

FACES OF FRIENDSHIP

MARCH 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.



MARCH 2022 VIRTUAL

ACTIVITIES

| | | |
|------------|---------|---|
| March 14th | 11:00AM | Fun Fitness w/ Saja |
| March 12th | 10:00AM | Sticks & Stitches Zoom ID: 893 5162 7765 Passcode: 894028 |
| March 22nd | 11:00AM | Fun Fitness w/ Saja |
| March 3rd | 11:00AM | Art History Lectures with Joanne Virtually -every Thursday Email drjoanneallen@gmail.com for more details |

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 & Sticks in Stitches class info is
located above.**



PUZZLE PAGE

St. Patrick's Day



Find the words on the list in the word search below!

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



CLOVER
IRISH
SHAMROCK
WISH

GOLD
EMERALD
MARCH
POT

LEPRECHAUN
LUCKY
RAINBOW
IRELAND

GREEN
PATRICK
CHARM
MAGIC



COPYRIGHT | SPY FABULOUS





MARCH BIRTHDAYS

Birthstone: Aquamarine **Flower:** Daffodil **Zodiac:** Pisces/ Aries

| | | | |
|----------------------|------|----------------|------|
| Feinburg, Robert | 3/02 | Kelly, E | 3/17 |
| Mehari, Fessahaye | 3/08 | Raggin, Johnny | 3/18 |
| DeValoy, Cornelia | 3/13 | Canney, Marie | 3/28 |
| Grant, Robert | 3/13 | | |
| Jackson, Fannie Mae | 3/13 | | |
| Brockington, Mary | 3/14 | | |
| Smith, Ellen | 3/15 | | |
| Whettstone, Magnolia | 3/15 | | |



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



Mardi Gras Word Search



Directions: The words are hidden vertically and horizontally.

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

Word Box:

- | | | |
|-------------|--------|--------|
| New Orleans | Lent | green |
| Louisiana | mask | gold |
| Tuesday | parade | purple |
| carnival | float | music |
| costume | beads | bands |



From the Service Coordinator

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

MARCH 2022

Hello & Happy March Friendship Terrace Family!

The month of March is full of excitement for us here at Friendship Terrace! March 1, 2022, marks the day that our building will be reopening all the common areas ...yay!! Come join us in the dining room between the hours of 10:30am-11:30am for the \$3 grab and go Fat Tuesday Pancake fundraiser.

On Friday, March 4, 2022, we will have Terp Tax in the building to do tax prep at no cost to our residents. Don't miss out on this great opportunity, sign up at the front desk. With that being said, we can't wait to see you all getting out, being social and during dinner services & please continue to practice safety measures.

See you all soon
Rahell – Service Coordinator



Fat Tuesday Fundraiser



March 1, 2022
10am– 11am
Dining Room

Mardi Gras beads will be given

Fun Fitness w/ Saja



March 14th & 21st
11am– 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



March 16, 2022
11am– 2nd Floor Lounge

Tax Clinic



March 4, 2022
10am– 5th Floor Lounge

Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor

Blood Pressure Clinic:

March 17, 2022

10am—Wellness Center

Podiatrist Meet & Greet

March 18, 2022

1pm– 2nd Floor Lounge



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

Dear Residents and Families,

We had an eventful February! In light of our building slowly opening back up, we look forward to planning more in person activities this month so that we can all get together and enjoy each other's good company.

With the warmer weather coming upon us, I would like to encourage residents to take advantage of the beautiful days, get outdoors, take a walk, and stay active and healthy.

"To enjoy the glow of good health, you must exercise." —Gene Tunney

"Calm mind brings inner strength and self-confidence, so that's very important for good health." —Dalai Lama

This month we will change all air filters, recharge smoke detector batteries and complete our semi-annual apartment inspections. As a reminder, the Maintenance Staff at Friendship Terrace takes great pride in responding to your service needs. When it comes to changing lightbulbs or filters, plunging toilets, repairing your appliances, addressing your plumbing, heating and air conditioning concerns, Steven and his maintenance staff are happy to take care of your work order requests! Please be reminded that all work order requests are to be placed at the Front Desk either by phone or in person. All work orders are entered and tracked in our computer system and reporting to the Front Desk is the first step in this process.

A special thank you to all the residents for attending our monthly Terrace Talks. These are great ways to continue to keep everyone updated with the progress of the building as well as address any concerns or questions you may have for Management. You don't want to miss the next one! Please make sure to join us on Friday, March 25th in the dining room at 2:00pm. As always, we welcome your feedback so that we may provide better service as well as a better living experience at Friendship Terrace.

