

FACES OF FRIENDSHIP

OCTOBER 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.



FRIENDSHIP NAIL DAY



Friendship Terrace residents & volunteers from the Yuma Center College Program had a fun and relaxing nail day.



FLORAL ARRANGMENT



Friendship Terrace would like to send a
BIG THANK YOU
To Mrs. Kaifa Anderson-Hall(Inspired Horticulture Teacher) for
donating beautiful floral arrangements to the residents.



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*I always start running in
the fall—not all of me,
just my nose.*





OCTOBER BIRTHDAYS

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

Feldman, Nancy	10/01	Nassar, Raja	10/30
Dolbashian, Arthur	10/09		
Montgomery, Vikki	10/18		
Lee, Shhirley	10/23		
Lofton, Wander	10/24		
Ludden, Joan	10/26		
Taylor, Gina	10/28		
Morgan, Senetra	10/30		
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)

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:

12. AUXILIARY HEAT. Resident agrees not to use any auxiliary heating units (kerosene, electric, wood burning, or any other) other than that provided within the unit.

27. COMPLAINTS. In an effort to promote harmony and privacy, all complaints about staff, residents, or visitors shall be made directly to the Administrator's office and not to other residents, staff, or visitors. Residents are expected to treat other members of the community, including Residents, guests, and staff respectfully. Threats, harassment, profanity, or violence shall not be tolerated. Complaints about staff can be made directly to the Administrator's office.

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

OCTOBER, 2023

Hello FT family! It's October and feels like Autumn is here :)

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

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

If you would like to get more information, please contact your service coordinators.

Thank you,

Your Service Coordinators

Rahell & Mary



Catholic Mass



October 6, 2023
2:00pm—3rd Floor Lounge

Coffee Chat



October 18, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



October 19, 2023
2:00pm— 3rd Floor Lounge

Shabbat Service



October 6 & 20, 2023
3:30am— 3rdFloor Lounge

Health Providers Corner
Safeway Flu Clinic
October 9th 2023
10am—1pm Dining Room



SAFeway



Hello 
OCTOBER



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 must be prior to October 15th. All residents will receive 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 53 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. **We are excited to announce that we will be holding a Flu Clinic on October 9th, 2023 hosted by Safeway Pharmacy. We are also offering a COVID Booster clinic on October 23rd, 2023. Please do not forget to sign up at the front desk.**

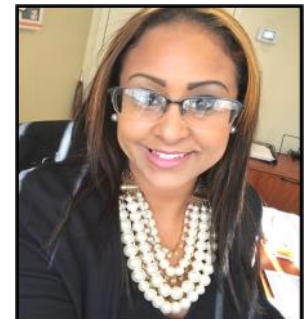
I am pleased to announce that Friendship Terrace has completed all inspections required by DC Housing Authority. We are that much closer to receiving your housing subsidy vouchers, which everyone has been patiently waiting for. We thank you so much for your patience, understanding and cooperation during this very long process. We are almost at the finish line!

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

Happy Fall to everyone at Friendship Terrace!

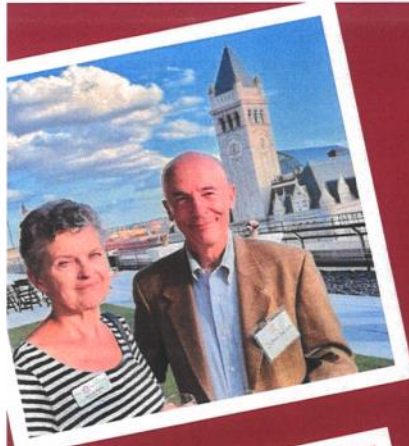
Semira Negasi
Executive Administrator

Happy
FALL
Y'all!



SEABURY PAGE

Seabury is grateful to our friends, donors, staff, and partners who made the Centennial Celebration Kickoff a grand success!



Joe Johnson and Me,

Two years out of college, I decided to see if my minor in recreation was a viable degree. I applied for a job at the West Main Street Community Center in Stamford, Connecticut. I was hired as program director and would be working with young school children; Junior High students; high school children; and adults. It was a glorious challenge! On the piano, I had been taught 16 major cords and told that I could arrange them to make music and I dared to write and direct an operetta for small children; For junior high students, I organized and conducted challenging games such as scavenger hunts and sack races; I organized basketball and baseball teams for the older teenagers. I set aside three evenings a week devoted to helping adults access social services. As the young folk say, I had it going on! But I needed a personal life and there was no way I could get that in Stamford, which was hardly one step up from Zuber, my rural village of origin! I had to think beyond Stamford. I would become a beatnik and move to Greenwich Village! However, I needed a partner.

