

# FACES OF FRIENDSHIP

MAY 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

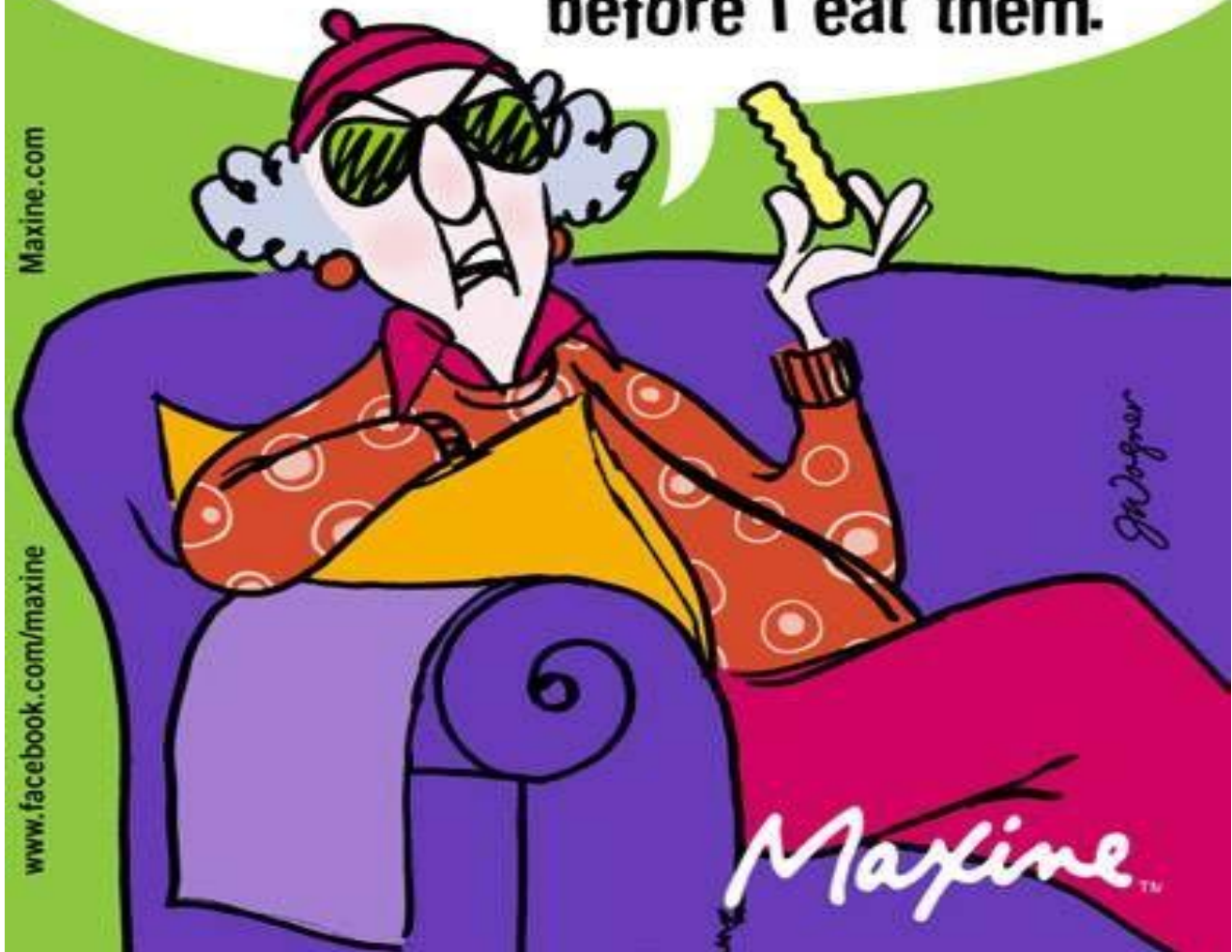


Friendship Terrace residents celebrated Earth - Day with a fun Earth Day Flower party outside in the garden with Inspired Horticultural Therapist Kaifa Anderson-Hall. Residents went down the Soul Train line and had a rent party to celebrate the DCHA vouchers. We had a clothing fundraiser and also coffee chat with special guest from FYZICAL Therapy & Balance Center.





