

FACES OF FRIENDSHIP

OCTOBER 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.





DC Department of Transportation visits Seabury at Friendship Terrace

Residents and DDOT Rep took a leisurely walk around to see how Age Friendly the area is and they also identified a few minor neighborhood issues that need to be addresses by DDOT. In the above picture from left to right: Phil Sklover, Louise Pearson, DDOT Representative Christian Pineiro, Buddy Moore and Gail Lelyveld.



BREAST CANCER AWARENESS



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

Crabby Road

10-26-11



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OCTOBER BIRTHDAYS

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

Feldman, Nancy	10/01
Koska, Dorothy	10/01
Norwood, MaryAnn	10/07
Montgomery, Vikki	10/18
Lee, Shirley	10/23
Lofton, Wanda	10/24
Ludden, Joan	10/26
Murphy, Deborah	10/30
Nassar, Raja	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 |
| Centers for Disease Control Website: | CDC.gov |
| State Department Website: | State.gov |
| DC Health Website: | Dchealth.dc.gov |
| Muriel Bowser, DC Mayor Website: | Mayor.dc.gov |

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

From the Service Coordinator

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

SEPTEMBER 2022

It's October & Autumn is here Friendship Terrace family,

October is Breast Cancer Awareness Month. So many of us have been affected by this disease and here are some ways you can get involved and show support.

- ◆ Wear pink.
- ◆ Volunteer with local organizations that raise awareness.
- ◆ Help a cancer patient/survivor (organize meal delivery, set up rides, assist w/cleaning etc.)
- ◆ Participate in a run or walk and celebrate the loves of those you love that have been affected.
- ◆ Educate yourself and others about cancer screenings. Early detection makes cancer more treatable.

If you would like to get more information, please contact your Service Coordinators.

Sincerely,

Mary & Rahell



Catholic Mass



October 7, 2022
2:00pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



October 19, 2022
11am— 2nd Floor Lounge

Safeway Vaccine Clinic



October 11, 2022
10:00am—1pm Dining Room

United Health Care



October 21, 2022
11:00am— 2nd Floor Lounge

Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor

Visiting Clinic:

Safeway Vaccine Clinic
Tuesday, October 11th
10:00am – 1pm – Dining Room



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

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. Everyone has anxiously been awaiting and asking when the heat will be turned on. The date of conversion from AC to Heat will be Friday, October 7th. All residents should have received a flyer with more detailed information on the heat.

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 52 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.

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. During events and program, all participants are still required to wear a face mask at all times regardless of vaccination status. **We are excited to announce that we will be holding a Bivalent Omicron Booster Clinic on October 11th, 2022 hosted by Safeway Pharmacy. Please do not forget to sign up at the front desk.**

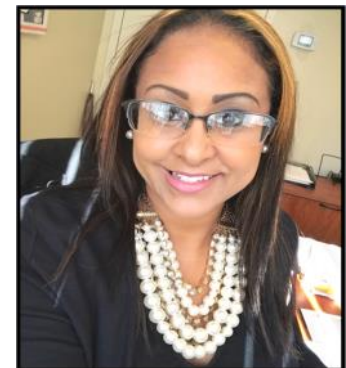
I am pleased to announce that the Friendship Terrace Greenhouse has finally received its' long-awaited renovation! The team at Davis Construction was gracious enough to provide a renovation of our greenhouse at no cost to the community. We plan to hold a ribbon-cutting event to reveal the new greenhouse on October 17th. Please look out for a flyer with more information in the coming days.

Please help me welcome some of our new team members to Friendship Terrace. Nisha Watkins is our new Marketing and Leasing Associate and Tracie Cole has joined our weekend front desk team. We have a dynamic team of individuals who are eager to meet with you and are working diligently to bring you the highest level of customer service.

I look forward to seeing you all at our next Terrace Talks, scheduled for Thursday, October 27th at 2pm in the dining room!

Happy Fall to everyone at Friendship Terrace!

