

# FACES OF FRIENDSHIP

SEPTEMBER 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.*





BINGO PHOTOS



Residents enjoying Bingo with our student volunteer Arman Rizvi in the game room.



## REMEMBERING 911/PATRIOT DAY

# September 11<sup>th</sup> 2001

- Facts:
- Four airplanes headed for different destinations were hijacked. Two of the planes targeted the World Trade Center in New York City. One plane targeted the Pentagon in Washington, D.C., and the fourth was heading for another building in Washington, D.C.
- The first plane crashed into Tower 1 of the World Trade Center at 8:45 a.m.
- At 9:03 a.m., just 18 minutes later, United Airlines Flight 175 crashed into Tower 2 of the World Trade Center.



<http://www.youtube.com/watch?v=XELamUnFOEU>







**SEPTEMBER BIRTHDAYS**

**Birthstone:** Sapphire **Flower:** Aster **Zodiac:** Virgo/Libra

Jackson, Silas	9/02	Jenkins, Ronald	9/19
Brunson, Anne	9/04	Mitchell, Shakrra	9/23
Herman, Dendy	9/04	Henry, Douglas	9/25
Buhler-Miko, Marina	9/05	Riley, Bernard	9/27
Frick, Howard	9/06	Hernandez, Ivette	9/28
Larouere, Oveline	9/06	Woldemichael, Mekonnen	9/29
Stewart, Portia	9/06	DeSantanna, Heloisa	9/30
Remsen, Diane	9/09		
Haile, Maxine	9/14		



**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



# Labor Day Celebration

## Word Search

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- |          |           |          |
|----------|-----------|----------|
| BARBECUE | PARADE    | STRIKE   |
| HOLIDAY  | PARTY     | TRADE    |
| JOB      | PICNIC    | TRAFFIC  |
| LABOR    | PULLMAN   | TRIP     |
| MCGUIRE  | RALLY     | UNION    |
| MONDAY   | RIGHTS    | VACATION |
| MOVEMENT | SECURITY  | WAGES    |
| ORGANIZE | SEPTEMBER | WEEKEND  |

# From the Service Coordinator

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

SEPTEMBER 2022

Happy September Friendship Terrace family,

September is Self-Care Awareness Month. It is a time to remind us that taking care of ourselves is a priority and essential to our wellbeing. We all tend to put the needs of others before our own and it is very important to remember that we cannot fill another's cup, before filling our own.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily. True self care is not about being self-centered nor selfish: it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no, without guilt.

Use this month to make self-care a part of your daily routine, all year long. Be good to yourself. Take time out to enjoy the outdoors. Take a walk. Go on a vacation. Get a massage. Do whatever makes feel good.

Enjoy yourselves neighbors,  
Rahell



Catholic Mass



September 2, 2022  
2:00pm—3rd Floor Lounge

Coffee Chat w/ Rahell & Mary



September 21, 2022  
11am— 2nd Floor Lounge

Safeway Vaccine Clinic



September 7, 2022  
9:30pm— 5 Floor Lounge

Shabbat Gathering



September 9th & 23rd  
3:30pm— 3rd Floor Lounge



## Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor

### Visiting Clinic:

Safeway Flu Clinic  
Wednesday, September 7th  
9:30am –until



### 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

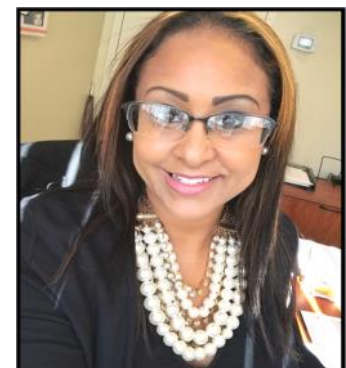
## ADMINISTRATOR REVIEW

As another summer comes to an end, I know we will all be looking forward to the cooler temperatures that September and the fall season will bring! Fall is a wonderful time of year, and after a long and HOT summer, everyone seems to enjoy a change of pace. We hope that everyone enjoyed the lovely activities that were planned all summer. We ended our summer fun with our Annual Hawaiian Luau this year! Everyone enjoyed the delicacies of the islands with delicious foods, tropical tunes and some dancing. One thing the end of summer reminds us of is that seasonal allergies are in full bloom! I would like to take this opportunity to remind each of you about the importance of infection control. Children and the elderly are at the highest risk for catching every little thing with which they might come in contact. The common cold can turn into something more serious quickly with the weakened immune systems that the very young and elders may have. With this in mind, I encourage everyone to practice these five hygienic practices to keep not only you healthy, but also others with whom you may come in contact.

1. Wash your hands frequently throughout the day with soap and water to help decrease the spread of germs.
2. Drink plenty of water and consume a healthy diet.
3. Contain sickness. If you or anyone in your family has been sick, please refrain from visiting others that may have a weakened immune system until you are feeling better.
4. Get your flu shot! Studies have shown that receiving the flu shot can greatly decrease your risk of getting the flu. We have our annual Flu Clinic coming to Friendship Terrace on Wednesday, September 7<sup>th</sup> 2022. Please sign up at the front desk if you are interested in receiving the flu shot this year.

