

# FACES OF FRIENDSHIP

JANUARY 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.*





December 27<sup>th</sup>, 2021

Dear Residents and Families,

At Seabury at Friendship Terrace, the health of our residents, our staff and all visitors to our community is our top priority. In light of the new CDC's updates regarding the Omicron variant and the current and expected surge in coronavirus (COVID-19) cases in the coming days to weeks, we are implementing additional safety measures to prevent the spread of the virus. These measures include:

- **Staggered in-office work schedules for team members**
- **Even more frequent, extensive cleaning of all common areas, door handles, rails, elevators, etc.**
- **A reduction in face-to-face meetings**
- **Cancelation of all in-person activities**
- **Scheduled activities, such as exercise programs, religious, education programs, Terrace Talks, etc. will resume virtually (if available)**
- **The dining room will be closed for in-person dining effective December 28<sup>th</sup>, 2021. All meals will be delivered by our dining room team members**
- **Work orders will only be serviced if it is an emergency at this time, to limit in-person contact**

Please note that our staff are equipped to meet by video or teleconference. Please do not hesitate to ask us to arrange virtual meetings for you while we are limiting the number of visitors to the administration office. You may still reach any staff member during regular office hours by calling (202) 244-7400.

At this time, we are asking that only Essential Visitors come to visit your apartment. Essential visitors would be caregivers, medical personnel, aides etc. We will continue to require all visitors to comply with our Covid-19 screening prior to entering our facilities. We are also asking that those who have had upper respiratory illness symptoms such as sore throat, cough, fever or shortness of breath to make use of the remote meeting options available to us.

We continue to plan for the safety of our Friendship Terrace residents and staff. We are taking the recommendations of the local, state and Federal health officials very seriously. As we have done previously during the pandemic, we will continue to work for our residents and provide the best services we can. As the news about the surge in the spread of the Omicron Variant reverberates throughout the world, our thoughts are with those impacted both globally and in the United States, as well as our local DC community. Please do not hesitate to contact me if you have any questions or concerns and let me know how we can be of further assistance.

Very truly yours,

Semira Negasi

Executive Director

Seabury at Friendship Terrace

# Year in Review







# JANUARY BIRTHDAYS

**Birthstone: Garnet Flower: Carnation Zodiac: Capricorn/ Aquarius**

Boston, Caroline	1/02	Rio, Elena	1/15
Seitz, John	1/03	Simpson, Jane	1/16
Spence, Helen	1/03	Richardson, Vernell	1/17
Tesfai, GiGi	1/05	Snoots, Theodore	1/20
Moore, Susana	1/05	Garrette, Juliette	1/26
Harvey, Wilma	1/08	Wright, Demetrius	1/27
Britt, Muriel	1/13	Stevanus, Phyllis	1/27
Raiford, Mildred	1/13	Gage, Vance	1/28
Coleman, Melton	1/15	Lee, Wah	1/30



## 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)

# Year in Review



# From the Service Coordinator

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

JANUARY 2022

Happy New Year Friendship Terrace Family!

The month we will be having a virtual presentation on “Fraud and Scam Prevention” given by our friend at AARP and Legal Counsel for the Elderly. Please be on the lookout for all notices that will be posted on your doors for the date, time, and how to log on. I hope all of you will join us, you do not want to miss this very important information. In the meantime, look over these tips and don't fall for any of the tricks!

What You Can Do to Avoid a Scam

- 1.) Block unwanted calls and text messages.
- 2.) Don't give your personal or financial information in response to a request that you didn't expect.
- 3.) Resist the pressure to act immediately
- 4.) Know how scammers tell you to pay
- 5.) Stop and talk to someone you trust immediately– call a family member or Service Coordinator to assist you.

Stay Safe!

