

FACES OF FRIENDSHIP

JULY 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.



ICE CREAM SOCIAL PHOTOS



AWARENESS PAGE

MINDFULNESS

BY APAGE

WHAT IS MINDFULNESS MEDITATION?

LIVING IN THE MOMENT



MINDFULNESS BEGAN AS A BUDDHIST TRADITION.

MINDFULNESS MEDITATION IS NOW RECOGNIZED BY PSYCHOTHERAPISTS AS A FORM OF COGNITIVE THERAPY.

IT'S A SEATED MEDITATION TECHNIQUE THAT FOCUSES ATTENTION ON BREATHING, BODILY SENSATIONS AND MENTAL RELAXATION.

WHAT MAKES MINDFULNESS UNIQUE FROM OTHER FORMS OF MEDITATION IS THAT THE PRIMARY FOCUS IS ON ONE'S CURRENT PHYSICAL STATE.

Crabby Road

6-30-09

A 4th of July planning tip:
this year throw veggie burgers
on the grill ...
and next year,
someone else will
host the cookout.



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JULY BIRTHDAYS

Birthstone: Ruby **Flower:** Larkspur **Zodiac:** Cancer/ Leo

Schumacher, Elizabeth	7/01	Schrichte, Lynn	7/18
Sharp, Michael	7/01	Wanzer, Tanya	7/18
Grant, Gloria	7/03	Chesney, Shirley	7/18
Kebede, Haile	7/07	Piester, Rita	7/21
Golden, Eric	7/08	Larkin, Susan	7/25
Tutt, Pamela	7/14	Freeman, Maxine	7/30
Fergins, Margreat	7/15	Puppa, Janet	7/30
Chatman, Joseph	7/17	Chong, Rak	7/31
Bartoszewicz, Cecylia	7/18	Valero, Eda	7/31



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)

PUZZLE PAGE



July 4th

Word Search Puzzle

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

FIREWORKS
HISTORY
JULY
PRIDE

LIBERTY
DECLARATION
FAMILY
INDEPENDENCE

NATION
SUMMER
PATRIOTISM
FREEDOM

From the Service Coordinator

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

JULY 2022

Happy July Friendship Terrace Family!

Summer is in full swing and we are working hard to keep everyone of our residents happy and healthy! We encourage you all to come out of your apartments and get active whenever possible. Please make sure to take a look at your activity calendar and listen to your daily **Robocall** to see what activities are happening.

We understand every activity will not be a fit for you, but you are bound to enjoy a few if you give them a try. As always, if you have any suggestions for programs or activities that we have not done in a while or you have not seen done before, please let us know.

Stay hydrated, enjoy this sunshine, and cheers to the summer!!

Your Service Coordinator
Rahell & Mary

Happy Summer



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



July 1, 2022
2:00pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



July 20, 2022
11am—2nd Floor Lounge

Shabbat Gathering



July 1, 5, 15 & 29
3:30pm—3rd Floor Lounge

Brain Teaser Trivia



July 27, 2022
12:30pm—2nd Floor 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

It is officially summer, and isn't it hard to believe the year is already half over with? And what a year it has been so far! I would like to encourage us to go outdoors to enjoy the sunshine. While many of us delight in the summer heat, please remember that it can pose certain dangers.

To stay safe and healthy in sweltering temperatures, remember the following:

- (1) Drink plenty of fluids, especially water. Many heat-related conditions stem from dehydration.
- (2) Dress in light, loose-fitting clothing on hot days to stay comfortable.
- (3) If you begin to experience the symptoms of a heat stroke, such as confusion, a flushed face, and nausea, seek medical help immediately.
- (4) Please remember to wear your masks while outdoors and to social distance from others.

According to the CDC, adults over 65 do not adjust as well to changes in temperature. Make sure that you are resting enough, drinking enough, wearing lightweight clothing, and listening to your body for signs of heat stress. The heat isn't always a bad thing: it reminds us to slow down and take our time. Instead of rushing to our next task, we should instead try to be more like a summer afternoon: warm, patient, and restful. There is so much to be seen and enjoyed, if we just choose to be fully present in each moment.

