

# FACES OF FRIENDSHIP

**JANUARY 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.*



**PUZZLE PAGE**

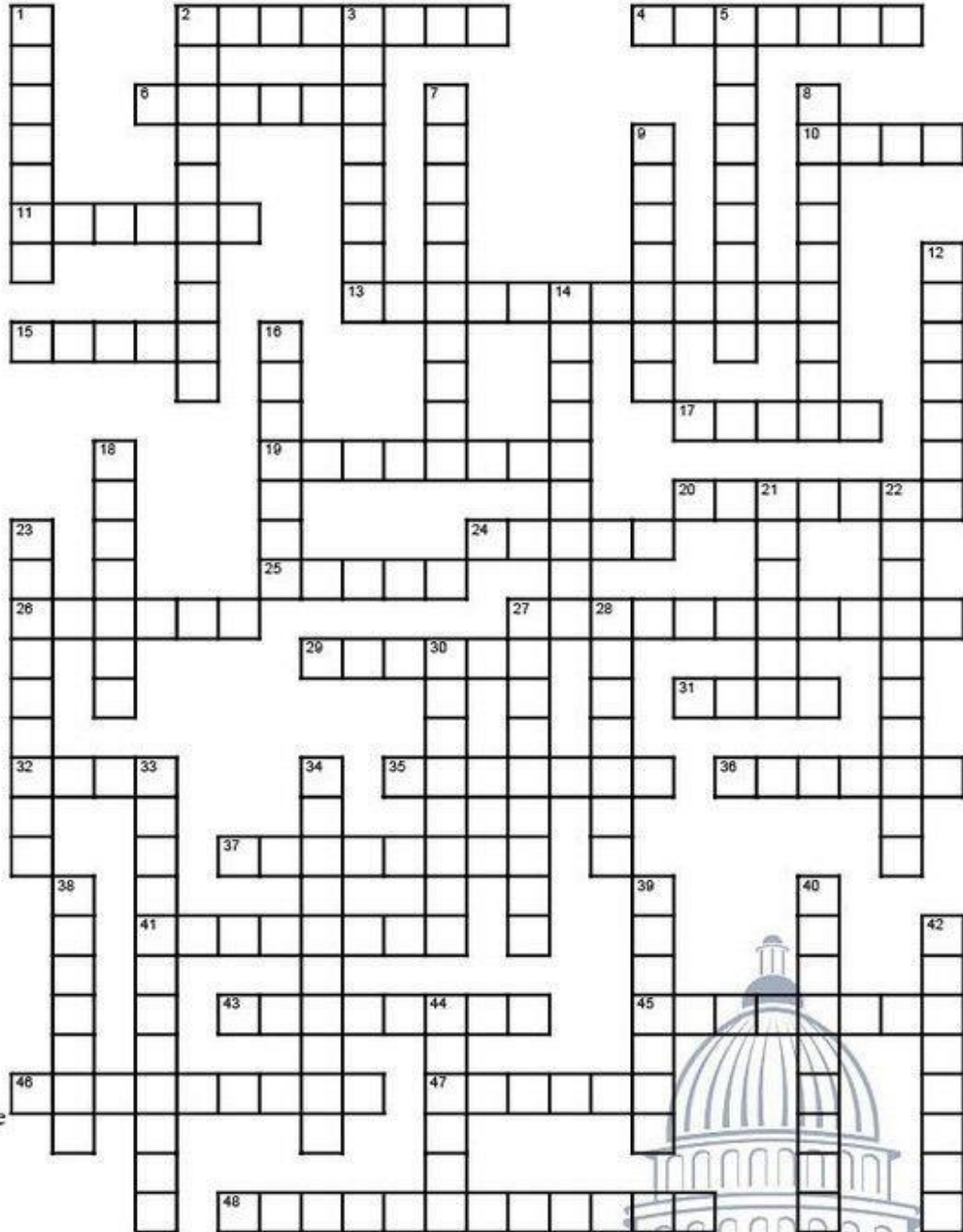
**STATE CAPITALS**

ACROSS

- 2. South Carolina
- 4. Helena
- 6. Topeka
- 10. Des Moines
- 11. Colorado
- 13. Indiana
- 15. Boise
- 17. Austin
- 19. Wyoming
- 20. Nebraska
- 24. Augusta
- 25. Delaware
- 26. Juneau
- 27. Bismark
- 29. South Dakota
- 31. Salt Lake City
- 32. Columbus
- 35. Arizona
- 36. Salem
- 37. Springfield
- 41. Connecticut
- 43. Annapolis
- 45. Lansing
- 46. Madison
- 47. Massachusetts
- 48. Harrisburg

