

FACES OF FRIENDSHIP

JUNE 2024



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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.



PHOTO PAGE



PHOTO PAGE



Friendship Terrace residents celebrated Cinco de Mayo with a fun social and also enjoyed Mother's Day with a Ladies & Pearls tea party. We celebrated the Memorial holiday with a cookout outside and lastly residents and staff celebrated Eritrea Independence Day with special guest from Embassy of the State of Eritrea -Hadn't Keleta



© HMK. LIC.

**My summer workout
program is a piece of cake!
Sometimes TWO PIECES.
Buttercream day is a KILLER.**





JUNE BIRTHDAYS

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

Cooke, Josephine	6/02
Ostrander, Douglas	6/03
Blake, Earl	6/13
Spriggs, Sharon	6/13
Helper, Janet	6/15
Smith, Reesa	6/16
Jardim, Gary	6/21



CENTER FOR DISEASE CONTROL INFORMATION

If you have any questions , Friendship Terrace recommends you check out the following resources:

Centers for Disease Control Website:	CDC.gov
State Department Website:	State.gov

DC Health Website:	Dchealth.dc.gov
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Muriel Bowser, DC Mayor Website:	Mayor.dc.gov
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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:

14. EXTENSION CORDS. Resident agrees not to use any electrical extension cords. Only UL approved strip surge protectors may be used; only one surge protector may be used per electrical outlet.

28. GIFTS. Residents shall not provide or accept gifts and/or unpaid services from employees.

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 Executive Director 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, 2024

Greetings Friendship Terrace Family:)

This and every June our newsletter page is dedicated to spreading knowledge about Juneteenth. 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, 1862, the 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.

Happiest of Junes to you,
From your Service Coordinators Rahell & Mary



Catholic Mass



**June 7, 2024
2:00pm—3rd Floor Lounge**

Coffee Chat



**June 17, 2024
11am— 5th Floor Lounge**

Episcopal Eucharist Service



**June 13, 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**June 7, 2024
3:30am— 3rdFloor Lounge**

Health Providers Corner



HAPPY
Father's Day



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 to see that 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. 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 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 Marcio as our new maintenance technician. He will be a fantastic addition to our Friendship team!
- Our painting renovation project is still on-going.
- We will get started on window treatment replacements very soon.
- We have ordered new carpets and flooring for the hallways and that installation will begin later this month.

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".

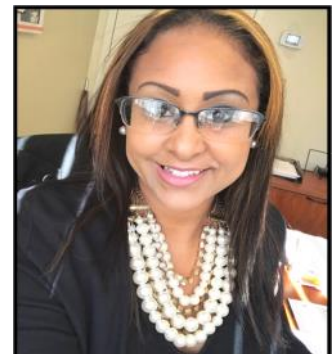
I look forward to seeing everyone at our upcoming Terrace Talks meeting on Friday, June 28th at 1pm.

