

FACES OF FRIENDSHIP

MAY 2022



IN THIS ISSUE:

Page 1: Cover Page
Page 2: Virtual Activity Calendar
Page 3: Photo Page
Page 4: Humor Page
Page 5: Birthday/Covid Info
Page 6: Puzzle Page
Page 7-9: Service Coordinator

Page 10: Administrator Update
Page 11: Seabury Page
Page 12: Happy Hour Photos
Page 13: Earth Day Photos
Page 14: Puzzle Page
Page 15-16: Short Story Page
Page 17-18: In The Spotlight Page
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.



MAY 2022 VIRTUAL

ACTIVITIES

May 5th	11:00AM	Art History Lectures with Joanne Virtually - Thursday Email drjoanneallen@gmail.com for more details
May 9th	11:00AM	The Pettets Variety Show
May 19th	11:00AM	Art History Lectures with Joanne Virtually - Thursday Email drjoanneallen@gmail.com for more details



You can join **The Pettets Variety Show** by
Video
ZOOM ID: 588 529 4839 or Call in at **301-715-8592**

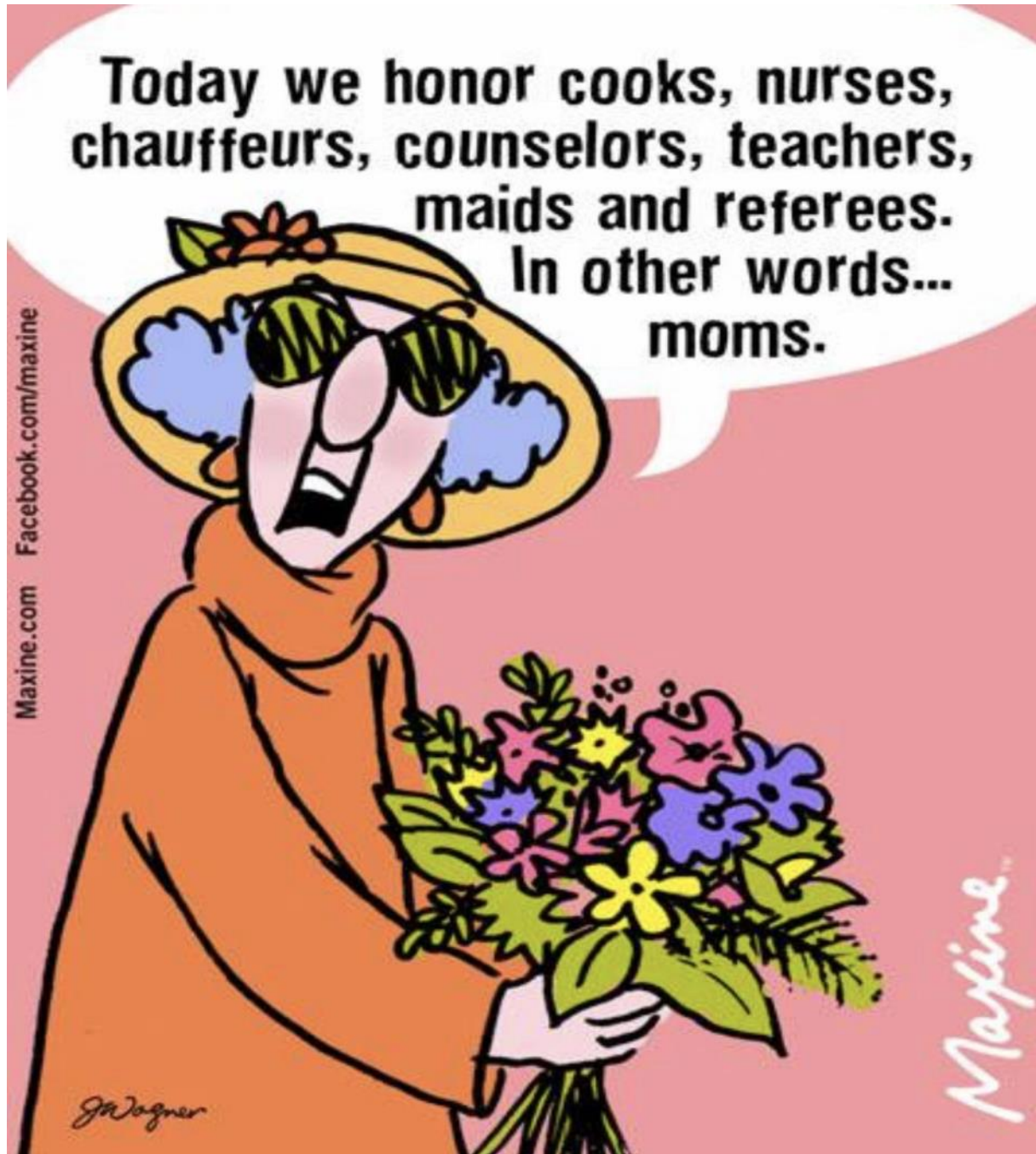
Art History Lecture class info is
located above.

