

# FACES OF FRIENDSHIP

**NOVEMBER 2021**



## IN THIS ISSUE:

Page 1: Cover Page  
Page 2: Activity Events  
Page 3: Breast Cancer Photos  
Page 4: Humor Page  
Page 5: Birthday/Covid Info  
Page 6: Fun Fitness Page  
Page 7-9: Service Coordinator

Page 10: Administrator Update  
Page 11: Taco Tuesday Photos  
Page 12: Puzzle page  
Page 13-14: Puzzle Page  
Page 15-16 Short Story Page  
Page 17 Door Contest Photos  
Page 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.*



# Upcoming Activities

**Thursday, November 11th– Veterans Day - Boy's Night Out w/ Roger Williams & Fred Nelson**– Join us for a special day of recognition for veterans on Veterans Day, The celebration will be held in the second floor lounge with a stirring selection of patriotic songs with musicians Roger & Fred of Boy's Night Out band. Refreshments will be served, program starts at 1pm.

**Tuesday, November 16th– Safeway Clinic ( Covid-19 Booster )-** Safeway Clinic will be bringing the Covid-19 Booster shot the residents of Friendship terrace.

**Friday, November 19th– 51st Anniversary Dinner**– Seabury at Friendship Terrace celebrates 51 years of service to seniors. It's a menu to excite the palate and delight the soul! Dinner will start at 4pm to 6pm in our Friendship Terrace dining room. Come out & enjoy the fun! **HAPPY 51st ANNIVERSARY!!**

**Thursday, November 25th– Thanksgiving Dinner** - Join residents for our Friendship Terrace Thanksgiving dinner in our dining area. There is no charge for all residents. Family & guests attending tickets are \$12 for adults \$6 for children ages 6 to 12. Children under 6 are free. Tickets can be purchased at the front desk. Dinner will start at noon until 3pm .

**HAPPY THANKSGIVING EVERYONE!!**

**ALL IN PERSON ACTIVITIES CAN BE JOINED VIRTUALLY ON ZOOM:**

**Zoom ID: 588 529 4839**

**Call in info: 301-715-8592**

# BREAST CANCER WALK PHOTOS



Crabby Road

11-20-07



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## NOVEMBER BIRTHDAYS

**Birthstone:** Citrine **Flower:** Chrysanthemum **Zodiac:** Scorpio/ Sagittarius

Gabriel, Martha	11/03	Glasel, Carol	11/25
Davis, Rita	11/07		
Gedamu, Demissew	11/07		
Roche, Margaret	11/11		
Crockett, Thomas	11/15		
Proctor, Esther	11/22		
Raiford, Gilbert	11/22		
Hill, Roland	11/23		



## 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:             | <a href="https://www.coronavirus.dc.gov">Coronavirus.dc.gov</a> |
| Centers for Disease Control Website: | <a href="https://www.cdc.gov">CDC.gov</a>                       |
| State Department Website:            | <a href="https://www.state.gov">State.gov</a>                   |
| DC Health Website:                   | <a href="https://www.dchealth.dc.gov">Dchealth.dc.gov</a>       |
| Muriel Bowser, DC Mayor Website:     | <a href="https://www.Mayor.dc.gov">Mayor.dc.gov</a>             |

FUN FITNESS PAGE

PLEASE JOIN  
YOUR FRIENDSHIP TERRACE  
SERVICE COORDINATOR "SAJA"



FOR FUN FITNESS

EVERY MONDAY  
AT 11:00AM  
IN THE 5<sup>TH</sup> FLOOR LOUNGE

Seabury



at Friendship Terrace  
*Senior Living*

# From the Service Coordinator

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

NOVEMBER 2021

Happy November Friendship Terrace family!

The holiday season is fast approaching, and Thanksgiving is first up! We are so grateful that every one of us are here to celebrate all the things we are thankful for. Good health and family are just a couple of the things that are on my list of things I am extremely grateful for this and every year.

Due to the pandemic, families are trying to figure out the safest ways to celebrate the holidays with their loved ones.

