

FACES OF FRIENDSHIP

MARCH 2023



IN THIS ISSUE:

- | | |
|-------------------------------|-------------------------------|
| Page 1: Cover | Page 10: Administrator Update |
| Page 2: Photo | Page 11: Seabury |
| Page 3: Photo | Page 12: Short Story |
| Page 4: Humor | Page 13: Short Story |
| Page 5: Birthday/Covid Info | Page 14: Short Story |
| Page 6: Puzzle | Page 15-16: In The Spotlight |
| Page 7-9: Service Coordinator | Page 17: In The Spotlight |
| | Page 18: DACL Info |
| | Page 19: FTRA News |



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







MARCH BIRTHDAYS

Birthstone: Aquamarine **Flower:** Daffodil **Zodiac:** Pisces/Aries

Feinberg, Robert	3/02	Kelly, Ella	3/17
Mehari, Fessahaye	3/08	Ragin, Johnny	3/18
Abu Bakr, Muhammand	3/09	Canney, Marie	3/28
Dixon, Lisa	3/09		
DeValoy, Cornelia	3/13		
Grant, Robert	3/13		
Jackson, Fannie Mae	3/13		
Brockington, Mary Ann	3/14		
Whettstone, Magnolia	3/15		



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

PUZZLE PAGE

ST. PATRICK'S DAY WORD SEARCH

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

Saint	Ireland	Clover
Patrick	Wishes	Parade
Leprechaun	Shamrock	March
Rainbow	Green	Pinch
Gold	Lucky	Emerald



From the Service Coordinator

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

MARCH, 2023

National Women's History Month

During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women's History Month. Every woman has a story to tell and gifts to share with the world.

Women's History Month celebrates the often-overlooked contributions of women in history, society, and culture. It has been annually observed in the United States and other countries, including the United Kingdom and Australia, every March since 1987. The month is observed in October in Canada. March is selected as the month for observing Women's History Month to correspond with International Women's Day on March 8, and Canada observes it in October in correspondence with Persons Day on October 18.

The month-long commemoration started with Women's History Day in 1978, organized by the school district of Sonoma, California. Hundreds of students participated in the essay competitions, many presentations were given, and a parade was held in Santa Rosa. The idea caught on and, a few years later, school districts, communities, and organizations all over the country were celebrating the day. In 1980, the National Women's History Alliance championed for the holiday to be observed as a national week, and this was backed by President Jimmy Carter, who issued the first proclamation declaring the week of March 8 as National Women's History Week. The following year, Congress forwarded a resolution establishing a national observance. Six years later, the expansion of the event to the whole month of March was successfully petitioned by the National Women's History Project.

Article by nationaltoday.com

Happy March
Mary & Rahell - Service Coordinators



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



March 3, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



March 15, 2023
11am— 2nd Floor Lounge

Home Care Assistance Presentation



March 10, 2023
11:00am— 2nd Floor Lounge

Shabbat Service



March 10 & 24, 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

Dear Residents of Friendship Terrace,

We had an eventful February! With the warmer weather coming upon us, I would like to encourage residents to take advantage of the beautiful days, get outdoors, take a walk, and stay active and healthy.

“To enjoy the glow of good health, you must exercise.” —Gene Tunney

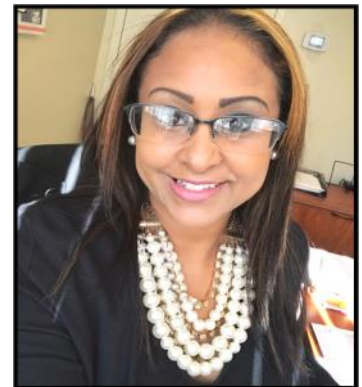
*“Calm mind brings inner strength and self-confidence, so that’s very important for good health.”
—Dalai Lama*

Last month we replaced all air filters, replaced smoke detector batteries and completed our semi-annual apartment inspections. As a reminder, the Maintenance Staff at Friendship Terrace takes great pride in responding to your service needs. When it comes to changing lightbulbs or filters, plunging toilets, repairing your appliances, addressing your plumbing, heating and air conditioning concerns, the maintenance team are happy to take care of your work order requests! Please be reminded that all work order requests are to be placed at the Front Desk either by phone or in person. All work orders are entered and tracked in our computer system and reporting to the Front Desk is the first step in this process.