**My doctor told me to watch my cholesterol. So now I stare at my French fries for a few seconds before I eat them.**





## MAY BIRTHDAYS

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

McClure, Rebecca	5/02	McIntosh-Brown, Heather	5/25
Jones, Karla	5/04	Silsbee, Lora	5/25
Abraha, Micael	5/05	Haile, Alaman	5/26
Moore, Clarence	5/08	Tsegaye, Steven	5/26
Young, Sarah	5/15	Crawford-Sampson, Kusen	5/30
Wright, Lillian	5/16		
Tate Jr., James	5/17		
Lelyveld, Gail	5/22		
Werner, Fred	5/24		



### 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](https://www.cdc.gov)  
State Department Website: [State.gov](https://www.state.gov)

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

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

**31. HARRASSMENT.** The Owner and Management consider sexual harassment in the workplace unacceptable conduct that will not be tolerated. Sexual harassment is defined in the Resident Guidelines. Employees who engage in sexual harassment will be subject to discipline, including discharge. Residents who engage in sexual harassment will be subject to termination of their tenancy.

**37. PETS.** No pets are permitted without prior written consent of the Landlord. Service animals must be registered with the Landlord. Dogs are permitted on the second or third floors only.

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

# MAY, 2024

Hello FT family,

How are you mentally? 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.

May is Mental Health Awareness month. This month of recognition raises awareness about mental illness, it's prevalence in today's society, and its impact on people of all ages and backgrounds. As reported by the CDC, 71% of adults report at least one symptom of stress, such as a headache or feeling overwhelmed which presents as anxiety.

Here are some steps you can take to cope with some of these feelings:

- ♦ Talk about your challenges with family, friends, or your Friendship Terrace 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.
- ♦ Finally, stay away from dwelling on negative thoughts. Instead, practice gratitude. Stay as positive as possible!

Sincerely your Service Coordinators,  
Mary & Rahell





## Catholic Mass



**May 10, 2024  
2:00pm—3rd Floor Lounge**

## Coffee Chat



**May 15, 2024  
11am— 2nd Floor Lounge**

## Episcopal Eucharist Service



**May 16, 2024  
2:00pm— 3rd Floor Lounge**

## Shabbat Service



**May 3 & 17, 2024  
3:30am— 3rdFloor 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

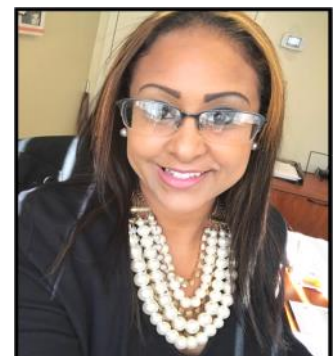
Spring is here and Summer is fast approaching! As the saying goes, April showers bring May flowers. May flowers and Friendship spirits are blooming all around our community already. We are enjoying longer days, and the chance for early morning and late afternoon walks.

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 love the proverb "patience is a virtue". Thank you for your patience and understanding as we continue to navigate this huge renovation project that is underway. We have successfully installed the new roof as well as the new deck, completed installation on our new water heaters and are currently half way through the painting of each floor. I hope everyone is just as excited as we are to see the finishing touches!

April was quite a month!! We received a wonderful visit from our special guests from Fyzical Therapy and Balance who conducted their Fall Risk presentation as well as screening and discussion. Everyone came decked out in their Disco best outfits for our Rent Party! Our celebration of Earth Day with a flower planting party was spectacular. We couldn't have asked for better weather! Speaking of weather, the A/C will be officially switched on Friday, May 3<sup>rd</sup>, 2024. This spring weather is looking like it will be a scorcher, so please take good care and most importantly make sure to stay hydrated. We are excited to see what May will have in store for us!

I look forward to our next Terrace Talks on Friday, May 31<sup>st</sup> at 1pm. As always, it is a pleasure being your Executive Director and the team and I look forward to continuing to enhance our services for this wonderful community.

