

FACES OF FRIENDSHIP

JUNE 2022



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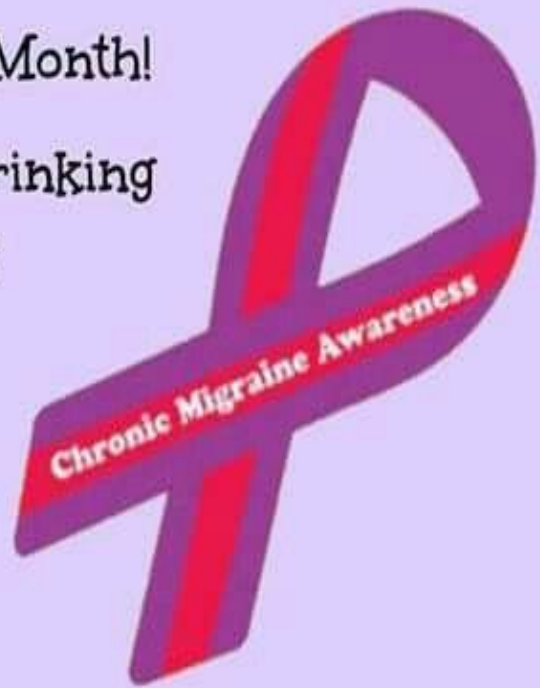
CINCO DE MAYO PHOTOS



AWARENESS PAGE

June is Migraine Awareness Month!

Migraines are not cured by drinking green smoothies, putting bags of frozen peas at the back of one's neck, snorting hot chili peppers, drinking salted lemon water, eating bananas or drinking warm milk.



Migraines are a chronic, neurological disease! There are various types, symptoms and triggers. They are **MUCH** more than just a 'headache.'

Perhaps if more people realized how serious and debilitating migraines really are, there would be less sharing of miracle 'cures' and more sharing of awareness to foster funding for research and the development of better, medical, treatment options.

Please share to promote awareness. Thank you!

(c)KA2015

Happy sweaty-
thighs-sticking-to-
plastic-chairs
season!

Maxine.com Facebook.com/maxine





JUNE BIRTHDAYS

Birthstone: Pearl **Flower:** Rose **Zodiac:** Gemini/ Cancer

Cooke, Josephine	6/02	Rodriguez, Jean	6/25
Hong, Vira	6/04	Kaplan, Lieba	6/27
Blake, Earl	6/13	Shaw, William	6/29
Spriggs, Sharon	6/13		
Helper, Janet	6/15		
Jardim, Gary	6/21		
Neville, Marie	6/21		
Adams, Lucy	6/22		



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:

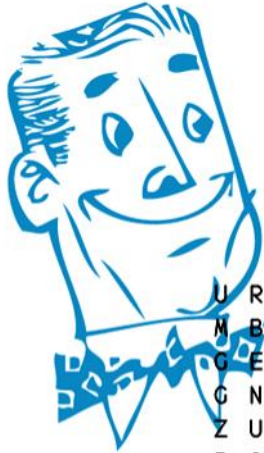
DC Corona virus Website: [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)

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)



FATHER'S DAY

Word Search

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

ADORE
 CHILD
 COMFORT
 FATHER
 FUNNY
 GAMES
 GENEROUS
 GUIDE
 HANDSOME
 HARDWORKING
 HUGS
 HUSBAND
 JOKES
 KIND
 KISSES

LEARN
 LIFE
 LOVE
 MEMORIES
 MENTOR
 PLAY
 PROTECT
 SILLY
 SPECIAL
 STRONG
 SUPPORT
 SWEET
 TEACH
 THANKS
 TOGETHER



From the Service Coordinator

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

JUNE 2022

Greetings Friendship Terrace Family!

I want to dedicate this month's newsletter page to spreading knowledge about the Juneteenth holiday.

Juneteenth is a national holiday that commemorates the end of slavery in the US. It is celebrated on the 19th of June. Although the Emancipation Proclamation was issued on September 22 Confederacy were not set free. On June 18, 1865, the Union army arrived in Galveston, TX and took over. The next day, June 19th, it was announced that the slaves in Texas were ordered to be freed by the President of the US. Former slaves in Texas started celebrating their freedom the very next year. In 1980, the state of Texas made Juneteenth an official state holiday. Today Juneteenth is recognized as a federal holiday all over the US.