Semira Negasi,
Executive Director



9/29/22, 2:11 PM

Seabury Page Friendship Terrace 9 27 22 JPG.jpg

Seabury Page <https://www.seaburyresources.org/>

Coping with Diabetes

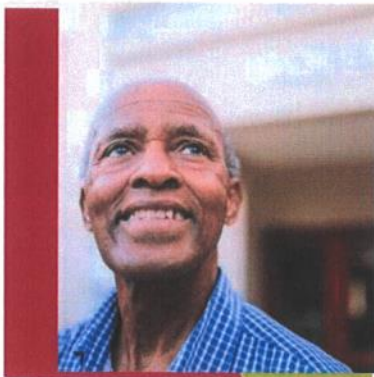
Having diabetes can be stressful. But there are things you can do to cope with diabetes and manage stress.

Spend time with your friends or do something you enjoy —like gardening, taking a walk, working on a hobby, or listening to your favorite music. Talk to a doctor or nurse for more tips.



A Safe Space for Older LGBTQ Adults

Out and About is a program funded by DACL that provides a safe space for older LGBTQ adults to participate in many fun and inclusive activities. For more info call 202-397-1725.



Mr. Watson walks 60 minutes daily



Seabury Resources for Aging®
LGBTQ+ older adults on the move



Aging in Place

Watch Lula's Story on Seabury's YouTube channel and learn about how Care Management services can provide guidance for caregivers who want to support their loves ones as they wish to age in place.