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

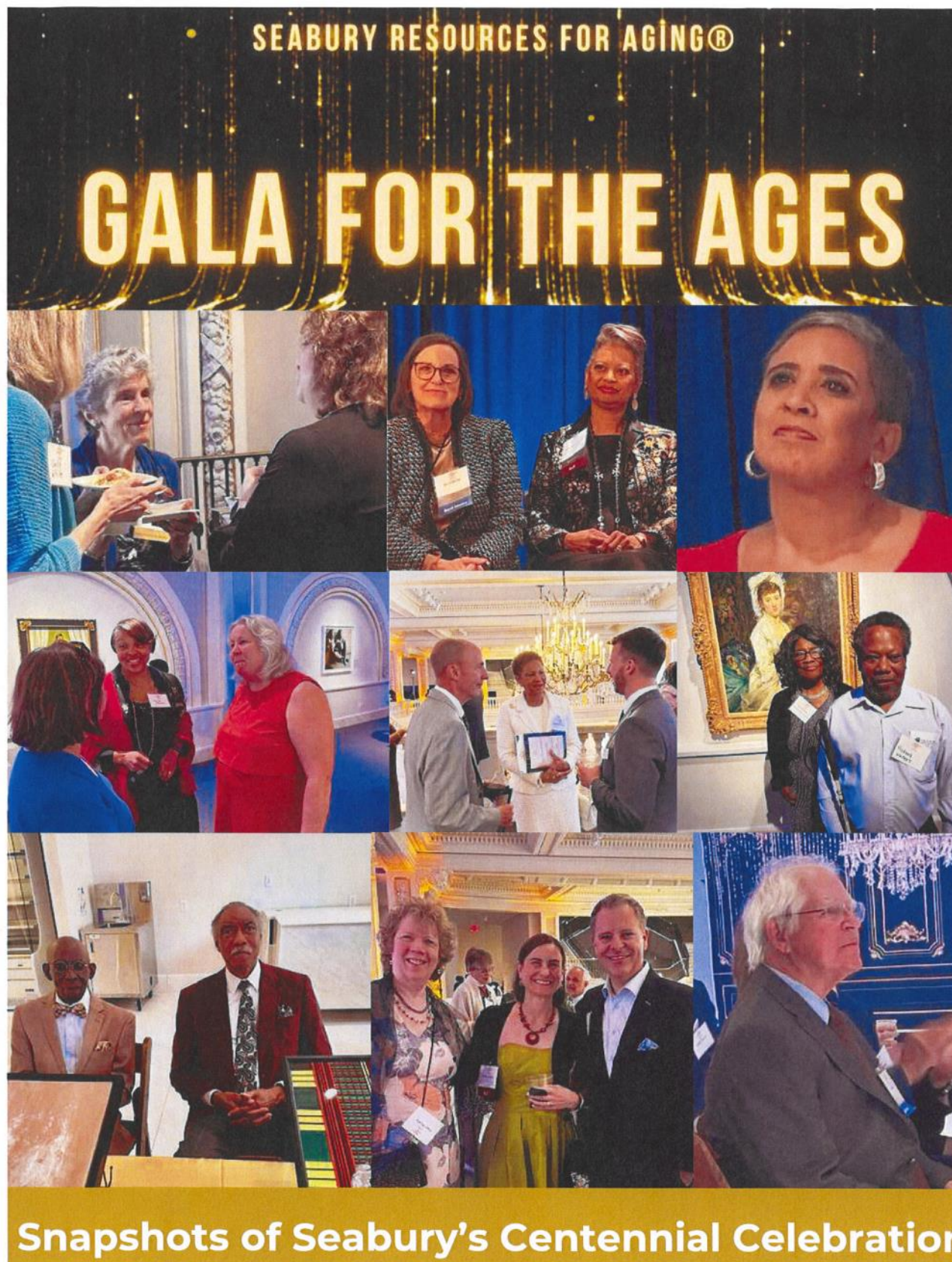
With Love,



Semira Negasi-Ligon,
Executive Administrator



SEABURY PAGE



Where's Chelsea? This was a question people regularly asked me in the "60's and "70's when I lived there. Back then this neighborhood in Manhattan was little known by its name. Roughly speaking Chelsea is bounded on the South by West 14th Street, to the North by West 34th street, to the East by the Avenue of the Americas (6th), and to the West by the Hudson River. When asked the question, Where's Chelsea? I would respond by trying to paint a geographic picture. I would start by saying on the Lower West Side, usually followed by the West Village or West of the Village. The Village being Greenwich Village. That was then. These days only the Dodo bird doesn't know, and it is extinct.

I moved to W. 17th Street between 8th and 9th Avenues in April of '67 and several family members still live there. At first I was thrilled that our tenement was directly across the street from my new Junior High School, the recently opened O. Henry Intermediate School or I.S. 70 as I could sleep in a little longer. Except, as I was to discover, my parents now had a good perch to keep an eye on me, not like I would play hooky. On the other hand, we lived in a 5th Floor walk-up (Railroad Flat) and only us youngsters could handle going up and down at will.

Back in the day Chelsea was a quiet residential nook in an otherwise bustling Metropolis. It was a stone's throw from the Garment District and the Meat Packing District. The tree-lined streets of row houses with clean stoops were inviting. Many of the row houses served as boarding quarters for the Seafarers working on ships sailing from the West Side Piers on the Hudson River. My block played a central role in this commerce as it housed the National Maritime Union Headquarters' Annex with its port-hole style windows. It was the most modern edifice in the 'hood. Just an avenue away, on 17th and 7th, was the original Barney's men's fashion store where my older brother worked.



Chelsea had a lot going for it – even if quietly. The famed Chelsea Hotel was on 23rd and 7th Ave. This was where Rock legends and other stars retreated for solitude between gigs. Stevie Wonder, Anthony Perkins and other notables also resided in Chelsea. What today is called the High Line streetscape was once an elevated and active rail line that meandered through warehouses on its way to deposit its payload to the Meat Packing District. It was also in Chelsea, by 14th Street, that part of the West Side Highway collapsed in 1973 and never to be rebuilt.

For me Chelsea was a walking neighborhood. We often walked to Madison Square Garden, after it opened, to go bowling or hang out. Another regular walk would take me past the White Castle on the corner of 14th and 8th Ave. where I would

hook a sharp left unto Greenwich Ave. towards my favorite library on 6th Ave. which once served as the Women's House of Detention. An ornate building that was beautifully repurposed for another public use. I would take the same walk on the way to Washington Square Park or to my job at the New York State Public Theater on Astor Place. This was the House that Joe Papp built. This was where I worked when "The Chorus Line" made its Off-Broadway run. Best of all, Chelsea was where my family and I would meet an NYU Graduate Student by the name of Gilbert L. Rayford and his wife Mildred. Since I moved to Friendship Terrace Dr. Gil has taken to fondly refer to me as his nephew, so don't be confused.