If you are interested in some things to do to celebrate the holiday here are a couple of suggestions....

- ◆ Visit an exhibit or museum dedicated to African American culture.
- ◆ Read literature written by African American authors and poets.
- ◆ Support black owned businesses.

Happy June!
Your Service Coordinator
Rahell Negash



Catholic Mass



June 10, 2022
2:30pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



June 15, 2022
11am— 2nd Floor Lounge

Shabbat Gathering



June 10 & June 17
3:30pm— 3rd Floor Lounge

POA/ Will Writing



June 16, 2022
1:30pm— 5th 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

Summer is fast approaching! It's easy the May flowers and Friendship spirits are blooming all around our community. June has arrived and I am reminded again how quickly the calendar pages turn. We will soon be enjoying longer days, and the chance for early morning and late afternoon walks. It will be nice to see residents enjoying the outdoors again. However, I would still like to caution the importance of wearing your masks while outdoors and maintaining a good distance of at 6 feet from another person. Our Friendship Summer calendar is in full affect. Please take a few moments to review our calendar which highlights many events all around our area both with both in person and virtual activities. We are always entertaining new ideas and opportunities to enrich life at Friendship Terrace. If you have any ideas, please feel free to share them with us.

Just a few announcements this month:

- ◆ Please help me in welcoming Kevin as our new evening front desk attendant. Many of you already know Kevin as he worked for almost 20 years in the dining room. He will be a fantastic addition to our front desk team!
- ◆ We have partnered with a local cleaning company to take care of the cleaning the community and grounds.
- ◆ We have a few new team members joining us this month. A memo with their names, titles and pictures will be sent later this month to help you in welcoming them to our Friendship Family.

In the recent months, I have received a lot of nice feedback from our newer residents, and also some long-time residents, about how friendly it is here at our community and how they feel at home and cared for by the staff. I love to get feedback like that. We are indeed lucky to have such a dedicated team of caring professionals here at Friendship Terrace, from the Dining Room/Kitchen who work hard to whip up delicious meals for us daily, to our amazing maintenance and janitorial team who work tirelessly to make sure the building is in tip-top shape and constantly cleaning and sanitizing all areas, to our friendly faces at the front desk who always wear a warm smile and last but not least, our great administrative team. But I must also recognize all the residents who are friendly and neighborly and have made all of our new comers feel "AT Home".

I look forward to seeing everyone at our upcoming Terrace Talks meeting on Friday, June 24th at 2pm. I will have some building updates as well as DCHA updates to share with you all.

I hope you all continue to be well and stay safe and healthy!

With Love,

Semira Negasi,
Executive Director



SEABURY PAGE

Have You Ever Watched Shark Tank?

HOW TO **PITCH A SHARK**

Welcome to SeaburyDC's Shark Tank



Do you have a great idea?



Do you have knowledge or expertise in a certain subject or craft?



Would your idea be a great program for older adults/seniors?

Here's your opportunity to participate. We have a unique program where you will compete for a chance to receive a mini grant for your dream program.

Learn how today by contacting Fern Pannill or Joanne Hampton at 202-529-8701 or by email: SeaburyDC_Hub@seaburyresources.org

MOTHER'S DAY NAIL CARE



SHORT STORY PAGE

AUNT LUCINDA AND ME

By Dr. Gilbert Lancelot Raiford

I wish all of you had gotten to know my aunt, Mrs. Lucinda Peaches. She was a very special person, very private, but nevertheless, special - even friendly in a kind of "don't crowd me "way.

I was not yet 10 years old when I met papa's reclusive sister. I and two cousins, Willis and Marvin Smith, both younger than I, were taken by papa to visit her at her apartment in Ocala. We had never met anyone like Aunt Lucinda. She was very light skinned, bordering on pale, and could possibly be taken for a white woman, especially when she talked because she sounded just like a southern cracker, except, her diction and grammar were flawless. (Her paleness was most likely due to her avoidance of the out-of-doors. I don't remember ever seeing her outside of her apartment.) She and papa agreed that we could spend the entire weekend with her - and what a great weekend it was!