<https://www.youtube.com/watch?v=PIUI7u7-Rgo>

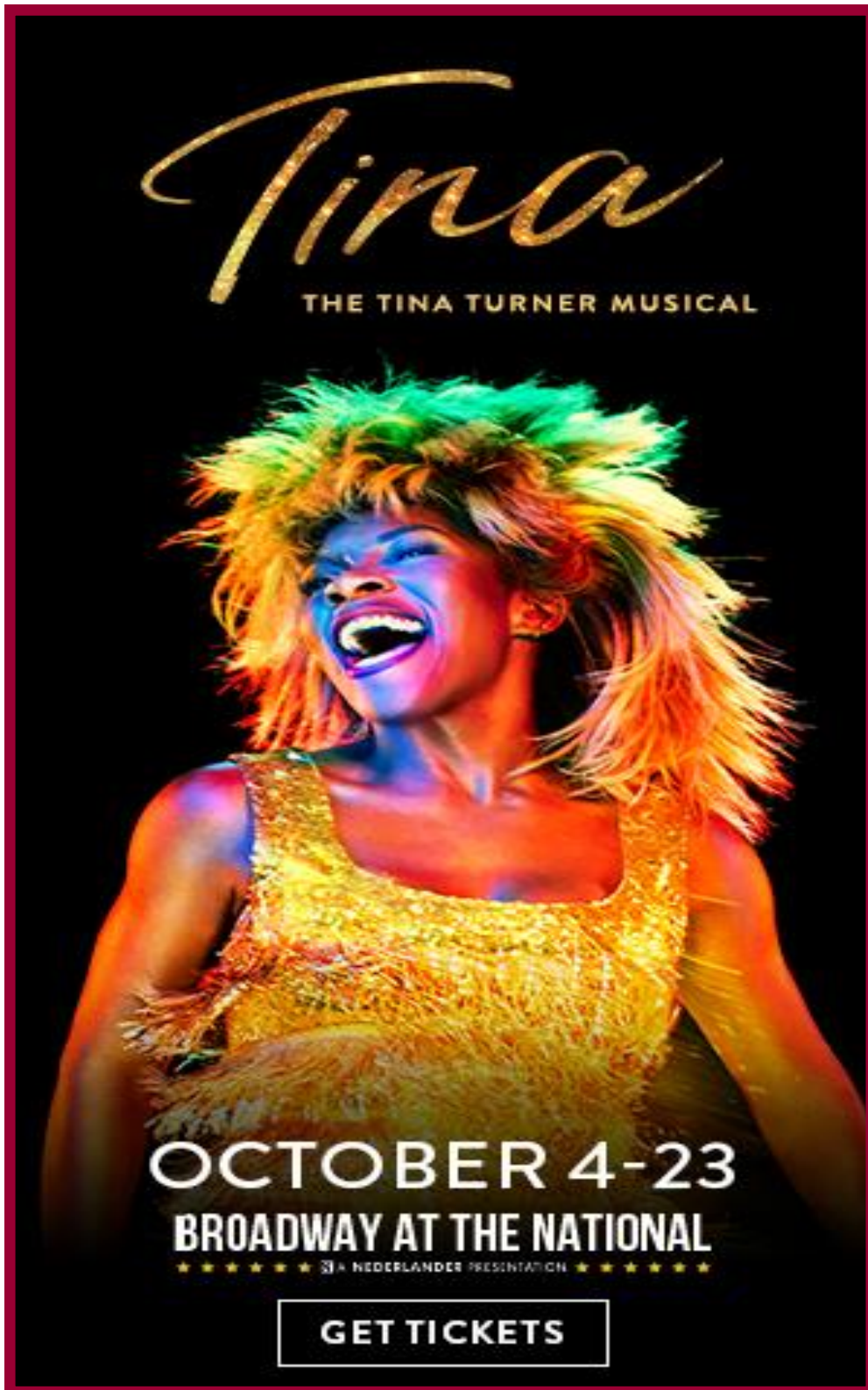


YOM KIPPUR

ZYKRNZRTLPRQCATARSPOWUHTVLQTXG
 GTOXSXHYKWHISYFVFYHQAOIVMOJKRL
 XJEAVFSSBGXHXGUAFEHTASLMBZHIQEY
 GDNOEATINGLCAHSVLOPOLJTDLMVGIY
 LFGIMIAWLJXAOETWMI EYROJABYVQZI
 IOTYHVCZWSUBLVVERBCPVAMTSYXRHX
 FUCGTASHUBLTZDYIOXTTPRHHRFLAAB
 ZHFGNVKHNQHFNYNCIUQTYUIBOPYCRD
 ALAKONMYWFSNENDVUQSGGOEABZKRDO
 CWESJIZFVIUDAOTNLUKSZUAJMCFHU
 KABNHNLQGMMDJSPQETSLHVRQWPIEN
 NRXKBEVSYCRUIUJTLVPUVBZPBQITAP
 ORLDGKMXHNNPXSXMDERSRXCCLEHQRT
 WSPZPB SNATI ONSRKLAAAGBENRFCIGTT
 LHUSNCJZVELOHIMAERYSTCSDFBDNXU
 EDRTJODLHATKITELEGASUVYIARHIGR
 DEGSEVENTHMONTHBOLCNIRCDVFS CXN
 GQESQOKFMSLKOSXCDIHHPTELCJTNEB
 EJCZHCUUBNUPRESTORESOULSXEZNA
 DFIPRUKUKFUPCKEUNNLMGBJIRWPOXC
 FWCALXEVMSADPZBSTTPYIJCYDOVDSK
 URIMJTHJMPRSRLSEFAEHVUMCQQOROF
 DWQPWKCDUBOTTPIKWGRCRUMUVEPIUT
 EVSKEOPXNVJQMIWCOJLFMMRTIBUNHI
 ZNAWJCAWALOYULNIAFDPOHKKFYKJF
 PSIWHZLUQWEHDPNGGTEMRRNKFSBIPR
 LUYXBIYESUPGWBDMVVIYBAGJMSFNEO
 WXFSSCYHAETHQTWYIBKOOOCYIXBRGAH
 IOEGLKABNNTCSEIRMWYCNDFFEVCZMCQ
 FOVGBGYJIVFIVQBYXWTTEIOQREIQEB