The local fellows my age and above were married. I had to seek from a lower tier from which to recruit. The list was cut to three older teenagers: Donald Jones; Eddie White; and Joseph Johnson.

Donald Jones was a high striving mature teenager and the president of the Stamford High 3000 student body, of which only 17 were African Americans. He had just won the state-wide oratory contest. He lived a block from me and came over nearly every evening for dinner and intellectual conversation. I am sure that he considered himself my peer, if not my superior! I scratched him off my list!

Eddie White was an athlete, excelling in both basketball and football. In fact, we were teammates when we joined a semipro team. He was an only child and spoiled. So, when he asked his financially struggling parents to sponsor his vacation to go with me to Niagara Falls for a week of vacation, they obliged. He was shocked to learn that I was leaving Stamford and kept hinting his desire to leave with me. I shied away from the hint, knowing that I did not want to continue raising spoiled and wholly dependent Eddie.

That left Joe Johnson, a great baseball player and a couple of chronological years older than the other two, but considerably older in terms of independence. Only two years out of high school, he had his own completely paid for car; a collection of jazz long playing records and a new stereo component on which to play them; and a set of professional bongo drums. Although Joe was never at the Center, meaning that I seldom saw him and did not really know him, I decided to cultivate a relationship with Joe and I could not have chosen more wisely.

We found an efficiency on the Lower Eastside and joined the “beatniks” who would turn that part of the city into East Village. It was ideal for us, with affordable rent - \$45.00 per month. The location was ideal too, only a couple of blocks from the 5 Spot, a jazz joint that was destined to be made famous by Thelonious Monk, John Coltrane, Elvin Jones and Miles Davis. (We would be there very often when Baroness Rothschild would drive up with Monk. We were also there when Miles Davis introduced the public to his classic, “Around About Midnight”.) Joe was rapidly becoming addicted to jazz, mainly because he was turning in a musician himself, a percussionist, making use of those bongos that he had brought along from Stamford. He hired two self-proclaimed musicians to tutor him, Beans and Sabu,

SHORT STORY PAGE

nice guys, but neither of them knew as much music as Joe, they were just older and at it longer.

Me, I could never go crazy over jazz, having been brought up on spirituals and blues. My thing was coffee shops where beatnik poets such as Ferlinghetti, Jack Kerouac, and Leroy Jones read their poetry while we nursed a cup of expensive coffee, the forerunner of Starbucks. (Leroy Jones was married to Hettie Cohen at that time and would later become known as Amiri Baraka.)

Joe was heavy into music and devoted much of his time with musicians and the young Afro-American dancers who were regular performers at Cooper Union, most especially the young and very beautiful ladies who came in from Westchester County. They would often come to visit us before and after the performances. Then, without a thread of warning, Uncle Sam decided that there was no way that we could win the “Cold War” without the help of one Joe Johnson and, lo and behold Joe was unceremonially snatched out of the Village and dispatched to Germany, bringing to an abrupt end our fairy tale existence., but not our relationship.

Our Uncle Sam did not need or want me, but I went to Germany anyway and, Bam!, just like Stamford, I snatched Joe from dull Bamberg, Germany and took him to lively Paris even though Uncle Sam could only spare him for a two week leave.

Today, indispensable Joseph Johnson lives in North Carolina, my eternal best friend!

**By: Dr. Gilbert Lancelot Raiford
September 7, 2023
Resident of Friendship Terrace**

IN THE SPOTLIGHT PAGE

IN THE SPOTLIGHT

Teresa Hewson



On August 17, 1955 there were more than 200,000 new births in the United States of America. Friendship Terrace resident Teresa Hewson was one of those individuals born on August 17, 1955. Here is Teresa’s story.

While growing up as a youth in the state of New York, Teresa eventually moved to New Jersey. After spending a short period of time in New Jersey, Teresa relocated to Washington, DC to be closer to her relatives.

