

FACES OF FRIENDSHIP

SEPTEMBER 2024



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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.



PHOTO PAGE



PHOTO PAGE



As we come to the end of the Summer season Friendship Terrace wants to share some fun photos of how our summer went here at our community. We did lots of activities, had amazing socials and parties. We even had volunteers that came by to volunteer, residents had family and friends that visit and did vacations this summer. Thank you all for enjoying the summer with us!



*goodbye
Summer*

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I always start running in the fall—not all of me, just my nose.





SEPTEMBER BIRTHDAYS

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

Jackson, Silas 9/02

Hernandez, Ivette 9/28

Boswell, Carolyn 9/04

Woldemichael, Mekonnen 9/29

Brunson, Anne 9/04

DeSantanna, Heloisa 9/30

Buhler-Miko, Marine 9/05

Fekade, Woubalem 9/06

Whettstone, Magnolia 9/06

Haile, Maxine 9/14

Mitchell, Shakrra 9/23

Coughlin, David 9/27

Riley, Bernard 9/27



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](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:

26. VIOLENCE AGAINST WOMEN:

- The Landlord may not consider incidents of domestic violence, dating violence, stalking, or sexual assault as serious or repeated violations of the lease or other “good cause” for termination of assistance, tenancy, or occupancy rights of the victim of abuse.
- The Landlord may not consider criminal activity directly relating to abuse, engaged in by a member of a Resident’s household or any guest or other person under the Resident’s control, cause for termination of assistance, tenancy, or occupancy rights if the Resident or an immediate member of the Resident’s family is the victim or threatened victim of that abuse.
- The Landlord may request in writing that the victim, or a family member on the victim’s behalf, certify that the individual is a victim of abuse and that the Certification of Domestic Violence, Dating Violence, or Stalking, HUD Form 91066, or other documentation as noted on the certification form, be completed and submitted within fourteen (14) business days, or an agreed upon extension date, to receive protection under the VAWA. Failure to provide the certification or other supporting documentation within the specific timeframe may result in eviction.
 - ♦ VAWA 2013 provides that existing residents in-HUD covered programs receive HUD’s Notice of Occupancy Rights and accompanying certification form no later than one year after this rule takes effect.
- Owners/agents must provide the Notification of Occupancy Rights and Certification to: Applicants when assistance is being denied; any notification of eviction or termination of assistance; or at the time the new household moves into the property.
- Victims of sexual assault may qualify for an emergency transfer if they either reasonably believe there is a threat of imminent harm from further violence if they remain in their dwelling unit, or the sexual assault occurred on the premises during the 90-calendar day period preceding the date of the request for transfer.

30. LEGAL FEES. Resident agrees if he/she defaults in the performance of any obligation under the lease to pay all sums owed, plus the Landlord’s reasonable attorneys’ fees and other costs related to enforcement of the obligation.

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

SEPTEMBER, 2024

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 well being. 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 feel good.

Sincerely,
Rahell & Mary - Service Coordinators

SELF CARE
MATTERS

Seabury  at Friendship Terrace
Senior Living



Catholic Mass



**September 6, 2024
2:00pm—3rd Floor Lounge**

Coffee Chat



**September 18, 2024
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**September 12, 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**September 20, 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

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 older adults 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.

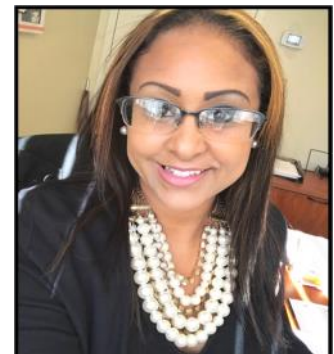
1. Wash your hands frequently throughout the day with soap and water to help decrease the spread of germs.
2. Drink plenty of water and consume a healthy diet.
3. Contain sickness. If you or anyone in your family has been sick, please refrain from visiting others that may have a weakened immune system until you are feeling better.
4. 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 season. Please sign up at the front desk if you are interested in receiving the flu shot this year.

For those who were wondering why I was out for a while, I was out for medical reasons and endured two hospitalizations and a surgery. I am back to work full time and on the mend. I would like to thank each of you for your cards, calls, emails, prayers and well wishes.