- | | | | |
|--------------------|--------------|---------------|--------------|
| Afflict your being | Supplication | Seventh month | Restore soul |
| Acknowledge | No drinking | Feast days | Wipe clean |
| Righteous | Hard heart | No eating | Turn back |
| No pleasures | Fasting | Culture | Nations |
| Prayer | Yisrael | Helper | ELOHIM |
| Hashem | Forgive | Shalom | Tashub |
| Torah | Peace | Purge | |





Tina
THE TINA TURNER MUSICAL

OCTOBER 4-23
BROADWAY AT THE NATIONAL
★★★★★ A NEDERLANDER PRESENTATION ★★★★★

GET TICKETS

POEM PAGE

A Hummingbird Lunch

A hummingbird came to lunch one day.
He joined me on the terrace.
In grey-green vest and ruby cravat,
He might have been from Paris

He then was joined by his tiny mate,
her gown a brilliant green.
Definitely French, and oh, so chic.
Chosen to steal the scene.

I asked him if he fancied white wine.
“Only a sip,” he said.
“I prefer this deep blue salvia juice,
Then I might have a sip of the red.”

Setting forth to work, they became a blur.
An iridescent mist. As nectar was sipped
from cup to cup, every
blossom was hummingbird-kissed.

“Where are you heading?” I ventured to ask.
“We’re thinking Mexico,” he mused.
We’ll cross the Gulf in a single flight,
Then flutter over to Vera Cruz.”

How charming he was! How lovely she!
Then in a flash they were out of sight.
Lifting my glass, I toasted the pair
“Bon voyage! Have a marvelous flight!”

In The Spotlight Mildred Raiford



There are many extraordinary intelligent, charming fun-loving individuals residing at Friendship Terrace Senior Living. And I am delighted to say, Mildred Raiford is indeed one of them.

I met Mildred during a “getting to know you” event at Friendship Terrace where we each introduced ourselves to the group.

I discovered through our conversation that Mildred was the wife of Gil Raiford whom I had met previously here at FT.

During my initial conversation with Mildred, I learned that she was born on March 23 1941 in Weldon, North Carolina in a town near Roanoke Rapids. Her father George Faulcon, and mother Emma Whitehead Faulcon, were both born in Littleton NC.

Mildred recalled being part of an extremely happy, optimistic family consisting of her parents, and five children (four boys and Mildred.)

As a youngster, Mildred particularly recalled her father’s outgoing personality, and her mothers’ stay-at-home disposition. Although her father only possessed a third-grade education, “schooling” was significant in his life. As a matter of fact, he valued education more than most could imagine.

To demonstrate his esteem and respect for education, Mildred’s father listened intently while his children recalled that which the teachers verbalized to them. He took it all in as if he were the student.

When they told their father that the teacher informed them that they needed specific amounts of milk each day to remain healthy, their father listened intently. He was so impressed with the information that he hastily brought home a cow so that his children would have an even chance for healthy growth, of mind, body and spirit.

There was always excitement when Mildred accompanied her brothers, “she felt like one of the boys.” Fortunately, her brothers would often allow her to tag along with them.

They would leave home early in the morning when the weather was cool, and the sun was just awakening from a long night’s sleep. And the ground was cool. More often than not, young Mildred would abandon her shoes and go barefoot on these trips.

However, on the return trip home many hours later, the sun would have reached its pinnacle and the road was scorching hot.

Sadly little Mildred’s bare feet would absorb the brunt of the heat and She would plead with her brothers to ride her on their backs to avoid the burning roadway. Often, they refused, and this meant she had to travel the hot roads with feet feeling as if they were on fire. Mildred believes this was their punishment of her for not wearing shoes as they had warned her.

Unfortunately, young Mildred did not learn her lesson because she would repeat the same no shoes scenario time after time.

Mildred does not recall her first day of school specifically. However, she does remember that her oldest brother took her to school and at lunch time one of her brothers would ride by on a bicycle to deliver her lunch and that made her feel special.