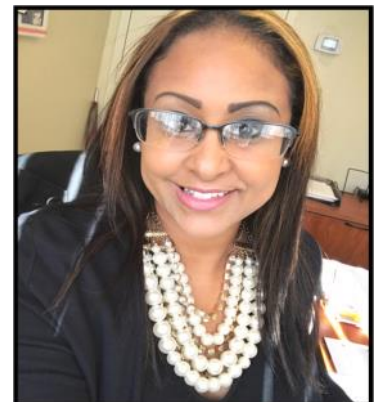
If you look at the July Calendar you will see that there are many exciting and new in-person activities happening all around our area. I encourage you to sign up for as many activities as you would like, even if it is new to you, you may really enjoy it.

Our next Terrace Talks is scheduled to be held in the dining room at 2pm on Friday, July 29th. I look forward to seeing all of you again. Please continue to be safe and take care of yourselves.

Happy Fourth of July!

Semira Negasi,
Executive Director

Happy July 4th





Since our founding in 1924, Seabury has served as the kind, compassionate advocate that older adults and their caregivers deserve. Our well-regarded programs meet older adults where they are and provide support in a friendly, caring way.

Programs & Services

Providing **affordable permanent housing** and **transportation** solutions, **minimizing food insecurity** and **social isolation**, and creating safe and **compassionate solutions** for living with dignity.

Affordable Housing | Care Management
Congregational Resources | ConnectorCard*

SeaburyDC*

- Age-In-Place®*
- Home First®* Residences*
- Lead Agencies on Aging Wards 5 & 6*
- Model Cities Senior Wellness Center*
- Older Blind Program*
- Out & About* for LGBTQ+ older adults

Learn more or donate:

seaburyresources.org | (202) 289-5690



* Supported by the D.C. Department of Aging and Community Living

Practicing mindfulness: meditation and mindfulness top tips

Sit or lie comfortably

If you're just beginning, it can help to start small, such as meditating for 2 to 5 minutes and gradually increase this over time.

Focus on your breath

Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered

It is inevitable that you will lose attention and your mind will wander. When you start to notice it wandering, simply return your attention to your breathing.

Finish with kindness

When you're ready, gently lift your gaze and notice how your body feels. Notice your thoughts and emotions.

CUT'S 4 DADS PAGE



CUT'S 4 DADS PAGE



SOME
Super **Heroes**
Don't have
CAPES...
They are
called **DAD**

BIG THANKS!!! To Mr. Ronald Jenkins a resident here at Friendship Terrace for Volunteering to Barber along side myself and others who volunteered to give out Hair cuts for Father's Day.





**Louise Pearson
“In Search of the Good Life”**



I, Louise Pearson, was born in Columbus Ohio August 8, 1935. Columbus is the Capitol of the state of Ohio. And it is home of the mighty Ohio State University. I grew up in Columbus with my father, five brothers and a “half-sister.” After graduating high school, I decided to leave Columbus and travel to California with two high school graduate friends. After residing in California for one year, I returned to Columbus.

However, things in Columbus did not work out for me, so I packed my bags and traveled to Washington, DC to be close to one of my brothers. Surprisingly, I found Washington, DC to be a good fit for me. DC was a vibrant, intriguing city, with a plethora of activities for its residents and the numerous commuting workers and visitors.

Things were going quite well for me in DC. However, after being employed in the private sector for a period of time, I realized I needed employment with stability and more

financial and personal security. To remedy that quandary, I “sat” for the U.S. Civil Service examination and passed it. Soon thereafter, I was offered a position with the U.S. Civil Aeronautics Board.

The U.S. Civil Aeronautics Board is a Federal Government Agency that regulates airline services. I excitedly accepted the position and became a Federal Government employee.

Shortly thereafter, I moved into the well-known Woodner Hotel/apartment complex in DC. That was indeed an exciting period in my life because I would travel from the Woodner to the prestigious Omni Hotel, which was not far away. There, I would spend copious hours observing movie stars, athletes and other celebrities as they entered and exited the Omni hotel. It was exhilarating to see these “important” individuals in the flesh.