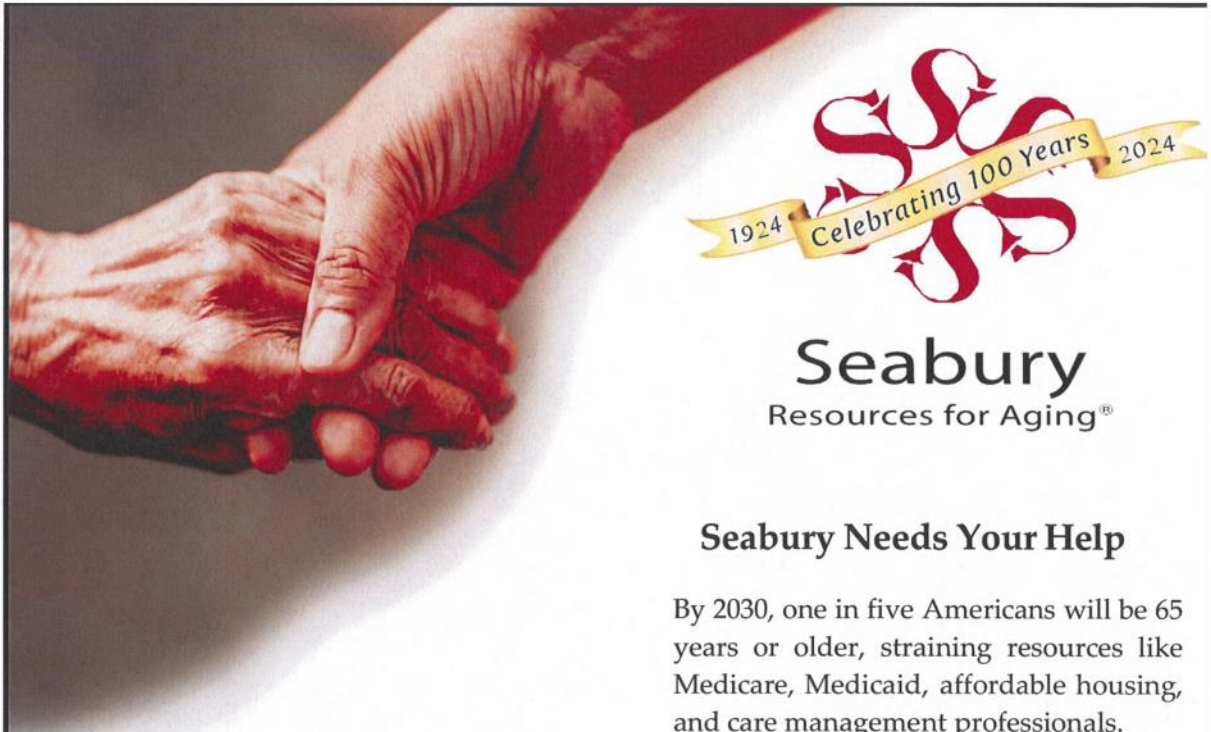
As a reminder, please join me for our next Terrace Talks on Friday, September 27th at 1pm in the dining room.

I wish you all a wonderful and happy September!!

Semira Negasi,
Executive Director



SEABURY PAGE



Seabury
Resources for Aging®

Seabury Needs Your Help

By 2030, one in five Americans will be 65 years or older, straining resources like Medicare, Medicaid, affordable housing, and care management professionals.

Seabury's services are already in high demand. It will take an extraordinary effort to meet the need we anticipate. But your gift can help Seabury step up in a big way.

For over **100 years** Seabury has been a leader in serving caregivers and older adults. When people find themselves in a dew phase of live, and don't know what to do next, Seabury is there to provide compassionate, expert guidance and resources.

How Can I Make An Impact?

Leaving a **Planned Gift** in your will or trust is a way to make your biggest and best impact on a cause you care about. These gifts ensure that more people can benefit from the same resources that have already made a difference in so many lives.

Leaving a gift to Seabury Resources for Aging® in your estate plan, or an asset like a home or stocks, will also include you in the **1924 Legacy Society**, which has been supporting safe, affordable housing and services for over 100 years.

To learn more about planned giving, contact us at 202-849-8082 or giving@seaburyresources.org.
555 Water St, SW
Washington, DC 20024





GRANDPARENTS

WORD SEARCH PUZZLE

BOOK
 CARD
 CARE
 CHEER
 COMFORT
 CONCERN
 FAMILY
 FEELING
 FRIEND
 GAME
 GIFT
 HELP
 HOLIDAY
 KIND
 LOVE
 MEAL
 MUSIC
 PICNIC
 STROLL
 TALK
 TIME
 VISIT
 WALK

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

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



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- SEWAG _____
- NOMADY _____
- DOYHLIA _____
- NATOBIG _____
- YOTMEMPENL _____
- CINCIP _____
- SRKIETS _____
- DAPARE _____
- MUSREM _____
- OBJS _____
- EERTEABLC _____
- KOWRESRIF _____
- ROALB SIUNON _____
- RACEBEBU _____
- PETSMERBE _____



WORD BANK:

- | | | |
|------------|--------------|-----------|
| BARBECUE | HOLIDAY | PICNIC |
| BOATING | JOBS | SEPTEMBER |
| CELEBRATE | LABOR UNIONS | STRIKES |
| EMPLOYMENT | MONDAY | SUMMER |
| FIREWORKS | PARADE | WAGES |



