

FACES OF FRIENDSHIP

JULY 2024



IN THIS ISSUE:

Page 1: Cover
Page 2: Photos
Page 3: Photos
Page 4: Humor
Page 5: Birthday/Covid Info
Page 6: House Rules Highlights
Page 7-9: Service Coordinator

Page 10: Administrator Update
Page 11: Seabury
Page 12– 13: Puzzle
Page 14: Puzzle
Page 15-16: In The Spotlight
Page 17: In The Spotlight
Page 18: DACL Info
Page 19: FTRA News



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.



PHOTO PAGE



PHOTO PAGE



Friendship Terrace residents celebrated Pride Month with a fun and colorful Pride party, we enjoyed Father's Day with a ice cream social in our 2nd floor lounge and lastly we all celebrated Juneteenth with coffee chat and birthday party for our **Resident Service Coordinator -Rahell Negash** Special Thank you to Horticulturist **Kaifa Anderson-Hall** for the beautiful floral donations

HUMOR PAGE

*A 4th of July planning tip:
this year throw veggie burgers
on the grill -
and next year,
someone else will
host the cookout.*





JULY BIRTHDAYS

Birthstone: Ruby **Flower:** Larkspur **Zodiac:** Cancer / Leo

Asmelash, Haile	7/01	Schrichte, Lynn	7/18	Valero-Figueira, Eda	7/31
Grant, Gloria	7/03	Wanzer, Tanya	7/18		
Lindsey, Thomas	7/04	McCamey, Keith	7/19		
Smith, Wayne	7/06	Piester, Rita	7/21		
Majarowitz, Sharon	7/12	Mcmanhon, Joanmarie	7/22		
Tutt, Pamela	7/14	Novikoff, Risa	7/24		
Yarbough, Victoria	7/16	Ghazanfari, Seyedjalal	7/27		
Chatman, Joseph	7/17	Freeman, Maxine	7/30		
Bartoszezczewicz, Cecylia	7/18	Puppa, Janet	7/30		
Chesney, Shirley	7/18	Chong, Rak	7/31		



CENTER FOR DISEASE CONTROL INFORMATION

If you have any questions , Friendship Terrace recommends you check out the following resources:

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

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:

9. DRAPES. Resident agrees to use white drapery liners behind all draperies in order to assure uniformity of color throughout the community.

10. BLINDS. All apartments are supplied with vertical blinds in order to assure uniformity of color throughout the community. The Resident is responsible for the care of the blinds and drapes.

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 Executive Director 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

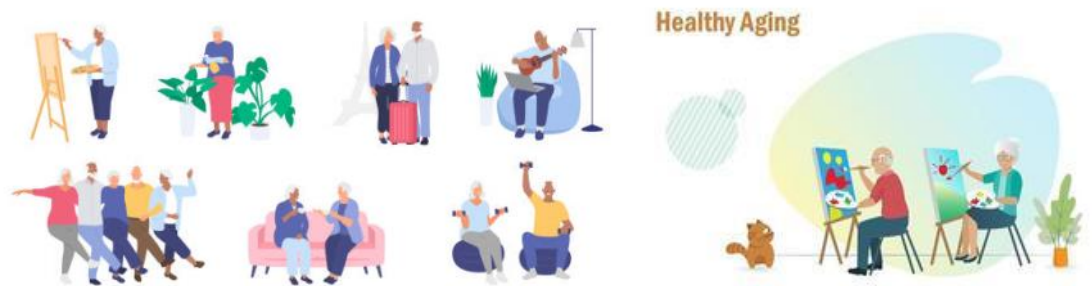
JULY, 2024

Happy July Friendship Terrace family!

Summer is in full swing and we hope everyone is working hard to stay happy and healthy. We encourage you all to come out of your apartments and get active even if only for a short time period. Please make sure to take a look at your activity calendar and listen to your daily robocall to see what activities are happening. We understand every activity will not be a fit for you, but you are bound to enjoy a few if you give them a try. As always, if you have any suggestions for programs or activities that we have not done in a while or you have not seen done before, please let us know.

