

## FACES OF FRIENDSHIP



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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**

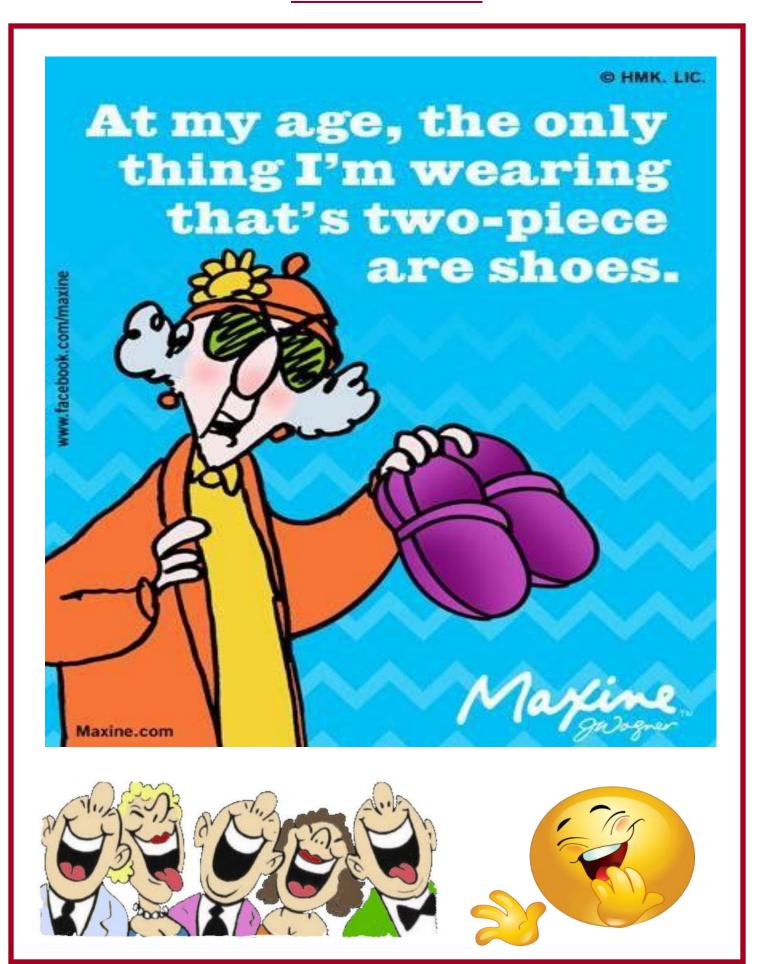


Seabury at Friendship Terrace residents had a wonderful Easter. We celebrated with a Easter brunch, residents participated in Friendship Terrace first ever Easter egg hunt around the building for golden eggs. Friendship Terrace had lots of volunteers visit throughout the month of April.

Thank you
Brian Shaw and his group from
Songs For Seniors & DC Commission on
the Arts & Humanities for the great spring
music concert.

Friendship Terrace celebrated Earth Day with a "Earth Day Flower Party" in our beautiful garden along with our volunteers who came to help us plant flowers in our new flower boxes as others played trivia and enjoyed the outdoors. Photos found on page 15-17.







Wright, Lillian

Tate Jr., James

Gidey, Hiwot

Lelyveld, Gail

Berak, Tzehai

### **MAY BIRTHDAYS**

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

McClure, Rebecca	5/02	Wener, Fred 5/24
Jones, Karla	5/04	McIntosh-Brown, Heather 5/25
Albraha, Micael	5/05	Silsbee, Lara 5/25
Moore, Clarence	5/08	Happy Birthday
Young, Sarah	5/15	Tlabby Burnolay

5/16

5/17

5/21

5/22

5/23







### **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 State Department Website: State.gov

DC Health Website: <u>Dchealth.dc.gov</u>

Muriel Bowser, DC Mayor Website: <u>Mayor.dc.gov</u>

### **HOUSE RULES HIGHLIGHTS**

Resident's agree 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:

- 9. DRAPES. Resident agrees to use white drapery liners behind all draperies in order to assure uniformity of color throughout the community.
- 10. BLINDS. All apartments are supplied with vertical blinds in order to assure uniformity of color throughout the community. The Resident is responsible for the care of the blinds and drapes.

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

Hello FT family,

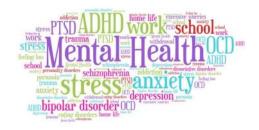
May is Mental Health Awareness month. This month of recognition raises awareness about mental illness, it's prevalence today, and its impact on people of all ages and backgrounds. As reported by the CDC, 71% of adults report at least one symptom of stress, such as a headache or feeling overwhelmed which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

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. 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, Rahell & Mary

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### Catholic Mass



May 2, 2025 2:00pm—3rd Floor Lounge

### **Coffee Chat**



May 21, 2025 11am– 2nd Floor Lounge

## **Episcopal Eucharist Service**



May 15, 2025 2:00pm- 3rd Floor Lounge

### **Shabbat Service**



May 2 & 16, 2025 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

Dear Residents,

Welcome to Spring...finally!