Aunt Lucinda had only one bed, but it was big enough to accommodate the four of us. She told us bedtime stories and we struggled to stay awake to hear more and more and she seemed never to exhaust her repertoire. When Willis and Marvin left Zuber and moved to Rochester, I had Aunt Lucinda all by myself and when I got too old to share the bed, we made a pallet for me beside the bed, and I still would get stories. However, I had grown into an avid reader myself and we were able to share stories.

Aunt Lucinda lived across the street from an ice cream factory, making both the house and our aunt smell like vanilla. As far as I know, our aunt did not work, and most likely never did. It seems that she was once married, which accounts for Peaches being her surname. By the time that I knew her, there was no Mr. Peaches, but she did have a

SHORT STORY PAGE

Funnies for seniors: Random thoughts as we age ..

The biggest lie I tell myself is ..."I don't need to write that down, I'll remember it.

"Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop pissing me off!

Old age is coming at a really bad time! Lord grant me the strength to accept the things I cannot change, the courage to change the things I can & the friends to post my bail when I finally snap!

I don't have gray hair. I have "wisdom highlights" .

I'm just very wise. My people skills are just fine. It's my tolerance to idiots that needs work.

Teach your daughter how to shoot, because a restraining order is just a piece of paper.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes" .

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

When did it change from "We the people" to "screw the people" ?

Even duct tape can't fix stupid ... but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself, sometimes I need expert advice.

Oops! Did I roll my eyes out loud?

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

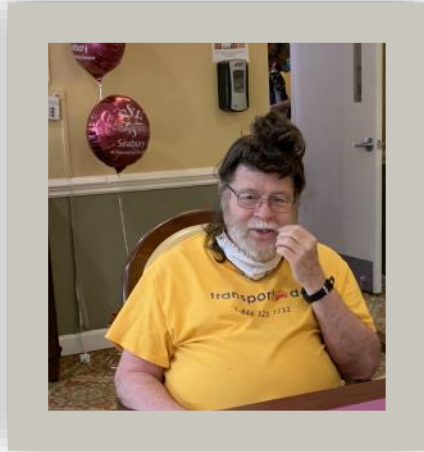
Chocolate comes from cocoa which is a tree ... that makes it a plant which means ... chocolate is Salad !!!

boyfriend, a Mr. Greeley, a man considerably older than my aunt and maybe that is why she called him “Mr. Greeley”.

When I moved on the campus at Fessenden Academy, I complained to Aunt Lucinda that all the students were getting letters, but I never got one. She slowly reminded me that all the people that I knew lived in Zuber and had no need to write to me. She said that she could fix that – and she did. She gave me a pen pal ad and said that I should apply for pen pals. I wrote a letter describing myself. It went something like this: “I am a 15-year-old Negro boy, very tall for my age. I am dark chocolate brown, with slightly wavy hair and I like to read and write and meet new people of all ages and races.” Within two weeks, I began to receive more mail than all the other students combined! Letters came from as far away as Japan. Sum total, I received 210 letters that first week. I read them all but even though stamps were only three cents, there was no way that I could keep up correspondence with that many people. I decided to select 10 and among them was a girl my age who lived in the Virgin Islands; a girl a little older than I who was Japanese but lived in Yakama, Washington; and a 57-year-old white man. (He was selected because he was thoughtful enough to include a book of stamps in his letter.)

Aunt Lucinda was more than my aunt, she was my friend.

Strum Up, Slide Down, Dance Over There, Slip Past that for another Time. Here-Hear a few verbal images from “my” past. Hoping many of you will let us see-read-listen to something of where you have been and the directions-dreams You are now going.



Mr. David Lee



I took my first breath on November 18, 1946 in a hospital. Montgomery County, Maryland...

...In an important sense, I had possibilities for a life after graduating from tenth grade. I left my home of origin for a rough and tumble summer in New York City. Not much money, knowing no one. After many weeks, I did not return home and decided my independence would officially coincide with the August 28, 1963 March that may have had 300,000 people gathering at the Lincoln Memorial. Dr. King said much including, “We have also come to this hallowed spot to remind America of the fierce urgency of now.”

