

FACES OF FRIENDSHIP

AUGUST 2017



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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





Tuesday, August 1st- Seabury/ Friendship Terrace Summer Camp– Residents will get to join in on the summer camp fun. There will be games and TEAM building games that will teach our youth about working together. Come join in the fun all week!

Wednesday, August 2nd – Carolina Kitchen Lunch Bunch– The Carolina Kitchen is the most amazing and popular southern cuisine restaurant group. It has a unique charm that appeals to everyone. Using only the freshest ingredients to their menu, combined with a unique blend of Cajun and Creole spices with traditional and savory home-style cooking. Bus departs at 11:30am from the lobby. Seating is limited.

Friday , August 4th– Summer Camp Ice Cream Social– As we come to the end of summer camp ,we will have a big ice cream social for our campers, volunteers & residents in our Friendship Terrace dining area. SEE YOU NEXT YEAR CAMPERS!!!! 2pm in the Dining Room.

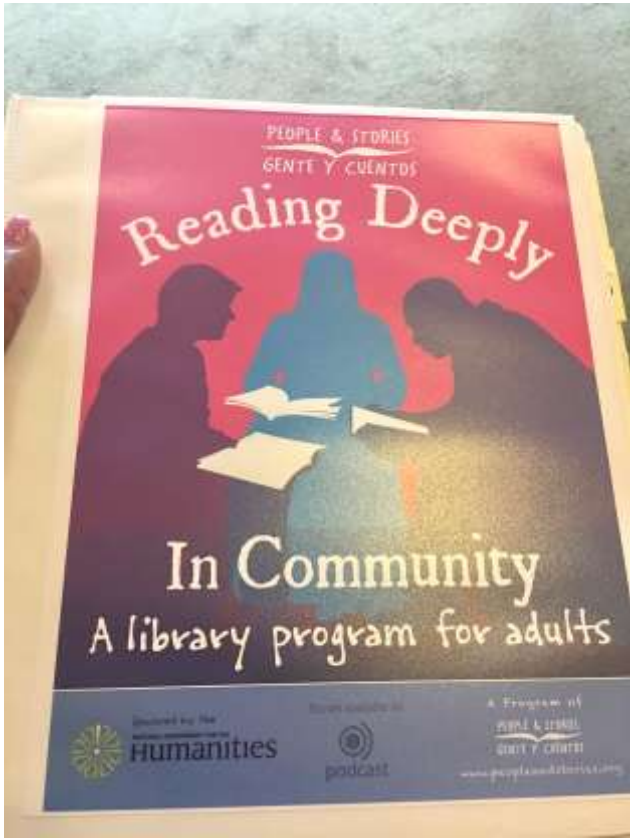
Wednesday, August 9th– Taylor Marie Fashion Show – Residents will get a chance to see some of the fabulous fashion from the Taylor Marie collect , the best of the summer style along with wonderful accessories. We need volunteers to sign up! Fashion show starts at 11am in the Dining Room.

Monday, August 14th—Rock n Roll Show w/ Harper Denhard– Residents will time travel back in time to the Rock n Roll era with Harper Denhard as she performs some of the greatest hits . Come out at 7pm in the Dining Room.

Friday, August 25th– Hawaiian Luau– Our residents will enjoy a traditional Hawaiian feast along with music in our Friendship Terrace dining room at 11:00 am . Feel free to dress for the occasion.

Back To School Drive : Residents, families & friends are all welcome to donate to the students at Imagine Hope Community Charter School. Items to be collected include pencils, pens, markers, notebooks, calculators, graph paper, paper, index cards, highlighters and even cash donations. All donations can be delivered to the collection box in the lobby.

Month in Review



August Birthdays



Birthstone: Peridot **Flower:** Gladiolus **Zodiac:** Leo/Virgo

Andretta, Lynn	8/02	Wright, Merryl	8/13	Ostrove, Ruth	8/28
Bailey, Crystal	8/06	McCrary, Ruby	8/17	Hemsley, William	8/30
Bozarth, Jack	8/07	Schram, Mary Lou	8/20	Gonzalez, Carmen	8/30
Rappaport, Yigal	8/09	Bonardi, Delia	8/21	McLaughlin, Walter	8/31
Pearson, Miriam	8/10	Belling, Alice	8/24	Collins, Robert	8/31
Olgyay, Nora	8/12	Robinson, Elizabeth	8/25		
		Rhodes, Susie	8/28		



VAN SCHEDULE IS SUBJECT TO CHANGE

MONDAY	THURSDAY	FRIDAY
1:30 -CVS	1:00 -WESTWOOD SHOPPING CENTER	EVERY FIRST & LAST FRIDAY
SUN TRUST	GIANT FOOD	1:30 -SAFEWAY
WHOLE FOODS		
POST OFFICE		
RODMAN		
BANK OF AMERICA		
WELLS FARGO		
LORD & TAYORS		
TJMAXX		





As it Celebrates its 15th Anniversary Serving the Greater Washington Region, the Catalogue for Philanthropy is Proud to Honor Seabury Resources for Aging

After a careful vetting process, the Catalogue for Philanthropy: Greater Washington selected Seabury Resources for Aging to be part of the Class of 2017-18. Seabury Resources for Aging underwent an extensive review process that met the Catalogue's high standards. Potential donors can be confident that the nonprofits in the Catalogue are worthy of their support. Seabury's mission is to provide personalized, affordable services and housing options to help older adults in the greater Washington, DC area live with independence and dignity.

