

FACES OF FRIENDSHIP

NOVEMBER 2023



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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.



TROWEL FALL WORKSHOP



Friendship Terrace residents & volunteers from the Trowel Garden Club had a awesome time making fall floral arrangements .

MAGGIANO'S DINNER TRIP



Friendship Terrace is happy to welcome back our Lunch & Dinner trips! FT residents had a lovely dinner at Maggiano's Little Italy restaurant.



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: Topaz **Flower:** Chrysanthemum **Zodiac:** Scorpio/ Sagittarius

Gabriel, Martha	11/03	Lee, David	11/18
Davis, Rita	11/07	Raiford, Gilbert	11/22
David, Rivera	11/07	Hill, Roland	11/23
Gedamu, Demissew	11/07	Jackson. Brenda	11/24
Abraha, Ziena	11/09		
Roche, Margaret	11/11		
Weir, Daniel	11/12		
Crockett, Thomas	11/15		
Fulkerson, Derek	11/15		



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)

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:

13. FLAMMABLE ITEMS. Resident agrees not to keep in or about the apartment any explosives or flammable fluids or materials of any kind. The Resident agrees not to use candles of any kind on the premises

18. VEHICLES. There are a limited number of parking spaces that can be leased from the property on a monthly basis for a fee. Parking fees shall be considered additional rent. To be placed on the waiting list for a parking space, please see the Front Desk. All Residents leasing a parking space must be registered with the Administrative office at the time of move-in. Residents who do not lease a parking space may obtain a Zone 3 parking permit from the District of Columbia to park on the street. Residents may not perform any vehicle maintenance on the premises.

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 Administrator 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

NOVEMBER, 2023

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 is here to celebrate all the things we are thankful for.

The holidays can be a very difficult time for folks. Be kind to your neighbors. Not everyone has family or friends close by so remember that 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 here to talk if you should need us.

Rahell Negash & Mary Toussaint
Service Coordinators



Catholic Mass



November 3, 2023
2:00pm—3rd Floor Lounge

Coffee Chat



November 15, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



November 16, 2023
2:00pm— 3rd Floor Lounge

Shabbat Service



November 3 & 17, 2023
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

By the colors in the trees and cooler mornings, I think it's safe to say that summer is behind us. We were certainly lucky with fairly mild temperatures this past summer. Let's hope winter treats us just as well. Fall and winter are a favorite time of year for us at Seabury at Friendship Terrace. It is hard to believe only two more months remain in 2023. 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 53rd Anniversary Friendship Terrace! We are delighted to be celebrating our Anniversary on Friday, November 17th 2023. We are all looking forward to our annual gala, with a lovely formal dinner in our dining room, special certificate deliveries, and a good time 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 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 Chef Sam and his team and enjoyed by All in the dining room. We are looking forward to giving Thanks to all of our friends, families, and neighbors.

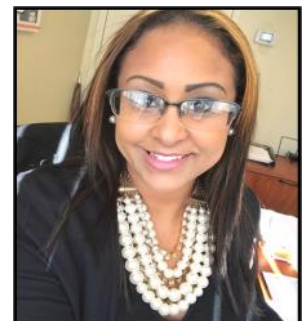
Last, but not least, I would be remiss if I did not stop to acknowledge all the war and tragedy that is taking place in Israel and Palestine, as well as around the world. This holiday season, families around the will gather together and I know we will all be praying for peace and harmony on earth, My thoughts and prayers are with all families around the world during this time.

I look forward to seeing you all at my next Terrace Talks which will be held on Monday, November 20th at 2 p.m. I wish you and your family many Blessings and a very

Happy Thanksgiving!

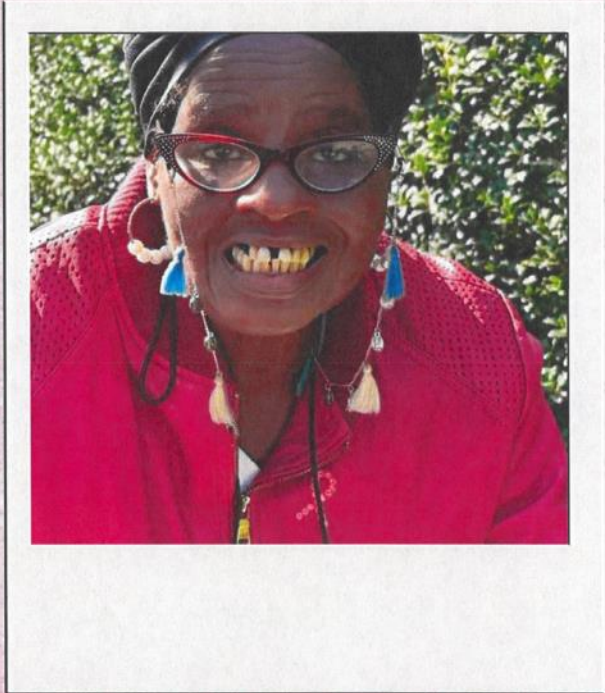


Semira Negasi
Executive Administrator



SEABURY PAGE

Pink Walk at Friendship Terrace



Seabury cares about older women and their health. Please talk to your health care provider. Schedule your mammogram today!




