

FACES OF FRIENDSHIP

FEBRUARY 2024

CELEBRATING

**BLACK
HISTORY
MONTH**

FEBRUARY

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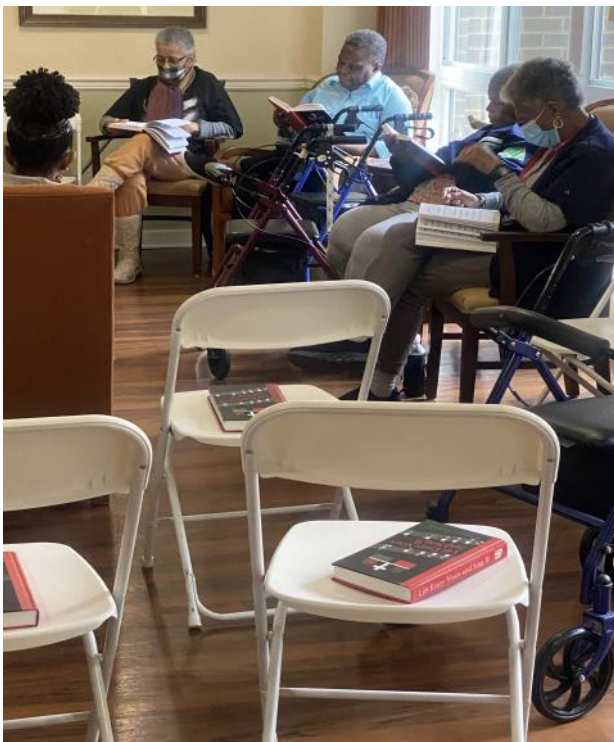
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Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, 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



Friendship Terrace residents enjoyed the first snow of the winter season and had a wonderful MLK Day celebration with Jeffrey Levin of District Music Academy .

PUZZLE PAGE

Name: _____

Date: _____

Chinese New Year

FIRE CRACKERS
 BLESSINGS
 TRADITION
 WARD OFF
 LANTERNS
 NEW YEAR
 NOODLES
 ROOSTER
 CHINESE
 WEALTH
 ZODIAC
 MONKEY
 DRAGON
 RABBIT
 NOISE
 WATER
 GIFTS
 SHEEP
 HORSE
 SNAKE
 TIGER
 NIAN
 EVIL
 FIRE
 PIG
 DOG
 RAT
 OX



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

Crabby Road

2-16-12

*Know what I call a three-layer
box of chocolates? Breakfast,
lunch, and dinner!*



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Maxine.com





FEBRUARY BIRTHDAYS

Birthstone: Amethyst **Flower:** Violet **Zodiac:** Aquarius/Pisces

Roth, Johanna 2/02
Thompson, Caesar 2/08
Loughrin, Michael 2/13
Dickerson, Mary 2/21
Williams, Ellen 2/24
Helper, Gary 2/26
Josen, Felicia 2/27



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
State Department Website: State.gov

DC Health Website: Dchealth.dc.gov

Muriel Bowser, DC Mayor Website: 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:

20. ALTERATIONS. Resident agrees:

- **NOT to mark or deface any part of the building.**
- **NOT to drive nails or screws into the walls, floors, or partitions.**
- **NOT to drill holes or to fasten any article on any part of the premises.**
- **NOT to varnish, paper, paint, or decorate walls, floors, or woodwork, without the approval of the Landlord/Owner.**
- **To hang pictures with approved nail hangers.**
- **NOT to remove stoppers from kitchen or bath sinks or tubs.**
- **NOT to remove bulbs from permanent fixtures.**
- **NOT to make any alteration, addition, or improvement to the apartment without the prior consent of the Landlord in writing.**
- **Not to remove batteries from smoke detectors.**

22. WATER. Resident agrees to conserve water and to report any leaky plumbing fixtures, such as faucets, toilet bowls, showers, etc. Water leaks can cause extensive damage quickly and are considered emergency maintenance issues. They should be reported to the Landlord immediately upon discovery.