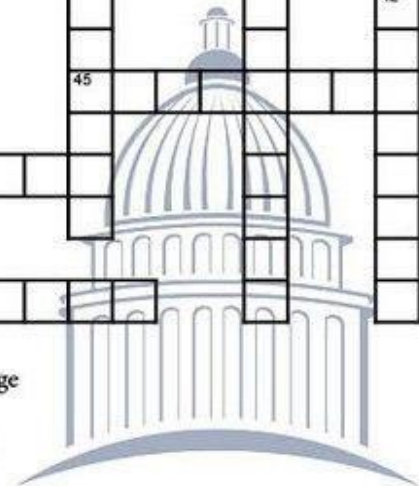
DOWN

- 1. Tallahassee
- 2. West Virginia
- 3. Jefferson City
- 5. Tennessee
- 7. Rhode Island
- 8. St. Paul
- 9. Washington
- 12. Mississippi
- 14. Santa Fe
- 16. New Hampshire
- 18. Montgomery
- 21. Carson City
- 22. Arkansas
- 23. Kentucky
- 27. Trenton
- 28. North Carolina
- 30. Virginia
- 33. Oklahoma



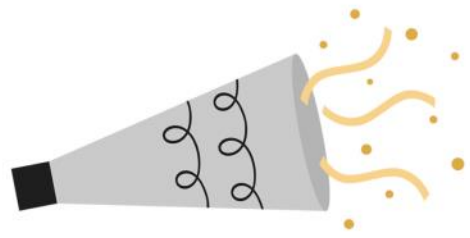
- 34. Sacramento
- 38. Atlanta
- 39. Montpelier

- 40. Baton Rouge
- 42. Hawaii
- 44. New York



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

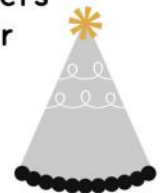
Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers







JANUARY BIRTHDAYS

**Birthstone: Garnet Flower: Carnation Zodiac: Capricorn/ Aquarius**

Bihil, Rigat	1/01	Rio, Elena	1/15	Wright, Demetrias	1/27
Beshir, Zahra	1/01	Simpson, Jane	1/16	Gage, Vance	1/28
Boston, Caroline	1/02	Taylor, Carolyn	1/16	Lee, Wah	1/30
Seitz, John	1/03	Debesay, Tesfay	1/17		
Spence, Helen	1/03	Richardson, Vernell	1/17		
Tesfai, GiGi	1/05	Kidd, Neville	1/19		
Harvey, Wilma	1/08	Snoots, Theodore	1/20		
Hutchings, Christina	1/12	Begley, Ruth	1/26		
Coleman, Melton	1/15	Stevanus, Phyllis	1/27		



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)

# CHRISTMAS DOOR DECORATIONS



# From the Service Coordinator

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

JANUARY 2023

Happy New Year Friendship Terrace family,

As we are starting a new season, we would like to wish every one of you a very happy, safe and prosperous New Year.

As many of you already know, last month we had a presentation on "Elder Financial Abuse, Fraud, and Scam Prevention" given by our friends at the Office of the Attorney General for DC (OAG). This presentation was very informative, and the speaker gave us many tips on what to look out for because scammers have become very creative with the tricks that they are using to get over on innocent victims.

#### What You Can Do to Avoid a Scam

1. Block unwanted calls and text messages.
2. Don't give your personal or financial information in response to a request that you didn't expect.
3. Resist the pressure to act immediately.
4. Know that scammers will ask you to pay.

Always stop and talk to someone you trust immediately - call a family member or your Service Coordinator to assist you.

Happy January from yours truly  
Rahell Negash - Service Coordinator



### Catholic Mass



January 6, 2022  
2:00pm—3rd Floor Lounge

### Coffee Chat w/ Rahell & Mary



January 18, 2022  
11am— 2nd Floor Lounge

### Feel Good Bingo



January 10, 2022  
1:00pm— Dining Room

### Shabbat Service



January 6th & 20th  
3:30am— 3rdFloor Lounge



### Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor

A blue silhouette icon of a hand holding a microscope. The hand is positioned as if adjusting the focus wheel. The microscope has a lens and a base with horizontal lines.

### 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

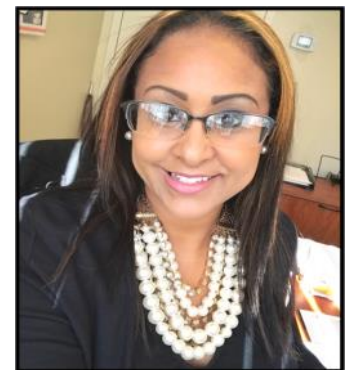
What a year it has been! I am proud to say that we have all faced the challenges of another year of the COVID -19 pandemic together with grace. Through it all, essential services have continued including meal programs, social, educational and religious programming, and outreach work. We have enjoyed events together such as movie nights, dinner parties, townhall programs and much more together. Connecting with each other has brought a great sense of joy and meaning to our lives.

Well known author C.S. Lewis once said, "You are never too old to set another goal or to dream a new dream." Now that 2023 is upon us, it's a good time to reflect on what goals you want to accomplish this year and what dreams need to be fueled with more hope and motivation. At Seabury at Friendship Terrace, our residents continue to Bless us every day with great stories of their lives that are so rich with adventure and fearless determination. Whether a long-term or a brand-new resident, it is our joy and commitment to serve you with the best service, but also with quality-of-life experiences that meet your needs, values your past, and honors future potential. Engaging our residents with mental, social, and physical activities fosters a positive outlook to the promise of new adventures, goals, and dreams in this new year of 2023.

