

FACES OF FRIENDSHIP

JULY 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.



FRIENDSHIP FUN DAY!



FRIENDSHIP FUN DAY!



Crabby Road

7-4-12

*If it's called Independence Day,
how come I have to celebrate
it with a group of people?*



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JULY BIRTHDAYS

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

Grant, Gloria	7/03	Wanzer, Tanya	7/18
Smith, Wayne	7/06	Piester, Rita	7/21
Kebede, Haile	7/07	Mcmahon, Joanmarie	7/22
Tutt, Pamela	7/14	Novikoff, Risa	7/24
Fergins, Margreat	7/15	Freeman, Maxine	7/30
Chatman, Joseph	7/17	Puppa, Janet	7/30
Bartoszewicz, Cecylia	7/18	Chong, Rak	7/31
Chesney, Shirley	7/18	Valergo-Figueira, Eda	7/31
Schrichte, Lynn	7/18		



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:

4. ACCESS. The Resident must provide the Landlord or the Landlord's agent access upon twenty-four (24) hours written notice for inspection, extermination, repairs, improvements, or alterations and without notice for emergencies.

5. GUESTS. All guests must sign in. Overnight guests must be registered. Only the Residents listed on the lease may live in the unit. Community facilities are provided exclusively for the use of Residents. Health care aides must be registered, must be necessary for the Resident to live independently, must wear name tags at all times, and must follow staff instructions. Guests and health care aides are not permitted in common areas, including hallways, without the Resident or a staff member. No solicitation of Residents is permitted. Subletting or having any unauthorized occupancy shall be cause for eviction.

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

JUNE, 2023

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 suggestion 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 the sunshine, and cheers to the summer!

Your Service Coordinators,

Mary & Rahell



Catholic Mass



July 7, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



July 19, 2023
11am—2nd Floor Lounge

Episcopal Eucharist Service



July 20, 2023
2:30pm—3rd Floor Lounge

Shabbat Service



July 21, 2023
3:30am—3rd 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 everyone 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:

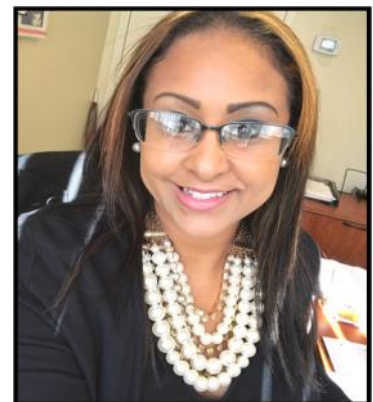
- (1) Drink plenty of fluids, especially water. Many heat-related conditions stem from dehydration.
- (2) Dress in light, loose-fitting clothing on hot days to stay comfortable.
- (3) If you begin to experience the symptoms of a heat stroke, such as confusion, a flushed face, and nausea, seek medical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

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 light-weight 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 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 28th. I look forward to seeing all of you again. Please continue to be safe and take care of yourselves.

Happy Fourth of July!

With Love,
Semira Negasi
Executive Administrator



SEABURY PAGE



SEABURY CONGRATULATES
CERISE ELAINE TURNER
MS. SENIOR DC 2023



Dear Raiford Children,

Actually, Mildred and I had decided to write this letter together before her incapacity. However, we have most often been on the same page, meaning that I am taking the liberty to speak for her as well.

When our first child was born, we were far away from family and friends who had fairly successfully raised children. Therefore, we were on our own, without guidance from reliable and experienced people. The one thing that we knew for sure was that we wanted a family.

We began to read books and articles regarding child rearing practices, starting with a classic called Summerville, or something like that. Anyway, we took selectively from all of our readings and came up with our own method. We wanted to have very few rules; we decided that we would not yell at you or call you hurtful names; we would never say “no” without an explanation and even then, we would entertain a rebuttal; we would always see you as people, rather than children. Our two fundamental rules were that you could not lie or steal because we always wanted to trust you explicitly. We had no business that was not your business, meaning that you would always know how much money we had and could always consider it yours too.

First of all, we were determined not to spoil you, but to make sure that you were not deprived of the essentials of life. To this end, we refrained from lavishing you with gifts, but tried to anticipate what one gift would make you happy and appreciative. Therefore, you might recall, you were given a single gift for Christmas and on your birthdays.

Speaking of Christmas, we tried our best to refrain from commercializing it. In the beginning, we did not even put up a Christmas tree. Then, one day when Jan and Wanda were four and two, I noticed that someone had left the top of a Christmas in the streets. I bought a string of lights and took it home and I had never seen the girls so animated. The next Christmas, the girls, very timidly, came to our room and asked: "Dad can we have a tree this year rather than a branch?" From that Christmas on, we had a full and beautiful tree.

Janice, you might recall that on your 16th birthday, you were given an exceedingly large pink handbag. I had seen you admiring one like it in a store display. You wore that bag out! For Wanda, on her 6th birthday, on a hunch, we gave her a light brown stuffed teddy bear who she named Miss Honey. She kept Miss even into her teens and she and Jan delighted in dressing her up. We tried to individualize each of you and somehow you understood what we were doing and there seemed not to have been a spark of jealousy among you. There was never any "you did this for her/him, but not for me".