Semira Negasi-Ligon,  
Executive Administrator

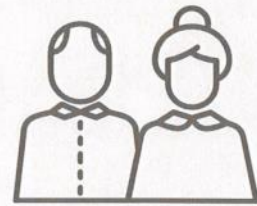






## KEEPING UP WITH THE BABY BOOMER GENERATION - ARE WE READY?

**1 in 4** adults in the US  
will be 65+ by 2060



Home health care  
market will grow to **\$224**  
**billion** by 2024



**7 out of 10** people over 65 will  
require long-term care



There are more than  
**30,000** assisted living  
homes in the US



# How I Became a Volunteer Lobbyist in the Public Interest.

In January of 2021, I received a section 8 rent subsidy from Housing and Urban Development. That was wonderful. Section 8 has rules though. One is that you cannot have paid work. Another is once you have worked out how much you need to live for a month you cannot go over it. An example is an IRA. If you have an IRA, when you turn 70, you are required to withdraw a set amount based on the total amount in your account. This withdrawal can affect the amount of your subsidy. I was disappointed, and the subsidy is a big help.

Until 2021, I had been doing historical research at the National Archives, the Library of Congress, and other libraries in the area. I was responsible for the research on two books, a magazine article on the Home Arts in the 19th Century, and on the Civil War generally. I wanted to keep doing it, but I had this subsidy I needed to keep; because of Covid-19 all the research institutions were closed between March, 2020 and 2022ish.

On May 13, 2016, I moved to Friendship Terrace in Tenleytown, Washington, DC. Since then I have had quite a career in the Friendship Terrace Residents Association. It is also known as FTRA, not when one is writing a donation check, full name only. FTRA is the way for residents of Friendship Terrace to work with management to develop activities and fun things for residents to do. Since 2016, I have been Corresponding Secretary, Member at Large, President 2020-2022, and 1st Vice President 2023. After seven years I was ready to do other things, but what?

The answer was not hard. I moved to Washington, DC in May, 2007 because I was hired as a receptionist at the Friends Committee on National Legislation, a Quaker Lobby in the Public Interest. The group is nonpartisan and works on such things as an end to wars, human needs, first nations interests, climate change; and, at various times, the responsibility to protect. I worked there until August, 2009, when I became a volunteer. I continued volunteering through the present.





About March or April of 2023, I received an email from the Communicator of the Washingtondc Advocacy Team, a volunteer advocacy group affiliated with the Friends Committee on National Legislation. She led this group in lobbying our one representative, Eleanor Holmes Norton. The Communicator wrote that she could not keep doing the leadership of this group and keep up with possibly work or school, whatever. I wrote back saying that it sounded like fun. I want to become a Communicator for my home group, the Washingtondc Advocacy Team. I may have been the only person to write back, or I was the first. It is a volunteer job after all.

My task is to plan monthly meetings, make appointments with the Congresswoman, write or ask others in the group to write reports of visits and thank you notes.

This year's the ask is the Streamlining the Pentagon Budgeting Act, HR4740, that is to say ending unfunded priorities lists, wishlists. Secretaries of Defense Austin (d) and Gates (republican) don't like them because they warp the balance of the actual budget. Washingtondc Advocacy Team had our first meeting with Trent Holbrook, Congresswoman Norton's Senior Legislative Council. We found from him that Congresswoman Norton agrees with our ask. That was great.

We were asked in turn to ask our leadership to support a bill that Eleanor Holmes Norton introduced in committee. She can do that in committee, but not on the floor because she is a Delegate not a Representative. The bill is called HR 2775 the Nuclear Weapons Abolition and Conversion Act. We said we would let our people know, and they were already bringing it up during our National Call the night before.

Finally we made out very well in our ask for 2024. We asked for better funding for three peace building funds in the State Department Foreign Operations Bill. Complex Crises Fund made out the best with \$55,000,000. The Reconciliation Fund got \$25,000,000. The Atrocities Prevention Fund got \$6,000,000. We felt we did very well considering certain groups were proposing cuts to the State Department. Now we have to see how we do on the new ask, and if it will be done by October 1st, 2024. This is how I became a volunteer lobbyist in the Public Interest

By Friendship Terrace Resident:  
Gail Lelyveld



# May Word Search

Can you find them all?