It certainly looks like Spring has sprung around here. I love this warm weather. I am looking forward to the warmer nights and it is staying lighter longer.

As a thriving community I want everyone to look back and see how far we have come and all the new faces and friendships we have encountered along the way. For all the new residents, I want you to look at all the new opportunities you can join in on and memories you can make with new friends. While Friendship Terrace continues to grow, we will also be growing the garden with flowers that were planted by residents, volunteers and staff in celebration of Earth Day this past month. We all know the saying, "April showers bring May flowers." Let's start growing!

Beautiful days are ahead of us, and we should take a moment to appreciate all that is around us. In April we took a moment to appreciate and recognize volunteers for all their hard work and dedication.

Warmth, companionship and meaningful emotional connections are not just something nice to have in our lives. They are essential to good health, safety and overall happiness. That is what we offer here at Friendship Terrace. Relationships — involving real people and genuine connections — are important to have so you can engage socially, make new friends and connect with staff.

I wish you all good health and please remember to stay cool and hydrated during these upcoming weeks in May!!

We're hoping for lots of sunshine!

Executive Director, Semira Ligon





Name \_\_\_\_\_



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MUSIC PINATA SOMBRERO HOLIDAY **FESTIVAL** FIESTA **AMIGO** VICTORY **PUEBLA** MEXICO TACOS MARACAS MARIACHI CELEBRATION MAY PRIDE BURRITOS PARADE MAYO FOOD





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FRIENDSHIP TERRACE:

## Mother's Day Word Search

S Α Ν T Н A R F E 0 N G S Т D M T H R E F D L H S E S T Ν G T N G E M D W E S 0 Ν S R Υ E В Т H E R C R Ν E R E М 0 Н G E R Т Ε S



CARD HOLIDAY
CARING LOVING
CELEBRATE MAY
CHILDREN MOM
FAMILY MOTHER
FLOWERS PARENT



CRAYONSANDCRAVINGS.COM

# WORD SEARCH

 $\mathsf{E}^{\mathsf{M}}$ R S R N R R Α E F R R R F R G R S N Α G R Α N Μ Ε R 0

American Battle Cemetary Ceremony

Country Flag Freedom Honor Memorial Military Service Uniform War



### **PUZZLE PAGE**



## **TEA TIME**

### WORD SEARCH PUZZLE

AMORATET

GIAAWENO

RLTEGARH

EKRNTOEK

EBASVSTC

NRNAENAA

OILVIIWL

MFAMUGMB

EESUGARA

LABREHEG

AROMA

BAG

**BLACK** 

**BREW** 

**FLAVOR** 

GREEN

HERBAL

HOT

INSTANT

LEAVES

LEMON

MILK

MINT

MUG

ORANGE

**STEAM** 

**SUGAR** 

WATER

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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### **EARTH DAY PARTY**



### **EARTH DAY PARTY**



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### **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

<u>(202) 724 - 5626</u>

English - Department of Aging and Community Living

dacl@dc.gov



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

### FTRA PAGE

### FTRA NEWS

Spring has sprung, Hallelujah! It is an excellent time of year for many reasons. For one, we get to see a lot more of each other. We also get to say good-bye to "Old Man Winter." We have had a few new residents join our community recently and let's welcome them. Introducing yourself to new folks and help them navigate our surroundings. Invite them to participate in our activities such as paint and sip, puzzles, scrabble, chess and Bingo. Tell them how much better you feel after a session of Chair Yoga or Stretch and Tone. Let them know that we like to chill with our Saturday and Sunday movies. We also enjoy sitting outside and chatting with each other or the quiet tranquility of our Green House. We are an active community. Some of us joined in the Nationwide "Hands Off" protests and gathered with our signs in front of our local library. Residents also gathered recently for a Dine-Out evening at an Ethiopian restaurant in Adams Morgan, an activity organized by the FTRA Food Committee. The activities committee is planning a field trip which will soon be announced. We are slowly making progress on ground transportation for food shopping, etc. so stay tuned for further news.

Our annual election for FTRA Council offices is quickly approaching. We rely on ourselves for volunteers to help with the Nominations and Elections Committee. Please consider your personal participation and those whom you might want to nominate for:

President, 1<sup>st</sup> 2<sup>nd</sup> Vice-President,
Secretary,
Treasurer
Asst. Treasurer as well at the two At-Large positions.

David Rivera FTRA President

### FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

### Main Number # 202/244-7400 Fax # 202/362-2587

John S Pekala III Director of Business Affairs Jp Antranishia Watkins Marketing/Admissions Av Mary Toussaint Service Coordinator M Rahell Negash Service Coordinator R Cindy Brockington Activity Director Cb Lawrence Nocente Maintenance Director Lr	Snegasi@seaburyresources.org pekala@seaburyresources.org watkins@seaburyresources.org Mtoussaint@seaburyresources.org Rnegash@seaburyresources.org brockington@seaburyresources.org nocente@seaburyresources.org Vilfran.reuto@sodexo.com
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### **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