WWW.ALWAYSTHEHOLIDAYS.COM

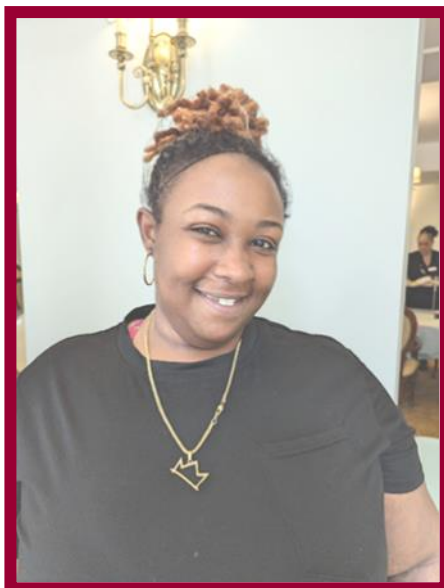
PHOTO PAGE



IN THE SPOTLIGHT PAGE

IN THE SPOTLIGHT

Trevita Thomas



Trevita Thomas was born in Southeast *Washington, DC*, the oldest among two siblings. *When Trevita was seven years of age her family moved to the state of Maryland.*

During her formative years Trevita engaged in the traditional youthful activities, including hanging out with her peers and going to the movies to see science fiction films and Disney productions.

However, at the age of eighteen, Trevita returned to Washington, DC. As a young adult, Trevita’s career of choice was in the field of medicine and currently she is pursuing

IN THE SPOTLIGHT PAGE

a career in nursing while working at Friendship Terrace on a permanent part time basis.

Today, Trevita continues to reside in the southeast section of *Washington, DC* and is the mother of two daughters and a son.

In her spare time Trevita enjoys visiting the local beaches and traveling throughout the United States with her children. They especially love visiting places of interest on the east coast and southern sections of the United States.

Trevita also relishes listening to music of numerous types. Her favorite genres are Rap, Rhythm and Blues Golden Oldies and Gospel. Additionally, Trevita adores writing and has been journaling for many years.

Trevita began working at Friendship Terrace in July of 2023 as a temporary employee for Sodexo Food Handling Service. Now she is a permanent part time Sodexo employee and a part of the Friendship Terrace dining family.

Trevita enjoys working at Friendship Terrace because it allows her to interact with residents while simultaneously providing a valuable service.

Unfortunately, Trevita has endured many losses in her family to death and she was not prepared for those devastating losses. She has learned through those encounters to remain physically and

IN THE SPOTLIGHT PAGE

psychologically attached to her loved ones and she strives to make every sensitive, interactive moment a meaningful one.

If she could rewind the clock and start her life anew, Trevita would attend college at an early age to study medicine in general and nursing in particular.

Trevita is a dedicated Friendship Terrace dining room staff member and her goal is to put smiles on the faces of Friendship Terrace residents by serving their meals promptly and efficiently.

Sodexo should be proud to have a dedicated part time employee such as Trevita Thomas. And we as Friendship Terrace residents should recognize and enjoy the exemplary dining room services provided by Trevita Thomas.

**Written by:
Buddy Moore
September 2024
With input from:
Trevita Thomas**



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

The FTRA Council is mindful of the fact that the resident's number one desire is to have more activities and more outings. We continue to work on this and Eda, Martha, Mary Lou, and Sharon have been assigned to the Activities Committee. They are currently planning a visit to the US Botanic Garden, next to the Capitol, and I am sure they will also plan a trip to see the Fall leaves in a few weeks. Fall is around the corner and many of us appreciate the beauty of this season and hope to celebrate it with you. The Committee is also working with Cindy Brockington to add a number of activities to the Calendar (Sip and Paint, Arts and Crafts Mondays, and others).

We finally have a new television, which has now been installed, and Saturday and Sunday Movies are back as before. Management is completing the program registration and Cindy is also providing the appropriate training for our designated folks. In addition, due to the success of our recent Wine & Cheese event, we have decided to offer it on a regular basis, once a month.

The new floors have added a good look to our community and we anticipate that the new carpeting will begin in short order and be equally well-received. The roof deck is still awaiting new furniture but we hope that it can remain open in the meantime. More work remains to complete the renovations and Management will keep us abreast during our regular Terrace Talks.

As a reminder, I would like to reiterate what Management has endeavored to help us comprehend with regard to our safety and Fire preparedness. Our apartment doors are Fire Proof and should remain shut whenever the fire alarms go off. There is no one authorized to shut the alarms off other than the Fire Dept. and they do so only when they determine that no danger persists. These alarms are loud and cannot be adjusted.

Those residents with hearing aids should adjust them as appropriate and the rest of us should use noise reducing ear plugs or simply be patient and try to keep calm. These events are unpredictable and there is no building wide intercom system to provide information. The moment the alarms are turned off by the Fire Department is the only signal that we will receive that all is safe and we can return to our routine.

Have a wonderful and beautiful fall!

FTRA President,
David Rivera

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

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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