When Lance was four, I took him with me, by train, to Chicago and when Douglas was four, I took him with me, by plane to NYC. Not once did I hear anyone say, "You never took me anywhere". You might not understand just how mature and unique and how rare this kind of understanding and acceptance among siblings are.

But there are more profound examples: Even though it is common knowledge among you that we spent a lot of time home-schooling Janice, but not the rest of you, there was no complaint. As you probably know, Jan began to read at the tender aged of one and a half. Mildred went to Bloomingdales and bought six books and helped Jan to devour them in a single month. At four, Jan was given piano lessons. No one else was given music lessons. Wanda was the only

SHORT STORY PAGE

one that was sent to a university to combine her last year of high school with her first year of college. Lance was the only one to graduate from a private high school and Douglas was the only one to have spent his junior year abroad. It is beyond amazing that you understood and accepted these individualized experiences without an iota of competitive complaints. You cannot imagine how gratifying that was/is for us.

But I do need to explain how Wanda got to go to Paris and no one else did. A few days after her second birthday, Wanda and I was sitting in the kitchen in our 18th floor apartment. She frantically called me to join her at the window where she was watching the sun set over the Hudson River and she kept saying “beautiful, beautiful” and tears were in her eyes.

I had never seen a child so appreciative of natural beauty and so sensitive to it. That same year, still in her two’s, Wanda water-colored a clown that was so impressive that Mildred had it framed, and it traveled with us whenever we made a domicile move.

When she was 14, she did a charcoal drawing of the Ayatollah Khomeini and entered it in competition at the Dade County State Fair where the judges gave it a very high rating, but it was stolen! Also, at 14, Wanda conceptualized a logo for the New Horizon Community Mental Health Center, which they used, but refused to give her recognition, which resulted in me giving Evelina Bestman one ole good Zuber cursing out! So, with all these indications of both aptitude and interest, I was led to believe that Wanda would become a successful artist.

She was 19, a college graduate – too young to enter the job market and still very much undecided about a career choice. So, when Prather told me that he had a million frequent flyer miles and had to use them before they expired, I convinced him to donate a ticket for Wanda to go to Paris, the city that nourishes artist. It did not do a thing for Wanda!

SHORT STORY PAGE

We were always fishing around to see what it was that you all wanted to do with your individual lives. Mildred was keen on music. Remember, we sent a very young Jan and Wanda to a music camp in the mountains of North Carolina. We sent a 12-year-old Douglas, alone too, to a language village in Minnesota, and, as mentioned before, we enrolled Lance in a famous music academy in Michigan.

Neither Jan nor Wanda showed any kind of sustaining interest in music. So, we did not push it. However, the boys displayed at least a modicum of interest, and Mildred did push it. At four Douglas, selected the cello over the violin and actually learned how to play it. If you remember, he played it at Jan and Matt's wedding. However, the cello did not help Doug to develop a strong interest in music. In fact, he seldom practice, and when he did it was under duress. His Russian teacher insisted that we make him and beat him if he did not.

With that attitude and suggestion, he was fired. Barbara was a great improvement and Doug enjoyed going to her for lessons, but that did not help his aversion for practice. It did not take us forever to figure out that he had no future in music. Lance was a little more into it.

His one-year experience at Interlochen Arts Academy connected him with serious music students. Then, his subsequent girlfriend, Martha, was also a serious musician. It had begun to look like we had a serious musician in the family. This was especially true when he joined the drum corps and looked so impressive marching around in his fancy uniform. But it was not to be, and it is what it is!

Finally, we want you all to know just how considerably Blessed we feel to have generated such a high-quality family. We have a myriad of reasons to be extremely proud of you. This letter comes as an attempt to explain why we did the things that we did.

With all our love,

Gil and Mil Raiford -9/20/22
Residents of Friendship Terrace

PUZZLE PAGE

4TH OF JULY WORD SEARCH

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

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

PUZZLE PAGE

Fourth of July
WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLR

ERACMA

NITEUD STTSEA

JUYL

SASTE

RTILEVOONU

PTTOIARCI

RASTS

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

News and Views from FTRA July 2023

The newly elected Executive Committee of the Friendship Terrace Association is hoping to return to some of the pre-Covid activities. My personal goal as President is to work towards creating a more cohesive community in which we all play a role. We have not yet appointed the various committees, we will do that at our upcoming regular meeting, but I hope through these committees we will be able to engage more of our neighbors in sharing their talents and participating in making our lives better.

This is a great opportunity for us all. Summer is here and it is time to come out of our “caves” and do some fun things. We have the good fortune of living in a wonderful city with a lot of things we can enjoy. Let’s do it! Even for those who cannot go very far, we have our lovely rose garden and an expansive back yard with its beautiful gazebo.

Please make an effort to come out and meet your elected representatives and share ideas with us. I cannot guarantee that we will implement every suggestion you make, but we will give thought to those suggestions you share with us. To that effect, we want and need your participation. Join a committee, volunteer to lead an activity, help us make every day at Friendship Terrace more meaningful for all of us.

Thankfully,
Eda Valero-Figueira FTRA President



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 \$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