Here are some ideas issued by the CDC that can be helpful while attending gatherings this year.

- Keep mask on as much as possible.
- Keep your distance from others - 6ft. if possible.
- Make event outdoor if possible.
- Have a small guest list.
- SANITIZE CONSTANTLY
- Try a virtual celebration if your family can accommodate.

With that being said, the holidays can be a very difficult time for folks. Not everyone has family or friends close by. Be kind to your neighbors. A simple hello and a smile goes a long way. If you are feeling down, reach out to someone. Remember as always, your Service Coordinators are hear to talk if you should need us.

Rahell – Service Coordinator



**Safeway Clinic**



**November 16, 2021  
Dining Room**

**Coffee Chat  
w/ Rahell & Saja**



**November 17, 2021  
11am - 2nd Floor Lounge**

**Health Corner**



**November 10th & 22nd  
11am - 5th Floor Lounge**

**Fun Fitness w/ Saja**



**Every Monday  
11am– 5th FL**



## Health Providers Corner

### Safeway Clinic

November 16, 2021

9am - Wellness Center

### Blood Pressure Check

November 18, 2021

11am - Wellness Center

*Sign up at the front desk to request an appointment*



**STOP THE SPREAD OF  
CORONAVIRUS (COVID-19)**



**PLEASE WASH  
HANDS FOR  
20 SECONDS**



### 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

**Saja Hogans**

(202) 244-7400 Ext. 109

## ADMINISTRATOR REVIEW

By the colors in the trees and cooler mornings, I think it's safe to say that summer is behind us. With fairly mild temperatures this past summer, we were certainly lucky. Let's hope winter treats us as well.

Fall and winter is a favorite time of year for us at Seabury at Friendship Terrace. It is hard to believe only two more months remain in 2021. We are gearing up for the holidays with many great virtual and in-person festivities to look forward to.

Happy Halloween! Unfortunately, we had to cancel our annual children of St. Columbas Nursery Halloween parade again this year due to Covid. I know we were all looking forward to seeing the children in their cute, silly, or spooky costumes. But instead, the staff and I dressed up for you! It was fun and I hope you all enjoyed the Halloween Party. We hope all goes back to normal next year and they will be back again next Halloween!

Happy 51<sup>st</sup> Anniversary Friendship Terrace! We are delighted to be celebrating our Anniversary on Friday, November 19<sup>th</sup>, 2021. In lieu of our annual grand party, have had to improvise this year with a lovely formal dinner in our dining room, special certificate deliveries, and gifts for all.

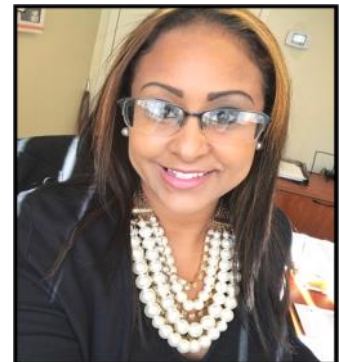
Happy Veteran's Day! Seabury at Friendship Terrace is home to many brave men and women who have served in the armed forces. We honor you and thank you for your service.

Happy Thanksgiving! Later in November, families and friends will be celebrating Thanksgiving Day. Some will be away with loved ones and some of us will Skype or Facetime with our families. A delicious meal with all the trimmings will be prepared by our Dietary Department and enjoyed by all in the dining room. We are looking forward to giving Thanks with all of our friends, families and neighbors.

Last, but not least, I would like to thank Cindy Brockington for the fabulous event decorations throughout the building. She is doing a fantastic job, getting us excited about the holidays and in the spirit! Way to go Cindy!

I wish you and your family many Blessings and a very Happy Thanksgiving!

