

FACES OF FRIENDSHIP

APRIL 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.



APRIL 2022 VIRTUAL

ACTIVITIES

April 4th	11:00AM	Fun Fitness w/ Saja
April 7th	11:00AM	Art History Lectures with Joanne Virtually -every Thursday Email drjoanneallen@gmail.com for more details
April 11th	11:00AM	Fun Fitness w/ Saja
April 21st	11:00AM	Art History Lectures with Joanne Virtually -every Thursday Email drjoanneallen@gmail.com for more details

You can join Fun Fitness Class with Saja by
Video or In-person
ZOOM ID: 588 529 4839 or Call in at 301-715-8592
Art History Lecture class info is
located above.

WELCOME BACK SOCIAL



Crabby Road

4-7-12



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APRIL BIRTHDAYS

Birthstone: Diamond **Flower:** Daisy **Zodiac:** Aries/ Taurus

Davis, Carolyn	4/01	Taylor, Joan	4/17
Kambhampati, Susila	4/03	Harris, Renee	4/27
Olsen, Alfred	4/03	West, Lloyce	4/29
Baugh, Pamela	4/06	Robinson, Alma	4/30
Taylor, Roswell	4/07		
McFadden, Michael	4/07		
Macomber, Fern	4/14		
King, Jeffery	4/14		



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
- 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

AWARNESS PAGE

APRIL IS NATIONAL STRESS AWARENESS MONTH



- **Women** experience higher levels of stress than men
- **33%** of Americans live with extreme stress
- **77%** of Americans state stress negatively affects their physical health
- **48%** of Americans mention that stress has a negative impact on their personal life
- **3 out of 4** doctor visits are for stress-related ailments
- **Stress-related** ailments cost the nation **\$300** billion each year in medical bills and lost productivity

STRESS HAS BEEN LINKED TO:



Heart Disease



Gastrointestinal Problems
(Chronic Heartburn, GERD,...etc.)



Diabetes



Depression



Asthma



Accelerated Aging



Obesity

4 PRIMARY CAUSES OF STRESS:



Future of the nation



Money issues



Death of a loved one



Major illness or injury



Work-related problems

From the Service Coordinator

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

APRIL 2022

Hello Friendship Terrace Family!

April is known for **Stress Awareness month**. Stress Awareness month has been recognized every year since 1992. We all experience stress whether it may be positive (called eustress) or negative (called distress). You are probably asking yourself right now, what is positive stress you may ask? Some examples of positive stress are starting a new job, moving, buying a house etc. There are different ways to cope with stress, due to stress being a physical, mental, or emotional strain/tension. Though there are many ways to manage the stress that is in your life, such as:

- **Taking care of yourself:** eating healthy, exercising regularly, get plenty of rest and give yourself breaks if need be
- **Discussing your issues/problems with someone trusted:** taking out your issues/problems can be a great way to get pressure off you or release your negative stress
- **Recognizing you need more help:** know when to talk with a social worker, psychologist, or counselor if things worsen or get out of control

SPRING HAS SPRUNG!
Your Service Coordinator
Saja Hogans



Seabury  at Friendship Terrace
Senior Living



Health Corner



April 1, 2022
11am—5th Floor Lounge

Fun Fitness w/ Saja



April 4th & 11st
11am— In-Person & Zoom

ALL ACTIVITIES CAN BE
JOINED VIRTUALLY ON ZOOM:
Zoom ID: 588 529 4839
Call in info: 301-715-8592

Coffee Chat w/ Saja & Rahell



April 20, 2022
11am— 2nd Floor Lounge

United Health Care



April 7, 2022
1:30pm— 5th Floor Lounge

Health Providers Corner

Providers see residents in the
Wellness Center, 1st Floor

Podiatrist: Dr. D'Wayne Tupper

April 1, 2022

**House Calls & By appointments
only**



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

Spring is finally here!

Spring is my personal favorite season; There's just something so rejuvenating about spring. Whether it's the birds chirping, flowers or sunshine, spring does wonders for my soul. As the fresh buds turn to blooms, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. Springtime is typically also a favorite season for seniors because they have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance our quality of life. As we all shake off another winter, it's spring cleaning season once again. We all know how important a clean and clutter-free home and community can be, for safety and aesthetically. With yearly spring cleaning, we can improve the safety of your home by eliminating hazards.

