

# FACES OF FRIENDSHIP

MARCH 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

Friendship Terrace residents had a great time learning how to make floral arrangements with the **Gardeners of the Junior League**. We thank you for sharing all the beautiful flowers, warm laughter and homemade refreshments for Valentine's Day.

# PHOTO PAGE



Friendship Terrace residents had a blast at the FT Valentine's Day Party, where they also celebrated all the February birthdays as well. We would like to thank all of our student volunteers **National Cathedral School, Cupid Kids of DACL & Girl Scout Troop** for all of the wonderful hand made cards and treats for Valentine's Day.



Crabby Road

Crabby Road

*I actually saw a leprechaun once.  
After enough green beer, you see  
all kinds of stuff.*



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# MARCH BIRTHDAYS

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

Feinberg, Robert	3/02	Whettstone, Magnolia	3/15
Sardi-Uribe, Mariella	3/03	Kelly, Ella	3/17
Mehori, Fessahaye	3/08	Ragin, Johnny	3/18
Abu Bakr, Muhammad	3/09	Canney, Marie	3/28
Dixon, Lisa	3/09	Keith, Angela	3/28
DeValoy, Cornelia	3/13		
Grant, Robert	3/13		
Jackson, Fannie Mae	3/13		
Brockington, Mary	3/14		



## CENTER FOR DISEASE CONTROL INFORMATION

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

Centers for Disease Control Website:	<a href="http://CDC.gov">CDC.gov</a>
State Department Website:	<a href="http://State.gov">State.gov</a>

DC Health Website: [Dchealth.dc.gov](http://Dchealth.dc.gov)

Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](http://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:

**23. DAMAGES.** Residents agrees that damages other than normal wear and tear to floors, carpet, walls, appliances, and other fixtures within the building and apartments shall be repaired by the Owner and paid for by the Resident. Resident agrees not to wax vinyl floors. Carpets should be cleaned using instructions furnished at the Administrator's office.

**24. RESIDENT DRESS.** Resident should be properly attired in common areas, as well as in areas open to the public. (Night clothes, robes, etc. are not permitted.)

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

# MARCH, 2024

**Happy March FT family**

**Hello Friendship Terrace family. Can you believe this march marks the beginning of the Spring season? What are you looking forward to doing once the weather starts to warm up? Eating healthier and spending more time outdoors should be at the top of your list. Making healthy food choices promotes living a longer life.**

**Ladies & Gentlemen, it is no shock to you that good nutrition is one of the key components to living a healthy lifestyle. It is important to eat foods rich in vitamins and minerals. Some good sources are fruits, vegetables, whole grains, dairy, and a source of protein.**

**I know it is very hard to change eating habits for some people, it's a major struggle for me!**

- Keep track of your food intake.**
- Try your best to find out what the strong and weak points in your current diet are.**
- Stay hydrated. Drink WATER!**
- Try to avoid unhealthy fats, processed foods, and reduce your sugar intake.**
- Consult your physician and remember balance is key.**