As we reflect on so many memories made from this past year, we have much to be thankful for. In this transition to a new year, our commitment to excellence remains a top priority and we could not accomplish this without the tremendous team of employees at Friendship Terrace that are committed to providing the best in customer service. To our wonderful residents, we are so thankful for you! On behalf of everyone at Seabury at Friendship Terrace, I would like to say that it has been an honor and pleasure to serve you and we look forward to celebrating 2023 together.

Our staff wishes you happiness and health during the New Year!

Semira Negasi, Executive Director

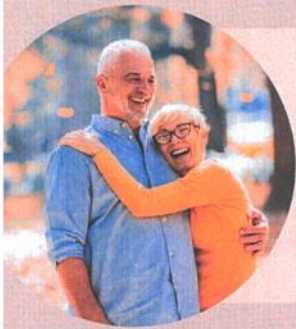


# SEABURY PAGE



## 4 questions to ask yourself about your driving skills

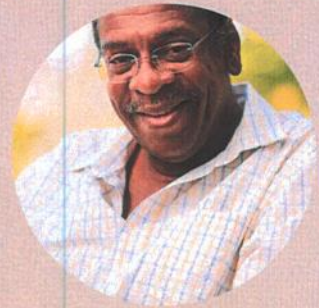
### 1. How is your walking ability?



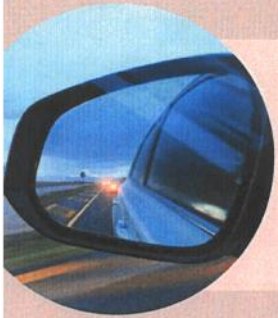
There are some activities you can do outside of driving that can impact your ability to drive. If walking or going up the stairs hurts you, or is uncomfortable, you may find that it can affect your driving too.

### 2. How well do you see?

Eyesight is closely related to driving skills, it's why vision is one part of the DMV exams you need to take to get your driver's license and even to renew it years later.



### 3. How well do you see your blind spots



As people age, they typically have less strength, coordination, and flexibility which can affect driving. Think about the difficulty level of various movements you make when driving.

### 4. How comfortable are you driving at night?

Fading night vision can be a serious traffic hazard, particularly among older motorists who drive after dark.



SCAN FOR MORE INFORMATION

# YEAR 2022 IN REVIEW!!!





# YEAR 2022 IN REVIEW!!!



# YEAR 2022 IN REVIEW!!!



# YEAR 2022 IN REVIEW!!!





PUZZLE PAGE

Chinese New Year Word Scramble

- 1. aRt \_\_\_\_\_
- 2. xO \_\_\_\_\_
- 3. rgieT \_\_\_\_\_
- 4. Rbiabt \_\_\_\_\_
- 5. goaDnr \_\_\_\_\_
- 6. Snkae \_\_\_\_\_
- 7. osHer \_\_\_\_\_
- 8. aotG \_\_\_\_\_
- 9. koyneM \_\_\_\_\_
- 10. esoRotr \_\_\_\_\_
- 11. goD \_\_\_\_\_
- 12. gPi \_\_\_\_\_
- 13. crrercksriaeF \_\_\_\_\_
- 14. amyiFl \_\_\_\_\_
- 15. gipsumDln \_\_\_\_\_
- 16. eNw onMo \_\_\_\_\_
- 17. dRe \_\_\_\_\_
- 18. Ltrasnen \_\_\_\_\_
- 19. ukcLy \_\_\_\_\_
- 20. yneMo \_\_\_\_\_
- 21. Mdinsnraa \_\_\_\_\_

## 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**

**News and Views From  
The Friendship Terrace Residents Association  
(FTRA)**

**On behalf of the FTRA Council I would like to Thank all those residents who donated to the Friendship Terrace hourly employee's collection. Your generous gifts allowed Friendship Terrace employees to enjoy an extra special holiday season. It should also be noted that 2022 was a rather good year for Friendship Terrace.**

**During 2022 numerous energetic, engaging individuals became Friendship Terrace residents, including Ronald Jenkins. Mr. Jenkins has taken it upon himself to assist in maintaining the beauty and cleanliness of the outer perimeter of Friendship Terrace and for that we are indeed grateful.**

**It should also be mentioned that additional activities took place at Friendship Terrace in 2022 such as: the 54<sup>th</sup> Annual Friendship Terrace Dinner; a bereavement support group; a low vision support group; Science and Spirituality, etc.**

**It is noticeable by most that when Friendship Terrace residents and management work together life at Friendship Terrace, can be exciting, educational and rewarding.**

**Just a reminder that the first FTRA Council meeting of the new year will be held Monday, January 9, 2023, 7:00 p.m. in the 5<sup>th</sup> floor lounge.**

**The FTRA is looking forward to a prosperous 2023 with participation by all Friendship Terrace residents.**

**Happy New year to all!**

**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
US Postal Service	800-275-8777