

FACES OF FRIENDSHIP

DECEMBER 2023



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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.



VETERAN'S DAY



PUZZLE PAGE


Christmas Word Search

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

ORNAMENT

TREE

SANTA

REINDEER

ELF

SNOWFLAKE

COOKIE

PRESENT

LIGHTS

STOCKINGS

MISTLETOE

SLEIGH

TINSEL

STAR

ANGEL

NATIVITY

Crabby Road

12-12-07

Greatest Hits

*A wish for the families out there ...
Merry Christmas to all, and
to all a fair fight!*



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DECEMBER BIRTHDAYS

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

Shafer, Adelle	12/01	Tobin, Cornelia	12/20
Pollard, Tyrus	12/01	Swiader, Jennie	12/22
Gobe, Kefey	12/06	Hanson, Claudia	12/23
Alexander, Christine	12/07	Kaplan, Morton	12/24
Kidd Jr, Theafers	12/07	Yoshpe, Ruth	12/27
Miller, Barbara	12/11	McDonald, Rose	12/28
Dickens, Marcella	12/15	Stearn, Dorothy	12/30
Bianchi, Marka	12/17		
Parker, Trudy	12/18		



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)

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:

16. SAFE/SANITARY. Resident agrees to maintain the apartment in a clean, safe, and sanitary condition at all times, including but not limited to:

- **No storage of anything in or on stovetop or oven.**
- **Walls and floors must be kept clean.**
- **Bathroom and kitchen facilities must be regularly cleaned.**
- **No storage of anything in the shower (does not apply to normal items such as shower seat, shampoo, etc.).**
- **No storage of anything in the area of the hot water heater.**
- **No storage of anything closer than 18” to the ceiling in any area of the apartment, including closets.**
- **No accumulation of clutter in any area of the apartment, including but not limited to newspapers, clothing, business papers, mail, boxes, bags, etc. Trash should be emptied at least weekly.**
- **No accumulation of dirty dishes, food containers, open food, garbage in sink, on countertops or anywhere throughout the apartment.**
- **Any behavior that encourages or allows the infestation of rodents or insects/pests. If rodents or insects are found on the property, Residents must comply with all instructions of Management and with any exterminator hired by Management to eradicate the problem.**
- **No storage of anything on top or directly in front of the heating and air conditioning unit.**

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 Administrator 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

DECEMBER, 2023

Happy December all,

I can't believe it is the last month of 2023. This year absolutely flew by! The holiday season is in full swing, and we have so much to be grateful for. I am grateful for my family, friends, and for everyone here at Friendship Terrace.

I have an assignment for you. Take a moment to write out 3 things that you are grateful for. Our next Coffee Chat will be a Holiday gathering on Dec. 20, 2023. Bring your list with you and let's have a good time sharing and enjoying each other's company over some coffee & holiday treats. Spread the word - invite a neighbor. See you soon.

See you soon,
Rahell & Mary



Catholic Mass



December 8, 2023
2:00pm—3rd Floor Lounge

Coffee Chat



December 20, 2023
11am— 5th Floor Lounge

Episcopal Eucharist Service



December 21, 2023
2:00pm— 3rd Floor Lounge

Shabbat Service



December 8 & 22, 2023
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

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 with their families and friends. 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 Masquerade themed 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.

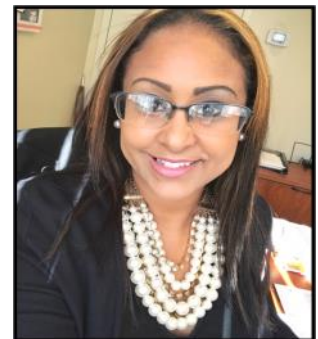
A few building reminders:

- *Air Filter Changes and apartment inspections will take place the 1st week of January*
- *Please continue to pay your contracted rents until we inform you that the DC Housing Vouchers are in*
- *Roof replacement project is in full effect throughout the month of December*

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 28th at 1pm 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 Administrator



SEABURY PAGE



BEARY HAPPY HOLIDAYS!

SEABURY SENDS OUR BEST WISHES FOR 2024!



ANNIVERSARY DINNER





ANNIVERSARY DINNER



Friendship Terrace would like to thank our wonderful volunteer's Mr. John Lee & friend for being our casino dealers for our anniversary night. To our special guest from Seabury at Springvale Terrace we thank you for attending our 53rd Anniversary Dinner & Casino!

Thank You

IN THE SPOTLIGHT PAGE

In the Spotlight



Christine Alexander & Kefey Gobe



Christine Alexander was born on December 7, 1947 in Marshalltown Iowa the oldest of four children. Christine came to Washington, DC in January 2009 to assist in raising her granddaughter.