This year the Catalogue celebrates its 15th anniversary: since its inception it has raised \$38 million for nonprofits in the region. It also offers trainings, neighborhood-based opportunities for collaboration, and a speakers series for individuals who want to learn about and engage with the needs, challenges, and accomplishments of our shared community.

This year, reviewers helped select 76 charities to feature in the print edition, 34 of which are new to the Catalogue this year. It also selected an additional 32 nonprofits to be re-featured on its website, and congratulated ten on growing beyond its \$3million budgetary limit. The network now includes over 400 vetted nonprofits working in the arts, education, environment, human services, and international sectors throughout greater Washington.

(International charities must be headquartered in the DC region.)

“People want to know where to give and they need trusted information. Based on our in-depth review, we believe that Seabury Resources for Aging is one of the best community-based nonprofits in the region,” says Barbara Harman, founder and president of the Catalogue for Philanthropy.

“Since 1924 Seabury has assisted older adults in meeting their basic needs – healthy meals, housing, transportation, and more. But meeting basic

needs is never enough and Seabury builds community through programs that enable older adults to age with dignity, respect, and joy. The Catalog for Philanthropy is essential in getting Seabury's name out to prospective donors and foundations so that we can continue to provide innovative aging services to the older adults that need them most.

Deborah Royster :Chief Executive Officer



The Catalogue believes in the power of small nonprofits to spark big change. As the only locally-focused guide to giving, its goal is to create visibility for the best community-based charities, fuel their growth with philanthropic dollars, and create a movement for social good in the greater Washington region.

You can support Seabury's work by calling (202) 414-6318 or by sending a check to:

Seabury Resources for Aging
PO BOX 90726
Washington, DC 20090





Seabury Enhanced Mobility Program

An Alternative Transportation Option for Washington, DC's Seniors
and Persons With Disabilities.

What is Seabury's Enhanced Mobility Program?

Seabury's Enhanced Mobility Program provides subsidized transportation funds for eligible residents of the District of Columbia through a prepaid debit card. Customers can use the card to pay for transportation-related expenses which include but are not limited to: taxi services, select mobile transportation apps, private transportation providers, bike-share services and intercity bus services.

Who can participate in the Enhanced Mobility Program?

Washington, DC residents aged 60+ and/or persons with disabilities aged 18-59.

How do you sign up for the Enhanced Mobility Program?

Submit the following documents as part of the Enhanced Mobility Program enrollment process:

- **Enrollment Form**
- Contact the Alternative Transportation office by phone at **(202) 844-3000** or by email at **EnhancedMobility@seaburyresources.org** to request an enrollment form.
- **User Agreement**
- Complete the enrollment form and sign the user agreement, which specifies the terms and conditions for the card.
- **Documentation**
- Provide a copy of documentation that proves DC residency. Accepted documentation includes a Driver's license or District Government Non-Driver's ID card.

Seabury Alternative Transportation Office hours are from Monday - Friday from 9 am - 5 pm. Language and translations services available. Telecommunications Relay Service, dial 711.



Part of the Senior Services
Network supported by the
DC Office on Aging



Metropolitan Washington
Council of Governments

Funding for this project was provided in part through a grant from the Metropolitan Washington Council of Governments through the Federal Transit Administration's Enhanced Mobility Program.

SIZZLING SUMMER STYLES!

 TaylorMarie's®
Your Fashion. Your Style. Your Place.

**The Best Looks of Summer
Resident Fashion Show
Community Shopping Event
Wednesday, August 9th**

50% OFF Clearance Sale

**11:00 am Fashion Show
Dining Room
Shopping to Follow
Featuring the Latest Styles
Jewelry & Accessories
Everyone Welcome!**

*Featuring Fashionable Women's Clothing & Accessories
Petite, Misses and Women's Sizes Available*

We Accept Cash, Checks & Credit Cards

www.TaylorMariesApparel.com



ADMINISTRATOR REVIEW

Dear Residents,

It was great to see so many come out and bid “farewell” to our beloved Chuck Thornton. We wish him all the best at his new property. I am very pleased to announce that Mr. Corey Odoll has joined our team as the new Marketing Director. Corey has over ten years of experience in working with senior services including senior living. He will be starting on August 7th, so please stop by, introduce yourselves and say hello.

I am equally sad to report that Ms. Holly Muhammad is no longer employed with Friendship Terrace. We were very fortunate to have Holly work with us for over two years and are sad to see her go. We wish Holly all the best with her future endeavors.

Inspection time is upon us! I have sent notices to the first 3 floors regarding their inspection dates. The remaining 3 floors will get notices next week. We will be in your apartments to replace air filters, change smoke detector batteries and inspect for any property damage and/or housekeeping issues. Many of you have already begun to de-clutter and clean out your apartments in preparation of the inspection. That’s great news!