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

FEBRUARY, 2024

Hello Friendship Terrace residents,

The month of February is known for HEARTS, American Heart Awareness and Valentine's Day!!! This is a time where people should focus on their cardiovascular health and bring awareness in general to their wellness. People with poor cardiovascular health are at risk for severe health issues. Cardiovascular disease, which is better known to the public as heart disease; is the number one leading cause of death in the United States of America.

Focusing on your heart health is extremely important and we should all adopt a healthy lifestyle to prevent heart disease. Not stressing, exercising regularly, monitoring your intake of salt and avoiding smoking are all basic things that you can do when it comes to preventing heart disease.

- Stress: Eliminate it! When you are feeling stressed, try to occupy your mind with positive things and keeping yourself busy.
- Exercise: start off small, take daily walks and increase the distances every few weeks.
- Monitor salt intake: watch how much salt you are consuming.
- Avoid smoking: cut down on the number of cigarettes you smoke and try to quit.

Happy February!
Rahell & Mary - Service Coordinator

Seabury  at Friendship Terrace
Senior Living



Catholic Mass



February 9, 2024
2:00pm—3rd Floor Lounge

Coffee Chat



February 21, 2024
11am— 5th Floor Lounge

Episcopal Eucharist Service



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

Shabbat Service



February 9, 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

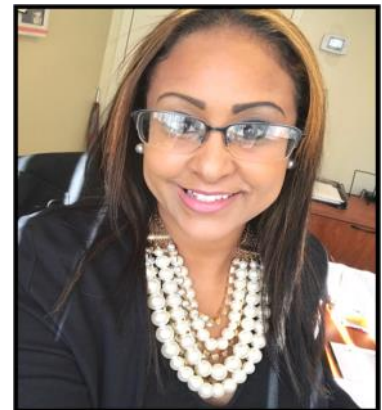
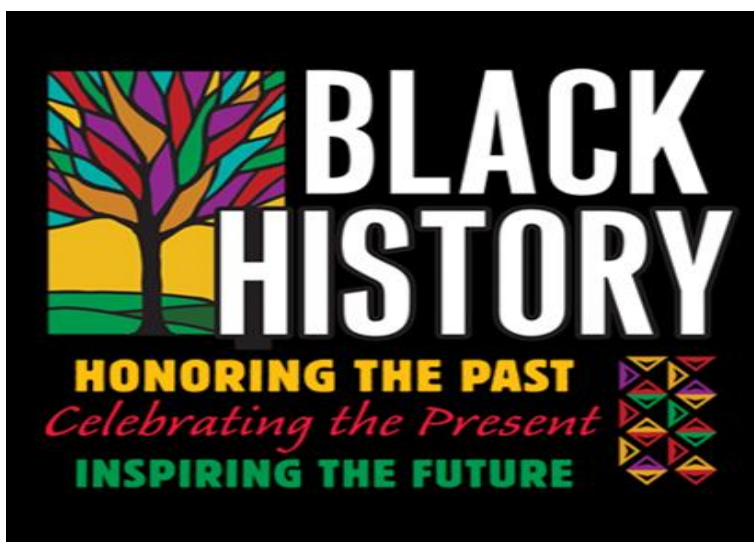
Happy Valentine's Day!

The residents and staff of Friendship Terrace have already begun to taste and enjoy the sweetness of February with our Annual Flower Workshop being held on February 6th in the 5th Floor lounge. And you don't want to miss out on our Annual Valentine's Day Social followed by FTRA (Friendship Terrace Resident Association) Resident Birthday Party on February 14th in the 5th Floor lounge. Bring your sweetheart, or maybe come and find a sweetheart on this day of Love! It will be a day of candy hearts, music, treats and FUN!

February is sure to be fun for everyone! Hopefully, you are able to take part in some or all of the all of the festivities. We have various Black History Month events happening each week! We're here to help fill your days with creative activities.