Respectfully,

Semira Negasi,
Executive Director





SAVE THE DATE

Leadership in Aging

MAY 19, 2022 | EATON DC



SEABURYRESOURCES.ORG

VALENTINE'S DAY PHOTOS

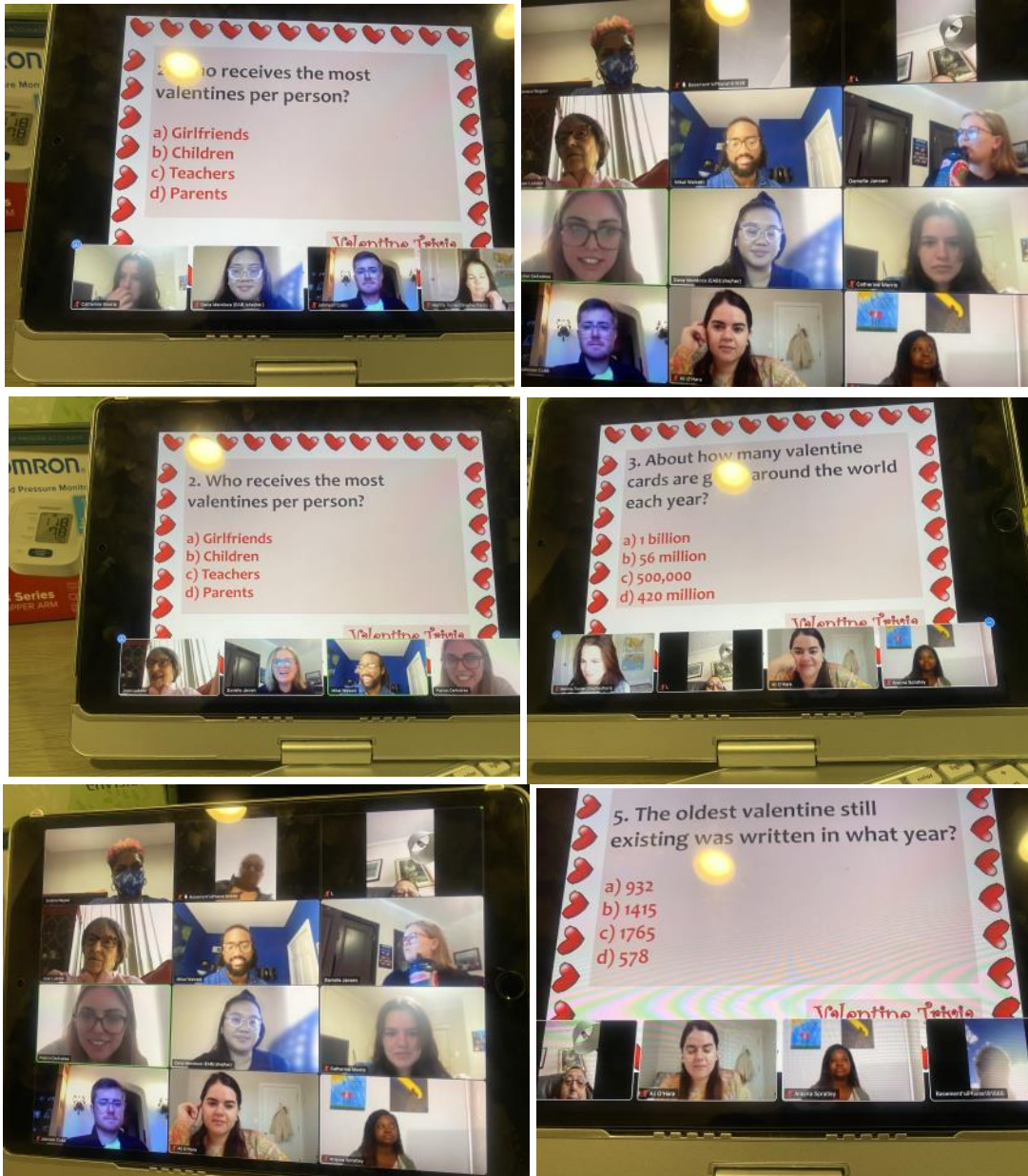


Friendship Terrace would like to thank all of the many volunteers for the lovely Valentine's Day cards. Our volunteers have been through this pandemic with us as they share cards and pen pal letters along with happiness & joy to our seniors.
Thank You!

Schools:

The British International School
 Washington International School
 Stone Ridge School
 Takoma Park Elementary School
 Washington National Cathedral School
 St. Albans for Boys

VALENTINE TRIVIA PHOTOS



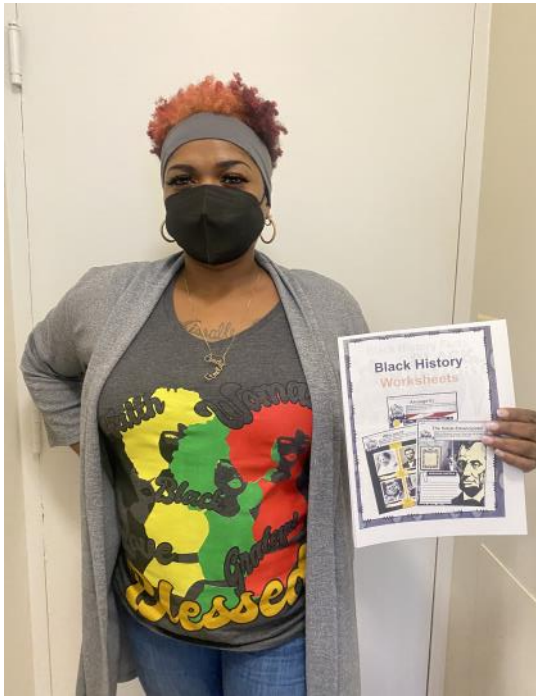
Friendship Terrace had a awesome virtual Valentine Trivia game with Payton DeAndrea and the Partner Development Organization team at EAB (Education Advisory Board) located in the Foggy Bottom area. We Thank All of You!

