

FACES OF FRIENDSHIP

JANUARY 2024



IN THIS ISSUE:

- | | |
|--------------------------------|-------------------------------|
| Page 1: Cover | Page 10: Administrator Update |
| Page 2: Photos | Page 11: Seabury |
| Page 3: Puzzle | Page 12: Year in Review |
| Page 4: Humor | Page 13: Year in Review |
| Page 5: Birthday/Covid Info | Page 14: Year in Review |
| Page 6: House Rules Highlights | Page 15-17: In The Spotlight |
| Page 7-9: Service Coordinator | Page 18: DACL Info |
| | Page 19: FTRA News |



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.



CITY LIGHTS BUS TOUR



PUZZLE PAGE



WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER

ACRAZYFAMILY.COM

Maxine's

Crabby Road

12-26-12

The trouble with going out in the cold at my age is by the time I get all bundled-up, I've forgotten where I was going.



www.facebook.com/maxine maxine.com

©Hallmark Licensing, LLC





JANUARY BIRTHDAYS

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

Bihil, Rigat	1/01	Rio, Elena	1/15
Beshir, Zahra	1/01	Taylor, Carolyn	1/16
Boston, Caroline	1/02	Debesay, Tesfay	1/17
Seitz, John	1/03	Richardson, Vernell	1/17
Spence, Helen	1/03	Snoots, Theodore	1/20
Tesfai, GiGi	1/05	Kassa, Alemita	1/21
Harvey, Wilma	1/08	Wright, Demetrias	1/27
Hutchings, Christina	1/12	Gage, Vance	1/28
Coleman, Melton	1/15		



CENTER FOR DISEASE CONTROL INFORMATION

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:

1. RENT. All rents are due and payable on or before the first of the month. If rent is not paid by the 5th of the month, the Resident will be in violation of the lease. For security purposes, no cash will be accepted; checks or money orders only. Management will not accept postdated checks.

38. GENERAL. Any activity by a Resident that is in violation of the lease, the Resident Guidelines, these House Rules, or which, in the judgment of the Landlord, is harmful or detrimental to the morale, safety, or health of other residents, staff, or visitors will be grounds for eviction. Other policies and procedures for use of specific facilities may be posted in or directly outside of those facilities. Failure to obey posted signs may result in loss of access to those facilities or eviction. Residents are strictly responsible for the behavior of their guests and invitees.

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

JANUARY, 2024

Happy New Year Friendship Terrace family,

As we are starting a new season, we would like to wish each and everyone of you a very happy New Year!

As many of you already know, this time of year presents great opportunities for scammers to take advantage of us on so many levels. Below are tips on what to look out for because scammers have become very creative with the tricks that they are using to get over on their innocent victims.

What You Can Do to Avoid a Scam

1. Block unwanted calls and text messages.
2. Do not give your personal or financial information in response to a request that you did not request or expect.
3. Resist the pressure to act immediately.
4. Know how scammers tell you to pay, there are many methods to get access to your financial info.
5. Always stop and talk to someone you trust immediately - call a family member or your Service Coordinator to assist you.

Happy January my friends!
Rahell & Mary - Service Coordinator



Catholic Mass



January 5, 2024
2:00pm—3rd Floor Lounge

Coffee Chat



January 17, 2024
11am— 5th Floor Lounge

Episcopal Eucharist Service



January 18, 2024
2:00pm— 3rd Floor Lounge

Shabbat Service



January 5 & 19, 2024
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

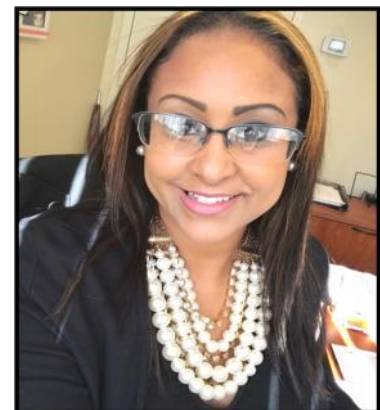
What a year it has been! I am proud to say that we have all faced the challenges of another year together with grace. Through it all, essential services have continued including meal programs, social, educational and religious programming, and outreach work. We have enjoyed events together such as movie nights, dinner parties, townhall programs and much more together. Most excitingly, we achieved our awesome goal of obtaining our Section 8 Vouchers! Congratulations to all of you!

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 2024 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 2024. Connecting with each other daily has brought a great sense of joy and meaning to our lives.

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 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 2024 together.

I wish you happiness and health during the New Year!