**\*Reminders:**

**March 1<sup>st</sup> @10am in dining room we will have the Terp Tax team (VOLUNTEER/ NO COST tax preparation)**

**March 20<sup>th</sup> is Coffee Chat- come chat with us!**

**Stay healthy & Happy Spring!!!  
Rahell & Mary**



Seabury  at Friendship Terrace  
*Senior Living*



### Catholic Mass



March 1, 2024  
2:00pm—3rd Floor Lounge

### Coffee Chat



March 20, 2024  
11am– 5th Floor Lounge

### Episcopal Eucharist Service



March 21, 2024  
2:00pm– 3rd Floor Lounge

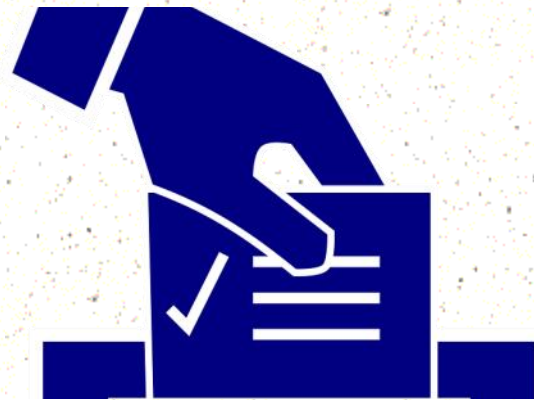
### Shabbat Service



March 8 & 22, 2024  
3:30am– 3rd Floor Lounge



# Health Providers Corner



## 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 such an eventful February! The wonderful ladies of the Washington Gardeners of the Junior League came by, as they do each year, and brought bouquets of beautiful flowers for all of our residents to enjoy. It was wonderful to see so many of you at the Valentine's Day Party. As always, we had a blast! We look forward to planning more of those parties so that we can all get together and enjoy some good music, good food, and good company. Dancing is also a great way to exercise as well as lots of fun. We received a lot of good feedback after the party about how everyone enjoyed themselves. I even had one resident state to me "That was the 1st time I danced in over 20 years." We will continue this tradition of good old-fashioned FUN at Friendship Terrace!

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

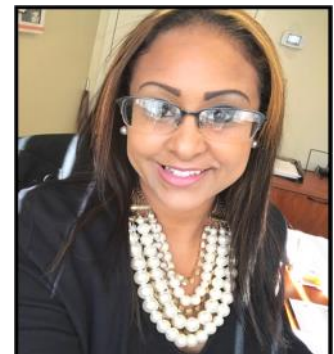
"Calm mind brings inner strength and self-confidence, so that's very important for good health." —Dalai Lama

Last month we replaced all air filters, checked and 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, and addressing your plumbing, heating, and air conditioning concerns, the maintenance team is 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 29th in the dining room at 1:00 pm. As always, we welcome your feedback so that we may provide better service as well as a better living experience at Friendship Terrace.



Semira Negasi,  
Executive Administrator



SEABURY PAGE



Seabury Resources for Aging ®

# Gala for the Ages

Thursday, May 16, 2024  
5:30 pm to 8:30 pm

National Museum for  
Women in the Arts

1250 New York Ave NW  
Washington, DC 20005

For tickets visit: [seaburyresources.org/centennial](https://seaburyresources.org/centennial)



## Choosing to Downsize

by Caroline Boston

When I was 72 and the lease was signed authorizing me to move to a retirement community, I had one month to downsize from a two-bedroom to a studio apartment. I immediately began to store newspapers, collect boxes, and concentrate on movers.

Actually, I started downsizing shortly after my 60th birthday. What I did was to stop adding to my possessions and only made purchases to replace something essential. As I began mapping out my plans, I was reminded of something a friend said to me when I expressed concern about the size of my living quarters. She said "You know space is not our problem, we simply have too many things."

With this thought in mind I began to plan my strategy. The first step was to take inventory of my belongings and decide what my basic needs were: a bed, a comfortable chair, TV, DVD/CD player, an end table, area rugs, lamps, and pictures.

I also tried to refrain from placing sentimental value on too many things. This made it easier for me to let go. However, there were a few things I wished to remain in the family, such as my piano, china, an old sewing table, photo albums, the family bible, significant documents, and a few gifts and mementos collected during my travels.

I could downsize my linens, curtains, and drapes because my studio had one large picture window with custom drapes, and space for one bed. Dinner was included in my agreement, lunch was optional, and there were several affordable eating places in the neighborhood. I could dispose of most of my kitchen utensils because I would be doing far less cooking.

