

FACES OF FRIENDSHIP

OCTOBER 2021



IN THIS ISSUE:

Page 1: Cover Page
Page 2: Activity Events
Page 3: Health Fair Photos
Page 4: Humor Page
Page 5: Birthday/Covid Info
Page 6: Puzzle Page
Page 7-9: Service Coordinator

Page 10: Administrator Update
Page 11: Wedding Photos
Page 12: Puzzle page
Page 13-14: Puzzle Page
Page 15-16 Short Story Page
Page 17 Chef Corner
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

Friday, October 1st– Friendship Breast Cancer Walk– Please join Friendship Terrace as we walk in honor of **Breast Cancer Awareness Month**. Meeting time is 10 am in our front lobby, hope to see you there!



Thursday, October 7th– Aretha Franklin Respect Movie– Following the rise of Aretha Franklin's career from a child singing in her father's church choir to her international superstardom it's the remarkable true story of the music icon's journey to find her voice. Join us in the 5th floor lounge at 1pm.

Friday, October 8th- Safeway Flu Clinic– It's flu season! Brought to you by Safeway our annual flu clinic will be returning to Friendship Terrace located in the 1st floor wellness center at 10am, sign up sheet will be at the front desk.

Tuesday, October 12th—TACO Tuesday—Join us for Taco Tuesday. Taco Tuesday is similar to Happy Hour in that restaurants vary in their participation, hours, and specials offered . Come out and join the fun!

ALL IN PERSON ACTIVITIES CAN BE JOINED VIRTUALLY ON ZOOM:

Zoom ID: 588 529 4839

Call in info: 301-715-8592

HEALTH FAIR PHOTOS



Crabby Road

10-17-07

Greatest Hits

The squirrels must be gathering nuts.
Three of my neighbors have disappeared.



©Hallmark Licensing, Inc.

Maxine.com





OCTOBER BIRTHDAYS

Birthstone: Opal **Flower:** Marigold **Zodiac:** Libra/Scorpio

Koska, Dorothy	10/01	Nassar, Raja	10/30
Feldman, Nancy	10/01		
Norwood, Mary Ann	10/07		
Montgomery, Vikki	10/18		
Lee, Shirley	10/23		
Lofton, Wanda	10/24		
Ludden, Joan	10/26		
Murphy, Deborah	10/30		



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

Name: _____



FALL WORD SEARCH

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



acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow

From the Service Coordinator

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

SEPTEMBER 2021

Breast Cancer Awareness Month!

Hello Friendship Terrace Family,

The month of October is known widely for Breast Cancer Awareness Month. Breast cancer is the most common cancer in American women. Although a lot of women do get breast cancer, men are able to get it as well.

Signs of breast cancer may include:

- Lump in the breast or underarm (armpit)
- Swelling or thickening of all or part of the breast
- Dimpling or skin irritation of breast skin
- Localized, persistent breast pain
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- Any change in the size or shape of the breast

Women should get regular tests such as mammograms and breast exams because they can help detect breast cancer before the symptoms even occur.

"One team. One Dream. Let's find a cure".

Hello Autumn!
Saja Hogans– Service Coordinator



Safeway Flu Clinic



**October 8, 2021
10am– Wellness Center**

**Coffee Chat
w/ Rahell & Saja**



**October 20, 2021
11am - 2nd Floor Lounge**

**Capital Caring Health
w/ Donna Gayles**



**October 19, 2021
12pm - 5th Floor Lounge**

Fun Fitness w/ Saja



**October 4, 2021
Every Monday 11am– 5th FL**

Health Providers Corner

Safeway Flu Clinic

October 8, 2021

10am - 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

Let's Fall into some fun together! We had a very nice summer at Friendship Terrace, but I am sure we are looking forward to cooler evenings. As we move closer into the holiday season, I look forward to sharing more Friendship Terrace Family moments and memories together. My hope, as we draw closer to celebrating 51 years of Friendship Terrace in November of this year, is that in that time we've continued to grow the type of community in which you'd want to visit, live, or work. Thank you for being a part of that story and allowing the staff to share in that story with you.

I wanted to take this time to thank everyone for their continued support for our community. Seabury at Friendship Terrace wouldn't be the fun, beautiful community we are without all of you! We love to know what you enjoyed and what you would like to see more of! Our team works very hard to find many exciting opportunities for socialization and enrichment. Unfortunately, we are still living under the shadow of the COVID-19 pandemic which has recently worsened. During events and programs that we hold indoors, all participants will be required to wear a face mask at all times regardless of vaccination status. I would like to thank everyone once again for their support during this time. Navigating the different changes and policies has been challenging for us all, but we thank you for your patience and flexibility. We are continuing to make adjustments to ensure the safety of all residents and staff members.

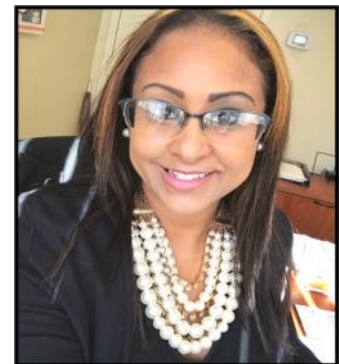
Please help me welcome some of our new team members to Friendship Terrace. We will send around a flyer with pictures and introductions to help you put names to faces. We have many dynamic new team members who are eager to meet you all and are working diligently to bring you the highest level of customer service.