A Few Important Building Reminders:

- * The recycling containers are for paper only. This does not include take out containers with food or trash. Please place all other trash in the trash rooms and remember to break down boxes so that others can access the trash chutes.
- * Please remember that there is no parking in the circular drive. It is for pick up and drop off only. This is for everyone’s safety and security to enable emergency vehicle access.
- * We continue to have incidents of residents propping outside doors open as well as letting people they do not know in the side entrances. This threatens the security of all residents. We have tightened up the security of the building by not buzzing anyone in through the side doors unless they are residents or employees. All other visitors, families and aides must come through the front door and sign in at the front desk. It is very important that residents follow this same policy. The security of this building depends on your cooperation. **Please remember to lock your apartment doors, do not exit the building through the patio doors on the first floor, leaving easy access to the building and never prop exit doors open.**

Finally, our monthly Terrace Talks will be held on Monday, August 28th.

I hope you will all be able to attend.

Semira Negasi
Administrator





Seabury  Resources for Aging*

ROOFTOP PARTY

SUMMER GAME NIGHT FOR A GOOD CAUSE

Enjoy rooftop drinks & games while supporting older adults in need



AUGUST 9TH, 5 - 10 PM

THE ROOFTOP AT THE EMBASSY ROW HOTEL, 2015 MASSACHUSETTS AVE NW

RSVP: EVENTS@SEABURYRESOURCES.ORG



TLC FOR YOU salon



SALON OPEN : Monday - 1:00pm to 5:00pm

Wednesday– 9:30am to 4:00pm

Seabury at Friendship Terrace Residents

Please contact Toni Harris at (202) 792-2488 to schedule an appointment.



Hairstylists
bring out the
Beauty
in you

POETRY PAGE**Elder Power**

Elder power's up, you bet:

Just see what on-line orders get!

Leaving home? Then take your phone -

Just down the hall? Still not alone.

And seniors ride for just half fare -

Look out world – we're everywhere!

**Disabled? Get a deal on taxi rides,
though potholes target our insides.**

Life's not over – we're all set!

Our power's up, on that I'll bet!



By Elizabeth Robinson

WORD SEARCH PUZZLE



Fruit



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

- APPLE
- BANANA
- BLACKBERRY
- CANTALOUPE
- DRAGONFRUIT
- GRAPES
- KIWI
- MANGO
- MELON
- NECTARINE
- ORANGE
- PASSION
- PEACH
- PEAR
- PINEAPPLE
- PLUMB
- RASPBERRY
- STARFRUIT
- STRAWBERRY
- TANGERINE



This is the list of **contact information** for your new FTRA Council Members.

President	Anne Nickel	202-270-7976	atn6341@yahoo.com
1st Vice President	Bill Hemsley	202-768-0448	allwrits@comcast.net
2nd Vice President	Betsy Robinson	202-213-0218	lizrob4201@gmail.com
Treasurer	Johanna Roth	240-370-9607	Jhouwinkroth@aol.com
Assistant Treasurer	Jane Simpson	202-868-7133	jetjane1@msn.com
Recording Secretary	Carolyn Davis	239-565-4981	cruthdavis@gmail.com
Corresponding Secretary	Gail Lelyveld	202-579-6466	lelyveg@gmail.com
At-Large # 1	Debbie Murphy	240-705-3939	dmurphydc1@icloud.com
At-Large # 2	Mary Lou Schram	202-615-9993	marylouschram4@gmail.com

LIST OF COMMITTEE CHAIRS

Arts, Education, Entertainment	Mary Lou Schram	202-615-9993	marylouschram4@gmail.com
Bingo	Jane McDonald	202-244-3224	0
Birthday Parties	Anne Nickel	202-270-7976	atn6341@yahoo.com
Health and Safety	Betsy Robinson	202-213-0218	lizrob4201@gmail.com
Hospitality	Helen Spence	202-849-6966	hspence@aol.com
Library	Susan Meyers-Kahn	202-237-6887	0
Mints and Music	Shelly Martin	202-244-2429	0
Religion	Samia Nassar	202-362-2877	simmaka@gmail.com
TV-Movies	Larry Cartwright	202-506-6442	exit60c@gmail.com
Technology	Bill Hemsley	202-768-0448	allwrits@comcast.net



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Administrator	Snegasi@seaburyresources.org
John S Pekala III	Business Manager	Jpekala@seaburyresources.org
Tawanda Jackson	Associate Admissions	Tjackson@seaburyresources.org
Gladstone Haughton	Maintenance Director	Ghaughton@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Nigiel Stewart	Food Service Director	Nstewart@seaburyresources.org

LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Bethesda/ Chevy Chase Rescue Squad	301-652-1000
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Diamond Taxi Cab	202-387-6200
Georgetown University Hospital	202-444-2000
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	202-954-6222
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Seabury Connector (to schedule)	202-727-7771
Yellow Taxi Cab	202-544-1212