A special thank you to all the residents for attending our monthly Terrace Talks. These are great ways to continue to keep everyone updated with the progress of the building as well as address any concerns or questions you may have for Management. You don’t want to miss the next one, we will have a special guest speaker! Please make sure to join us on Friday, March 31st in the dining room at 2:00pm. As always, we welcome your feedback so that we may provide better service as well as a better living experience at Friendship Terrace.

Respectfully,

Semira Negasi
Administrator



SEABURY PAGE

SPRING AWAKENS NEW HOPES

The spring season brings new growth, renewal, and opportunities to reflect on what the thawing winter earth has left behind to discover and explore. At Seabury we see the spring as an opportunity to celebrate the successes of our programs; seek input of how we can enhance and improve our services for older adults; and pursue the resources that are needed to fulfill our mission.

This winter we brought hundreds of older adults a moment of comfort through holiday meals, celebratory events, and charitable gifts from community partners and donors. Residents of Friendship Terrace, Home First Residences®, and Springvale Terrace enjoyed the season of giving with gift baskets, cards, and special deliveries from such groups as Christ Church of Georgetown, Mark Bucher's Feed the Fridge, and the Home First Residences Advisory Council.

Our Giving Tuesday campaign was a great success by securing new donors, bigger donations, and first-time donors who helped us exceed our fundraising goals. We are so grateful for everyone's generosity.

Now we are looking forward to spring activities and events including the Celebration of Service on May 3 for which we come together at the National Cathedral to recognize the remarkable volunteer contributions of older adults in faith-based programs.

We are looking forward to the 10th Annual Stuff the Shed drive to help Age-In-Place® build their supplies so volunteers can provide yard work or house cleaning to more than 150 older adult residents of Wards 4, 5, and 6 in Washington DC. These services are essential and help older adults stay in their homes for as long as possible.

We also excited about the Ms. Senior DC pageant competition. The pageant will bring together contestants who are aging in elegance to compete for the title that will make them eligible for the grand crowning of Ms. Senior America 2023.

This spring we hope you take advantage of all the activities that are available at Friendship Terrace and Seabury at large. Visit our website so you can discover all the ways we strive to keep older adults safe, secure, and connected.
www.seaburyresources.org



Ms. Senior DC 2022
Vené La Gon

MY AUNT SADIE

In the summer of 1954, I arrived in NYC to live with my Uncle Julius and his wife, Aunt Sadie. Aunt Sadie was not opposed to having me live with them but wasted no time and minced no words in telling me that I would have to pay rent. Fortunately, I arrived with \$400 and a college degree, quite willing to take care of myself. But she was not finished with me: she added, “I have reserved a shelf for you in the refrigerator and one in the cupboard. I hope your mama taught you how to cook. Remember, I am married to your uncle and not to you”.

She asked me if my mother was working, and I told her that mama was between jobs. Her retort was: “I declare, that is the laziest woman!” You didn’t talk about my mama, aunt or no aunt, and I was prepared to tell her off until she added “my mama died last year. She was 85 years old, and would you believe that she didn’t want to die? You would think that she would have been happy to meet her maker”. When she said that I knew immediately that her elevator didn’t go to the top floor and that I had to cut her some slack.

Even with a college degree, I was having a hard time finding a job and my money was running low even though \$400 was a lot of money in 1954, a time where laborers were paid about \$15.00 per day. Uncle Julius was a building contractor and was putting up houses all over Passaic, NJ. Aunt Sadie convinced him to find something “easy” for me to do. He hired me to do the installation, which was easy, at a salary of \$27.00 per day.

When I was heading to Uncle Julius’ office to collect my pay, Aunt Sadie told me to have him send her salary by me. I wanted to know why she was getting a salary. She looked at me as if I was retarded and said: “You don’t think that I would keep his house, cook his food, and sleep with him for nothing!”