SPECIAL DELIVERY PHOTOS

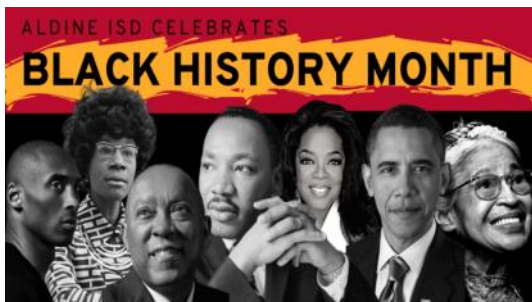


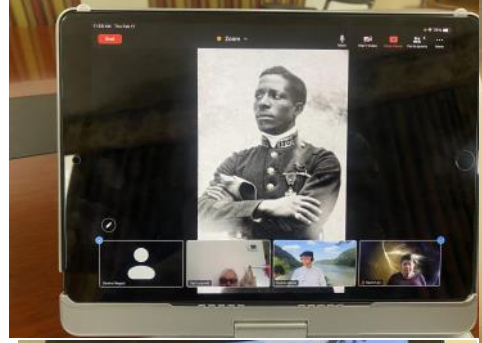
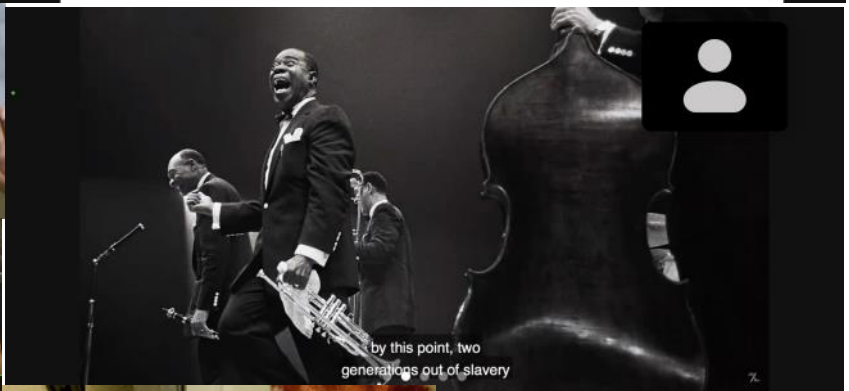
Friendship Terrace has partnered with Tenleytown Main Street for a special lunch to a few of our seniors





Friendship Terrace held it's first virtual Black History Program on Zoom. In honor of Black History Month our very own Activity Director Cindy Brockington wore Black History shirts throughout the month of February to help celebrate .





SHORT STORY PAGE

The almighty Apron

For all of us who grew up in the country back in the day, as the young folks say, this is a vivid reminder of the “good ole days”. Also, as they say, “old times gone but not forgotten”.

This is only one....

The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and ..on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.



SHORT STORY PAGE

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Send this to those who would know (and love) the story about Grandma's aprons.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron.

*I don't think I ever caught anything from an apron - but love...
Have a blessed day!*

By, Gilbert Lancelot Raiford

FTRA PAGE

FTRA NEWS & NOTES!

The 2/7/2022 Council Meeting came to order at 7:03 on Zoom. In attendance were Gail Lelyveld, Buddy Moore, Marka Bianchi, Jane Simpson, and Marina Buhler-Miko. Louise Pearson, Eric Golden, and Mildred Raiford were absent. The minutes were not read. The Treasurer's report was read and approved. Friendship Terrace will be opening back up March 1st, Hurrah! Portia Stewart reported that the Hospitality Committee needed volunteers.

Old Business;

There was a question about how residents could watch TV in the 5th floor lounge if FTRA stopped paying for cable. We would also have to order a new cable box. The answer will be forthcoming at the next Council Meeting. At the last Council Meeting we discussed a Dining Room Committee. We found some volunteers this time. Originally we were going around 2/15, but that didn't happen. We think we will make an appointment after March 1.

New Business:

Now it is time to talk election. I asked for volunteers for the Nominating Committee and the Election Committee from Council Members who were not running for office; so we could start working on our June election in case we didn't really open on March 1. We would love to have some of you volunteer for these committees at the General Meeting on March 14, assuming it is in person. That's the end of my report. Have a blessed Spring!

Upcoming Meetings:

Council Meeting, Monday -3/7/2022

General Meeting, Monday-3/14/2022

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 |