

FACES OF FRIENDSHIP

NOVEMBER 2022



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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.



TRIVIA PHOTOS PAGE



Friendship Terrace residents and student volunteers from Sidewell Friends Middle School playing trivia. On behalf of Friendship Terrace we would like to thank you for the homemade cards that were given after the trivia game and throughout Covid-19 pandemic

THANK YOU!

GREEN HOUSE OPENING PAGE



Maxine™
Crabby Road

11-1-13

Well, it's the first of November.
Time to buy next year's
Halloween candy.



www.facebook.com/maxine maxine.com

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NOVEMBER BIRTHDAYS

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

Garbriel, Martha	11/03	Hill, Roland	11/23
Davis, Rita	11/07	Glasel, Carol	11/25
Gedamu, Demissew	11/07		
Abraha, Ziena	11/09		
Roche, Margaret	11/11		
Weir, Daniel	11/12		
Crockett, Thomas	11/15		
Lee, Daivd	11/18		
Raiford, Gilbert	11/22		



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

Thanksgiving

WORD SEARCH



CHILDREN

HOLIDAY

PARENTS

DINNER

HOME

RELATIVES

FAMILY

JOYFUL

SEASON

GATHERING

MEMORIES

VISITING

GRATEFUL

OCCASION

THANKFUL



From the Service Coordinator

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

NOVEMBER 2022

Happy November Friendship Terrace family!

The holiday season is fast approaching, and Thanksgiving is right around the corner! 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.

Although some may not agree, the pandemic is still not over and 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 a mask on as much as possible.
- - Keep your distance from others - 6ft. if possible.
- - Outdoor events if possible.
- - Have a small guest list.
- - SANITIZE CONSTANTLY

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

◆◆ Rahell Negash & Mary Toussaint – Service Coordinators



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



November 4, 2022
2:00pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



November 16, 2022
11am— 2nd Floor Lounge

Grief Counseling
w/ Capital Caring



November 9, 2022
1:00pm— 2nd Floor Lounge

United Health Care



November 14, 2022
11:00am— 2nd 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

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 2022. We are gearing up for the holidays with many great festivities to look forward to.

Happy Halloween! We had a wonderful Halloween Party and were so excited to see all the residents and staff dressed up this year. It was fun and I hope you all enjoyed it.

Happy 52st Anniversary Friendship Terrace! We are delighted to be celebrating our Anniversary on Friday, November 18th, 2022. We are all looking forward to our annual gala, with a lovely formal dinner in our dining room, special certificate deliveries, and gifts for all. Please come dressed to impress!

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.

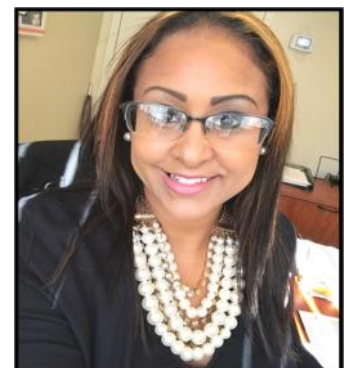
Happy Thanksgiving! Later in November, families and friends will be celebrating Thanksgiving Day. Some will be away with loved ones and some of us will Skype or Facetime with our families. A delicious meal with all the trimmings will be prepared by our Dietary Department and enjoyed by all in the dining 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 look forward to see you all at my next Terrace Talks that will be held on Wednesday, November 30th at 2pm. I wish you and your family many Blessings and a very Happy Thanksgiving!



Semira Negasi,
Executive Director



SEABURY PAGE

SEABURY PAGE



Seabury
Resources for Aging

DC.

SAVE THE DATE

Nov 29, 2022

GIVING TUESDAY

Giving Tuesday was created in 2012 to counteract the spending of Black Friday and Cyber Monday with philanthropic giving to charities in need of support. It started in the U.S. and has quickly made its way across more than 70 countries.

RADICAL GENEROSITY

Do your part and volunteer of your time or talk to someone in our Advancement Department about how you can make a difference.

(202) 289-5690 (Option 1)



SEABURY'S PROMISE

Keeping older adults safe, secure, and connected.

