

FACES OF FRIENDSHIP

NOVEMBER 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 had a blast at Oktoberfest social. Residents had a “Spooky” good time at our Halloween Party this year, staff and residents were dressed for the occasion in costume.

We would like to thank our Friendship Terrace Green House committee for the wonderful job with keeping our green house clean, plants beautiful and healthy throughout the summer season.

Thank you!



**Maxine™
Crabby Road**

11-1-13

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



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NOVEMBER BIRTHDAYS

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

Gabriel, Martha	11/03	Crentsil, Maureen	11/21
Davis, Rita	11/07	Johnson-Jones, Brenda	11/21
Gedamu, Demissew	11/07	Jackson, Brenda	11/24
Rivera, David	11/07	Glasel, Carol	11/25
Barr, James	11/08		
Abraha, Ziena	11/09		
Roche, Margaret	11/11		
Weir, Daniel	11/12		
Crockett, Thomas	11/15		
Ellis, Mary	11/15		



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://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:

33. STORAGE UNITS. Storage areas are available for rent for an additional fee. Storage units must be maintained and secured. The Landlord accepts no liability for personal property kept in storage units. Storage fees are considered additional rent.

38. GENERAL. Any activity by a Resident that is in violation of the lease, the Resident Guidelines, these House Rules, or which, in the judgment of the Landlord, is harmful or detrimental to the morale, safety, or health of other residents, staff, or visitors will be grounds for eviction. Other policies and procedures for use of specific facilities may be posted in or directly outside of those facilities. Failure to obey posted signs may result in loss of access to those facilities or eviction. Residents are strictly responsible for the behavior of their guests and invitees.

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

NOVEMBER 2024

Happy November Friendship Terrace family,

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

We are grateful that each & every one of us is here to celebrate all of the things we are thankful for.

The holidays can be a very difficult time for some of us.

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.

Sincerely,

Rahell Negash & Mary Toussaint – Service Coordinators



Catholic Mass



**November 1, 2024
2:00pm—3rd Floor Lounge**

Coffee Chat



**November 20, 2024
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**November 21 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**November 1, 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

By the colors in the trees and cooler mornings, I think it's safe to say that summer is behind us and fall is upon us. With fairly mild temperatures this past summer, we were certainly lucky. Let's hope winter treats us 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 2024. 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.

We are delighted to be celebrating our 54th Anniversary on Friday, November 22nd, 2024. We are all looking forward to our annual gala, with a special Senior Prom theme this year, we will have a lovely formal dinner in our dining room, special certificate deliveries, and get to crown your Prom King and Queen at the end of the evening. You don't want to miss this beautiful event. 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 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.

This, and every holiday season, families around the world 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, December 2nd at 1pm. I wish you and your family many Blessings and a very Happy Thanksgiving!

Semira Ligon,
Executive Director



PHOTO PAGE







Veteran's Day Word Search



AIR FORCE
ALLEGIANCE
AMERICA
ARMY
BRAVE
FREEDOM
HERO
JUSTICE
LIBERTY
MARINES
NAVY
PATRIOTIC
RESPECT
SACRIFICE
SOLDIER
VALIANT
VETERAN

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



PUZZLE PAGE

THANKSGIVING DAY

~word search~

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

FALL

THANKFUL

FAMILY

CORN

TURKEY

PILGRIM

PIE

MEAL

PUMPKIN

PARADE

THURSDAY

RELATIVES

HARVEST

DINNER

NOVEMBER

FOOTBALL



IN THE SPOTLIGHT

In the Spotlight Risa Novikoff



Risa Novikoff was born in Brooklyn New York on July 24, 1944. She was the oldest of a sister and a brother.

Her parents later moved to a small New York town. Growing up in a small town was no bed of roses for Risa. She found herself attending a one room school house where she had the task of raking leaves and doing ground work at the school.

When in High School, Risa desired to be a cheerleader but she questioned her ability to compete with other girls who possessed more cheerleading attributes than she, so Risa Novikoff settled on being a member of the band.

Risa's goals in life at a young age were to be a cheerleader and ballet dancer, neither of which became a reality. However, she found success in the classroom and became an Elementary School Teacher.

IN THE SPOTLIGHT

Upon becoming an adult, Risa's primary goal was to be a mother. And that she did. When she became pregnant, during one examination the doctor informed Risa that he detected two heads and sure enough a set of twins were born, one male and one female. From those births two grandchildren were produced.