While in search of accommodations, Friendship Terrace Senior Living became Teresa’s housing of choice. So, on October 1, 2022 Teresa Hewson became a resident at Friendship Terrace. I met Teresa shortly after she moved into Friendship Terrace. Upon meeting Teresa, I was in awe of how quickly and easily she made friends. Teresa was eager to introduce herself and hold a conversation with anyone who would listen.

IN THE SPOTLIGHT PAGE

listen.

As many of us are aware, once Teresa established friendships with other residents, she would consistently and cheerfully enter the Friendship Terrace dining room with her meandering eyes aglow and in a well-tuned, soprano lyrical voice Teresa would acknowledge each dining room attendee by name. What a wonderful way to greet others.

Teresa is also a fascinating individual who engages in the plethora of activities available at Friendship Terrace. She enjoys Bingo, trivia, movie night, and chair yoga, just to name a few.

I learned that Teresa relishes watching game shows on television. She also partakes in viewing vintage television shows such as: the Andy Griffin Show; Gunsmoke; and so on. Engaging in these types of activities brings back fond memories for Teresa. It is also obvious that Teresa is an exceptional independent individual even though her physical disability vastly limits her perpetual, passionate pursuits.

It is not lost on anyone that Teresa is a great conversationist and works well with others. Additionally, she has a pleasing positive outlook on life in spite of her daunting, dominating disability. If others on the planet had the compassion, sociability and determination possessed by Friendship Terrace resident Teresa Hewson, what a wonderful world it would be.

**Written by
Buddy Moore
In conjunction with
Teresa Hewson
October 2023**

PHOTO PAGE



September was a busy month for the residents here at Friendship Terrace. We had a visit from Councilmember Robert White, also we celebrated Enkutatash (Ethiopian New Year). In honor of 9/11 residents placed a wreath at the flag and to end the summer we had our "End of Summer" party with entertainment from Jeffery Levin of District Music Academy.

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

The gazebo has been open for a while. It is delightful to sit out there and I, for one, will be sorry to see it locked again when Winter arrives. Use it before it is too late!

We have held two birthday parties, but since they both took place in the evening, when bugs reign supreme, we have not been able to enjoy the gazebo either time. We were hoping to hold our September party at 1:00 PM, thinking that more people could find that time more amenable. However, things didn't quite work out, and we ended up having to move it back to 7:00 PM at the last moment. Probably because of this, we ended up having only six out of the 14 Birthday folks in attendance—I am afraid there were more volunteers than celebrants this time around. We will try again. Our October Birthday party is scheduled for 1:00 PM, Wednesday, October 11. We recently had our first flea market. Participants considered it a success. Some residents donated their things to FTRA and they were sold for \$1.00 a piece. The organization made some \$30.00. Several people have already inquired about having another one. To that end, we will form a Flea Market Committee and let them coordinate things.

The memoir writing class is going well. The group is exactly the size Mary Lou was hoping and everyone is enjoying the activity. Our choir is also doing well. They are beginning to think about a Holiday concert. The FTRA Council approved changing the structure of Hospitality. We have assigned a host/hostess for each floor (two for the larger floors), and these persons will welcome new residents, help them understand the system and find their way around, as well as host a social every other month to provide residents of each floor the opportunity to meet and get to know one another. Since the first and second floor are smaller, and neither has a lounge, they will have their social together in the game room.

Very good news, we finally have a Movies Committee. We only have three members, and we would like to have one or two more, so if you are interested please let me know. The committee will meet soon to decide when they want to schedule movies and create a list of upcoming films. This month we had a special Labor Day movie. A wonderful documentary, **“Live to 100-Secrets of the Blue Zones.”** Because this was an impromptu showing, we could not advertise the movie other than by word of mouth, so attendance was rather sparse. Those in attendance loved the movie and are eager for more, so after we show the second part, if enough people are interested, we will show the first part again. The chairman of our Food Committee, Gary Helper, is organizing our first “Dine Out,” which we hope to hold before the end of October. For those who are not familiar with the idea, a group of us will be going to a nearby restaurant and have a meal together. We each pay for our own meals as well as arrange for our own transportation. The restaurant will likely be Metro accessible, so it should be easy for any one of us to get there. More on this later.

Enjoy the rest of the rapidly waning Summer!

Eda Valero-Figueira
FTRA President
Tel. 305-546-9556



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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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 \$5 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