Mildred was a good student. She loved learning new things. She was quiet and composed in school, and admits that learning excited her and relaxed her simultaneously. She also relished performing in live theater-dramas and musicals. Because of her interest in theater and music Mildred was afforded numerous free camping trips by various organizations.

Mildred believes that her interest in music emanated from her piano lessons in elementary school, and that interest did not waned, but persisted.

Mildred was an excellent student throughout elementary and middle school and teachers were always willing to assist her in any way possible

After completing the necessary courses, in 1958 Mildred graduated high school as Valedictorian. Upon graduation she was accepted to Hampton University, located in Hampton Virginia. She made the decision to apply to Hampton because one brother graduated from that school and this inspired a special attachment for Mildred.

Mildred was active in the Civil Rights Movement of 1960’s as she attended the 1963 March on Washington, which was a significant event in her life.

Mildred’s first job after completing her education was teaching high school English in Edenton NC. She also admits that the most challenging job she ever had was in Miami, Florida where her duties included procuring employment for those who were previously confined to mental institutions.

IN THE SPOTLIGHT PAGE

It was at a New Hampshire camp resort where Mildred and Gil Raiford met as employees. Much of their initial conversation centered around their matriculation. At twenty-three years of age, Mildred consented to marry Gil. Their marriage produced four wonderful children.

One of Mildred's treasured possessions is her photo album. Her photo album, which grows in size by the day, allows her to recall various parts of her life. She can reminisce as she reviews the images over and over again. The images are strategically placed in the album to tell a story.

It allows her to pause during any portion of her life and bring back fond (and a few not so fond) memories of specific phases of her life.

Her album will permit her to add photos as the future dictates. According to Mildred, her photo album is a part of her legacy to family and friends.

Mildred believes she missed a great opportunity when she did not talk to and ask questions of her older relative more than she did. She is sure she could have learned much from her ancestors.

And now for the poignant part of the story.

As a Friendship Terrace resident, Mildred Raiford became an active participant with the Friendship Terrace Resident Association. In spite of some debilitating side effects from several serious surgeries, Mildred performed an outstanding job as Secretary of FTRA.

Thank you, Mildred Raiford, for being a remarkable role model for all of us. We at Friendship Terrace are indeed grateful that you and Gil are part of the phenomenal Friendship Terrace family.

Mildred Raiford
October 2022
Assisted by: Buddy Moore



PUZZLE PAGE**HALLOWEEN WORD SEARCH**

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

- | | |
|--------------|--------------------|
| 1. Candy | 9. Haunted |
| 2. Pumpkin | 10. Monster |
| 3. Vampire | 11. Costume |
| 4. Spiders | 12. Trick or Treat |
| 5. Skeleton | 13. Spooky |
| 6. Ghost | 14. Zombie |
| 7. Halloween | 15. Bats |
| 8. Witch | 16. October |



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FTRA PAGE

FTRA New and Views

Thanks to those who attended the Monday, September 19, 2022 Friendship Terrace Residents Association's General Meeting. It was a very spirited engaging, successful event. During that meeting numerous topics were discussed and acted upon including: Friendship Terrace Housing Choice Vouchers; Friendship Terrace dog regulations; meals; rent increase proposal; Spanish Heritage Month activities; and others.

This was an opportunity for all Friendship Terrace residents to have their issues addressed. Just a reminder, the FTRA General meetings are held quarterly the second Monday of September, December, March, and June.

It is extremely important for residents to attend these meetings and speak on your individual and collective issues. It is also important that residents continue to be active in activities sponsored by the FTRA and by management.

And finally, It is highly recommended that residents attend the FTRA Council Meetings and interact with your FTRA Council members. FTRA Council Meetings are held the first Monday of each month.

Thanks again for your ongoing support. Your continued involvement in FTRA meetings makes a monumental difference in the positive atmosphere that currently exists here at Friendship Terrace.!

**Buddy Moore,
President, FTRA**



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Steven Arias	Maintenance Director	Sarias@seaburyresources.org

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