Please continue to social distance, stay 6ft apart from others, and always wear your mask. As a reminder, please join me for our Terrace Talks on Friday, September 30<sup>th</sup> at 2pm in the dining room. I wish you all a wonderful and happy September!!

Semira Negasi,  
Executive Director





# SEABURY PAGE

## Seabury Page



### MEET MS. SENIOR DC



**VENÉ LA GON  
MS. SENIOR DC 2022**

Vené La Gon won the title of Ms. Senior DC in June. She experienced her coronation luncheon on August 22, 2022. She will be competing for the national title of Ms. Senior America in September. Follow the ongoing action on Facebook: <https://www.facebook.com/MsSeniorDCPageant>



**“Beauty is about good character, humility, kindness, and the ability to enhance someone’s life for the betterment of all humanity.”**

**Ms. Senior DC 2002, Vené La Gon**

### SPIRITUAL NEEDS

The spiritual needs of older adults are important. Seabury offers opportunities for your congregation leaders to learn more about how to meet the spiritual needs of older adults. Have them reach out to Elizabeth Boyd to schedule a visit to your church: [eboyd@seaburyresources.org](mailto:eboyd@seaburyresources.org)



### TIME FOR YOUR ANNUAL FLU VACCINATION

Delores didn't think she needed to get her flu vaccination. She was relatively healthy, despite her diabetes.

Delores got very sick and ended up in the hospital for three weeks with health complications due to the flu and diabetes.

The CDC recommends an annual flu vaccination starting in September, especially for people over 65. Schedule your flu shot today.







# HAWAIIAN LUAU PHOTOS



## SPECIAL LETTER PAGE

### **A Message from the FTRA President**

**When COVID-19 first reared its wretched head throughout the city of Washington, DC, and beyond, fear and insecurity gripped Friendship Terrace. As a result, various safety precautions were taken by Friendship Terrace.**

**As residents, we were literally restricted to our individual units (unable to use common areas) for fear of COVID-19 and its far-reaching capability. However, in spite of our limited interacting status, Friendship Terrace management performed magnificently in keeping residents out of harm's way and in a relatively positive state of mind.**

**Consequently: our meals were delivered to us; we received phone calls inquiring about our mental health; memos were placed on our doors keeping us informed; items were delivered to us; hygiene necessities were available when needed; Zoom activities were available; management connected with CVS to administer residents' first COV-19 vaccination; Christmas carols were sung outside our building; residents were treated with the utmost respect; and we were kept updated on CoVID-19 and the ensuing rules established by both the Federal and DC governments.**

**There were other activities too numerous to mention here. All of this was planned and implemented by Friendship Terrace staff, led by Executive Director, Semira Negasi.**

**Regrettably it is my understanding that during COV-19 epidemic numerous Friendship Terrace residents moved in with family members and some left us through mortality.**

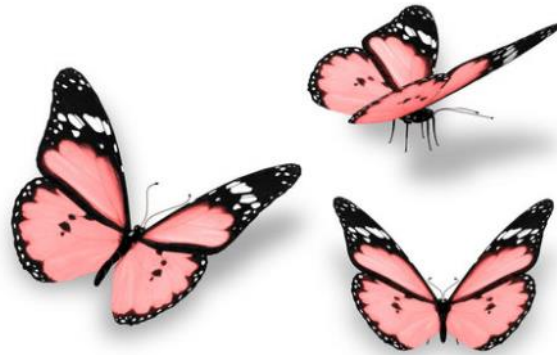
**As one who endured and survived those trying times, I commend Friendship Terrace management for the care and compassion its dedicated employees demonstrated during a time of ceaseless stress and high levels of uncertainty.**

**While I have only expressed my personal impression of what Friendship Terrace management did to combat COVID-19, I would like to commend Friendship Terrace for a job well done in meeting the needs of Friendship Terrace residents. I hope my words and sentiments also ring true for others!**

**Buddy Moore, September 2022**



## In The Spotlight Helen Spence



**When I moved into Friendship Terrace 4 years ago, one of the first persons I met was Helen Spence.**

**What I subsequently learned was that Helen Spence was born in Cambridge Massachusetts among a close-knit family of ten but there were always cousins and friends among them.**

**Helen has three children and five grandchildren. In between raising children and working, she managed to finish her graduate degree. Helen taught school from preschool to Junior college. She then I went to work as an administrator in head start. Finally, before retiring she went to the University of Maryland head start research and training center for the Mid-Atlantic Area as a program consultant. Her dream was to have a business which turned out to be a bed and breakfast business she purchased in Westbrook Connecticut and was there for about ten years. Eventually Helen moved to Silver Spring Maryland to be closer to her family and found a wonderful Episcopal Church in Silver Spring. After running a Bed and Breakfast for ten years, she moved from Connecticut to the state of Maryland to be closer to her family.**

