

FACES OF FRIENDSHIP

MAY 2023



IN THIS ISSUE:

- | | |
|-------------------------------|-------------------------------|
| Page 1: Cover | Page 10: Administrator Update |
| Page 2: Photos | Page 11: Seabury |
| Page 3: Photos | Page 12: Short Story |
| Page 4: Humor | Page 13: Short Story |
| Page 5: Birthday/Covid Info | Page 14: Puzzle |
| Page 6: Coffee Chat | Page 15: Photos |
| Page 7-9: Service Coordinator | Page 17- 16: Puzzle |
| | 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.



EASTER EGG DYING



EASTER EGG DYING



Maxine™
Crabby Road

5-7-13

On Mother's Day your family will
wait on you hand and foot.
Hopefully, they still remember
how from last year.



www.facebook.com/maxine maxine.com

©Hallmark Licensing, LLC





MAY BIRTHDAYS

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

McClure, Rebecca	5/02	Lelyveld, Gail	5/22
Langston, Carolyn	5/02	Werner, Fred	5/24
Jones, Karla	5/04	Silsbee, Lara	5/25
Abraha, Micael	5/05	Buck, John	5/26
Webb, Veron	5/07	Haile, Alaman	5/26
Moore, Clarence	5/08	Tsegye, Steven	5/26
Young, Sarah	5/15	Frias, Barbara	5/28
Wright, Lillian	5/16	Silberman, Peter	5/28
Tate, James	5/17	Sampson-Crwaford, Kusen	5/30



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)

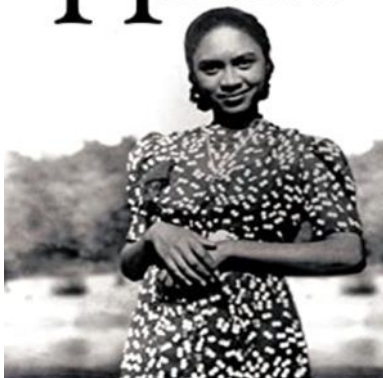
Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

COFFEE CHAT PAGE



CAROLYN DUNGEE NICHOLAS

HILDA



Seabury at Friendship Terrace would like to thank Mrs. Carolyn Dungee Nicholas Advocate for Elder Justice and author of "HILDA" a book based on five-term Columbia Councilmember Hilda Howland Minnis Mason. Mrs. Nicholas joined our Coffee Chat and shared her book and story about her mother.

From the Service Coordinator

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

MAY, 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



May 12, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



May 17, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



May 18, 2023
2:30pm— 3rd Floor Lounge

Shabbat Service



May 5 & 19, 2023
3:30am— 3rd 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

Hello Spring!

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.

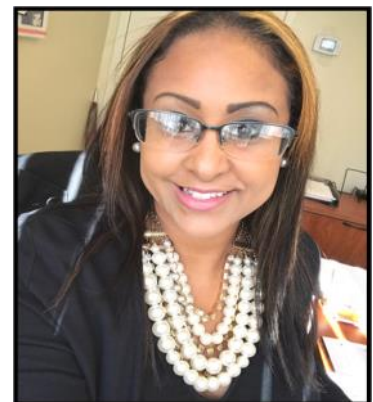
I think that waiting for those May flowers is a lesson in patience. Many of life's greatest things come only to those who wait. I believe these past few years have truly been a lesson in patience. Thank you for your patience and understanding as we have weathered this pandemic together. We are so thankful to be to announce that the United States will be declaring an end to the pandemic as of May 11th, 2023. Please be on the lookout for an important announcement updating our mask policy prior to that date.

April was quite a month! We had a wonderful Easter Brunch and Egg dying events, Everyone enjoyed our Spring Social event as well as our Spring Cleaning event. We are proud to say that we received a passing score for our REAC HUD inspection, so thanks to all of you for your cooperation. A special thank you to our wonderful maintenance team for always taking great care of our building. We are excited to see what May will have in store for us!

