAYS

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

Pollard, Tyrus	12/01	Parker, Trudy	12/18
Shafer, Adelle	12/01	Tobin, Cornelia	12/20
McDermott, Joan	12/03	Agolli, Anna	12/21
Gobe, Kefey	12/06	Swieder, Jennie	12/22
Alexander, Christine	12/07	Hanson, Claudia	12/23
Kidd, Theafers	12/07	Kaplan, Morton	12/24
Miller, Barbara	12/11	Yoshope, Ruthellen	12/27
Dickens, Marcella	12/15	McDonald, Rose	12/28
Bianchi, Marka	12/17	Stearn, Dorothy	12/30



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://coronavirus.dc.gov)

Centers for Disease Control Website: [CDC.gov](https://www.cdc.gov)

State Department Website: [State.gov](https://www.state.gov)

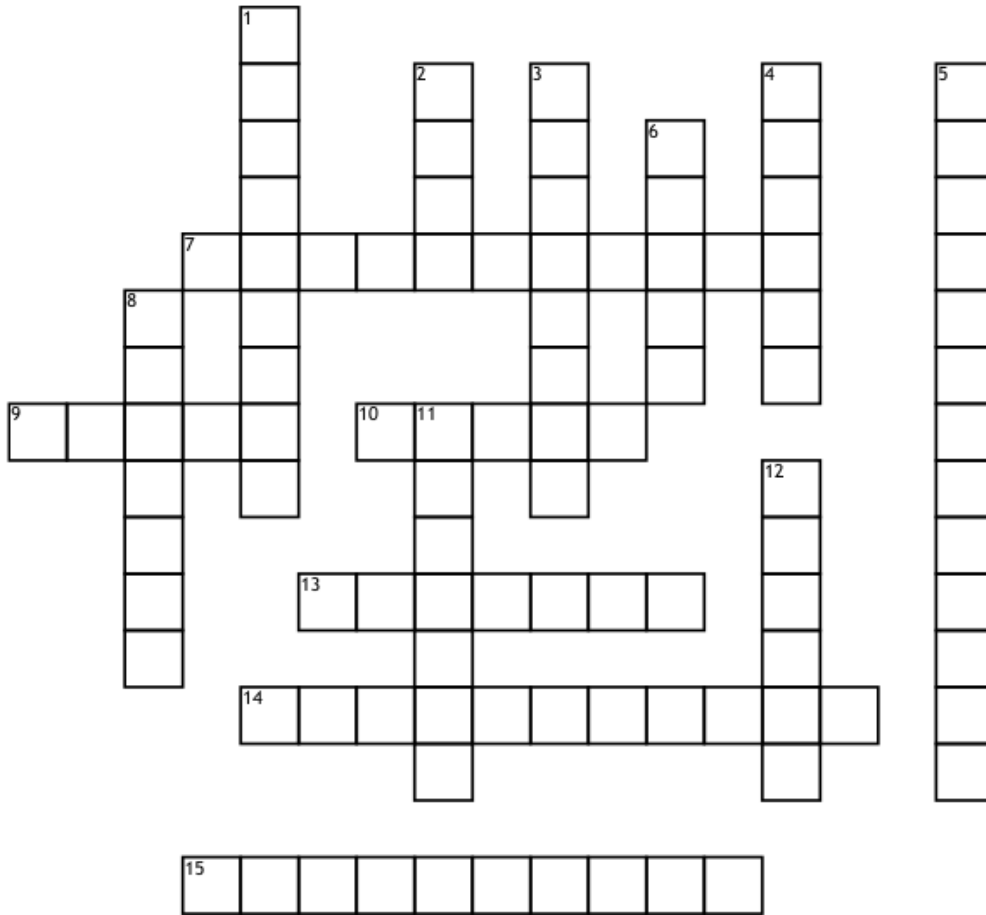
DC Health Website: [Dchealth.dc.gov](https://dchealth.dc.gov)

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

PUZZLE PAGE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Human rights

**Across**

7. 8 A proposed or enacted law or group of laws  
 9. When it is allowed by law  
 10. When do we get human rights  
 13. The condition of being free  
 14. Rights all humans should have  
 15. The inner sense of right or wrong

**Down**

1. Eleanor \_\_\_\_\_ signed the Universal Declaration of human rights.  
 2. Something the government writes to keep people safe  
 3. The state of being equal  
 4. distinctive of the ways of living of a group of people

5. Organisation formed to promote peace, security and cooperation for all nations  
 6. an act punishable by law, usually considered an evil act  
 8. Being valued and worthy of respect  
 11. When it is not allowed by law  
 12. How many human rights are there in the declaration

**Word Bank**

Freedom	Ethnic	Human rights	Equality	Conscience
Illegal	Legal	United Nations	Dignity	Crime
Laws	Legislation	Thirty	Roosevelt	Birth

# From the Service Coordinator

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

DECEMBER 2022

Greetings FT family! December is Human Rights Awareness Month.

The definition of human rights according to the Oxford dictionary is as follows:

One of the basic rights is that everyone has to be treated fairly and not in a cruel way, especially by their government.

Human rights are the most basic rights and freedoms that belong to EVERY person in the world, from birth until death.

