

# FACES OF FRIENDSHIP

SEPTEMBER 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 HAWAIIAN LUAU



Friendship Terrace residents & staff had a great time at the Hawaiian Luau held in our dining room area along with entertainment from District Music Academy Jeffery Levin.



## BIRTHDAY PARTY & BINGO



Residents celebrated all of the birthday's in the month of August. Student volunteer Arman Syed of Sidwell Friends School played bingo with our residents in the game room.







# SEPTEMBER BIRTHDAYS

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

Jackson, Silas	9/02	Coughlin, David	9/27
Brunson, Anne	9/04	Riley, Bernard	9/27
Herman, Dendy	9/04	Hernandez, Ivette	9/28
Buhler-Miko, Marina	9/05	Woldemichael, Mekonnen	9/29
Fekade, Woubalem	9/06	DeSantanna, Heloisa	9/30
Stewart, Portia	9/06		
Haile, Maxine	9/14		
Jenkins, Ronald	9/19		
Crawford-Sampson, Kusen	9/23		



## 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:

**7. DISTURBANCES.** Resident agrees not to cause any improper or disturbing noises, odors, or activities in the building at any time, not to sing or play any musical instrument, including the piano, in a manner disrupting the quiet enjoyment of other Residents. Resident agrees to operate the television or radio so as not to disturb other residents. Residents are responsible for the actions of their guests and any resulting damages.

**8. TRASH.** Resident agrees to place all garbage in plastic bags and to place it in the trash chute or dumpster. Grease, bacon drippings, or other fats or oils must be put in a can or jar and not poured down the sink. Service calls on plumbing, due to stopped up pipes caused by grease, disposable diapers, paper towels, sanitary napkins or wipes, or other non-disposable items, shall be charged to the Resident. Residents are required to separate recyclables from trash and deposit in the recycle closet.

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

SEPTEMBER, 2023

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 basis. 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 you feel good.

Take it easy,  
Rahell & Mary



Seabury  at Friendship Terrace  
*Senior Living*



### Catholic Mass



September 1, 2023  
2:00pm—3rd Floor Lounge

### Coffee Chat



September 20, 2023  
11am— 2nd Floor Lounge

### Episcopal Eucharist Service



September 21, 2023  
2:00pm— 3rd Floor Lounge

### Shabbat Service



September 1 & 22, 2023  
3:30am— 3rd Floor Lounge



## Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor



### 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

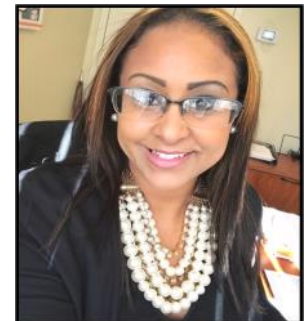
As another summer comes to an end, I know we will all be looking forward to the cooler temperatures that September and the Fall season will bring! Fall is a wonderful time of year, and after a long and HOT summer, everyone seems to enjoy a change of pace. We hope that everyone enjoyed the lovely activities that were planned all summer. We ended our summer fun with our Annual Hawaiian Lua 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 four hygienic practices to keep not only you healthy, but also others with whom you may come in contact.

- ◆ Wash your hands frequently throughout the day with soap and water to help decrease the spread of germs.
- ◆ Drink plenty of water and consume a healthy diet,
- ◆ 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.
- ◆ 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 later this month. Please sign up at the front desk if you are interested in receiving the flu shot this year. I would like to thank each of you for your cooperation with the DCHA, (DC Housing Authority) apartment inspections last week. It was a success! That brings us a step closer to receiving your vouchers.

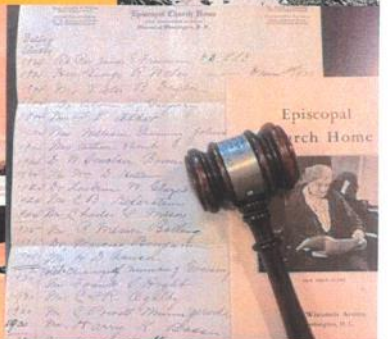
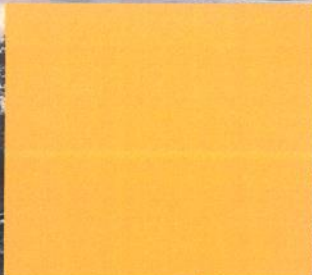
As a reminder, please join me for our Terrace Talks on Friday, September 29<sup>th</sup> at 2pm in the dining room.