EASTER TEA PARTY & EGG DYEING



Today we honor cooks, nurses,
chauffeurs, counselors, teachers,
maids and referees.
In other words...
moms.

Maxine.com Facebook.com/maxine





MAY BIRTHDAYS

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

Langston, Carolyn	5/02	Lelyveld, Gail	5/22
McClure, Rebecca	5/02	Werner, Fred	5/24
Jones, Karla	5/04	Silsbee, Lora	5/25
Abraha, Michael	5/05	Buck, John	5/26
Kelly, Carolyn	5/06	Haile, Alaman	5/26
Webb, Vernon	5/07	Frias, Barbara	5/28
Moore, Clarence	5/08	Silberman, Peter	5/28
Wright, Lillian	5/16	Speaks, Agnes	5/28



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)

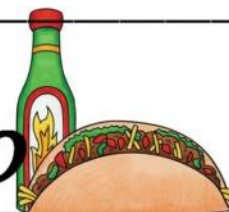
Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

PUZZLE PAGE

Name: _____



Cinco de Mayo



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

©WindupTeacher



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|-----------|----------|----------|-----------|------------------|
| amigo | fifth | maracas | pride | Battle of Puebla |
| army | flowers | mariachi | pueblo | chips and salsa |
| battle | forces | May | red | celebration |
| costume | French | Mexico | Spanish | Cinco de Mayo |
| culture | green | music | streamers | enchilada |
| dancing | guitar | parade | tamales | independence |
| festivals | heritage | peppers | victory | sombrero |
| fiesta | leader | piñata | white | traditions |

Breast Care Awareness Program



May 9, 2022
1pm—5th Floor Lounge

Coffee Chat w/ Rahell & Mary



May 18, 2022
11am– 2nd Floor Lounge

Shabbat Gathering



May 5 & May 20
3:30pm– 3rd Floor Lounge

Mental Health Awareness



May 30, 2022
11am– 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

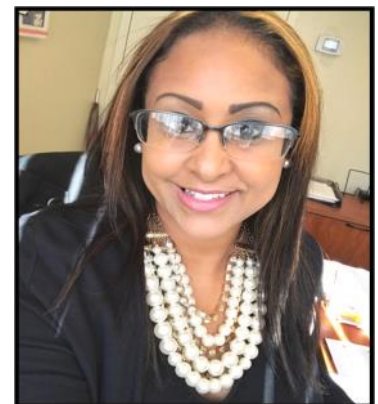
Spring is here and Summer is fast approaching! As the saying goes, April showers bring May flowers. May flowers and Friendship spirits are blooming all around our community already. We are enjoying longer days, and the chance for early morning and late afternoon walks.

I think that waiting for those May flowers is a lesson in patience. Many of life's greatest things come only to those who wait. I believe these past few years has truly been a lesson in patience. Thank you for your patience and understanding as we have weathered this pandemic together. We are so thankful to be able to see some light at the end of the tunnel with this pandemic, but we need to remember that the virus is still out there, and we need to continue to be cautious. We need to continue to take some simple precautions such as wearing masks and proper handwashing to ensure that we can continue to stay safe during this pandemic.

April was quite a month!! We received a wonderful visit from mayoral hopeful, Councilmember at-large Robert White, we had our first in person cookout while enjoying amazing tunes from Kool K, and we got to bid farewell to two of our beloved long-time Friendship Terrace staff members, Tawanda and Saja. We are excited to see what May will have in store for us!

I look forward to our next Terrace Talks on Friday, May 27th at 2pm. It is a pleasure being your Executive Director and the staff and I look forward to continuing to enhance our services for this wonderful community.

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

THE GOLDEN GIRLS CLUB



EARTH DAY COOKOUT



Memorial Day

WORD SEARCH

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC



REMEMBRANCE

SACRIFICE

SALUTE

SERVICE

SOLDIERS

TAPS

VETERANS

WAR



FEMI AND ME

During the summer that I volunteered to work in Nigeria, I lived in a compound in a small village and that is where I met Femi.

Femi was 12 years old, going on 40, as you will see. He wandered into the compound, followed by a slightly bigger boy. Femi wanted to know if I was from America and if I planned to stay in Nigeria. My answer was “yes” and “no”. Then, he wanted to know if he and his companion could play ping pong in my rec room and I gave permission. He was a good player, but I got the feeling that the other boy was better and was letting Femi win all the games.

Femi wanted to know if I played ping pong. I said that I did, and he challenged me to a game, but insisted on keeping the score. Occasionally, he would award himself a point that should have gone to me. Whenever I would remind him of the error, his reply was “As you wish”. I had to remind him several times that my wishes had nothing to do with keeping a correct score.

Then, one day he came to me and said: “Professor, I speak and understand English, but I cannot read or write it. Will you teach me and in return, I will teach you Yoruba.” I said that we had a deal. He said that we should start right way and that I should give him lessons during the first week and that he would be the teacher the next week and that would be how we would alternate.