Aunt Sadie received a call from a childhood friend who grew up with her in Savannah. They had not seen each other since they became adults. She invited the woman to come to dinner that same day, which she did. And what a reunion! They hugged and hugged and cried too. When her friend was ready to leave, she asked Aunt Sadie to drive her home. Aunt Sadie’s response: “Oh no, dearie. You expect me to leave my house and drive out to Queens and back! You came by

subway, you need to return by subway. I will walk you to the subway station and here is the phone, call your husband and have him meet you when you get to Queens. By now, you have probably concluded that Aunt Sadie was selfish, non-caring, and greedy. She was none of the above. She was direct and not a phony. So, you always knew where she stood, and you were free to take it or leave it. She was also brave. One day when she was taking me on a NYC sight-seeing tour, using the subway, she noticed a man trying to ease the wallet out of another passenger's handbag. She shouted, "put it back, put it back", all the while hitting the man with her umbrella. He dropped it and ran out. Then, she lectured the other passengers who had not intervened.

Although born and raised in the slums of Yamacrow in Savannah, Aunt Sadie was very fashionable. She never left home without her hat, gloves, and handbag. Not long after I had a steady income, Aunt Sadie came to my room to ask if I know how to play poker. I said that I did not. She told me to come up front and that she would teach me, adding "bring your money". I asked if we could play for fun. Her reply: "Nephew, Auntie plays nothing for fun, bring your money". She taught me how to play alright! We played every Friday evening after I got paid and she would win back practically all the money that Uncle Julius paid me! I brought one of my Irish friends home to play with us. At midnight, she made us a great turkey sandwich. Jim asked: "Aunt Sadie, can I have another?" Her retort: "Oh no, dearie. Auntie does not run a restaurant, but we can suspend the game while you run down the street to that all-night restaurant."

Uncle Julius really appreciated that his wife managed him as well as she managed the house. He called her "old Lady" and she called him "Mr. Rose" although they were the same age. One day I heard him tell her "Old Lady, I sure wish I die before you" and she said: "I do too!" They both got their wish. (When mama and Uncle Julius' friends wanted to have a church funeral, Aunt Sadie told them that he did not go to church while he was living and that she would take him there in his death.)

When I moved out and got my own apartment in Greenwich, Aunt went to the garment center and bought yards and yards of expensive fabric and made me a

SHORT STORY PAGE

lovely bedspread, with matching drapes. And she gave me all the kitchen supplies that I would need. When I was ready to go to Europe, I didn't think that I had saved up enough money for a prolong trip. Uncle Julius was living then, and he had started playing poker with us. I was feeling lucky and decided to try my luck with my Aunt and Uncle.

We had a marathon session – we played all Friday night and stopped briefly for hygiene care and a breakfast of waffles and fried chicken, and I was invited. Then, we were at it all day Saturday, stopping only for sandwiches before playing all night. Because Aunt Sadie, never ever missed going to church, the game was suspended until she returned. By 4 p.m., I had won almost all the cash that they had in the house, \$4000!

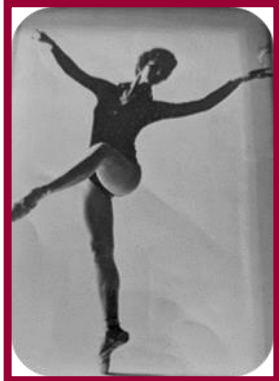
I asked Aunt Sadie to drive me to the airport. She asked: “Where are you going, my nephew?” I told her that I was going to Paris. Her response: “With my money?” I said: “No, dearie, with my money. It used to be your money.” She laughed and laughed and drove me to the airport.

When my family and I moved to Kansas, I made it my business to return to NYC every few months to visit Aunt Sadie, who was now a widow. These were delightful visits. However, Aunt Sadie was somewhat subdued during my last visit. She walked me to the door and said: “Nephew, as you know, I have three children and I suppose that I love them, but not as much as I love you. I hate to have to tell you this, but we shall never see each other again.” I said: “We will Aunt, Sadie. I will be back next month to celebrate your birthday with you.” She said that she would not be there, that she would have gone to be with her maker. I hugged her very tight and very long and I was crying, but she was smiling. It was goodbye forever.