I wish you all a wonderful and happy September.

Happy September!  
Semira Negasi  
Executive Administrator



# SEABURY PAGE



**TRUSTED LEADER  
FOR 100 YEARS**

**Since 1924, Seabury Resources for Aging® has been providing critical support services for older adults in the Washington, D.C. area. At the core of our work is the trust that we have earned over the years.**

**Our legacy started when Ms. Cornelia Jones donated a single-family home that became the residence for 31 seniors. Since then, we have been a trusted partner in the D.C. region for transportation, meals, senior wellness, and care management services.**



SCAN ME

MS. PHENIX AND ME

Like all male freshmen in the class of 1954, I spent my first year in James Hall. My roommate was Donald Jones, also a Floridan. We had to move out of James Hall to make room for the next freshmen class. I was then assigned a room in Wigwam, a very apt name, and I had two roommates: Ellsworth Hammond, from Coatesville, Pa. and Hubert Callwood from the Virgin Islands. Ellsworth and I became life-long friends, but Hubert made me his life-long enemy, just because I squealed on him and told the administration that he had a gun, for which he was expelled. (He wrote me a letter, swearing that he would come looking for me. A few years after I graduated, he found me, riding on the A train in NYC. He told me that he had a good job and was settled in the Bronx, and he gave me his address and invited me to come over for dinner the next day. I did. I supposed all was forgiven.) My last two years were spent on the second floor of Hollytree Inn.

Now, about Mrs. Phenix and me: I won't waste time telling you how I discovered Mrs. Phenix. That part is in my book. Mrs. Phenix had the entire second floor, but I do not know how many rooms there were, mainly because I only went to the dining room and her bedroom. (I went to her bedroom so that she could show me where she kept her cash, \$300, which was the equivalent of over \$3000 in the buying power today. (She invited me to take what I needed if she was not there to give it to me, but to let her know because she always wanted to keep that much "emergency" money.) She seldom cooked, but when she did, she would always invite me to dine with her. Also, she only knew how to cook two things, baked lamb chops and fried chicken. It was at a fried chicken dinner when I had ever witnessed anger in Mrs. Phenix:

It was her 84th birthday and she wanted to celebrate it with me. She decided to make a fried chicken dinner and told me that I should invite one of my friends over. Now, Mrs. Phenix was more proper than Queen Elizabeth! She always set the table as if she were giving a formal dinner, with salad forks, dinner forks, dessert forks, linen napkins, and fingerbowls. My friend, one of our classmates, had never seen a fingerbowl before and thought that it was drinking water and proceeded to take a sip. I couldn't help myself. I laughed out loud! Mrs. Phenix gave me an extremely stern look and shook her head slightly. When we were

alone, she read me the riot act, so to speak. “Raiford, please remember, never ridicule people, mostly and especially your friends. It is common for any one of us to make a *pas faux*. However, it is very mean to use the situation as an excuse to make fun of people”. That was a very valuable lesson and I have never done such a mean thing since. By the way, she never called me Gilbert or Trees – always Raiford.

About Mrs. Phenix: Some of you might remember her. She was a tiny woman, barely five feet tall, if that, and weighed about 100 pounds, if that. She was born into an aristocratic family. Her parents were missionaries, and she was born in Burma, one of three children, another girl, and a boy. She was six years old when she was brought to this country, to New Hampshire. She never went south of Richmond. She was a teenager when she married George Phenix, next to the last white president of Hampton, the man for whom Phenix High School is named. He died in the year I was born. His was an accidental drowning. They had one child, a son, Philip. At the time that I lived with her, he was the U.S. ambassador to Portugal. After he left that post, he became one of the judges in the Nuremburg trials in Germany. I don’t think that he was a very dutiful son. Not once did he visit his widowed mother all the time I lived with her. She and Mary Armstrong, both young widows, became very good friends. (It was through Mrs. Phenix that I got to know and work for General Armstrong’s widow. Mrs. Phenix also knew Huntington and Ogden, the two major donors who kept Hampton afloat until The American Missionary Association stepped in and took up the slack. She seemed never to tire about talking to me about them and their association with Hampton and the General.)

In my book, I described, in detail, the incident of Mrs. Phenix taking me to her bank and adding my signature to her account. Therefore, I will not repeat it here. However, there is another interesting incident that I did not include: Mrs. Phenix wanted to celebrate her 85<sup>th</sup> birthday with a lavish dinner at the Chamberlain Hotel in Phoebus. She wanted me as her escort and dinner date – in Phoebus, Virginia in 1953! Well, we shall see!