As an older retired adult Risa did not choose Friendship Terrace as her place of residency in December, 2021, it was her son, who chose Friendship Terrace for Risa.

While Risa has made friends at Friendship Terrace, she ponders how unusual life would be had a different housing development been selected.

Nevertheless, Risa is quite comfortable at Friendship Terrace with its attractiveness, cleanliness and calmness.

Although Risa does not possess any high-level hobbies, she is fascinated with scrabble and is happy Scrabble has become a fixture at Friendship Terrace.

While residing at Friendship Terrace Risa was able to serve as a volunteer in a nearby school, but Covid, with its long-range tentacles was responsible for her short volunteerism.

Risa misses teaching school. Her favorite activity was reading aloud to children. This activity provided her with a sense of monumental accomplishment. Unfortunately, today, no one is going to hire an 80-year-old person to assist in a classroom.

Risa vividly recalls being an overnight camper as a teenager and American Folk Singer Pete Seeger was a special guest. Pete Seeger came to the camping grounds and sang to them. Pete Seeger instantaneously became Risa's hero.



IN THE SPOTLIGHT

Teaching was Risa's passion. Especially teaching young children to read. Nothing excites Risa more than seeing the eyes of a young kid sparkle when he or she is able to read successfully. Risa is convinced she is gifted with teaching young children to read.

Risa loves her two grandchildren who happen to be young athletes. They are involved in numerous sporting endeavors. Risa's desire is to be with her grandchildren on a consistent basis. However, their athletic endeavors do not allow much time for grandma to provide the loving, compassionate interaction she desires with her grandchildren. Risa wants to hold them and kiss them often. However, she has come to the realization that "her athletes" do not appreciate that type of "grand mothering."

Although Risa has few hobbies she is fascinated with ballet dancers. Her favorite book is titled: "Red Shoes" a complicated fairytale about red shoes that come alive.

Risa recognizes that she has a strong personality. However, she hopes residents understand that although her temperament is a strong, direct, opinionated one, she hopes those who interact with her recognize that her basic personality is a loving one.

Risa anticipates people will read her profile and when they do she implores them to recognize there is a soft spot within her that is often obscured.

Although she is "outspoken and highly opinionated" Risa wants to make it clear "she is not trying to get on other people's nerves" It is just a part of her high energy temperament.

While her life is not functioning as smoothly as Risa would like, she is nevertheless one of the 180 links within the fanciful Friendship Terrace family

**Written by: Buddy Moore
November, 2024
Assisted by:
Risa Novikoff**



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

FTRA NEWS

As we round out the month of October and inch towards November we get a sense, once again, that time is flying by quickly. Seasonal changes are in the air and are a good indicator for us. One change in particular is a stark reminder. Sunday November 3rd brings an end to Daylight Savings Time and back to Standard Time. This means that our clocks are to be fallen back an hour. And once again nighttime arrives even earlier. Don't tell me – you forgot! This might just be the time when the new lighting in the building will noticeably be helpful. Speaking of which, things are going well with the renovations, and we should be near the end soon. The new lobby and floor furnishings are welcomed and positive changes. The same could be said for the new lighting in the elevators. The fitness room is just around the corner, and we expect the new deck furniture to arrive soon and return to us one of our more pleasurable sites.

Technical issues continue to surface from time to time and primarily affect our weekend movie nights. Your understanding and patience have been much appreciated. Activities continue to be on our minds, and we ask that you stay tuned and check your activities calendar. Coming soon will be our own Food Pantry. Management will provide us with more details, and we are encouraged to participate as our needs dictate and, if interested and able, to donate specified items to this wonderful effort.

The Greenhouse continues to provide serenity and comfort to our residents. Access has been improved with the installation of new door stoppers. This should be helpful for those using walkers, etc., Our volunteers continue to keep the Greenhouse in ship-shape form. When visiting, be mindful that they have a specific watering schedule and that visitors should avoid the temptation to help in this regard. In addition, the tools and materials are available for our benefit and should remain inside our space.

There are bulletin boards where we post our few rules and some instructions. We will soon be sharing some pictures of the good work being done. There is a table with pen and paper for you to post your comments. Most of all, we trust that you will enjoy your visit and return as often as possible.



Happy Fall,
David Rivera
FTRA President

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Ligon	Executive Director	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Affairs	Jpekala@seaburyresources.org
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
Lawrence Nocente	Maintenance Director	Lnocente@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