By Dr. Gilbert L. Raiford
Resident of Friendship Terrace

IN THE SPOTLIGHT PAGE

In The Spotlight



Lynn Schrichte

I was born in 1934 in Indianapolis, Indiana. At six years of age, I lived adjacent to a golf course, and when the sprinklers were turned on at night, I would leap excitedly through the water spray. I guess that was my entry into the world of ballet dancing.

One of my fond memories also at the ripe old age of six, was visiting New Orleans Louisiana with my parents and having lunch at one of its famous restaurants. After ordering our meals, a waiter whispered in my ear secretly that “the French fries were blown up with bicycle tire pumps”. I carried that thought with me for many years during my youth.

Fast forward. After completing college, I moved to New York where I was able to improve my dancing skills by studying ballet with the Ballet Russe.

Sadly, I became immobilized with a severe case of the flu and returned to Indianapolis to recuperate. After recovering I landed a job in a show and all went well.

As fate would have it, I met a man named Kolby who was in the Air Force. After a short romance, wedding bells ensued.

IN THE SPOTLIGHT PAGE

After Kolby and I lived in Germany for two years happily engaging with the challenging ski slopes, we ultimately found our way back to Indianapolis where we had the pleasure of having three additional children.

Although motherhood was wonderful, I nevertheless yearned for the ambiance of the theater and dancing. Therefore, I began writing one woman shows, based upon the life of Minnie Maddern Fiske, one of the leading American actresses of the late 1800's. Later I added to my repertoire Nellie Bly, famous journalist also of the 1800's.

My husband became my agent and chauffeur and I performed ninety-nine shows throughout the United States: in theaters; colleges; homes for the elderly; churches; and anyplace that would host my performance. I began these shows when I was 60 years of age and reluctantly retired at the age of 75.

After years on the road, we purchased a home in Washington, DC where my husband had obtained a position with the National Restaurant Association.

However, after a period of time we made a decision to downsize and secured a modest housing unit at Friendship Terrace Senior Living. Unfortunately, during our residency at Friendship Terrace my husband became ill and passed away. After handling his affairs, I woke up one morning and said to myself "Go West old lady. Go West" and go west I did. I packed my bags and headed to Montana where I spent five exciting years with members of my family.

While living with my children in Montana gave me great satisfaction, I recognized, however, that the sometimes-harsh weather in Montana would not be easy, therefore I again packed my bags and returned to Washington, DC and Friendship Terrace where I have resided for the past year.

IN THE SPOTLIGHT PAGE

My second stay at Friendship Terrace is indeed a pleasant one. I have friends and family who treat me with the utmost respect and dignity.

As I travel the halls of Friendship Terrace Senior Living, interacting with my friends and neighbors, I can truly declare “What a wonderful life!”

Lynn Schrichte

February, 2023

Assisted by: Buddy Moore

Residents of Friendship Terrace



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 March 2023 Committee Appointments for 2023-24

Just a reminder that on June 12, 2023 during the FTRA General Meeting, there will be an election of new FTRA officers. However, prior to the June election, FTRA Nominating and Election Committees will be appointed during the March 13, 2023 FTRA General Meeting.

The Nominating Committee will consist of five individuals who will encourage residents to run for the various FTRA offices.

The Elections Committee will consist of five individuals who in conjunction with the Nominating Committee, will oversee the FTRA election

There will also be the appointment of an Audit Committee consisting of three members.

As a resident of Friendship Terrace, each person will have an opportunity to compete for a position on any of these important committees.

Also, FTRA is sponsoring a bus outing to the National Museum of African-American History and Culture in the middle or latter part of April, 2023. A “sign-up sheet” will be available during the March 13th FTRA General Meeting. The first 25 residents who sign up will have reserved spaces on the 25-passenger vehicle.

Looking forward to seeing everyone on March 13th.

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
Steven Arias	Maintenance Director	Sarias@seaburyresources.org
Jamal Crenshaw	Food Service Director	Jamal.crenshaw@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