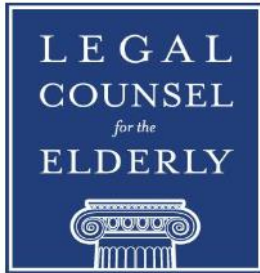
Rahell Negash – Service Coordinator :)



Seabury  at Friendship Terrace  
Senior Living



Fraud & Scam Prevention w/ AARP  
& Legal Counsel for the Elderly



January– TBD

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

Coffee Chat/ Angel Amongst Us  
w/ Rahell & Saja



January 19, 2022- 11am

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

Health Corner



January 4, 2022- 11am

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



### Health Providers Corner

#### Blood Pressure Check

For January has been **Canceled**

**ALL ACTIVITIES CAN BE JOINED VIRTUALLY ON ZOOM:**

**Zoom ID: 588 529 4839**

**Call in info: 301-715-8592**



**STOP THE SPREAD OF CORONAVIRUS (COVID-19)**



**PLEASE WASH HANDS FOR 20 SECONDS**



#### 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

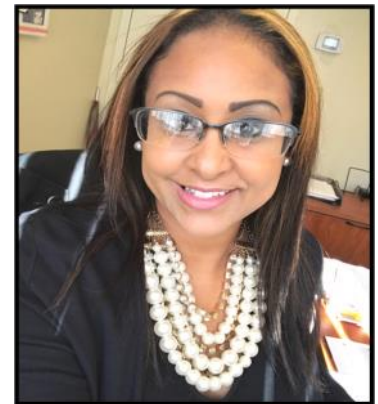
What a year it has been, literally like no other! I am proud to say that we have all faced the challenges of the COVID -19 pandemic together with grace. Through it all, essential services have continued including meal programs, social, educational and religious programming, and outreach work. We have enjoyed social distanced events together such as movie nights, dinner parties, townhall programs and much more together. Connecting with each other has brought a great sense of joy and meaning to our lives.

Well known author C.S. Lewis once said, "You are never too old to set another goal or to dream a new dream." Now that 2022 is upon us, it's a good time to reflect on what goals you want to accomplish this year and what dreams need to be fueled with more hope and motivation. At Seabury at Friendship Terrace, our residents continue to Bless us every day with great stories of their lives that are so rich with adventure and fearless determination. Whether a long-term or a brand-new resident, it is our joy and commitment to serve you with the best service, but also with quality-of-life experiences that meet your needs, values your past, and honors future potential. Engaging our residents with mental, social, and physical activities fosters a positive outlook to the promise of new adventures, goals, and dreams in this new year of 2022.

Our staff wishes you happiness and health during the New Year.

As we reflect on so many memories made from this past year, we have much to be thankful for. In this transition to a new year, our commitment to excellence remains a top priority and we could not accomplish this without the tremendous team of employees at Friendship Terrace that are committed to providing the best in customer service. To our wonderful residents, we are so thankful for you! On behalf of everyone at Friendship Terrace, I would like to say that it has been an honor and pleasure to serve you and we look forward to celebrating 2022 together.

Semira Negasi,  
Executive Director





# Wishing You A Happy & Healthy New Year



**Join Engaging Activities!**  
Social engagement is associated with improved health outcomes.

NIH, August 2020

Seabury offers over 250 monthly virtual activities!

**Connect with Friends**  
Maintaining a larger social network can increase brain function. Call up a friend or set up a video chat with family!

AARP, February 2017

**Stay active**  
Exercise has many physical health benefits and can also reduce stress and anxiety!

Virtual Yoga classes are offered weekly!