Christine is an avid reader and has been employed in the field of higher education. Christine has been a resident of Friendship Terrace since May 2016.

Kefey Gobe was born on December 6, 1954 in Harar Ethiopia among two brothers and one sister. Kefey is a passionate “knitter” and Kefey has been employed in the secretarial field with its varied duties and responsibilities.

Kefey came to the United States and finally to Washington, DC because she marveled at freedom and political engagement enjoyed by the people who reside in the city of Washington, DC and throughout the United States of America. Kefey became a resident of Friendship Terrace in October, 2021. And now for the essence of the story.

IN THE SPOTLIGHT PAGE

Christine Alexander and Kefey Gobe met while residing at Friendship Terrace. Although their original lives were significantly different, they both enjoy interacting with people, nature in its most elementary form and the animals that inhabits the land. This love of nature affords the two of them to value a friendship that can be categorized as “second to none”.

Although Christine and Kefey grew up in lands in excess of six thousand miles apart, and Christine is of European descent and Kefey of African descent, today they both reside in the same building sixty yards apart and have developed a friendship which allowed them to enjoy nature and all it has to offer, including the people they meet, the natural resources, the various seasons and the four-legged creatures that inhabit the land.

Christine and Kefey also revel in their leisurely walks and relish having meals together while discussing serious and not so vital issues of concern.



PHOTO PAGE

While Christine has a health issue that prevents her from engaging in various activities, she does however, interact with her cat named Wynter who keeps Christine occupied and amused.

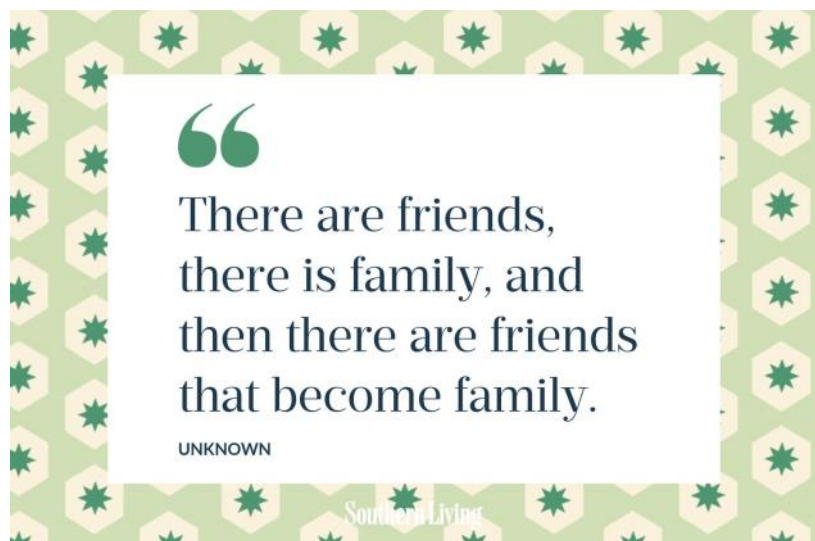
Kefey on the other hand is always out and about, including engaging in demonstrations to stop the violence in Ethiopia that is tearing the country apart.

Kefey and Christine's friendship has strengthened significantly since their initial meeting at Friendship Terrace.

If politicians in the United States and the various leaders throughout the earth would engage in a smidgen of the friendship embraced by Christine Alexander and Kefey Gobe, what a wonderful world it would be.

**Written by: Buddy Moore
December, 2023**

**With enthusiastic input from:
Christine Alexander and
Kefey Kobe**



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

DECEMBER NEWSLETTER

Washington, DC, is a fabulous city where it is impossible to be bored. I have lived in Washington forever and still find places I have not seen and things I have not done. Given the diversity of Friendship Terrace (FT) residents, it should be easy to find people we like in the community, with whom we could do things, even if just chat, eat together or take a walk.

When I first came to FT, I ate my meals at different tables in order to meet the neighbors. It worked! I met people with all sorts of different backgrounds and different interests. It takes a while to make friends, but I think it would be fair to say I have made a few new friends at FT.

Volunteering to take the lead in one or another activity is an excellent way to socialize. For example, we need to get our movies going again. For a quick moment we had a Movie Committee, but the chair of the committee dropped out and we have not been able to get the others to take up the slack. We have a number of CDs in the library and we also have access to Netflix. We could have access to other sites if we could find the people interested and ready to plan our movies.

We have a cabinet full of table games in the game room on the first floor. We can ask a neighbor to join us in the game room and play cards, checkers or Scrabble. Two people start to do it and pretty soon there are others who want to join in.

Lets bring some life into this building! Let's get together and do something!

Eda Valero-Figueira
President, FT Residents Council



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
Jerrell Allen	Maintenance Director	Jallen@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