With all that in mind, here are 5 tips to make your spring cleaning easy:

1. Have a Plan; make a checklist of the areas you want to address
2. Invite Other Family or Friends to Help; cleaning as a team makes spring cleaning easier and faster
4. Go After Clutter First; organize items and get rid of stuff you no longer use
5. Throw Out Expired Items; do a thorough cleaning of your medicine cabinets and food storage cabinets

How will you "Spring" into Action at this beautiful time of year? Is it time for a new dress, pants or shirts that make us feel good when we put them on? Will you join an exercise class? Perhaps you've thought of a project to start or a club to join? Spring is a great time to start new beginnings. At Friendship Terrace, the choices are endless. Make sure to check out our Monthly calendar to see if there are any new activities you would like to join this month! Take time this month to get involved in a new activity and meet a friend or two. You will be glad you did!

Speaking of Spring, our taste buds tend to change along with the spring weather. You will begin to notice new items on our spring menus that may not have been served during the fall/winter months. Is there a special food or entrée that you would like to see us add to our menus? Maybe there is something that you would like for us to serve more often... or less often. Please make sure to utilize our Happy or Not machine located in the dining room and give us your feedback. Our goal continues to be that we make your dining experience the very best it can be. I look forward to see you all at our next Terrace Talks, on Friday, April 30th at 2pm in the dining room.

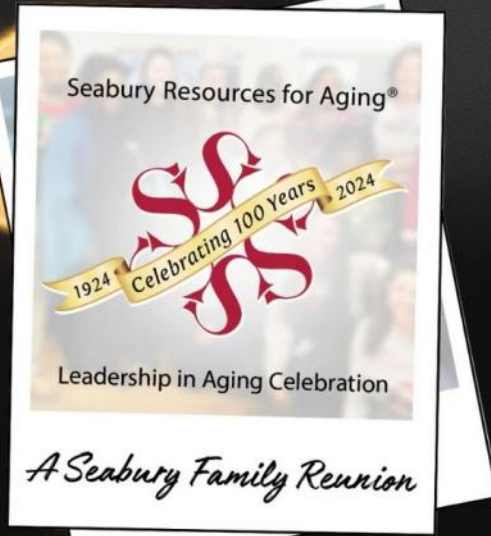
May you all enjoy the many blessings that April has to offer you!

Semira Negasi,
Executive Director



Leadership in Aging

THURSDAY, MAY 19, 2022 6-8PM | EATON DC



Gather together with friends and new faces as we share stories of Seabury's nearly 100 year history! Enjoy heavy hors d'oeuvres & cocktails during a celebration of Seabury's work in support of local older adults.

HONORING

Mark Bucher, Co-Owner of Medium Rare restaurants & Founder of Feed the Fridge and Community Partner, **United Bank**

Purchase tickets to this important fundraiser at
www.seaburyresources.org/lia
(202) 414-6318

ST. PATRICK'S DAY PHOTOS



ST. PATRICK'S DAY PHOTOS



Easter Word Search

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

Basket
 Bonnet
 Bunny
 Candy
 Chicks
 Chocolate
 Daffodil
 Decorate
 Ducks



Dye
 Easter
 Egg Hunt
 Eggs
 Family
 Flowers
 Grass
 Happy
 Jellybeans

Lily
 Parade
 Peeps
 Rabbit
 Spring
 Sunday
 Tradition
 Tulips



HOW MANY MORE “HIDDEN FIGURES” IN VIRGINIA THAT WE WILL EVENTUALLY DISCOVER?

If you have become dependent on your GPS to reliably get you from point A to point B in these United States, don't hesitate to thank the Good Lord for sending us a brilliant African American, **Dr. Gladys Brown West**.

Dr. West was born and raised in the rural community of Sutherland, Virginia, in the equally unknown county of Dinwiddie. Not unlike ex-enslaved people throughout the south, Blacks did what they could to get an education. In rural Sutherland, they pooled their meager resources and built a one-room schoolhouse, which they named Butterwood Road School. Their books were those discarded by white students – usually marked up and with missing pages. The students were taught reading, writing, and arithmetic from first through seventh grades – all in one room and all by one teacher. There was no transportation and many of the students had to walk as many as five miles to attend. Such was the initial educational background of the woman who would revolutionize travel for the entire universe.

Even though more than five billion people throughout the world are beneficiaries of her genius, essentially none has even heard her name, let alone know her history. This is beyond shameful!

This is not to say that Dr. West has not received a modicum of public recognition, mostly locally and mostly in the form of personal recognition, such as inductions into various Halls of Fame. To me, this is not even remotely acceptable!