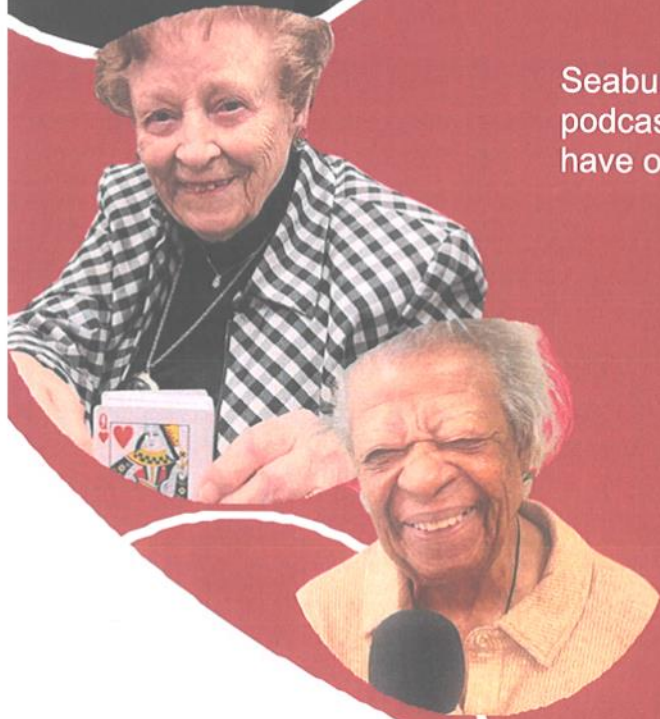
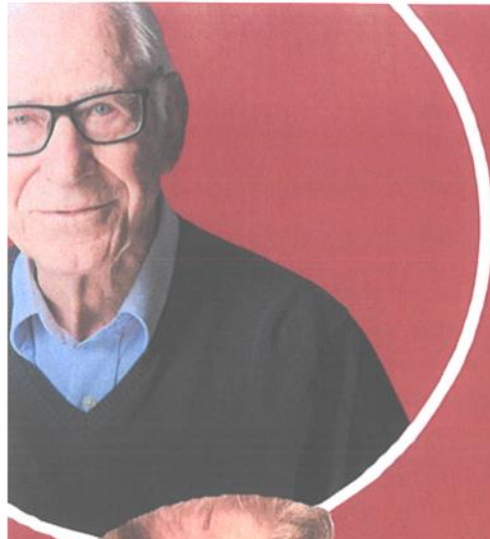
I would like to thank each of you for your kind words, cards, emails and messages of well wishes during my recovery from surgery. I am back to work and looking forward to our next Terrace Talks on Friday, May 26th at 2pm. It is a pleasure being your Executive Director and the staff and I look forward to continuing to enhance our services for this wonderful community.



Best Regards,
Semira Negasi
Executive Administrator



SEABURY PAGE



Centenarians Today Podcast

Seabury Resources for Aging® is hosting a new podcast that spotlights the lives of older adults who have or are close to becoming a centenarian.

To watch a sneak peek of the stories scan the QR code!

**JOIN US FOR THE
LAUNCH OF A NEW
PODCAST**

Thursday, May 4, 11:30 am
Zoom link
<https://bit.ly/3KqK1Z7>



The almighty Apron

For all of us who grew up in the country back in the day, as the young folks say, this is a vivid reminder of the “good ole days”. Also, as they say, “old times gone but not forgotten”.

This is only one....

The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and ..on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Send this to those who would know (and love) the story about Grandma's aprons.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

*I don't think I ever caught anything from an apron - but love...
Have a blessed day!*

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

Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.



1. ACTCSU _____
2. OCTA _____
3. CUMSI _____
4. ASSAL _____
5. RAADEP _____
6. ATELBT _____
7. FATISE _____
8. TOLITARL _____
9. CMEAUGLAO _____
10. CTAAESNST _____
11. OICEMX _____
12. ABECEILNORT _____
13. OACIMD _____
14. MOOESRRB _____
15. ATIPAÑ _____
16. SREWLF0 _____
17. AMACIRH _____
18. COUSEQNT _____
19. POLUEB _____
20. CAMRAA _____



FLOWER DONATION PAGE



SNACK FOODS

Word Search Puzzle



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



- | | | |
|--------------|---------------|--------------|
| APPLE | CORN NUTS | POPCORN |
| BABY CARROTS | CRACKERS | POPSICLE |
| BANANA | FRUIT LEATHER | POTATO CHIPS |
| BEEF JERKY | GRANOLA BAR | PRETZELS |
| CANDY | GRAPES | RAISINS |
| CASHEWS | NACHOS | RICE CAKES |
| CHEESE | PEANUTS | TRAIL MIX |
| COOKIES | PISTACHIOS | YOGURT |

Free printable courtesy of PrintFree.net

PUZZLE PAGE



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



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 May 2023

FTRA is working tirelessly to have an exciting election and a smooth transition to the new FTRA Administration on June 12, 2023. Just a reminder that all Friendship Terrace residents can run for any office of the FTRA.

Serving as an officer of the FTRA provides the opportunity for residents to apply their skills and the chance to learn new skills while simultaneously providing a valuable service to your neighbors.

Additionally, FTRA is happy to note that a significant number of residents stepped forward and signed up for the trip to the National Museum of African-American History and Culture.

During our visit to the museum, we had a marvelous time confirming historical information we already knew and being introduced to things that were “somewhat foreign to some of us.”

A hearty thank you goes out to FTRA First Vice President, Gail Lelyveld for organizing the event and coordinating the fine details.

I hope this trip will inspire the next FTRA Administration to sponsor journeys to other inspiring, educational sites in and around the city of Washington, DC.

Thanking Friendship Terrace residents again for your steadfast support,

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