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

Dr.Strange  
Editor  
Dodgeball  
Celebration  
June

Summer Job  
Principal  
Gala  
Vacation  
Recipes  
Yearbooks

Parking Lot  
Grad Cap  
Asian  
Pacific  
Mental Health  
Royals

Bucket List  
Art Show  
Lance  
Seniors  
Beaches



## IN THE SPOTLIGHT PAGE

### IN THE SPOTLIGHT SHARON BROWN (DINING STAFF)



**Sharon Brown was born in Washington, DC in the neighborhood now known as Columbia Heights. Sharon was known as the girl on the block with two handsome well-behaved brothers.**

**As a youngster Sharon hung out consistently with her female cousins. They jumped rope; they played hopscotch; they played Jacks; and they were engaged in a host of other exciting, healthy female activities.**

**Sharon also enjoyed visiting other states with her family. Those states included: Georgia; Pennsylvania; New York; California; and so on.**

**Sharon continues to engage in horror movies that will have her squeezing tightly the arm rests of her seat and make her cringe during a high intense frightening scene. And when the terrifying music ascends to a high crescendo Sharon often closes her eyes in fear of what might come next on the silver screen.**

## IN THE SPOTLIGHT PAGE

**During her teen-age and young adult years, Sharon enthusiastically enjoyed what has become the music of Stacy Lattasaw, the Soul Searchers and the DC Hip-Hop and Go-Go atmosphere. Sharon and her friends could dance the night away behind the GoGo bands as they bombarded the atmosphere with the music of Sharon's era.**

**Sharon came to friendship Terrace as a dining room employee in December 2015. She enjoys working in the food industry and friendship Terrace was a place that intrigued her with all the seniors who were in need of good dining services.**

**Sharon has six boys and she is basically a homebody. She spends most of her time at home interacting with her children**

**For those who have feasted in the Friendship Terrace dining room you have undoubtedly experienced the calmness and efficiency of Sharon Brown as she provides numerous services for Friendship Terrace residents. If things are not with your Friendship Terrace dining experience Sharon Brown will make it right for you.**

**To demonstrate Sharon Brown and the dining room staff's loyalty, during the 2016 winter snowstorms Sharon and others "sheltered in place" at Friendship Terrace Senior Living for numerous days and nights away from their families, in order to provide dining services for friendship Terrace residents.**

**It is obvious through her dedication that Sharon Brown is indeed an important member of the fantastic Friendship Terrace dining room staff.**

**Written by: Buddy Moore  
May 2024  
With the assistance of:  
Sharon Brown**





# PUZZLE PAGE



## Mother's Day Word Search



APPRECIATE

BEAUTIFUL

CELEBRATE

COMFORTING

DEVOTED

FLOWERS

GIFTS

HUGS

JEWELRY

KISSES

LOVING

MAY

MOM

MOTHER

NURTURE

PROTECTS

WONDERFUL

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



<https://www.etsy.com/shop/WhenIsDinner>

## 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

I know I said it before, but there is nothing like Washington's Spring. It is magical to walk around and observe the incredible proliferation of flowers, along with the fresh green leaves you can almost see unfolding all over the place. It is paradise!

Except, and unfortunately there is an exception, for those of us with allergies to pollen and such things, this is also Allergy Season. This seems to be a particularly bad year. With a lifetime of experience with allergies, this is the worst my allergies have been, ever!

Our biggest event this month, possibly this decade, was the Solar Eclipse. Cindy Brockington did a great job getting safety glasses for us and getting us down to the Rose Garden to view the eclipse. It was a fantastic experience! I must add, I was particularly happy about the camaraderie underlining it all. Neighbors we do not usually see were there, as well as those of us never missing a thing. This added a great deal to the experience—at least for me it did. Thank you, Cindy! Well done!

The inaugural coffee social was also a successful event this month—someone said to me she had never seen so many people in the dining room before. She could be right, we originally planned on using only one specific area of the room, but we rapidly grew way beyond that. We need to decide the frequency of the social. For it to be a special event, it may be good to do it every other month or every quarter. Your thoughts on the matter are welcome.

We are approaching the end of my term as FTRA president. Among other things I have to think of the many people who have made it possible to do all the activities we have had. It's a long list—I have one more month to reflect on it.

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>
Lawrence Nocente	Maintenance Director	<a href="mailto:Lnocente@seaburyresources.org">Lnocente@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