National Institute on Aging, April 2020

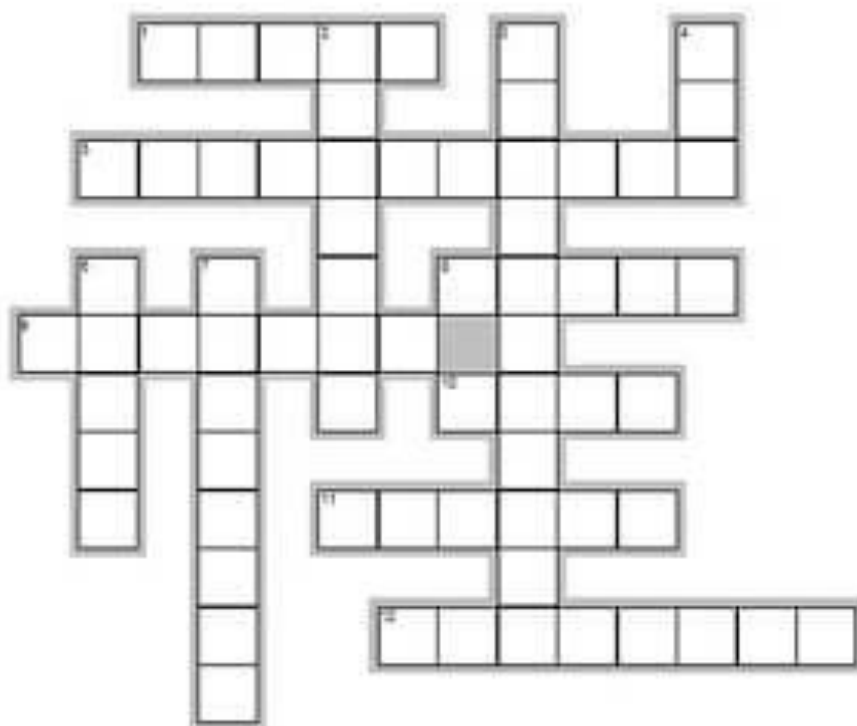
**Eat Healthy**  
Balance food groups and try new things! Experiment with different spices or alternate protein sources. And don't forget to drink water!

National Council on Aging, June 2020



## Martin Luther King, Jr. Crossword

Dr. Martin Luther King, Jr. was born on January 15, 1929. Test your knowledge of the life and work of this important leader as you complete this crossword.



## Across

1. MLK, Jr's most famous speech: "I Have a \_\_\_\_"
5. Name of the movement that sought to extend full equality to blacks (2 words)
8. MLK, Jr. held a large march in 1965 from here to Montgomery
9. His wife's first name
10. He was sometimes arrested and sent here.
11. These laws once kept blacks from casting ballots
12. MLK, Jr's profession

## Down

2. City of his birth
3. The practice of separating races that he sought to end
4. He led boycotts of this method of transportation.
6. He won this peace prize in 1964.
7. He worked to bring equality through \_\_ means.





## JANUARY VIRTUAL **ACTIVITIES**

Jan 4th	11:00 AM	Health Corner w/ Saja
Jan 8th	10:00AM	Sticks & Stitches Zoom ID: 893 5162 7765 Passcode: 894028
Jan 10th	1:00 PM	Tenleytown Book Club Zoom ID: 850 4576 8640 Password: Passing
Jan 13th	12:00 PM	BINGO w/ Cindy
Jan-TBD	TBD	AARP & Legal Counsel for the Elderly
Jan 19th	11:00 PM	Coffee Chat/ Angels Amongst Us

You can join any of the activities listed above by video also activities will be shared as they are scheduled

ZOOM ID: 588 529 4839 or call in at 301-715-8592

Art History Lecture class-TBD, Tenleytown Book Club & Sticks in Stitches class info is located above.

## SHORT STORY PAGE

### **YOU ONLY GET ONE BITE OF THE APPLE**

Mr. E. had just turned 15 when a judge in Miami sentenced him to “life in prison, without parole”. This is his story:

Mr. E. was six years old and the 7<sup>th</sup> child of a family of 12 children, when he was sent to live with his aunt and uncle and he flourished, making good grades in school and generally behaving himself. Unfortunately, that was not to last:

Both aunt and uncle died when Mr. E. 12 years old. He was sent to live with his oldest sister and her boyfriend, a certified drug addict. A couple of days after his 15<sup>th</sup> birthday, the addict enticed the adolescent to accompany him to a housing project where the addict robbed a man of his social security benefits. The man had a heart attack and died, elevating the crime of robbery to one of first-degree murder. The judge made no distinction between the adult addict and the juvenile, giving them the same sentence.

Now, this is how I got involved: Mr. E. had two older brothers who were avid card-players. I meet them at the community center where I was also a card player. Less than two weeks after meeting them, they practically begged me to go home with them to meet their mother, a very strange request coming from teenagers! I was very curious and went to meet her. She told me the story that I have just told me. She was resigned to the reality that her inmate son would spend the rest of his life behind bars, but she would be satisfied if I would just write to him. That was not a very demanding request.