Written by David Rivera
A resident of Friendship Terrace



Father's Day Word Search



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

DADDY
UNCLE
STRONG
GOLF
PROVIDE



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE



womanofmanyroles.com

IN THE SPOTLIGHT PAGE

IN THE SPOTLIGHT

Caroline Boston



Caroline Boston is a young 96-year-old resident at Friendship Terrace Senior Living. Caroline a Washington DC native, grew up in the Southwest section of Washington DC among nine brothers and sisters. She has resided in all four quadrants of the city.

Caroline Boston who retired in 1994 as an employee of the University of the District of Columbia served as Administrative Assistant to the Dean of the University who was also one of Caroline's close friends.

One of Caroline's great pastimes is travelling within the United States and abroad.

IN THE SPOTLIGHT PAGE

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Caroline Boston is also a graduate of the mighty Armstrong High School located here in Washington, DC. which produced National Football League Hall of Fame member Willie Wood. She also took courses while employed at the University of the District of Columbia.

Caroline moved to Friendship Terrace twenty-four years ago and has resided here longer than any other resident. She came to Friendship Terrace because she was searching for a nice facility to age in place. And she is convinced she made the perfect decision when she moved into Friendship Terrace where she discovered a marvelous "Sense of community" involving engaged high-spirited residents.

Caroline enjoys the camaraderie in the dining room for dinner, and the various activities and meetings offered at Friendship Terrace.

She attends church often where during the coffee hour she has an opportunity to interact with young people especially those in their 50's and 60's.

Caroline would like to see more resident socialization in the dining room and engaged in more Friendship Terrace activities.



IN THE SPOTLIGHT PAGE

One of Caroline's favorite persons is the late David Eaton former Minister of all Souls Church here in Washington, D.C. Reverend Eaton's "even handed philosophy on life" and his extroverted personality allowed him the opportunity to engage positively with everyone he met.

Reverend Eaton was elected to the District of Columbia Board of Education and served as an at-large member from 1981 to 1992. He also served as Board president for three terms, 1982-1985.

On the entertainment front, two of Caroline Boston's favorite songs are "Time to Say Goodbye" by Andre Bocelli and "Memories" by Barbara Streisand.

Caroline's favorite movie is Pride and Prejudice a beautiful romantic story even though there is not a single kiss in the entire movie. Its main focus is on love, family, wealth, reputation, social class, and of course, pride and prejudice.

While Caroline's agility and mobility have recently faltered, nonetheless with a strong sense of purpose she continues to engage in healthy, wholesome activities offered at Friendship Terrace.

When Caroline Boston first moved to Friendship Terrace she served on numerous committees and groups until her health failed. Caroline's most recent engagement allowed her the opportunity to serve excitedly on the Friendship Terrace Residents' Association's Nominating Committee. With her positive sense of purpose and eagerness to engage in wholesome activities, it is indeed a pleasure to have Caroline Boston as a long time interactive dedicated Friendship Terrace resident among us.

**Written by:
Buddy Moore
June 2024
With input from:
Caroline Boston**

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

This being my last newsletter as FTRA president, I would like to thank everyone who helped make the year a success. To do so would take much more space than allowed here, just know I could not have made it without the support and assistance of those of you who graciously volunteered your time and effort. I am very grateful for your participation and willingness to cooperate.

Not enough people eat in the dining room, and too many still think of events as occasions to “load up” on food/snacks and go home. FTRA events are not meant as “free food” opportunities, they are times to socialize with neighbors and develop new friendships.

Unfortunately, at our age we lose friends and siblings in the natural course of life. Relationships are more critical to our mental and physical health now. Isolating ourselves may feel comfortable at times, but it is the worst thing we can do.

We are fortunate to live in a very dynamic city, with no shortage of things to do and places to visit. We have wonderful free museums; the Kennedy Center, which offers free concerts and events; and a number of parks where we can relax in nature.

Even if we don’t want to venture into the city (which is easy and inexpensive if we use public transportation), the neighborhood around Friendship Terrace is rich in natural beauty as well as strategically located. Going in one direction we have beautiful, lush gardens and parks, while the other direction offers a plethora of restaurants and shops.

The Friendship Terrace Neighborhood Association (FTRA) is your social organization. With very few exceptions, such as the Dine Out, all activities and field trips are free of charge and open to all. Take advantage of the FTRA vehicle to make your life fuller and better!

Thanks for all your help and support. Take good care of yourselves, and don’t forget to say “hi” when you run into your neighbors.

Eda Valero-Figueira
Outgoing President, FTRA



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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Lawrence Nocente	Maintenance Director	Lnocente@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