When that august Naval Proving Ground research center in Dahlgren, Virginia amassed an impressive corps of mathematical and scientific geniuses, Dr. West was not initially on their radar. However, it seems that after she was thoroughly vetted, that agency vigorously recruited her, wooing her from her teaching job by doubling her current salary and hiring her “sight unseen”, meaning without even interviewing her. Such was their confidence that this young African American woman, only in her mid-20’s, could significantly assist these highly qualified researchers, practically all white men, in the formidable segregated south.

It seems that the team was on the verge of creating a GPS but was stymied. There was one essential problem that this corps of brilliant minds was unable to solve. Dr. Gladys Mae Brown West could and did and, lo and behold, we got our GPS!

Even though getting a man/woman to the moon and back and creating satellites that circle the out of space are impressive, it seems to me that they are outclassed by a system as useful as the GPS. Dr. West’s name should echo throughout every household in the world because the GPS has become just that indispensable.

My hope is that a full-length biographical movie be made to inform the world that we owe tremendous gratitude to a woman whose humble beginnings did not prevent her from making it possible for everyone throughout the world get from point A to point B, regardless of the starting point.

By: Dr. Gilbert Lancelot Raiford

IN THE SPOTLIGHT PAGE



The Notable Joyce Strong



“What a wonderful day Feb. 3 1937.” That was the day Joyce Strong was born to Andrew Brown and Viola Brown in Northwest Washington DC. At that time, little did Joyce know that she would go on be employed with and retiring from Safeway Stores. Inc.

On her way to a stellar career with Safeway, Joyce had the opportunity to attend Armstrong High School, in Washinton, DC which was known to graduate highly skilled workers during the era of school segregation.

Armstong was also the school that graduated Joyce’s friend Willie Wood, who became an all-pro player with the renowned Green Bay Packers and was ultimately inducted into the prestigious National Football League’s Hall of Fame.

As an adult, Joyce Strong travelled the world with her thirteen flirtatious, female friends. They embarked upon thirteen thrilling cruises and visited such pleasant places as: Greece, Mexico, Venezuela, Aruba, Antigua and others.

Now retired, Joyce has resided at Friendship Terrace for the past seven years. While at Friendship Terrace, Joyce excitingly and engagingly enjoys the camaraderie that exists and she urges other residents to become involved in the avalanche of activities available at Friendship Terrace, especially the Friendship Terrace Resident Association meetings.

It is also no secret that Joyce is thrilled over the fact that she and her late husband Donald Strong, who has been laid to rest at the Arlington National Cemetery, produced a charming, cohesive, collaborating family consisting of; three caring adult daughters; ten adult grandchildren all of whom completed college; and twenty rambunctious, inquisitive great grandchildren who are highly curious about their grandmother's captivating, charismatic past.

It is also expressed by many, that Joyce Strong is an appreciative addition to the fabulous Friendship Terrace family. Kudos to Joyce Strong!

By: Buddy Moore



FTRA PAGE

FTRA NEWS & NOTES!

I am going to make a few changes in how I am writing New and Notes. Last night when I was about to start writing a friend suggested that I was discouraging people from coming to my meeting by writing the minutes in the newsletter. Here is what I am going to do now.

It is Election Season folks, not only in the country, but right here at Friendship Terrace.

Right now we have to fill out our Election Committee. This committee makes up the ballot for the General Meeting and the absentee ballot. The shape of these ballots is well known. We need to have five members total, currently we only have three.

Of the three we have two who volunteered at our February Council Meeting. They have lived at Friendship Terrace a long time and know how things are done. Three of the five will participate and help. The Election Committee exists until the June 13th General Meeting.

Why should you help run the election? We have to stay active so we can enjoy life. Running this election is a wonderful way to meet people. Between the absentee ballot and the General Meeting, you will be meeting and greeting many of our residents. You don't even have to leave the building.

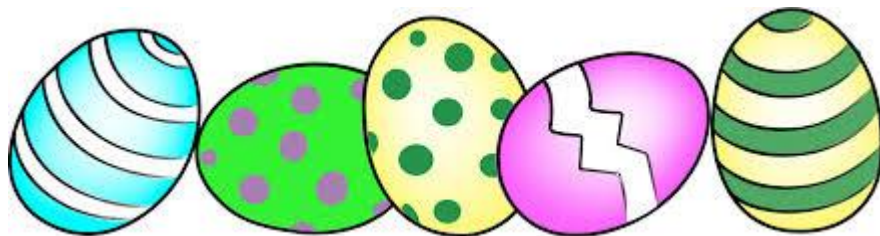
Upcoming Meetings:

Council Meeting, Monday -4/4/2022

The next Book Buzz will be, Wednesday-4/27/2022

Warm wishes !

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
Steven Arias	Maintenance Director	Sarias@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