Happy Fall!  
Semira Negasi,  
Executive Director

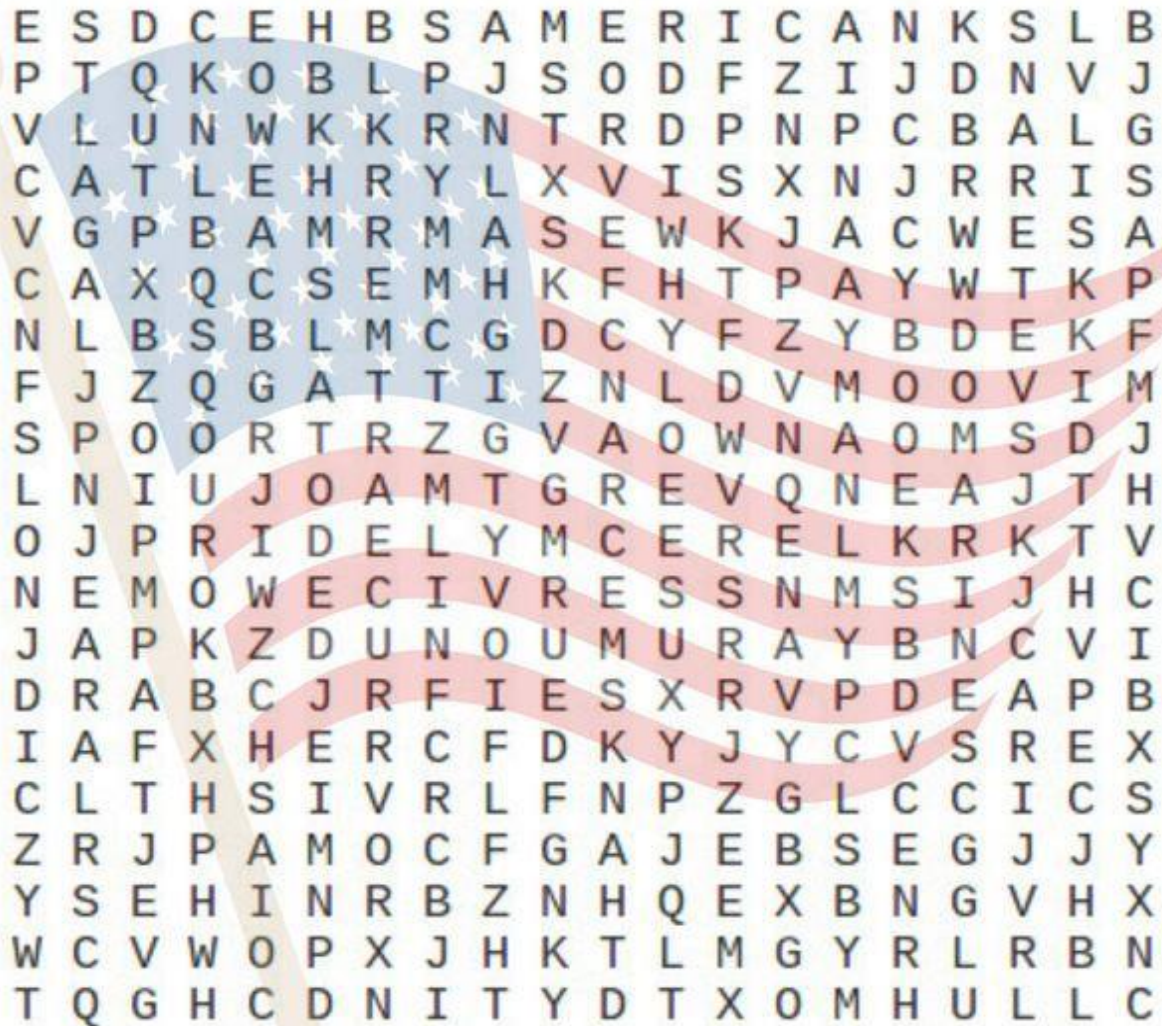


# TACO TUESDAY PHOTOS



# Veteran's Day

## word search



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

AIRFORCE  
 AMERICAN  
 ARMY  
 FLAG  
 HONOR  
 MARINES  
 NAVY  
 NOVEMBER

PRIDE  
 RESPECT  
 SALUTE  
 SERVICEMEN  
 SERVICEWOMEN  
 THANKS  
 TROOPS  
 VETERANS

# PUZZLE PAGE

## Hanukkah Word Search

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

Candle  
Coins  
Dreidel  
Eight

Gimmel  
Hanukkah  
Hay  
Latke

Light  
Maccabee  
Menorah  
Miracle

Nun  
Oil  
Shin  
Temple



**SHORT STORY PAGE****Now It Is Up To You!****By: Buddy Moore**

**While Mother's Day is observed and celebrated the second Sunday in May, I have taken the liberty to declare November 11, my mother's birthday, as the date I will honor my late mother, Sadie Zimmerman Moore.**

**My mother and my father, Clarence Moorer/Moore, were born in Orangeburg, South Carolina. They left that "fanatical lynching hungry state" during the "great migration from the south to the north." And in the late 1930's they settled with their three young children in what they thought was freedom. But they soon realized Washington, DC was indeed a racist, bigoted city.**

**Although the United States Supreme Court had earlier struck down segregation in Washington D.C. covering numerous social entities, nevertheless, as other African-Americans residing in Washington during the 1940s and early 1950s can attest, bigotry and racial segregation ran ramped and with impunity, throughout the city.**

**There was segregation and prejudice in employment; housing; education; entertainment; public accommodations; the criminal justice system, and the list goes on and on. There was one inequity in which only African-American males could "fully identify." That is, the practice of being "illegally pursued and physically abused" by members of the DC Metropolitan Police Department.**

**During that period, Washington, DC was also controlled by southern Congressmen who vowed that segregation coupled with poor economic conditions for African-Americans, remain under strict domination of the racists United States Congress "today, tomorrow and forever." In spite of these inequities, which included low paying jobs, and dead-end employment, my mother and father were**

## SHORT STORY PAGE

able to pull together what scanty resources they could amass and made life rather comfortable for their curious, competent, cheerful children. My practical, passionate parents were also adamant about raising their children in a forward thinking, respectable, fun-loving manner.