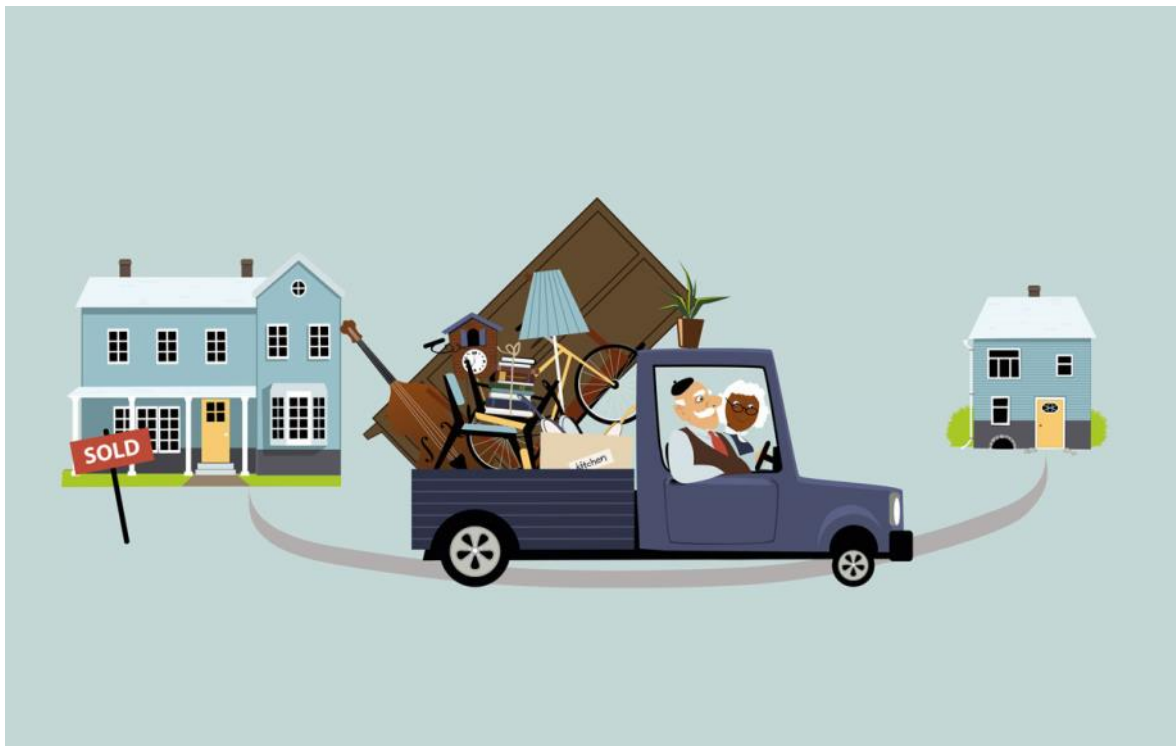
I studied my floor plan in order to determine where these pieces would go, and concluded there was room for at least three or four more items of furniture. This may appear to be a lot, but it worked out fine. I am often complimented on the way my space is arranged.

Next on my list of things to do was to go through books and CDs, most of which I had borrowed from my daughters and now was ready to return. I was able to fit my file cabinet and bookcase in the large walk-in closet for

my favorite books and music. I also hoped my daughters would take some of the items I wanted to keep in the family, which they did. Regrettably, neither of them had space for my piano. Fortunately, my oldest and dearest friend's daughter offered to buy it, so I felt as though it was still in the family.

Finally, I placed a sign in the lobby of my apartment building listing items I wished to sell and give away. I was successful in disposing of most of the remaining furniture and greatly reducing the number of smaller items. Anything left was donated or trashed.

I made the decision to downsize and move to a retirement community more than 23 years ago. It is one of the best decisions I've ever made. I did not intend to spend my later years taking care of things. Taking care of myself and enjoying life are far more important. I still view the world as my living room and home is the place where I return to seek rest and tranquility.