Femi proved to be a very quick learner and he was practically reading after the first week. Then, it was his turned to be the teacher. He said: “Professor, repeat after me” and he rapidly spoke a sentence, but I was able to repeat it and then I asked him what was it that I was saying. His reply: “Go wash you face little boy”. Then another sentence and this was also translated into some useless command. I complained about his selection of sentences and his retort was” “Professor, you are a very good teacher, but a very poor student. I will not teach you. My father will pay you to teach me”. I had to put my big foot down! “No, your father will not pay me, but I will continue to teach you and I will learn Yoruba another way”. “As you wish professor”.

The summer was ending. I asked Femi if he and his friend would be my guests for lunch. He was practically adamant. “He is not my friend. He is my servant!”. “You and your servant then”? “Professor, you do not understand. He is a servant. He

cannot dine with us. He shall wait outside.” “No”! I said that unless he is included, the invitation is rescinded. Femi relented but insisted that the servant sit at a different table. Reluctantly, I made the concession.

Two days before my departure, Femi came alone to the compound. He was looking very dejected. Professor, I wish to speak with you about a serious matter. Will you please walk with me to the lagoon where we cannot be interrupted?” We went to the lagoon.

“Professor, please don’t go back to America. They will make you a slave again”. “Femi, I never was a slave”. He thought for a minute and then said: “Your father was a slave”. “No, Femi, my father was not a slave either”. “Then, your grandfather”. “Yes, my grandfather was”. “See! I knew it! And they can still make you a slave.” “I just have to take that chance, Femi. Please come to our going-away party tomorrow night”. His response was an emphatic “No! I shall never see you again, professor” and he ran away, leaving me sitting alone by the lagoon.

True to his word, Femi did not come to the party. However, he did see me again. As we were leaving the compound in an open-air lorry, we passed Femi’s house. He was standing on the balcony. I had the driver stop and I waved to Femi. He did not wave back but turned and walked back into the house, closing the door behind him, symbolizing the abrupt ending of an uncanny summer relationship between an African boy and an African American man.

By: Dr. Gilbert Lancelot Raiford



IN THE SPOTLIGHT PAGE



The Amicable Anne Brunson



There exists a jovial, gentle, jewel right here at Friendship Terrace. Her name is Anne Brunson. Anne has resided at Friendship Terrace Senior Living since November 2021. Anne is an engaging, energetic resident who enjoys having meaningful conversations with others.

Anne Brunson also relishes reminiscing with her table mates as they partake the hearty, healthy, scrumptious meals served daily at Friendship Terrace.

And now for Anne's pompous, pleasing, personal story! Anne Brunson, who was born September 4, 1948 in the sector of Washington, DC currently known as Georgetown, moved to Friendship Terrace of Tenley Town because of the area's beauty and bluster coupled with "pockets" of underlying serenity.

Although Anne is no stranger to Washington, DC, it is the first time she has resided in the upper Northwest section of the city. Anne's current family members, most residing in Washington, DC, are three adult children and six creative,

SPOTLIGHT PAGE

captivating grand children with whom Anne has constant, caring connection. Anne is now robustly retired. Prior to retirement, Anne was employed with the Department of State, and the United States Secret Service.

While fulfilling her dynamic duties in these astounding agencies, Anne had the pleasure of meeting numerous government notables including: Secretaries of State: Madelaine Albright; Condoleezza Rice; Colin Powell; and other Presidential Appointees.

It has also been revealed that during her period of employment, Anne received numerous awards and commendations for her faithful Federal service.

It is also well known that Anne is moving enthusiastically towards becoming an integral part of the Friendship Terrace Resident Association (FTRA) leadership team and will use her myriad of professional skills to enhance the organization.

Anne Brunson, with her positive, passionate position pertaining to her remarkable life, is indeed an exhilarating, enlightened addition to the Friendship Terrace family.

Welcome Anne!

By: Buddy Moore



FTRA PAGE

FTRA NEWS & NOTES!

It's May: Spring. The grass is green. Summer is on the way.

So is the Friendship Terrace Residents Association Election. It is one June 13th at our 4th General Meeting. As a reminder to people who have been here when we never thought of Covid 19, and an announcement to those who moved in during or since any of the lockdowns, the election occurs every year at the General Meeting in June. We have to fill the Nominating Committee, the Election Committee, and the Audit Committee. Finally Is the June General Meeting: the Election.

We have a Nominating Committee working on getting candidates. The slate will be announced at the May 2nd Council Meeting. Why don't you come see who will run? It's at 7 pm in the 5th Floor Lounge. Their pictures and biographies will be on the glass wall facing the hall outside the 2nd Floor Lounge. There will also be an opportunity to vote absentee if for some reason you can't come to the General Meeting on June 13th.

Finally there is some very sad news. Over the last month there have been 2 deaths of note. First was John Heritage, our founding member of Earth Day. Most recently was Larry Cartwright who produced in house plays, edited versions of Oklahoma, and provided documentaries through great editing
They will be missed.

That's the end of my notes.

Stay well,

Gail Lelyveld, President Friendship Terrace Residents Association

Things to do at Friendship Terrace

Upcoming Meetings:

Council Meeting Monday May 2, 2022 7 pm 5th Floor Lounge

Book Buzz Wednesday May 25, 2022 1 pm 4th Floor Lounge



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