The Universal Declaration of Human Rights are as follows:

Article 1 - Right to Equality

Article 2 - Freedom from Discrimination

Article 3 - Right to Life, Liberty, and Personal Security

Article 4 - Freedom from Slavery

Article 5 - Freedom from Torture & Degrading Treatment

Be kind to one another, continue to be safe and enjoy all of the upcoming holidays!!!

Warm regards,  
Rahell - Service Coordinator :)



### Catholic Mass



December 2, 2022  
2:00pm—3rd Floor Lounge

### Coffee Chat w/ Rahell & Mary



December 21, 2022  
11am— 2nd Floor Lounge

### Elder Financial Abuse



December 14, 2022  
12:30pm— 5th Floor Lounge

### Shabbat Service



December 9th & 23th  
3:30am— 3rdFloor 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

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, especially the Las Vegas style Anniversary Dinner party. What a blast we had! 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 the building look festive and in the spirit. 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.

### **A few building updates to remember:**

*\*Our new front desk hours will be 8am to 8pm Monday- Sunday*

*\*Front desk will no longer accept packages for residents; all packages will be delivered directly to the apartments by the carriers*

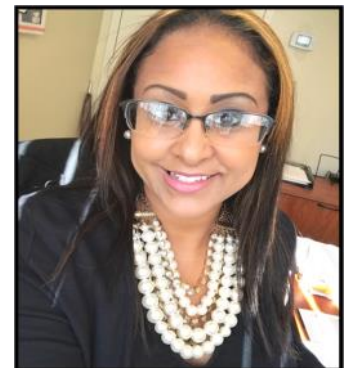
*\*Filter Changes and apartment inspections will take place the 1<sup>st</sup> week of January*

December is quite a month! It’s a time of short days and long nights with lots of celebrations around the world. Please make sure to attend our next Terrace Talks on Thursday, December 22<sup>nd</sup> at 2pm in the Dining room.

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





**PLEASE JOIN US FOR A  
MOMENT TO CHILL AND  
BE ENTERTAINED**

**DECEMBER 1, 2022, 7:30 PM - 8:30 PM  
ONLINE HOLIDAY EXPERIENCE**

**ZOOM LINK: [HTTPS://US06WEB.ZOOM.US/J/86135274811](https://us06web.zoom.us/j/86135274811)**



**FEATURING**

- **A CELEBRITY CHEF  
HOLIDAY COOKING  
DEMO**
- **SANTA STORIES**
- **AND MUCH MORE!**

# ANNIVERSARY DINNER PHOTOS



# ANNIVERSARY DINNER PHOTOS



# ANNIVERSARY DINNER PHOTOS



# ANNIVERSARY DINNER PHOTOS



## In Memory of Mildred Raiford.



**On Behalf of the Friendship Terrace Resident Association (FTRA), I would like to express our deepest sympathy on the passing of Mildred Raiford.**

**Mildred was an integral part of the FTRA and her dedication to the FTRA will be sorely missed.**

**Fortunately, I had a personal relationship with Mildred. Not only was I able to serve as an officer of the FTRA alongside Mildred, I also had the honor of assisting in writing her memoir in 2019.**

**It was a spectacular friendship that Mildred and I established. We spent countless hours on the phone recalling the numerous episodes that transpired in her young, inquisitive, fun-loving, risk taking past.**

**During our plethora of facts seeking sessions, it became apparent to me that helping establish and being part of the Raiford/Faulcon family was one of her most gratifying experiences.**

**While learning of Mildred's myriad of medical challenges during her adult life, her optimistic attitude about life in general and her love of family in particular was nothing short of astounding.**

**Many of us will miss her smile and her positive outlook on life. I am sure I am speaking for others when I state that the lives of many who knew her have been enhanced significantly by interacting with a remarkable one-of-a-kind woman fondly known as Mildred Raiford.**

**Buddy Moore,  
President FTRA**



IN THE SPOTLIGHT PAGE



*In Loving Memory*

## 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



### FTRA News and Notes

The Friendship Terrace Resident Association would like to take this opportunity to wish all Friendship Terrace residents wholesome, celebratory, happy holidays.

It has been a productive, yet challenging year at Friendship Terrace. Friendship Terrace recently celebrated its 52<sup>nd</sup> Annual Residents Recognition Dinner which included a mesmerizing Las Vegas theme and atmosphere. It was indeed an enchanting event.

During the current year, we instituted numerous activities for our residents including: a bereavement support group; a low vision support group; chair aerobics; and other engaging activities.

Unfortunately, we are still anticipating the implementation of our Housing Choice Voucher submissions. And, we are eagerly awaiting the much-needed building upgrades which are expected to occur in the not-too-distant future.

On another bright note, it is wonderful to see that our new residents are excited about their new home and anxious to become engaging members of the Friendship Terrace family.

And finally, every year the FTRA gives monetary gifts to the Friendship Terrace hourly workers because we are not allowed to “tip” during the year.

Within the next few days, each resident will receive a special envelope asking for a donation to this worthy cause. Please give generously!

Again, the Friendship Terrace Resident Association wishes each Friendship Terrace resident continuous prosperity throughout 2022 and beyond.

**Buddy Moore,  
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>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Steven Arias	Maintenance Director	<a href="mailto:Sarias@seaburyresources.org">Sarias@seaburyresources.org</a>
Jamal Crenshaw	Food Service Director	<a href="mailto:Jamal.crenshaw@sodexo.com">Jamal.crenshaw@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 \$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