When we entered the restaurant, the head waiter thought that I was assisting Mrs. Phenix as an aide, certainly not as a dinner guest. So, when she asked for a table for two, he looked around in an effort to locate the other person. Not seeing

## SHORT STORY PAGE

anyone else, he almost fainted when he realized that she was talking about me. She was so hyper, but charming, he just could not tell her about segregation and relented and found us a table as far away from the crowd as possible, while giving me the bad eye, as mama would say. A student from Hampton was a busboy and when he saw me dining in this “white only” restaurant, he was so astonished that he dropped a tray of dishes. The last interesting story about Mrs. Phenix and me has to do with the incident of us sharing a pullman berth as I was taking her to NYC to live with her sister. That is also detailed in the book.

It is uncanny that a white person could spent nearly 80 years (She was 100 when she died) in the south and not be affected by Jim-Crowism, and probably not even aware of it. Mrs. Phenix was an anomaly.

**By: Gilbert Raiford**

**Residents of Friendship Terrace**



# IN THE SPOTLIGHT PAGE

## IN THE SPOTLIGHT

Gail Lelyveld



**Gail Lelyveld was born On May 22, 1948 in Boston, Massachusetts at the Women and Children’s Hospital. I met Gail at Friendship Terrace in 2018. During my numerous conversations with Gail, I learned various things about her.**

**I learned that the house in which she and her two brothers grew up with their parents encompassed four bedrooms, a cellar and an attic. Lo and behold, the attic contained a shoe factory. I learned later that the house, which was built in the 1850’s was owned by the Curtis family who also owned property clear to the Atlantic Ocean. The King of England gave them the land. They were related to the Forbes family also in Rockland.**

**Gail vividly recalled her father taking her and her brothers to their father’s shoe store to be fitted for shoes. The store contained a foot Xray machine. She and her brothers spent much of their time excitedly placing their feet under the Xray equipment, which would display the full image of their feet, bones and all.**

**Her father eventually prohibited them from using the X-ray machine because he read that the radiation exposure from the Xray process could possibly cause cancer.**

## IN THE SPOTLIGHT PAGE

**Gail believed she was a little unusual as a youngster because she excitedly enjoyed reading, spelling and learning about history. While others were out engaging in play, Gail would be inside engaged with a book. She does not believe she was an introvert she just enjoyed the excitement of reading and learning.**

**While reading was one of the most important activities in her early life, she also enjoyed walking with and talking to her grandma. She learned so much about life from her grandmother. She did not recall the specific things she learned, but knew, even at her young age, that conversations with grandma were extremely important and would serve her well in the not-too-distant future.**

**When Gail was a teen, she anxiously wanted to participate in the 1960 civil rights movement, by selling equality buttons in Rockland High School. But her father discouraged her because he was concerned about how the people in town would feel about it.**

**However, during her senior year of high school she became involved in the resistant movement. It began when she was recruited to make a speech. Her history teacher asked if there is anyone against the war in Vietnam. In her speech she stated that she was against the war in Vietnam. Members of the school football team did not take kindly to her position against the war. And they gave her some push back.**

**Gail enjoyed high school immensely, but it was time for her to graduate and attend college. And that was exactly what she did. Boston University was her school of choice. She received a small music scholarship so, in 1966-after receiving her high school diploma Gail was off to Boston University.**

**At Boston University, she became involved in civil disobedience in her freshman year, which usurped much of her time and energy. There were student demonstrations in Boston Commons including a two day sit in in the Dean's office. Gail and other Boston University students did teach-ins against the war. They were also demonstrating for co-ed dorms Upon graduating from Boston University Gail worked with an associate of the anti-war movement. She was also working on a book about Native Americans in southern Mexico. Unfortunately, she lost a lot of information she had accumulated, but the book was eventually published.**



## IN THE SPOTLIGHT PAGE

**At 35 years of age Gail visited England to study acting at the London Academy of Music and Dramatic Art paid for by her father. While in London she traveled throughout the various neighborhoods observing all the ancient buildings and visited book stores. She purchased and sent home boxes of books. She went to see the play Macbeth and ran into one of the actors who starred in the play. Unfortunately, Gail was unhappy with the production so she could not tell him that the play was good. She also attended two other plays during her trip to England.**