Sadly, my father passed away during an illness, at the age of fifty-five. My mother, who was the “busy body” in our family, lived many productive years after my father’s death. However, she eventually developed Alzheimer’s disease and resided briefly in a local nursing home.

My mother was a feisty little woman. She was only five feet in height and weighed fewer than one hundred pounds, even after eating a hearty meal. But she had the heart and stamina of a lioness, especially when protecting members of her family.

When I visited my ninety-eight-year-old mother for the final time while she was rampaging against the ravages of Alzheimer’s, I recognized that she was “fighting death with all the might she could muster.”

As a prizefighting enthusiast, I viewed my mother’s “anxious, antagonistic assassin” as if it were her opponent in a boxing ring.

I observed my mother using the skills of the renowned boxing champion Sugar Ray Robinson, who was fondly known as “Sweet Thunder” and one of the best that ever-set foot into the boxing ring.

As the bobbing and weaving “shadow of death” silently shuffled forward, my fearless, faithful, formidable mother threw a four-punch combination, just the way Sugar Ray would, which included: a stiff left jab; followed by a lambasting left hook; a crushing right cross; then a perfectly placed piercing uppercut. All in succession with lightning speed and “moon landing moon precision.”



Those picturesque punches found their tormenting target, and rested flush and ferociously upon the fiery, focused foe, but they did not even make her opponent flinch.

As I sat there holding her slight, smooth well shaped hand and carefully observing her eyelids as they “twitched back and forth”, I knew she was having great difficulty with this ever-eager rival.

I squeezed her hand tightly, hoping that would give her extra energy against her pulsating, persistent opponent. I also wanted to remind her that I was one of the “Seconds” in her corner and I was “keeping a close eye on the action.” I knew this indeed was destined to be a baffling, brutal brawl.

She had been through a plethora of antagonistic skirmishes in her life, but she recognized this was a different encounter than the racial discrimination ones she had endured during the early part of her life. This was odd and had a burden that would require using all the lessons she had learned over her entire lifetime.

