

FACES OF FRIENDSHIP

JUNE 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.



CINCO DE MAYO PHOTOS



ERITREAN INDEPENDENCE DAY



Crabby Road
Greatest Hits

6-20-07

I get my
summer glow
from a bottle.
It says
"Zinfandel."



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Maxine.com





JUNE BIRTHDAYS

Birthstone: Emerald **Flower:** Lily of the Valley **Zodiac:** Taurus/ Gemini

- Cooke, Josephine 6/02
- Hong, Vira 6/04
- Blake, Earl 6/13
- Spriggs, Sharon 6/13
- Helper, Janet 6/15
- Begley, Ruth 6/16
- Smith, Reesa 6/16
- Jardim, Gary 6/21
- Neville, Marie 6/21



**Happy
Birthday
to You!**



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
- Centers for Disease Control Website: CDC.gov
- State Department Website: State.gov
- DC Health Website: Dchealth.dc.gov
- Muriel Bowser, DC Mayor Website: 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. Management will not accept postdated checks.

6. NATURE OF THE COMMUNITY. This is a residential living community. The Landlord is a Housing Provider. No health care or monitoring is provided in this community. Residents who are unable to provide self-care must arrange for another living situation. The Landlord reserves the right to contact Adult Protective Services at its discretion.

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

Hello Friendship Terrace Family,

Can you believe April flew by and here we are in May!

May is Mental Health Awareness month. I have a question for you...How are you? Take a few moments to really think about and answer this question honestly. Taking the time to understand and process your feelings is imperative to maintaining good personal health.

As reported by the CDC, 71% of adults report at least one symptom of stress, such as a headache or feeling overwhelmed which presents an anxiety.

Steps you can take:

- ♦ Talk about your challenges with family, friends, or your Service Coordinator.
- ♦ Share what works for you with others. Sharing your self-care practices can be a big help to your loved ones that are also struggling and trying to figure things out .
- ♦ Last but not least, stay away from dwelling on negative thoughts. Instead, practice gratitude. Stay positive.

Have a very happy May!

Your Service Coordinators,

Mary & Rahell



Catholic Mass



June 9, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



June 21, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



June 15 2023
2:30pm— 3rd Floor Lounge

Shabbat Service



June 2 & 16, 2023
3:30am— 3rdFloor 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

Hello Summer!

Summer is fast approaching! 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 are enjoying longer days and the chance for early morning and late afternoon walks. It's great to see residents enjoying the outdoors again.

Our Friendship Summer activities are in full force. Please take a few moments to review our calendar of events. 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. We would love to hear them!

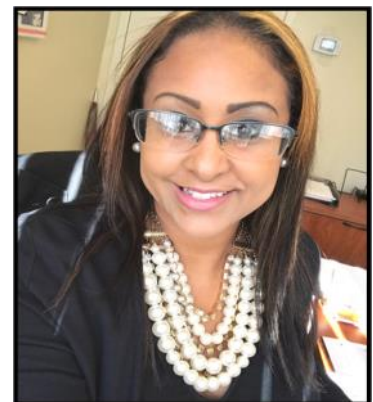
I would like to thank all of you who sent beautiful notes and kind messages after our Mother's Day Brunch. Our Cinco de Mayo party and the Memorial Day Cookout were also great success! I have shared all of the wonderful comments with Chef Sam and all of the Dining Room staff who truly outdid themselves this year!

Please remember that seats in the dining room are not reserved. Please do not place your bag or other item in a seat to hold or ask someone to move. If you would like to sit with your friends, please enter the dining room together so you can sit together. With so many new residents moving in, we would like to make sure that everyone feels welcome. I look forward to seeing everyone at our next Terrace Talks scheduled for Friday, June 30th at 2 pm in the dining room.

As always, it is a pleasure being your Administrator and the staff and I look forward to continuing to enhance our services for this community.