**In The Spotlight****Tesha Sandidge**

# Family

*like branches on a tree,  
we all grow in different directions,  
yet our roots remain as one.*

**One of the most important persons at Friendship Terrace is Tesha Sandidge. Tesha is the primary cook and baker in the Friendship Terrace dining room.**

**Tesha was born among four siblings in the northwest section of Washington, DC. Tesha attended DC public schools including the University of the District of Columbia, (UDC) where her field of study was Early Childhood Development.**

**Tesha came to Friendship Terrace in 2023 after spending many years in the field of childcare.**

**When Tesha secured the position at Friendship Terrace, she realized her childhood friend Kevin Johnson was also an employee at Friendship Terrace. Therefore, Kevin and Tesha formed a partnership as cooks within the Friendship Terrace dining room staff.**

**Tesha enjoys interacting with and preparing dishes, within the established budget for Friendship Terrace residents. She sees Friendship Terrace residents as part of her family.**

## IN THE SPOTLIGHT PAGE

**Tesha's goal is to offer an abundance of diverse meals for Friendship Terrace residents using her cooking skills.**

**When Tesha is not at work you will find her lounging at home listening to songs by recording artists such as Yalonda Adams and Al Green. She also partakes of gospel music and viewing television re-runs such as Law and Order and In the Heat of the Night. Tesha also spends time communicating with her five children.**

**Tesha relishes visiting family members in South Boston, Virginia and she enjoys traveling to various locations within the United States.**

**Although Tesha had numerous employment options opened to her however, she settled on being employed at Friendship Terrace as her number one choice.**

**I am sure Friendship Terrace residents are thrilled to have Tesha Sandidge as a member of the Friendship Terrace dining room staff and part of the Friendship Terrace family.**

**Written by:  
Buddy Moore  
With input from:  
Tesha Sandidge**



PUZZLE PAGE



# St. Patrick's Day

## WORD SEARCH



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

LEPRECHAUN  
 SHAMROCK  
 ORANGE  
 CELTIC  
 MAGICAL

CELEBRATE  
 TRADITION  
 RAINBOW  
 GREEN  
 CLOVER

LIMERICK  
 EMERALD  
 POTATO  
 LUCKY  
 MARCH

IRELAND  
 BLARNEY  
 LEGEND  
 JIG  
 PARTY



# PHOTO PAGE



Friendship Terrace celebrated Black History Month around the community, even our own little volunteer Zuri got in on the celebration as well. Residents were invited to **Mayor Bowser's 80s Dance Party at Palisades Rec Center** and had a great time, we all were dressed for the 80s. Thank you for inviting us!

## 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](mailto:dacl@dc.gov)



Supported by the D.C. Department of  
Aging and Community Living.

## FTRA PAGE

It was a wonderful Valentine's/Birthday party. Very well attended and much enjoyed, Thank you ,Cindy Brockington, it was fun having the double celebration.

If one-half of the people who attended our party would come for down for dinner in the dining room, it would be a wonderful opportunity for us to get to know one another. There were several people at the party I had never seen before, and when I asked if they were new residents, the answer in most cases was they were not. I realize this is a large building, but I think there are advantages to knowing your neighbors and I would, once again, like to encourage you all to come to the dining room for dinner. You don't even have to come every day, a couple of times a week would be sufficient. On the other hand, may be you would find that you enjoy it.

It occurs to me that since we do not have as many tourists in Winter as we do in the other seasons, this could be a good time for us to have a field trip to the National Museum of American History in the Mall. I must confess that is my favorite of all our wonderful museums. I find it fascinating.

I will leave a blank sheet with the name of the Museum in the 2nd Floor Lounge, and you can sign in if you are interested in going. We could probably schedule it for the second week in March.

Our new movie schedule seems to be working. I am pleased to see people are attending both movies. The ones curated by Ella Kelly, on Saturdays at 6:30 have been very well attended; and the ones chosen by Martha Smith and me, Sundays at 3:00, have also had good attendance so far. We plan to continue advertising them so you know in advance what is showing. See you at the movies!

Eda Valero-Figueira  
President FTRA

# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Negasi	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Jerrell Allen	Maintenance Director	<a href="mailto:Jallen@seaburyresources.org">Jallen@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</a>

## 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