Lastly, I would like to thank each and every one of you for the beautiful well wishes and congratulations that you sent to me on my recent nuptials. It was a beautiful day filled with so much love and support from so many of our friends and families. We felt extremely blessed. As so many of you have asked to see pictures from my special day, I have included just a few pictures to this newsletter.

I look forward to seeing you all at our next Terrace Talks, scheduled for Thursday, October 28th at 2pm I the dining room!

Happy Fall to everyone at Friendship Terrace!

Happy Fall!
Semira Negasi,
Executive Director



MR & MRS LIGON WEDDING PHOTOS



Name: _____

Date: _____

Hispanic Heritage Month Country Word Search



Find the hidden words within the grid of letters.

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

Argentina
Cuba
Bolivia
Brazil
Chile
Colombia

Belize
Paraguay
Dominican Republic
Suriname
El Salvador
French Guiana

Costa Rica
Guyana
Peru
Ecuador
Uruguay
Venezuela

Guatemala
Haiti
Honduras
Panama
Nicaragua
Mexico



BREAST CANCER PAGE



Breast Cancer Facts

When it comes to breast cancer, know the facts and the good news too

This Year

268,600

new cases of breast cancer will be diagnosed in women



1 IN 8 WOMEN



will develop breast cancer in her lifetime

Breast Cancer

accounts for 30% of cancer in women and is 5-10% more likely to occur in the left breast

About 85% of diagnoses occur in women with no family history of breast cancer



But there's good news

Breast cancer's death rate has been declining since 1989, due to early detection and improved treatment



New therapies are more effective and less toxic than in the past



More than 3.1 million Americans are breast cancer survivors



What You Can Do



Maintain a Healthy Weight



Don't Smoke



Limit Alcohol Consumption



Exercise Regularly

AUTUMN PUZZLE PAGE

Think Pink!

October is Breast Cancer Awareness month. Breast cancer is a cause that is near and dear to many of us. Keep Calm and Think Pink as you find and circle the words in the grid below. Solutions may be forward, backward, up, down, and diagonal.



Advocate
Affected
Awareness
Believe
Brave
Breasts
Chemotherapy
Courage
Cure

Diagnosis
Education
Faith
Fight
Healthful
Hope
Love
Malignant
Mammogram

Mastectomy
Message
October
Optimistic
Peace
Pink
Positive
Power
Recovering

Research
Screening
Spirit
Strength
Survivor
Treatment
Tumor

SHORT STORY PAGE

BEFORE THERE WAS A ROSA PARKS, THERE WAS AN IRENE MORGAN

Nearly a full decade before Ms. Parks decided to defy the draconian segregated travel law in Alabama, her antecedent, Ms. Morgan, made the decision to defy that same ridiculous law in Virginia. Ms. Morgan was only 27 years old, four years younger than the defiant Ms. Parks but unlike Ms. Parks, she was not yet involved in civil rights. Hers was purely a personal exertion of her human rights. Being raised and nurtured in the Seventh Day Adventist religion, she learned early that one should question authority.

Even though she was sitting in the “Colored” section of the Greyhound bus, when a white couple boarded and all the seats in the “white” section were taken, the bus driver insisted that Irene relinquish her seat. She adamantly refused, insisted that she had paid for the seat. The driver drove the bus to the police station in Saluda and a warrant was issued for her arrest. When the deputy handed her the warrant, she tore it up and threw it out of the window. When he tried to grab her, she kicked him in the groin, and it became clear that no one person was going to arrest her. A backup was called, and she scratched him and tore his uniform, but the two of them were able to drag her off the bus.

Ms. Morgan was found guilty in the local court and an appeal to the Virginia Supreme Court upheld the conviction. That was when her local attorney sought the aid of the NAACP. Two outstanding attorneys were assigned to present the case before the U.S. Supreme Court – Thurgood Marshall, the extraordinarily successful Civil Rights attorney and eventually a renowned Supreme Court justice, and William Hastie, the former Governor of the American Virgin Islands and the Dean of the Howard University Law School. In 1946, the U.S. Supreme Court ruled that it is unlawful for states to establish laws that segregate interstate travel. However, at least four southern states continued to ignore that ruling, which nearly two decades later, led to the era of “The Freedom Riders”.

Ms. Morgan, born in 1917, grew up during the depression years in a household of 10 people, her parents and seven siblings. Work was scarce and wages were low. Irene dropped out school and took a job at a war defense plant. She met and married Sherwood Morgan when they were both young and they parented a son, Sherwood, Jr., and a daughter, Brenda. When the children were quite young

Irene's 32-year-old husband died. A year later, she married Stanley Kirkaldy. The couple was very enterprising, establishing a dry-cleaning business as well as a daycare center. However, Irene still dreamed of getting an education. Realizing that "you are never too old", she was in her 60's when she won a scholarship via a radio contest and was accepted as a student at St. John's University in New York. (The family had moved to New York in 1945, a year before the Landmark Supreme Court decision) She was awarded a BS degree at the age of 68 but she did not stop there. Five years later, she received a master's degree in Urban Studies.