**One was Cyrano De Bergerac, and the other was “Much Ado About Nothing. She met Derek Jacobi and was overjoyed to shake his hand. Derek Jacobi was the leading actor of the 20th Century England. One of the best jobs she ever had and still maintains is conducting research at the National Archives. She enjoys the quietness there and the orderly of the material stored there. Gail was employed as an independent contracting researcher and enjoyed the work she performs. She has conducted research at the Library of Congress, the National Archives and the daughters of The American Revolution Library, just to name a few. The thing Gail enjoyed most about her work was that the results can become a part of history and in her research, she refreshingly sees history coming dynamically alive.**

**Her accomplishments and recognitions include: ; a member of Hofstra USA production Stage; 30 year acting career; studied at the American Conservatory Theater; was an extra in All Gods Children (about busing) with Rubie Dee and husband Ossie Davis; was an extra in Archie Bunker’s Place (a T.V. show of the 1980’s); was an extra in one of Bill Cosby’s shows and on Bill Cosby’s final Television show.**

**At time of stress in her life, reading is what gets her through it; she reads history, biographies and occasionally novels. She assumes that reading reduces the everyday stress on her brain.**

**Gail moved into Friendship Terrace May 13, 2016 and immediately became involved with the FTRA serving in numerous capacities including President. Gail Lelyveld enjoys interacting with Friendship Terrace residents and management and she hopes other residents will do the same.**

**Written by:  
Buddy Moore and  
Gail Lelyveld  
Residents of Friendship Terrace**



## 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](mailto:dacl@dc.gov)



Supported by the D.C. Department of  
Aging and Community Living.

## FTRA PAGE

We have been busy, busy this August. Folks are excited about our new choir already practicing regularly—thank you, Earl Blake, for taking the lead on this very important project. For those who have not been there yet and may be interested, we sing every other Tuesday (on the Tuesday when we do not have Current Events), at 2:00 PM in the 2nd Floor Lounge.

We also had our first Birthday celebration, for those with birthdays in August 2023. Eight of the 17 birthday folks were in attendance, but we all had a good time. The cake and ice cream were delicious. Thank you, Rita Piester, Josephine Cooke, and Daniel Lopez. You all did a great job!

We originally hoped to hold the party in the gazebo and our back yard but ended up moving it to the game room for several reasons. This coming month we hope to celebrate the September birthdays—this time at 1:00 PM (may be the time change will encourage greater attendance), so we may be better able to use the gazebo and the back yard, weather permitting. We are also planning a Flea Market, as well as planning floor by floor meet-and-greet parties, so we can all meet and welcome our new neighbors, at least the ones on the same floor as we are.

Another important event taking place in September, beginning at 3:00 PM, Monday, September 11, and every Monday through October 2, is that our own Mary Lou Schram, will be conducting a series of classes on memoir - writing. Those of you eager to put down your thoughts about your own lives should take advantage of this opportunity. Mary Lou wants to work with only a few people at a time, so registration is limited. Those of you interested may call her at 202-615-9993.

After five years on the job, Portia Stewart has resigned from her position with the Hospitality Committee. I am thinking we need to change the system a bit, possibly having a Hospitality person on each floor. I will bring up the matter at our next Council meeting and see what others think. For now, we just have a different host/ess for the Meet-and-Greet on each floor.

One of the special challenges we are encountering is the lack of people's willingness to volunteer on a regular basis. We have been able to enlist a few people, and I am very appreciative of them, but for some reason we're not doing well with some of the committees. I realize some of you feel you have volunteered enough, but I must encourage you, consider the difference you could make this time around. In addition to Hospitality, we have no one for the TV-Movies Committee (ideally, I would love to see several of you participating on this one, so you could each bring your perspective regarding the choice of movies). I would also like to see us "advertise" the movies each week. If people know what will be shown, they can decide whether to attend. If we have several people on this committee, members could also take turns showing the films, and no one would need to be tied to the movies every week. These are just a few of my ideas around the movies.

Anyway, I hope to hear from some of you, as we still need volunteers for the Arts, Education, and Entertainment Committee, Health and Safety, Religion, and Technology. It is not so bad to serve on these committees; think of it, you get to tell others what to do. : )

Enjoy the wonderful summer days!

Eda Valero-Figueira  
President, FTRA



# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

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

**Fax # 202/362-2587**

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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>
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Jerrell Allen	Maintenance Director	<a href="mailto:Jallen@seaburyresources.org">Jallen@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</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
Department of Aging and Community Living	202-724-5626
US Postal Service	800-275-8777