<https://bit.ly/3tD6mNg>



Scan the QR code or use the link in your browser to listen to a message from Seabury!

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



Friendship Terrace would like to thank both, Northwest Neighbors Village for the Covid-19 Booster clinic and also the DC Fire Department for a fun educational "Fire & Safety" presentation for our seniors.



HALLOWEEN PARTY



IN THE SPOTLIGHT PAGE

IN THE SPOTLIGHT

Senait Asefaw



One of the understated pleasures of residing at Friendship Terrace is its meal program which provides Friendship Terrace residents at least one hot, healthy meal each day and a ready environment for camaraderie if residents so choose.

To ensure the meal program operates efficiently, there must be a dependable, polite dining room staff. Senait Asefaw is one of those dedicated Friendship Terrace dining room staffer who exhibits these qualities and more.

Senait was born in Eretria a country that shares borders with Ethiopia, Sudan, Dijibouti and the Red Sea. She grew up in Eretria among four brothers and one sister.

Senait came to the United States on June 6, 2013. She accepted employment on May 25, 2015 at Friendship Terrace after meeting the welcoming dining room staff and the engaging, friendly residents here.

IN THE SPOTLIGHT PAGE

Senait says she came to the United States because it is a Democratic country with great opportunities for employment and a fulfilling life.

Senait views Friendship Terrace residents as part of her extended family. She enjoys preparing and serving meals to Friendship Terrace residents. Senait says it brings her joy to serve others because she “receives pleasure knowing that others are happy.”

Senait serves the meals with, a smile and sincere pleasure. She is soft spoken and is always prepared to make things comfortable for dining room guests. Her thoughtfulness and attention to details help create a relaxed mealtime environment which is critical to the wellness of our residents.

Senait says she is a home-body who prefers spending time with her family rather than going out on the town. She has two adult sons whom she loves tremendously. Her hobbies include preparing Eritrean food for the family and on occasion enjoying various types of movies.

When Senait has the opportunity to visit Eritrea she has an exciting time interacting with her parents, brothers, sister, grandmother and a host of cousins and other family members. She has a big loving caring family! Perhaps that sets the tone for her mild-mannered personality, willingness to always make things right and her high standards of customer care.

PHOTO PAGE

All who meet Senait appreciates her desire to always make things right for the residents.

She consistently showcases a positive, caring, attitude and an excellent work ethic which are critical to the quality of life at Friendship Terrace.

Friendship Terrace residents are grateful for the dining room staff in general and many have singled out Senait for praise and complements as she provides the high standard of care and attention in meeting the dietary needs of our residents. Residents appreciate her pleasant demeanor which is always on display.

Thank you again Senait as you provide our resident with excellent dining service.

**Written by: Buddy Moore & Senait Asefaw
(Resident and Staff of FT)
November, 2023**



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

It's difficult to engage mind and heart with anything other than this horrific war in Israel and Gaza. No matter what, war is not something we can understand. Our hearts break each time we think of man's inhumanity to man, the loses taking place on all sides, and the possibility of relatives and friends of those we know and love being lost, to say nothing of the incredible number of people of all ages losing their lives.

Closer to home, at Friendship Terrace, the appointment of Lloyce West as our calendar liaison will make a difference. It has been a challenge trying to coordinate what appears on the calendar with what is happening in the real world. Lloyce will work with Cindy Brockington and between the two of them, they will make sure at least most of the activities are on the calendar. That does not preclude other activities that may pop up.

With people moving in and out regularly, we have started our floor socials again to create more opportunity for neighbors to meet each other and have a chance to become better acquainted. We hope to hold them on a regular basis to help create more community.

Our first Dine Out was very successful. We enjoyed the wonderful food at Maggianos Little Italy and each other's company. We look forward to more Dine Outs in the future. We hope to be able to go on at least one fall-leaves-watching-trip this month. Marina Buhler-Miko and Tanya Wanzer are making the arrangements. We want to make sure that those in wheel chairs are able to participate.

Finally, we are still working on trying to get the Movies back. Hopefully, we will be able to have on matinee and one evening movie.

Enjoy the colors of Fall.

**Eda Valero-Figueira
FTRA President**



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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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 \$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