How your support can help us keep our promise:

- \$100 - 20 meals to provide nourishment
- \$500 - 3 hours of Care Management services to keep loved ones safe as they age in place
- \$1000 - 40 local outings to build community connections

seaburyresources.org

VISIT SEABURYRESOURCES.ORG

"Give me a call and I can help you take your first step to plan your gift to Seabury!"

Maryann Kearns
Seabury Development Director





HALLOWEEN & COSTUME PARTY PAGE



HALLOWEEN & COSTUME PARTY PAGE





In the Spotlight Mary Ann Brockington



I, Mary Ann Brockington, was born on March 14, 1956 in racially segregated Florence South Carolina. I grew up in a family of five boys and five girls

As a youngster, I imitated my mother by hunkering down, by her side over a wooden stove, mesmerized by my mother's ability to prepare meals for and serve to members of her family.

Although cooking was my passion, as a youngster I also engaged in youthful activities that were popular at that time such as: marbles, ball and jacks; hop scotch, and various card games.

To put it mildly, life was difficult in Florence and opportunities for "meaningful" employment of African-Americans were not readily available anywhere within the borders of ethnically segregated South Carolina. Therefore, upon completing high school, I hastily and excitedly relocated to Washington, DC.

In Washington, DC I became captivated as a college student and worked my way towards successfully receiving a Nursing Assistant Degree.

Along the way, I gave birth to two marvelous children: a son, Dedrick; and a daughter; Cindy. They are both my pride and joy.

Upon receiving my Nursing Assistant Degree, I was offered and I accepted a Nursing Assistant position at the Washington Home Medical Facility in Washington, DC.

After residing in the eastern part of Washington DC for numerous years, in January 2022 I moved to Friendship Terrace Senior Living where I currently reside.

IN THE SPOTLIGHT PAGE

And now for the other part of my story:

As a ten-year employee at the Washington Home, in 1984 I establish a memory care unit at the facility, for persons with Alzheimer's disease.

While employed at the Washington Home, I also had the opportunity to meet and interact with Great Britain's Princess Diana.

I was selected to be one of the employees who escorted Princess Diana, as she toured the Washington Home during her first visit to the United States. That was indeed one of the highlights of my life and career.

Now that I am a full fledge resident of Friendship Terrace, I eagerly and excitedly engage in activities designed and implemented for those who reside at Friendship Terrace.

While my life has been a rather successful one, my deepest regret was the lack of motivation during my earlier years, to extend and expand my formal education.

However, to compensate for that previous lack of stick-to-itiveness, my future plans could possibly involve attending culinary school and ultimately establishing my personal baking business.

For me, life has been a series of opportunities that have allowed a poor Black southern girl like me to experience a tad bit of success in a country that has a history of not being kind to people of color.

However, there have been positive changes in my lifetime pertaining to racial fairness in the United States and I hope that optimistic, engaging trend continues in years to come.

Mary Ann Brockington
November 2022
Assisted by: Buddy Moore

Family IS EVERYTHING 

HALLOWEEN COSTUME WINNERS PAGE



Congratulations to our Friendship Terrace Halloween Costume Winners ! First place winner– Rebecca McClure as Queen Elizabeth, our second place winner– Tanya Wanzer as Queen Bubble Bee and our third place winner– Alma Robinson as Pocahontas
Great job ladies!

Congratulations

FTRA PAGE

FTRA News and Views

Thanks to those who attended the Monday, October 3, 2022 Friendship Terrace Residents Association's Council meeting. It was a very meaningful, engaging, event. This was an opportunity for the FTRA Council members to discuss and vote on issues affecting Friendship Terrace and its residents.

Just a reminder, the FTRA Council meetings are held the first Monday of each month, 7:00 p.m. in the 5th floor lounge and all residents are welcome to attend.

And finally, it is critical that residents attend the FTRA "General Meetings", held the second Monday in September, December, March and June, 7:00 p.m. in the Dining Room. These General Meetings are designed specifically to address Friendship Terrace residents' individual and collective issues.

Thanks again for your unending support. Your continued immersion in FTRA meetings makes an enormous difference in keeping Friendship Terrace clean, safe, attractive and affordable.

**Buddy Moore,
President, FTRA**



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Executive Director	Snegasi@seaburyresources.org
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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
Steven Arias	Maintenance Director	Sarias@seaburyresources.org
Jamal Crenshaw	Food Service Director	Jamal.crenshaw@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