Later, I learned the original plans of A. Phillip Randolph, Roy Wilkins and Bayard Rustin was to blockade the National Airport. They exchanged those plans to get important White House action. The planning for the March began during 1941. LBJ signed the Voting Act two years after the March – one of the most crucial pieces of legislation in American History.

I started as a resident intern of a civil rights organization in Washington, D.C. At that time, the District was a southern town. Housing, employment, education, etc. was heavily segregated in spite of official (supposed) good intentions. The Fellowship House (perhaps 10th & M, N.W.) was involved with upgrading our immediate neighborhood and exposing “racial” segregation throughout the nation’s city. One of my tasks was to tutor reading to children having difficulties at school. The kids were challenged in two different areas. Several had academic awkwardness and others were awkwardly gasping for oxygen in boring education.

By a total fluke, I came upon a new high school that offered me education - free tuition and the opportunity to study what I considered important. This opportunity was not ignored. I gave myself fully to diverse, self-directed projects that made me more of a whole person...

...I completed a Baccalaureate Degree with a self-made triple major – dance/creative writing, musical composition and cinema. Again, I was given a break of a very substantial scholarship. I had been especially furious making innovative 16 m.m. films. Curiously, when graduating, my films had more international recognition than my professors. I did several shows throughout the country, a very lengthy film of mine was shown at the principle theater in

IN THE SPOTLIGHT PAGE

revolutionary Nicaragua, a major museum and a women's gallery in Tokyo collected some of my work - not commercial work that sells soft drinks and bubble gum and expensive cars. Masterpieces made for as little as \$100.00.

The opportunity to get a Master's Degree at a center for my genre came with free tuition and a salary for teaching a class in filmmaking. I survived the brutal arrogance of the academic environment by completing the three-year program in three semesters. Grade point: 4.0. Yet, I was becoming confident that I was a committed artist that did not want to drown in the university-soup encumbered by "golden handcuffs."

I studied further and became a healthcare worker aspiring to be helpful to low-income people. I wanted to engage where people live - outside of the air-conditioned environments of clinics and hospitals. I paid my bills teaching cardiopulmonary resuscitation (CPR) and other emergency procedures to the New York City Police; offered primary care in various obscure venues to homeless and near homeless individuals and families; and created the first shelter for homeless men with AIDS and chemical dependence. Supervising this shelter, a humanistic institution was created that went way beyond the standard bootcamps that were available to those that didn't know where their next meal would come from.

Further, I voluntarily worked in our country's poorest Congressional District. No, not Alabama! South Bronx (New York City). I offered emergency, first responder care and did acupuncture primarily for people recovering from addiction to Crack cocaine. The opportunity to do offer thin, sharp yet therapeutic steel was at a public clinic established after members the of South Bronx community aggressively occupied a shabby public hospital.

New York City had much to offer in the way of art, progressive healthcare and multi-cultural friendships. But we live in a world where other cultures yearn for dignity and well-being. Consequently, I organized and participated in the first work brigade in Nicaragua after their people evicted a dynasty of dictatorship.

Also, I worked in the epicenter of the global AIDS epidemic. The country is bordered by South Africa and Mozambique. Then called Swaziland. Now, it is known as eSwatini (The Kingdom of Swazis). I worked in the wards and the community. Proudly I can say I was the only member of the hospital's senior medical staff that received from and gave referrals to the Indigenous Healers. These Sangomas were crudely scorned by people of "my" tradition. Competition is not my game.

It is important to note that most countries of our planet have difficulty getting medicine and vaccines we take as given. When AIDS-related medicine was finally available in southern Africa, it was manufactured in India. Yale, a university that I had experience, is obscenely well-endowed. Yet, this elite institution held to their commercial interests by not releasing their patent. What I had to offer for HIV was a pirated version. Quickly, let me add, I was able to offer this anti-HIV medicine so I did not promote new liver damage. Eventually, the other prescribers agreed with my stubborn method...