And lastly, I would like to thank all the residents who continues to join us at our monthly town hall meetings. Those meetings are so important for residents new and old. We want everyone to be up to date with all the latest building updates. Please be sure to continue to send me suggestions for topics you would like to see discussed. Our Terrace Talks will be held this month on February 23rd at 1pm in the dining room. Have a great month!

Semira Negasi,
Executive Administrator



SEABURY PAGE



Seabury Resources for Aging ®

Gala for the Ages

Thursday, May 16, 2024
5:30 pm to 8:30 pm

National Museum for
Women in the Arts

1250 New York Ave NW
Washington, DC 20005

For tickets visit: seaburyresources.org/centennial



BECOMING A WRITER**by MaryLou Schram**

At Lehman High School, freshmen and sophomores were not really dating yet, but the school dances—which happened at the Y downtown—were a kind of lead-in to dating. One evening a boy I had been planning to meet at one of those Y dances, decided instead to meet with a girl friend of mine. When I got to the Y, those two were already absorbed in dancing together.

I had been stood up while not even dating yet! My feelings were hurt; I needed to do something to restore them. As I went home on the bus, I decided to write an article for the Lehman student newspaper though I had never been invited to write for it at all.

I spent the evening writing up this novel idea—a student fashion column, modeled possibly on MLE Magazine of which I had recently become enamored.

To explain the novelty of this fashion column, I need to tell you the limitations of the dress code at Lehman High School in 1949. Women were not allowed to wear pants or jeans to school. Instead of any form of slacks, we wore straight wool or corduroy skirts, long and narrow with short slits up the sides or the back to make walking easier. The skirts went midway between knee and ankle. Braving snow, frost and rain, our legs were bare in this short space between skirt and socks.

On our feet we wore saddle shoes and ‘bobby socks,’ white puffy socks rolled down. The saddle shoes were brown and white or black and white and covered in white polish. Occasionally, we alternated with Penny Loafers. With these skirts we wore blouses or sweaters, short sleeved and unadorned. Under the sweater we often wore white dickeys. (A dickey was a sleeveless blouse of white cotton with a small round collar showing at the neck).

However, in my sophomore year, my home room was also the room where the bi-monthly school newspaper was created and my home room teacher was the school newspaper advisor. On the evening after the dance, I wrote this new column on my Royal typewriter which I had bought

with my earnings from my weekend job clerking at the dry cleaners. I showed this column to my father who had talked at length about how much fun he had had as a newspaper reporter in the small towns of Northern Ohio. He approved of my paper on Lehman fashions. On Monday morning I took this typed offering to the newspaper advisor and asked her to read it. Sometime before noon, she brought it back to me saying that she liked it very much. Would it be all right if she used it in the next issue of the newspaper?

I was thrilled at this better result than I had hoped for. Of course, I said yes. A week later, the newspaper was published with my column prominently printed with my name in large type at the top. It not only had my name, but also the names of several of my friends whom I had mentioned for their fashion know-how. When the paper was printed, my friends rushed to my desk to thank me for putting them in the paper. (Did someone tell me that was a good idea? I don't remember but it worked out well). The advisor was also happy to see their pleasure at being in the news.

I was asked to join the newspaper staff and sign up for the journalism course. The journalism course wasn't offered until Junior year but of course I supplied the paper with new columns every week thereafter and I became the only sophomore to have my work in every issue.

One sour note was that the advisor decided I was really a feature writer, not a news writer, and I was not named Editor in Chief in spite of all my inches. Even so, my future career in the world was settled. At the age of fourteen I was identified as a writer and have stayed happy with that identity ever since and with all the interesting work it has brought me over the years.

I have been a researcher as well as a free-lance writer in both fiction and non-fiction. I have worked for newspapers, radio stations, ad agencies and public relations agencies, and I usually was able to find a job in a new city.

It might have been a good idea to ask what my future earning power as a writer might be. But you have to remember that this was the early fifties and young women had never been taught to examine such questions. In the last twenty years, the job market for news-writers has been going

SHORT STORY

steadily downhill, and surveys of employment fields continue to find there are more writers in the world than are really needed.