Stay hydrated, enjoy the sunshine, and cheers to the summer.

From your Service Coordinators
Rahell & Mary



Catholic Mass



**July 5, 2024
2:00pm—3rd Floor Lounge**

Coffee Chat



**July 17, 2024
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**July 18, 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**July 5, 2024
3:30am— 3rd Floor Lounge**

Health Providers Corner



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



It is officially summer, and isn't it hard to believe the year is already half over with? And what a year it has been so far! I would like to encourage everyone to go outdoors to enjoy the sunshine. While many of us delight in the summer heat, please remember that it can pose certain dangers. To stay safe and healthy in sweltering temperatures, remember the following:



- (1) Drink plenty of fluids, especially water. Many heat-related conditions stem from dehydration.
- (2) Dress in light, loose-fitting clothing on hot days to stay comfortable.
- (3) If you begin to experience the symptoms of a heat stroke, such as confusion, a flushed face, and nausea, seek medical help immediately.

According to the CDC, adults over 65 do not adjust as well to changes in temperature. Make sure that you are resting enough, drinking enough, wearing lightweight clothing, and listening to your body for signs of heat stress. The heat isn't always a bad thing; it reminds us to slow down and take our time. Instead of rushing to our next task, we should instead try to be more like a summer afternoon; warm, patient, and restful. There is so much to be seen and enjoyed, if we just choose to be fully present in each moment.

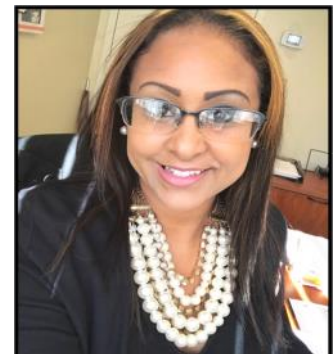
If you look at the July Calendar you will see that there are many exciting and new activities happening all around our area. I encourage you to sign up for as many activities as you would like, even if it is new to you, you may really enjoy it.

Our next Terrace Talks is scheduled to be held in the dining room at 1:00 PM on Friday, July 26th. I look forward to seeing all of you again. Please continue to be safe and take care of yourselves.

Sincerely,

Semira Negasi,
Executive Director

HAPPY ★ 4TH ★ OF ★ JULY



SEABURY PAGE

Planning Before the Crisis Webinar

A major life crisis is not the time to start thinking about creating legal documents or figuring out where important papers are kept.

Watch an informative webinar, co-hosted by Seabury Resources for Aging and The Elder and Disability Law Center, that will walk you through what documents to prepare and how to talk about them with your family.

[Watch](#)



Led by Christine Bitzer of Seabury Resources for Aging, and Abigail Wolf Stanton of The Elder & Disability Law Center, this webinar is for anyone who wants their family to have a plan in place when your wishes, or their wishes, are not able to be communicated.

EDLC

The Elder & Disability Law Center
Dedicated to the needs of your family today and tomorrow

Seabury  Resources for Aging®

For webinar information go to the Seabury website located below:

<https://www.seaburyresources.org/single-post/planning-before-the-crisis>

<https://www.seaburyresources.org/single-post/planning-before-the-crisis-1>

4th of July Word Search



ADAMS
 AMERICA
 COLONY
 COOKOUT
 DECLARATION
 EQUALITY
 FIREWORKS
 FOURTH

HAMBURGERS
 HOTDOGS
 INDEPENDENCE
 JEFFERSON
 LIBERTY
 NATION
 PARADE
 PICNIC

REVOLUTION
 RIGHTS
 SPARKLERS
 THIRTEEN
 WASHINGTON

SUMMER FUN

Word Search Puzzle



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



- | | | |
|------------|------------|------------|
| BAREFOOT | FISHING | PICNIC |
| BASEBALL | FLIP FLOPS | POPSICLE |
| BEACH | FRIENDS | ROAD TRIP |
| BICYCLE | FRISBEE | SPRINKLERS |
| CAMPING | GAMES | SUNSHINE |
| COOKOUT | ICE CREAM | SWIMMING |
| FAIRGROUND | LEMONADE | VACATION |
| FIREWORKS | OUTDOORS | WATER PARK |