Although Ms. Morgan did not initiate her defiance as one of Civil Rights, her case propelled her into the movement. However, she avoided the limelight, preferring to work without bringing recognition to herself. She was very active in passing out Civil Rights literature, attending meetings and making substantial donations.

The case itself gave the Civil Rights Movement the impetus it needed to sustain its forward push and can be accredited for giving it the solid ground on which the 1960's witnessed unparalleled success. It ushered in the era of the Freedom Riders. At least four southern states, in defiance of the Supreme Court ruling, continued their segregated interstate travel. In an effort to highlight this defiance, Floyd McKissick organized a group of 16 daring young people, an equal number of blacks and whites, to ride the bus while singing "Ride this bus and sit in any place because Irene Morgan has won her case"!

It would be years before Irene Amos Morgan Kirkaldy would gain public recognition for her invaluable contribution. In 1995, a documentary film was made entitled "You don't have ride Jim Crow"; in 2000, Gloucester County honored her; and President Clinton awarded her the Citizen Medal of Honor in 2001. It is gratifying to know that Ms. Was alive and could appreciate that she was appreciated. Not to be outdone, in 2010 the City of Baltimore enshrined her in the Maryland Women's Hall of Fame. This feisty and courageous woman died in 2007 at the age of 90.

Unfortunately, written American history has tacitly overlooked the enduring contributions of Black Virginians such as Mildred Loving, James Hemings, and Irene Amos Morgan Kirkaldy. It is left to those of us know the stories to go and tell it on the mountain as an old Negro spiritual suggests.

By Dr. Gilbert Lancelot Raiford

CHEF CORNER PAGE



Dining Service Updates

Starting Friday, October 1st, we will now offer two (2) vegetable options and one (1) starch, in addition the main entrée during dinner service!

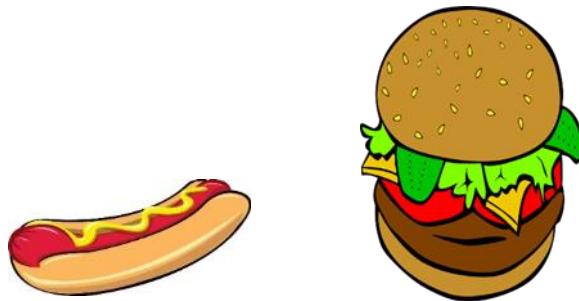
Weekly Lunch Specials Starting Monday, October 4th

We will offer specialty sandwiches (Reubens, Pastrami, Turkey Burgers and Hot Dogs, etc.) and soup during lunch service.

Each item will run for a week at a time

Example: Hot Dog will be available Mon- Sat during week 1, Turkey Burger will be available Mon-Sat during week 2, etc.

Regular Menu Items are Still be Available





Halloween Word Search

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

CIDER
COSTUME
GHOST
HALLOWEEN

HAYRIDE
OCTOBER
PUMPKIN
SCREAM

SKELETON
SPIDER
SPOOKY
TREATS



FTRA PAGE

FTRA NEWS & NOTES



Monday September 20, 2021 was the first Counsel meeting for 18 months or so. It was attended by the elected members: Gail Lelyveld, President; Eric Golden, First Vice President; Buddy M Moore, 2nd Vice President; Mildred, Recording Sec; Louise Pearson, Correspondence secretary; Marka Bianchi, Treasurer; Jane Simpson, Asst. Treasurer; and Marina Buhler-Miko, Member-at-Large

We had a lengthy agenda with a report read by Mildred Raiford of the discussion at the August 9 get together which was not official, since 50 attendees were required for a quorum, according to the by-laws.

The treasurer's report was read by Marka Bianchi, Louise Pearson reported more new residents have moved in. Vance Gage is looking for large print books for the third floor library.

Two big issues for Friendship Terrace Residents Association are the number for quorum at official meetings and discontinuation of the services by Bethesda- Chevy Chase Rescue Squad to Washington DC residents after Dec 31, 2021.

The Council voted for a new quorum. It will be 20% of the number of residents. Residents will vote on this on Monday Sept 20, 2021. The Council voted to end the annual donation to the Bethesda-Chevy Chase Rescue Squad, as they will stop servicing Washington DC residents on Dec 1, 2021. We will have to call 911 beginning January 1, 2022. I will find out the cost of 911 emergency service. You may have heard that services were refused by Chevy Chase a few times. This may have happened because all of their vehicles were servicing Montgomery County clients.

All the best,
Gail Lelyveld
President FTRA



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Executive Director	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Affairs	Jpekala@seaburyresources.org
Tawanda Jackson	Assistant Community Manager	Tjackson@seaburyresources.org
Mary Toussaint	Executive Assistant	Mtousaint@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Saja Hogans	Service Coordinator	Shogans@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Shanice Lyles	Food Service Director	Shanice.Lyles@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