With Love,
Semira Negasi
Executive Administrator



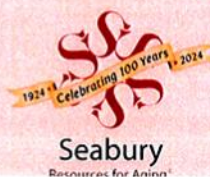
SEABURY PAGE

PLEASE JOIN US FOR THE
MS. SENIOR DC 2023 PAGEANT
SATURDAY, JUNE 3, 2023



#AgeInStyle

**TICKETS \$20.00 EACH
DOORS OPEN AT 2:00PM
UDC THEATER OF THE ARTS, BUILDING 46
4200 CONNECTICUT AVENUE NW
FOR MORE INFORMATION CALL:
STACIE MACK OR MONICA CARROLL
202-635-1900**



OUR MIAMI RECEPTION:

When Mildred and I arrived in Miami during the spring of 1974, we had already lived in New York City; Lawrence, Kansas; and Chicago. These were all racially desegregated neighborhoods, the kind that we thought would be best for helping our children understand early on that people are just people, race notwithstanding. Coming to Miami, Florida, we could not take for granted that the pattern would hold.

Mildred trusted me enough to go alone to Miami to find us a house. I very specifically requested that the realtor show me only houses located in racially mixed neighborhoods. The first house that was presented was a quaint three-bedroom bungalow, egg-shell yellow, trimmed in white, with a very tall coconut tree, full of coconuts, standing stately in the front yard, and the price was right. I saw no need for further exploration.

After we moved in, I went up and down the block looking for my African American neighbors. Did not see a single Black person. I was furious, as furious as I am capable of getting. I wasted no time in calling the realtor and exclaimed that I had asked to be shown a racially mixed neighborhood and I was prepared to “bless her out”, as we say down south. She simply said, “It is now”, and disconnected.

That was our introduction to Miami, but not the reception that would come later. I do not know why or how it happened, but Mildred and I were immediately considered to be among the *elite noirs*. I had not noticed it at first.

I kept getting requests to appear on radio and television talk shows. I began to take notice when Diane Smith Gaines and her

husband Ernest Gaines (The author of The Autobiography of Miss Jane Pittman) put us on their VIP list as guests for their annual New Year's Eve party.

Then, there was this invitation from the Great Britain, inviting me to spend a whole month in the UK, as guests of their government, followed by being selected to have lunch with the Queen when she visited Miami.

On October 26, 2010, the Dalai Lama came to Miami to present a lecture at Florida International University. A relatively few people were invited to have lunch and dialogue the Dalai Lama. Mildred and I were among the invitees.

We were on the VIP list of Eduardo Padron, the president of Miami Dade Community College, which resulted in getting invited to functions when world famous (and infamous) people were honored, including B.B. King and Putin.

When President Clinton visited Miami, the president of Barry University selected me to be the official representative of the university to greet and dine with the President. She also selected me to pose for a painting with her that became the front cover of the brochure of the university.

We never considered ourselves to be other than ordinary people. However, when I consider the reception that we received in Miami, it appears that we were perceived differently by others

**Dr. Gilbert Lancelot Raiford
Resident of Friendship Terrace**

IT'S A WRAP PROJECT!



IT'S A WRAP PROJECT!



PUZZLE PAGE



FATHER'S DAY

WORD SEARCH PUZZLE

- BEST
- BRAVE
- BREAKFAST
- CARD
- CARING
- CELEBRATE
- CHILDREN
- DADDY
- FAMILY
- FATHER
- FRIEND
- FUN
- GIFT
- GRANDPA
- HAPPY
- HERO
- HOLIDAY
- HONOR
- JOKES
- LOVE
- NURTURE
- PAPA
- PARENT
- PRESENT
- PROUD
- RESPECT
- SPECIAL
- STRONG
- VALUES

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
 Find and circle each word.



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PUZZLE PAGE



Summer Word Search



SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															

ONESTOPWORDSEARCH

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 June 2023

I would like to take this opportunity to commend the current FTRA Council members for an extraordinary job in bringing the FTRA 2022-23 term to a successful termination. How often do you find a group of individuals willing to utilize their time and talents to insure a smooth operation of an organization? Well, let me introduce you to the 2022-23 FTRA Council.

During the period 2022 through 2023, FTRA Council members worked passionately and cohesively in spite of some major changes at Friendship Terrace. As many of us recall, during 2022-23 Friendship Terrace residents applied for Housing Choice Vouchers which remain “in the works.” We witnessed a change in the front desk hours. And we saw an alteration in the method in which packages are delivered at Friendship Terrace.

While there was some disagreement on these and other Friendship Terrace issues, members of the FTRA Council remained dedicated to keeping FTRA “in full steam ahead.” In spite of these changes, the FTRA Council members continued to professionally fulfill their duties and responsibilities. Now that we are at the end of our term, thank you FTRA Council members for your dedication, hard work and stick-to-itiveness!

Clarence “Buddy” Moore
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 \$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