Semira Negasi
Executive Administrator



SEABURY PAGE

What You Need to Know About What's New and Important to Medicare for 2024

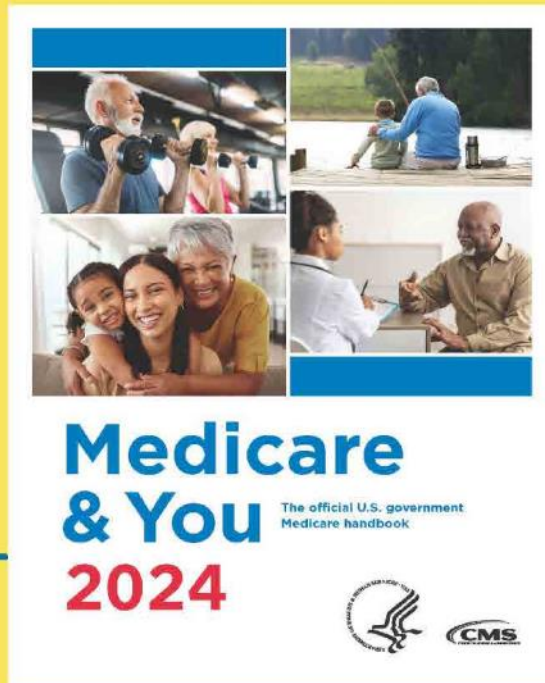
Seabury encourages older adults and their caregivers to stay informed about changes to Medicare in 2024. The Department of Health and Human Services and the Centers for Medicare and Medicaid Services have published a handbook which provides much information about new benefits of which older adults can take advantage.

You may get a copy of the handbook online or scan the QR code below.

(<https://bit.ly/2024MedicareHandbook>).



SCAN HERE



2023 YEAR IN REVIEW!





2023 YEAR IN REVIEW!



IN THE SPOTLIGHT PAGE

In The Spotlight Sam Reuto



Sam Reuto is the Food Service Director at Friendship Terrace Senior Living. Sam came to Friendship Terrace through his employer Sodexo USA which provides facilities management and food services to schools, universities, hospitals, senior living communities, venues and other vital establishments.

Sam is a native of Bogota Columbia which is the third largest city within city limits in South America by population.

Sam grew up with two sisters and four brothers. Sam lightheartedly states that he “has one son that he knows of.”

Sam visits Bogota twice each year to mingle with family members and friends and specifically to spend time with his son.

Sam came to the United States in October 2015 because he thought the United States was the place where “Dreams Come True.” However, Sam soon realized there was some misinterpretation. Sam quickly recognized that if you wanted your dreams to come true, you had to stop dreaming, get out of bed and find a job.

IN THE SPOTLIGHT PAGE

Sam found his way to Friendship Terrace in April, 2023. After settling in at Friendship Terrace Sam knew this was the population he wanted to serve and support.

When Sam was a kid, one of his hobbies was eating delicious food. And that hobby followed him into adulthood. Sam says “His love of food is responsible for maintaining his “Proud Prominent Physique.”

Sam also recalls one Christmas during his youth when he asked for a huge truck a replica of one he saw in a store. Lo and behold that toy truck was one of his gifts on Christmas day. What a pleasant surprise.

Sam engaged with that truck continuously throughout Christmas day and beyond. Unfortunately, in its normal operation the truck made a horrendous sound and his parents dreaded the day that truck entered their home.

As an adult Sam enjoys listening to music, traveling and watching movies.

As dining room manager Sam enjoys developing nutritious, colorful, tasty meals for Friendship Terrace residents. Sam also relishes in preparing some of the meals recommended by dining room patrons.

Sam enthusiastically engages in conversation with those Friendship Terrace residents who frequent the dining room. We often see Sam visiting each table interacting with dining room attendees. He often inquires about the meals and the service and asks for any suggestions which will make dining at Friendship Terrace a more pleasurable experience.

We are fortunate to have a dining room manager like Sam Reuto who has healthy foods coupled with meal satisfaction his number one goal at Friendship Terrace.

Written by: Buddy Moore

January 2024

With eager input from: Sam Reuto

VOLUNTEER HOLIDAY SING-ALONG

Holiday Sing-Along

Member Eda Valero-Figueira and member-volunteer Linda Lateana emailed the office for suggestions about organizing a holiday sing-along at Friendship Terrace. It just so happens that we have new(ish) member-volunteers that were perfect for the job - Cathy Waldman and Paul Levi. When approached, they stepped right up to play piano and get people singing.

Here's Cathy's story:

"We thought you would like to hear about how our sing along at Friendship Terrace on Saturday grew into an intergenerational songfest.

Eda had reserved the small community room on the second floor, which has a piano, plus sofas and chairs. I'd say maybe thirty residents turned up. We brought some song booklets and started to sing when twenty or more teenagers walked in the room. Apparently they had made arrangements through someone else, unbeknownst to Eda, and they, too, were prepared to sing Christmas carols. Turns out they were a group of eighth grade girls from Vienna, Virginia, who do a service project here in the district. The combined group sang through a couple of dozen carols, with the girls adding a lot of energy and sound."

Thank you Eda, Linda, Cathy, and Paul for getting this event going!

The sing-along group. Paul Levi & Cathy Waldman are in front toward the middle behind the plant.



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

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