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ICE CREAM STORE

WORD SEARCH PUZZLE



CARAMEL
 CHIPS
 CHOCOLATE
 COLA
 COLD
 CONE
 COOKIES
 COUNTER
 CREAM
 DRINK
 FLAVOR
 FLOAT
 GLASS
 MENU
 NUTS
 TOPPING
 SAMPLE
 SCOOP
 SINK
 STOOL
 STRAW
 SUNDAE
 SYRUP

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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www.puzzlestoplay.com

IN THE SPOTLIGHT PAGE

**In The Spotlight
Gil Raiford**



When I moved into Friendship Terrace six years ago, one of the first residents I met was Gilbert Raiford. “Gil” as he is fondly known and his wife Mildred, had resided just a few years prior to mine.

Gil who was born and grew up in Zuber Florida is a mild-mannered individual with a commanding personality standing nearly seven feet tall.

As Gil and I became friends we got to know each other better and he asked me to take part in a Black History program he organized for Friendship Terrace residents. I eagerly accepted his invitation to participate. Who could refuse Gil!

Later I became President of the Friendship Terrace Residents Association and Gil’s wife Mildred became Secretary. Mildred and I became cordial interfacing colleagues during our term on the Friendship Terrace Residents Association Council and subsequently the Raiford family and I formed a close relationship

IN THE SPOTLIGHT PAGE

In 2020, Gil wrote a book titled “The Marco Polo of Zuber Florida.” In his book, Gil chronicled the places he visited and the various people he met during his travels.

Those individuals Gil met included: Muhammad Ali; Rock and Roll singer Frankie Lyman; comedians Redd Foxx and Richard Prior; jazz musicians John Coltrane and Thelonious Monk; historian Dr. John Hope Franklin; activist Dick Gregory; author James Baldwin; U.S. Attorney General Janet Reno; Founder of Walmart Sam Walton; Robert Johnson founder of Black Entertainment Television; and President Jimmy Carter. Gil and his wife Mildred were also invited to dine with Queen Elizabeth; during an event honoring the Queen.

Gil ends his book by stating “who would have thought he would go from working in the bean fields of Florida to teaching in some of the most prestigious universities in the nation? Who would have predicted that he would travel from Zuber to Paris, to London, to Rome, to Tokyo, to Sydney, and Moscow? Why were so many people favorably disposed to him? Why were so many life-threatening circumstances and situations thwarted? Why was he invariably navigated out of harm’s way? The truth is, I honestly do not have a definite answer to any of these questions. I only know that my life has been comprised of unusual events. A life steeped in serendipity.”