**Once in Bethesda, Maryland, Helen became active in Grace Episcopal Church and was the Congregational Liaison to Seabury. In that role she was exposed to Seabury's programs and its people which created an outstanding impression.**

**Following the passing of Helen's closest friend and concerns about her own health, Helen decided in 2016 to move to Friendship Terrace and make it her new home.**

**And now for the conclusion of the story!**

**During my initial move into Friendship Terrace, a Friendship Terrace Residents Association election of officers was in full participatory progress. However, there was no candidate for the office of President. With no FTRA Presidential prospect on the horizon, Helen Spence, who had served in a few positions with FTRA consented to have her name placed on the ballot as an FTRA Presidential candidate.**

**At the conclusion of the election, Helen Spence took her rightful place as President of FTRA. Helen Spence's performance was supercalifragilisticexpialidocious. During her administration, Helen played a vital role in keeping FTRA intact and in good residents standing, while simultaneously preserving the work performed by those FTRA Officers who preceded her.**

**Unfortunately, the following year, after Helen's term had concluded, COVID-19 unleashed its far-reaching all-encompassing death intimidating tentacles, which had a shocking negative impact upon FTRA.**

**It is obvious to all those who have met her that Helen Spence is a very outspoken, thoughtful individual who is always eager to engage in meaningful dialogue. Helen is quoted as having kind words for Friendship Terrace. "When I arrived at Friendship Terrace", Helen**



## IN THE SPOTLIGHT PAGE

**commented, “I found the community to be warm and comfortable, everyone on the staff was so supportive and helpful. What came through was their positive spirit, caring and concern for all residents.”**

**At Friendship Terrace, Helen participated in numerous activities focusing on themes of joy, sorrow, hope, and change.**

**Helen admitted that giving up her home and moving into a senior community was a difficult decision, it represented starting a new chapter in her life. However, she recognized, understood and appreciated the fact that she had been on an enlightening, often challenging journey and it made her a stronger, feistier person.**

**Helen also believes that successful aging is about attitude. In other words, there are a plethora of things she and her fellow residents can do to remain engaged, to enrich their own lives and to bring hope and joy every day.**

**Helen’s outlook on life is imbedded in a poem she penned as follows: “I am old, bold, audacious and courageous, don’t let me forget. Laugh with me as I falter, but support me with your strong arms. Smile with me through the memories of your youth and mine. Listen to our stories as they intertwine. Engage me in conversation that challenges me to be in my world. Your world and the wider world. Don’t let me sit upon a shelf protected by solicitous tolerance.**

**Remind me – oh yes remind me to open my eyes and to the beauty of the world beyond what I can see. Sing with me old songs, new songs and songs from our souls, the rhythm of the life within us. Let us continue to walk hand-in-hand, sprint to sprint bridging the path from parent, friend and companion. Above all, I think and praise God for putting us together in this life journey to share. Love,”**

IN THE SPOTLIGHT PAGE

**The aforementioned poem demonstrates Helen's serene outlook on life.**

**Helen Spence, the person who played a major role in the success of FTRA, urges all Friendship Terrace residents to take active roles in the Friendship Terrace Residents Association, which will indeed increase the strength of the organization. Although Helen Spence is encountering a few hostile health challenges, she continues to have enthusiastic, kind words for Friendship Terrace and the Friendship Terrace Residents Association.**

**Helen Spence is the type of individual all housing providers would love to have in their residential census. And FTRA is indeed honored to have had Helen Spence progressively and effectively serve in the challenging, yet rewarding position of FTRA President.**

**Helen Spence  
September 2022**





## FTRA PAGE

### FTRA NEWS AND NOTES

**Greetings and Salutations Friendship Terrace residents.**

**On Monday, August 1, 2022 the second FTRA Council meeting of the 2022-23 term was held. During that meeting, a plethora of ideas were discussed including: additional exercise classes; improving residents' internet service; technology classes for residents; a low vision support group; a bereavement support group; a neighborhood evaluation walk with the DC Department of Transportation; new bingo equipment.; individual floor representatives; and other areas of interest.**

**While the FTRA Council meetings are designed for FTRA officers to discuss implementation of their plans, all Friendship Terrace residents are welcome to attend.**

**Just a reminder that the September "FTRA Council meeting" will be held Monday, September 12, 2022 in the 5<sup>th</sup> floor lounge at 7:00 p.m.**

**A further reminder that the September FTRA "General Meeting" will be held Monday September 19, 2022, in the Dining Room. The FTRA General Meetings are where residents make motions, enter into discussion and vote on issues of interest. All residents are encouraged to attend the FTRA General Meeting and let your voices be heard.**



**C. Buddy Moore  
FTRA President**

# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Negasi	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Steven Arias	Maintenance Director	<a href="mailto:Sarias@seaburyresources.org">Sarias@seaburyresources.org</a>

## 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