I thought that Mr. E. would be interested in knowing what his siblings were doing since none of them was writing to him. I interviewed those that I could find and wrote Mr. E. a very long letter. Within days I received a response letter from him. It was an extremely well-written letter. He was now 29 years old. He had taken correspondence courses and had received an AA degree. He sent me copies of certificates that showed that he was state certified in five professions, including ship radar technology and paralegal. Even so, like his mother, he was resigned to spending the rest of his life behind bars. I was not!

I thought that if I could write a convincing psychosocial report and could get the judge to amend her order there would be a pretty good chance of getting him out. The Department of Correction agreed to my request to have full access to the prison. So, I moved into a motel near the prison and for two weeks I went in everyday to interview anyone who could help me create a convincing profile of the inmate. These included the warden and his assistant; the classification officer; the librarian, the chaplain; other inmates; etc. I felt good about what I had written, but I would still need the participation of the judge. She had retired and was no longer in Miami!

## SHORT STORY PAGE

I was able to trace her to a little farm in North Carolina. I found her telephone number, called her, and she agreed to see me. I mailed her a copy of the report and a week later I flew to N.C., with an affidavit for her to sign, indicating that she was rescinding the “without parole” clause.

I contacted a lawyer friend of mine and he agreed to come with me to Tallahassee for the parole hearing. Prior to the hearing, I had sent each commissioner a copy of the report.

When I gave this updated information to Mr. E. he was elated! He said that he had made a little money doing legal documents for inmates and he insisted on paying for our airline tickets, two hotel rooms, and paying for our meals for a day. Both the lawyer and I tried to convince him that we could afford to bear our own expenses. Our protest did not deter him.

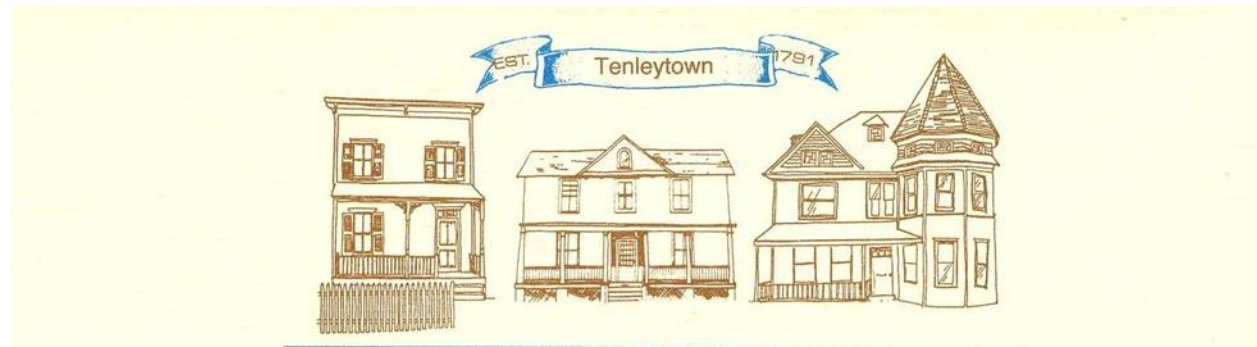
The Parole Commission was duly impressed and agreed to parole Mr. E. He was sent to a transition facility in Miami where he was hired out as a dishwasher; this in disregards to the fact that I had already secured a job for him with ACLU where he would be a paralegal, with a beginning salary of \$20. per hour as opposed to the \$6.00 per hour which was his dishwasher salary. The local authorities refused to permit him to take this job, which forced me to return to Tallahassee to get an overrule.

I knew that I had to thoroughly orient Mr. E. regarding the precarious nature of his parole. I explained that you only get one bite of the apple. A single violation would return him to prison where he could expect to live the rest of his life.

Mr. E. hit the road running, as they say. From day one, the agency was able to see not only his great work ethic, but his high intelligence and efficiency as well. Within a week, he was given a secretary and before the month was out, he was given an agency credit card. Before the year was out, Mr. E. was traveling around the state as an official representative of ACLU. In fact, he was the lead employee in charge of fighting for the restoration rights of ex-felons.