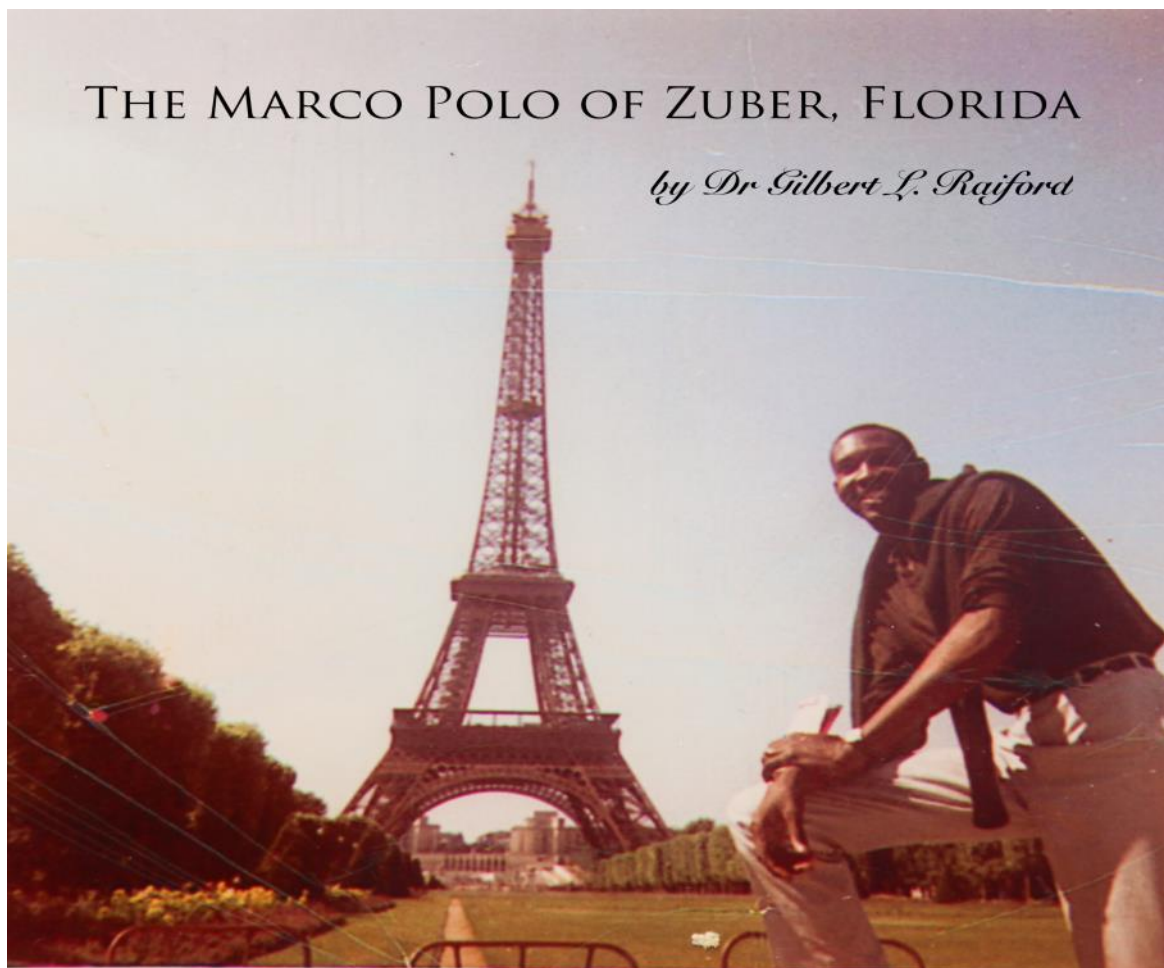
IN THE SPOTLIGHT PAGE

A few years ago I served as host for a Ward One Senior Wellness Center Zoom Book Review with Gil Raiford as the guest presenter. Gil's review of his book was marvelous. We all learned a lot and were astonished at Gil's plethora of accomplishments.

Gil is a man of many talents and he is always eager to share those talents with others.

Friendship Terrace should be proud to have a man known as Gil Raiford among its residents.

**By, Buddy Moore
Resident 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



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

FTRA PAGE

It may be summer but for the new FTRA Council it is the start of a new year of service to our community. The recent elections showed that interest among the residents is high, and I trust that as your new President I will be able to answer the call. One thing that I have heard repeatedly is the quest for more outings and group activities. Of course, over the past year as I attended FTRA meetings I also learned from the example set by our previous board leadership as well as the general comments from the floor.

I sense that the new Board is a good mix of new and old members that are eager to get started. Our first formal meeting will be on Monday, July 1st, and I look forward to sitting together and brainstorming with the Council. A few days later our Nation will celebrate the 4th of July and I am grateful to the Administration for helping us celebrate not only our Independence but many of the holidays throughout the year. The council and I will continue our symbiotic relationship to achieve our common goals and prepare for what lies ahead.

In the meantime, I ask for your patience as the new board sets itself on a path to learn and to place itself in a position to serve you well. I will encourage all residents to provide input as they meet with us on the premises or at our Council and Association meetings. Your continued input will be not only beneficial for the Council but also for us as a community.

David Rivera
Pres. 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
Antranishia Watkins	Marketing/Admissions	Awatkins@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Lawrence Nocente	Maintenance Director	Lnocente@seaburyresources.org
Samuel Reuto	Food Service Director	Wilfran.reuto@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 \$7 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