In spite of this erratic future, I have been satisfied with this as my place in life. "Writer" is an elastic description and I have continued to find new ways to explore it, from advertising to journalism to fiction to radio. Early on, writing became my way of understanding and dealing with the world.



IN THE SPOTLIGHT PAGE

In The Spotlight David Riviera



Although David Riviera has only resided at Friendship Terrace since April 2023, when he visited Spain in November and returned with a storehouse of magnificent photos, David eagerly developed a PowerPoint presentation and shared those images with Friendship Terrace residents during a planned session in the fifth-floor lounge.

David who was born and grew up in New York City with a plethora of brothers and sisters has an affinity for the city of Washington DC in general and Friendship Terrace Senior Living in particular. David came to Washington, DC to attend Law School in 1975. David left Washington, DC and relocated to Minnesota in 1978 where he began his legal career. David subsequently returned to Washington, DC ten years later.

When David finally returned to DC, he stated that the city had changed tremendously. In his eyes It had indeed become an international city especially with the residency of Spanish speaking individuals in virtually every section of the city.

IN THE SPOTLIGHT PAGE

David relishes in orating upon the days when he resided in New York City. He recalls how much he enjoyed engaging in the sport of “competitive fencing” and how his goal was to become a history teacher.

David is a man of many interests. In his youth, David enjoyed concerts and theater productions. He was an usher at the New York State theater and this exposed him to a lifetime love for the arts. David is also an avid stamp collector.

While all these interests were and continue to be important in David’s life, however, law school had that strange pull which catapulted him onto the campus of Howard University.

During his legal career, David was a Public Defender and also a general practitioner. And was dedicated to his clients. David recalls during one trial, he was focused so intently on defending his client that during a courtroom break, he realized he had mistakenly rushed and entered the ladies restroom. This prompted a short conversation with the Court’s bailiff.

David will reveal that he enjoys the friendly atmosphere at Friendship Terrace and the engaging residents who reside here.

It is also obvious that David Riviera does indeed display that friendly, engaging personality which adds to the ambiance that exists within the walls of Friendship Terrace Senior Living.

**Written by:
Buddy Moore
In conjunction with
David Riviera
February, 2024**

VOLUNTEER HOLIDAY SING-ALONG



VALENTINE

Word Search

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

Be Mine
Candy
Chocolate
Cupid

February
Flowers
Heart
Kiss

Love
Pink
Red
Valentine

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

Happy New Year to all!!! May peace reign in 2024!!!

December was a busy month. Not just the normal hectic of the holidays, but we also had a tour of City Lights, with a wonderful driver who took us all over the city, even to parts which I, a resident since 1981, did not even know existed. We had several choral events, the first led by area students, the second by a Northwest Neighbors Village Volunteer and some more students, and on Christmas Eve, one last one by Chaplain Uni'que Godson from the Chaplain's Corner Ministry in Memory of our beloved late Mildred Raiford. I may have missed one or two. We seemed to be having a choral group all the time.

On Christmas we had a special dinner, followed by an open house to which residents and their guests were invited. As I write this, I must confess I am glad the Holiday is over and the FTRA is not planning anything special for the New Year.

We acknowledge the cancellation of any Christmas celebration by the mayor and churches of Bethlehem in solidarity with the 2.3 million people of Gaza. In Menger Square there is no Christmas tree and instead a baby Jesus lies among the rubble of bombed out buildings. A powerful message.

We are now in the middle of Kwanzaa, the annual celebration of African American culture, from December 26th through January 1st. The celebration, which began in California in 1966, and has become more and more widespread, is based on African harvest festival traditions from various parts of West and Southeast Africa and emphasizes African American heritage, unity, and culture.

This month's birthday party was the third one to have almost minimal attendance. Thus, we have decided to hold it every three month instead of every month, the next one being scheduled for Wednesday, March 13th.

Again, Happy 2024!

Eda Valero-Figueira
President FTRA

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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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