For the next five years, things were looking up for this parolee: He bought his mother a better house and moved in with her, taking custodial care of her during the last two years of her life: He found a girlfriend and fathered a child and set the date for marriage: He acquired a bachelor's and was two courses away from getting his Master's. Then, the bottom fell out, so to speak. Going home from his job one night, he was stopped by a group of policemen. They wanted to search his car. He made the mistake of trying to explain to them his constitutional rights. He was viciously beaten and arrested on the charge of “Resisting arrest.” He sat in the city jail for two years, never going to trial. He was told that if he pled guilty, the charges would be dropped. He did and they were, but he was retained because of the parole. The guilty plea sent him back to prison where he will spend the rest of his life. You only get one bite of the apple.

By Gilbert Lancelot Raiford 12/28/21



[www.tenleytownhistoricalsociety.org](http://www.tenleytownhistoricalsociety.org)

January 2022

Dear Members and Friends,

This has been another unusual and challenging year. There were times when it looked as if covid was retreating and that we might consider in person gatherings but with the appearance of yet another variant it looks as if such planning is premature. **Zoom is our new best friend!** With that in mind, we will be looking for program opportunities that can be experienced on zoom or if in person in settings where social distancing is possible along with masks.

Despite the pandemic, we have continued to follow community events that impact our local history.

Chesapeake House – we stay in touch with the National Park Service and restoration plans are inching forward. UIP, the developer who will be doing the restoration, recently was on site gathering more information. NPS is hoping to receive a construction schedule soon – but not until after the holidays.

Chesapeake House garden - once again this year Ray Natter worked his magic and the garden display was one of the best ever.





## TENLEYTOWN HISTORICAL SOCIETY

Reno Exhibit – most of the exhibit was removed pre-pandemic to make space for additional student lockers as enrollment had increased dramatically. During the 2020-21 academic year, no one could work in the building so plans for reinstallation were on hold. From time to time THS checked with Deal Middle School's administration and this fall we were contacted by a co-president of the Alice Deal Community Association (ADCA), the parent volunteer organization. The ADCA is working with the school administration on getting the exhibit reinstalled – most likely in the auditorium. We have met with a representative from the firm that fabricated and installed the exhibit and are waiting for an estimate on necessary repairs some of the panels were damaged when they were removed from their original location – and reinstallation. Once the estimate is in hand, how the project will be funded – whether from ADCA funds, DC Public Schools, grant through CM Cheh's office or a combination – will be the next step. We believe the exhibit is a valuable resource and will be following developments.

Under Oak – the Buchanan estate located at the corner of Nebraska Avenue and Van Ness Street

You may recognize the cupola in this picture – it is in the corner of the estate and visible from Van Ness Street at Nebraska.



The tumult of the past year and some has been reflected in the extended discussions at ANC3E meetings among River School representatives, ANC commissioners and citizens about River School's proposal for moving the school to Under Oak. ANC3E commissioners voted 4-1 against supporting the school's plans for the site. The BZA, though, voted unanimously, 5-0, in favor of the school's application. Throughout the sometimes heated discussions, the school maintained its commitment to work with its neighbors to address their concerns. Under Oak is an historic property, one deserving of preservation. THS is pleased that River School has committed to retaining and honoring the history of the site and to nominating it to the DC Inventory of Historic Sites. Bureaucracy moves very slowly so it will likely be a while before we begin to see changes at Under Oak.

### Tenleytown Heritage Trail

We are undertaking a formal review of the Trail. We believe one sign is missing and we want to ascertain whether others have suffered damage requiring repair. In the last year several signs that had graffiti were cleaned. It was our understanding when the trail was installed that damage would be repaired by DDOT for a period of ten years. That period has ended and it is unclear at this point whether or not DDOT will continue to cover repair/replacement costs.

American University Archives – located on Massachusetts Avenue in Spring Valley in the building formerly occupied by AU's law school.

In the last few years we have begun turning over research materials held in board members' homes to the AU Archives where they will become accessible to researchers. This year we delivered Judith Helm's materials, bequeathed to THS, to AU.