She gradually understood that she was in the “battle of her life.” This was “for keeps.” And she had to swiftly seek a strategy for speedy survival because at age ninety-eight, time was not on her side. For her, this was indeed a “mind numbing moment.”

Also at her age, she could no longer, depend on the old boxing adage, “stick-and-move (hit without getting hit.)” Therefore, she was vulnerable to any extraordinary exploitation by her ever present, overconfident opponent. So, I sat there silently, but nervously pondering who would be the victor on this dastardly, dreadful day.

And then, as she began developing a plan to become excessively efficient in this strategic struggle, her onrushing opponent unleashed a blistering “Bolo Punch” that was designed and deployed during Sugar Ray Robinson’s era by that cagey welterweight boxing champion Kid Gavilan. And unfortunately, that peculiar, perplexing, penetrating, punch



## SHORT STORY PAGE

was more than my merciful, maneuvering mother could manage. Being in close proximity to her, I felt the previous elevated energy exiting her limp, lifeless, limbs. It was obvious that the sneaky, stunning surreal punch had done considerable damage. It literally “knocked her off her feet.”

Deep inside, her body hurt, but her mind hoped. And down for the count she went as I sat there spellbound and, in a staggering, stupor of sorrow.

Suddenly, and without hesitation, before she took her final breath, I heard the silent sound of her voice as it penetrated profoundly within my visualization acuity, stating “son, no one knows the trouble I’ve seen. However, throughout my life I did the best I could for you and your siblings. I battled often and outwardly to obtain justice and equality for those who will follow. **AND NOW IT IS UP TO YOU!**”

*This tribute to my mother is intended to be shared by, and in honor of, all marvelous mothers past and present!*

C. Buddy Moore  
November, 2021



# DOOR CONTEST PAGE



Halloween Door Contest Winners:  
1st Place—Marie Canney #640  
2nd Place- Portia Stewart #528  
3rd Place— David Lee #201



## FTRA PAGE

### FTRA NEWS & NOTES



The Friendship Terrace Residents Association had its second Council meeting on October 11, 2021. It was called to order at 7:00 p.m. Present were: Gail Lelyveld, Buddy Moore, Marina Buhler-Miko, Marka Bianchi, and Mildred Raiford.

The minutes of the September meetings were read and accepted. During these meetings, the bylaws were changed so that we could reach a quorum for the general meeting. Now the bylaws read that a quorum for the general Meeting is 20% of the occupied apartments. This was activated during Special Meeting at 6:30 p.m. on September 20, 2021. It was implemented during the General Meeting at 7pm that same day.

Because the Corresponding Secretary, Louise Pearson was sick, her report was given by the president. A quorum was barely made, as Eric Golden and Jane Simpson were also ill.

More new residents moved in this month!

We did have a survey. There were only 23 responses. Some responded just yes or no. Some were good ideas for activities, speakers, and excursions. There is going to be more work on the survey, so that when a program is announced, there will be wide attendance.

A question on the survey made it sound like there was always \$3,000 in the treasury. It doesn't work like that. We paid \$1500 in May and \$1500 in November to Bethesda Rescue Squad. We also pay for mints, photocopying, and for refreshments and food from the dining room for parties and other gatherings.

Finally, I want to put in a pitch for our holiday gifts to our non-managerial staff. Every November, we send out an envelope with a red and green label. Please contribute a donation for our non-managerial staff that works so hard. We will get a list of recipients from the Business Manager.

Happy Thanksgiving.

All the best,  
Gail Lelyveld  
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>
Tawanda Jackson	Assistant Community Manager	<a href="mailto:Tjackson@seaburyresources.org">Tjackson@seaburyresources.org</a>
Mary Toussaint	Executive Assistant	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Saja Hogans	Service Coordinator	<a href="mailto:Shogans@seaburyresources.org">Shogans@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Shanice Lyles	Food Service Director	<a href="mailto:Shanice.Lyles@sodexo.com">Shanice.Lyles@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 \$5 Taxi( members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573