While spending time at the Omni, I was able to make eye contact with and wave to important people such as: Bob Hope, Ella Fitzgerald, Harry Belafonte, Mohammad Ali and various professional athletes. While things were going well for me and as I settled comfortably into my new job, unexpectedly on March 30, 1981 at 2:27 p.m., there was an attempt on President Ronald Reagan’s life near the Washington Hilton hotel in Washington, D.C. During that panicky event, President Ronald Reagan received a gunshot wound by would be assassin James Hinkley.

I was surprised to learn that the CAB received the news prior to the media. And we, as employees, were able to monitor the details of the event as they unfolded. It was a stunning, terrifying experience for me and my co-workers.

IN THE SPOTLIGHT PAGE

After a prestigious stint with the CAB, I retired from the Agency that had become part of the U.S. Department of Transportation. Following retirement, I was fortunate to obtain a housing unit at Friendship terrace. While residing at Friendship Terrace, I am enjoying my relationships with the friends I have made and the resident activities offered here, especially Bingo.

I also relish being active in the Friendship Terrace Resident Association. These may be trivial things to others, but together, they make my life interesting, engaging and significant. I was once asked the question, "If I were diagnosed with a terminal illness and I knew the date and time I was going to expire, "where would I desire to be and what would I choose to do during those final hours." I do not have a full answer to that profound question, but after giving it some thought, I think I would like to go out and have a charming champagne dinner with a few friends and family members.

Following dinner, I would visit a theater to view a movie. The movie would feature a female star. This movie would encompass the life of the star with all her contradictions and shortcomings. A star such as Scarlet O'Hara in Gone with the Wind. Scarlet O'Hara's life was one of contradictions, conspiracies, love of life and heartbreaks. Yet, she withstood all those flaws and became her own person, with some semblance of power, in spite of all her imperfections.

That movie was thrilling, sad, devastating and at times racist. But it is the type of movie, minus the overt racism, I would like to view with members of my family and friends. It would put a smile on my face and an extra beat in my heart!

IN THE SPOTLIGHT PAGE

Following the movie, I would return to my residence and query my survivors about their future plans. And then I would give them my advice. And that recommendation would be to enjoy life to the fullest and treat each other with special kindness and respect.

After taking my last breath, I hope those whose paths have intertwined with mine, recognize that I believed my purpose on earth was to do my best to assist others in any way possible. And I think I performed that task to the best of my ability.

And finally, I hope those I leave behind will acknowledge my existence and understand the extreme pleasure I experienced throughout it. Including missteps and indecisions from time to time, which did indeed make my life more exciting, yet more challenging, but most of all, more fulfilling.

**Louise Pearson July, 2022
In coordination with Buddy Moore**



FTRA PAGE**FTRA NEWS & NOTES!**

June is busting out all over (Rodgers and Hammerstein). As is the Friendship Terrace Residents Association Election on June 13th at 7pm in the Dining Room. We really want you to come to this meeting. To Help you make that decision, FTRA will provide light refreshments in the 2nd Floor Lounge from 6-7pm.

Oh by the way, this is my last FTRA newsletter page as President. Based on the list below starting in July this page will be written By Clarence” Buddy” Moore. But wait! There may be nominations from the floor. You will have to come and see! In the meantime, below is a list of offices and candidates.

What about apartment bound residents? You can get an absentee ballot by calling Robert Freck, the election committee chair, at 202-209-7485. There will be absentee ballots in the Front Lobby June 7th, 9th, and 10th from 2-4pm and June 8th from 6-8pm. These are for people who work or plan to be away from the building on June 13th.

Finally I’m moving on.....to 1st Vice President, unless a write in beats me. It’s been an interesting 21 or 22 months. We have opened some things up. More will open up as we move on.

Stay well,
Gail Lelyveld, President

Offices**Candidates**

President
1st Vice President
2nd Vice President
Recording Secretary
Corresponding Secretary
Treasurer
Assistant Treasurer
Member at Large (1 year)
Member at Large (2 year)

Clarence “Buddy” Moore
Gail Lelyveld
Joe Bernard
?
Anne Brunson
Marina Buhler-Miko
Rita Piaster
Kenny Coleman
Louise Pearson

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
Steven Arias	Maintenance Director	Sarias@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Shanice Lyles	Food Service Director	Shanice.Lyles@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 \$5 Taxi(members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573