Local History Collection at Tenley Friendship Library – we have some exciting news about one item in the collection – a history of Wilson High School created by its alumni association.

The history was on a disk and thanks to library associate Carol Auerbach, it is now available digitally. <https://app.box.com/s/dd4wtlry71emdfyvbvi2ci9w2ygh5h3/file/874137937944>

The school's name will be changing in the new year and when it does, THS will make the necessary corrections on our website.

2021 programming – Board member Farleigh Earhart has been busy sharing local history with walking tours and a zoom program. In September she led a tour, Tenleytown South by Southwest, as part of Cultural Tourism's Walking Town DC program and in November as part of Tenleytown Main Street's Winterfest, Farleigh highlighted Tenleytown's Arts and Crafts examples. THS was invited by the National Presbyterian Church to present a program via zoom on the work of THS and Tenleytown history as part of its senior adult programming series and Farleigh agreed to do that. That program is now available on line <https://nationalpres.org/connect/adult-fellowship/> and click on the November 22, 2021 program.

As we look ahead to 2022, we expect that covid limitations will continue to have a negative impact on in person programming – at least in confined interior spaces. We will be looking into using zoom to present one or more programs and at in-person events that are in larger spaces that permit distancing. And we hope that by spring, covid and its multiple variants will be in decline so that we can belatedly celebrate Armesleigh Park's 100<sup>th</sup> anniversary with a house and garden tour.

On our 2022 to do list is an update of our website. Technology has changed and so must our website. That will be an ongoing project and will take some time.

Again this year we have decided to forego annual dues but we are always grateful for contributions which can be made on line by credit card at <https://tenleytown-historical-society.square.site/> or by check payable to Tenleytown Historical Society and mailed to 5332 42<sup>nd</sup> Street, NW, Washington, DC 20015.

We send you holiday greetings and wishes for a happy new year – with a special wish that we may safely gather in person in 2022.

Farleigh Earhart

Carolyn Long

Jane Waldmann



## FTRA PAGE

### FTRA NEWS & NOTES!

Hi all. Happy New Year! I hope it's sweet!

FTRA had the general meeting on December 13, 2021 in the dining room. There were 36 members present-- a quorum. Elected officers present were: Gail Lelyveld. Buddy Moore, Mildred Raiford, Marka Bianchi, and Marina Buhler-Miko.

The first order of business was to give awards to residents who have made extraordinary contributions to the Friendship Terrace community. Recipients were: Susannah Moore, Gil Raiford, Muriel Britt, Magnolia Whetstone, Rita Piester, Dorothy Kodka, Joan Ludden, and FTRA former president, Helen Spence.

The minutes and treasurer's report were given and accepted. The president gave the corresponding secretary's report of residents who were sick: Eric Golden, Louise Pearson, and Helen Spence.

Portia Stewart gave reports for the Greenhouse and Hospitality Committees. The greenhouse needs revamping, and the Hospitality Committee has put together a new welcome packet.

Marina Buhler-Miko opened a discussion of the plan for an exercise facility: She made motions related to the exercise facility: The first was based on a proposal passed by the FTRA Executive Committee. A copy of the proposal was provided to all members who were present. It passed unanimously.

Larry Cartwright moved that all FTRA officers provide written copies of their reports to attendees at meetings, and that FTRA buy a new, reliable sound system for no more than \$300.00. Both motions passed.

*All FTRA meetings & in-person activities has been canceled until further notice due to the spread of the Omicron Variant. We ask that you continue to socially distance , wear mask and keep your hands washed.*

Happy 2022!  
Gail Lelyveld, President, FTRA



# 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>
Tawanda Jackson	Assistant Community Manager	<a href="mailto:Tjackson@seaburyresources.org">Tjackson@seaburyresources.org</a>
Mary Toussaint	Executive Assistant	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Steven Arias	Maintenance Director	<a href="mailto:Sarias@seaburyresources.org">Sarias@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Saja Hogans	Service Coordinator	<a href="mailto:Shogans@seaburyresources.org">Shogans@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Shanice Lyles	Food Service Director	<a href="mailto:Shanice.Lyles@sodexo.com">Shanice.Lyles@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