...In 2019, I was inspecting Friendship Terrace. I was attracted to the facility for four reasons.
 It is a community of independent seniors;
 it is near a public library;
 it is conveniently located for public transportation;
 and Black History month was celebrated almost every day in February 2019.

Concluding, I shall only mention three of many present benefits.

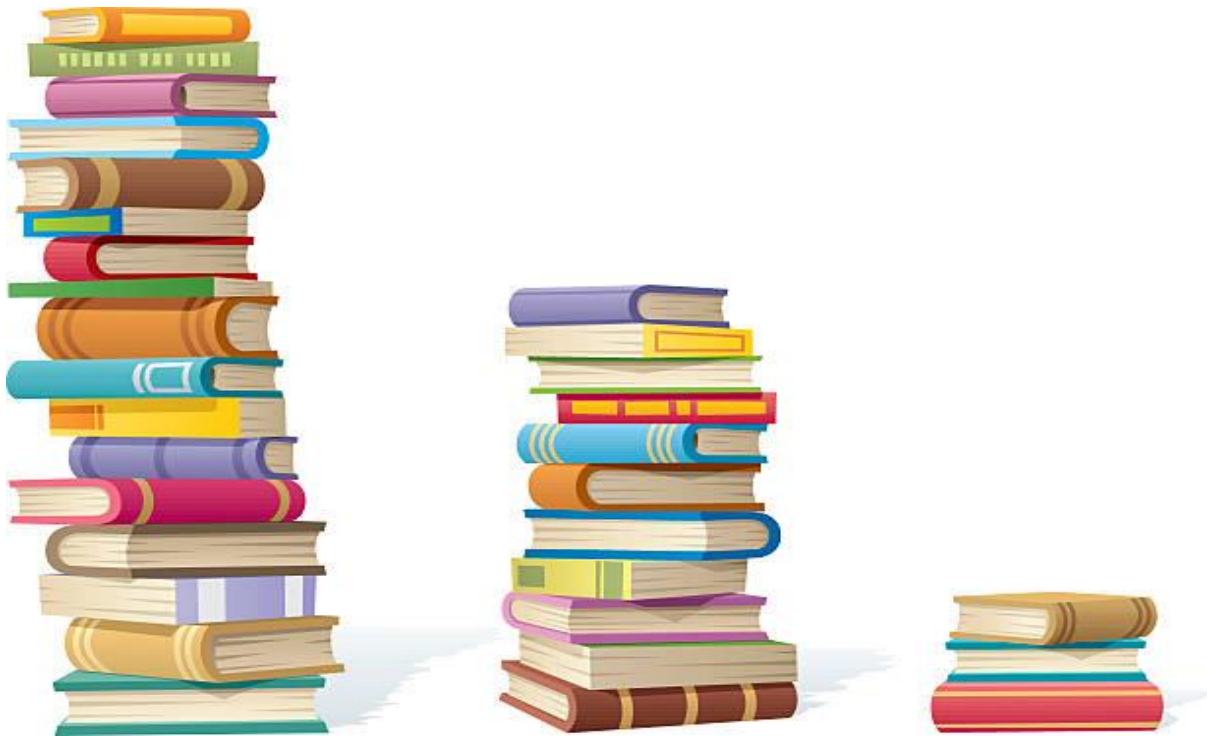
IN THE SPOTLIGHT PAGE

Friendship Terrace offers an extremely worthwhile exercise class on Tuesday. Mary Dolbashian's classes benefit all levels – for those using walkers to those racing around in blinding blurs. Also, Mary offers private lessons (301.792.6279). On my own, I am inspired to do frequent and rigorous exercise.

I have found meaning in participating with projects that were fashioned by the good thinking of members of the Friendship Terrace Residents' Association (FTRA). Hopefully more meaningful projects will emerge which I will be able to join.

It has been my good fortune to develop a deep relationship with a person outside of Friendship Terrace. Recently, she introduced me to the Mexican, modestly spicy pepper called Guajillo. Gratefully, I am devising many versions of "Gringo Guajillo Sauce" for preparing elaborate Wrapped Burritos and Open Burritos. The list of ingredients are lengthy. De.lic..ious !

-David Lee
May 11, 2022
the show *rolls on...*



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

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

Candidates

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