

FACES OF FRIENDSHIP

SEPTEMBER 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




 The logo features the word "UP" in a large, blue, stylized font with a white outline, positioned above the word "coming" in a smaller, blue, sans-serif font. Below "coming" is the word "EVENTS" in a brown, serif font. The entire text is enclosed in a brown, hand-drawn style rectangular border. Three green stars are scattered around the top left of the "UP" text.

- Friday, September 1 End of The Summer Beach Party– **Let's Take A Trip To The Beach!** We say goodbye to the summer with a fun beach party ,with dancing, great summer drinks , food and memories of our 2017 summer.
- Monday, September 4 Labor Day Dinner– Labor Day is public holiday in honor of our working people. Residents will enjoy a nice indoors cook out themed dinner in our Friendship Terrace dining room.
- Wednesday, September 6 Mulebone Lunch Bunch Trip– Residents will get a chance to experience a creative southern cooking served in a funky-chic space with down-home touches & occasional live music.
- Friday, September 8 Watermelon & Lemonade Social– As we continue to say goodbye to the summer residents will get to enjoy a refreshing watermelon & lemonade social in the 2nd floor lounge .
- Monday, September 11 Moment of Silence /Wreath Placing with Patriotic Music –On this Patriot Day we remember those who lost their lives and honor those who were on the ground helping .Friendship Terrace residents & staff will join in together to have a moment of silence at 8:46 am, followed by a wreath placing at the flag. We will have refreshments with music in our Friendship Terrace dining area to follow.



Month in Review



September Birthdays



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

Buhler-Miko, Marina	9/05	Harrison, Robert	9/23	Gay, Sylvia	9/30
Perciasepe, Elizabeth	9/06	Ashley, Dorothy	9/23		
Frick, Howard	9/06	Link, Jean	9/24		
Barnett, Mary	9/08	King, Joyce	9/26		
Remsen, Diane	9/09	Johnson, Richard	9/26		
Verdu, James	9/12	Ellis, Susie	9/27		
Jones, Denise	9/15	Hernandez, Fidelia	9/27		



VAN SCHEDULE IS SUBJECT TO CHANGE

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





*I decided
to take
an
aerobics class.
I bent,
twisted,
gyrated*

*and jumped up and down
for an hour.*

*But, by the time
I got my leotard on,
the class was over.*



*Live every moment,
Love Laugh every day,
beyond words.*

CHEF'S CORNER

Chef Nigel would like to show us all how to stay healthy ,but also ways to make it fun while doing so. Here is a easy breakfast recipe you can do in your own kitchen. We would like to thank Chef Nigel for helping us stay healthy & smiling each day.



HEALTHY RECIPES

Banana Split Oatmeal

Yield: 1 serving

Ingredients:

- 1/3 cup oatmeal, quick-cooking (dry)
- 1/8 teaspoon salt
- 3/4 cups water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt, non-fat



Preparation:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.



FUN FACTS



Rosh Hashanah



- **FACTS:** during the Hebrew month of Yom Kippur
- Gedalia is the day of fasting immediately after Rosh Hashanah
- **Customs:** Eat food symbolizing sweetness, blessings, and abundance
- Apple dipped honey
- Some dip the Challah in salt not honey
- **Historical Background:** In the New Year
- Time for remembrance of faith and ancestors
- In the Leviticus 23;24-25



HAPPY LABOR DAY

Happy Labor Day!

a day to
Celebrate the Achievements
of our **American Workforce**

Happy
Labor Day
Weekend

ADMINISTRATOR REVIEW

Semira Negasi Administrator

It's hard to believe that September is here already! Fall season officially kicks off on September 22. Just think...before long the leaves will be changing, as well as the weather! Fall is a wonderful time of year, and after a long and HOT summer, everyone seems to enjoy a change of pace. The children have started back to school, Friday night football games are marked on the calendar, and unfortunately, 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 elders may have. With this in mind, I encourage everyone to practice these five 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. Cover your cough to decrease the spread of germs.
4. 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.
5. Get your flu shot! Studies have shown that receiving the flu shot can greatly decrease your risk of getting the flu. Talk with your health care provider if you are interested in receiving the flu shot this year

I wish you all a wonderful and happy September!!

Live every moment,
Love Laugh every day,
beyond words.



MUSIC IN THE GARDEN

SATURDAY, SEPTEMBER 9

5:00-7:30 PM

Seabury Home First Residences
House of Togetherness
1935 Evars St. NE, WDC 20018

Music · Food · Fun

FEATURING

David Cole, Blues Guitarist

SistaDrummers

MC Steppers

Suggested Donation \$15/person, Age 12 and under Free

Make Donations at:

<https://seaburymusicinthegarden.eventbrite.com>

Questions? Contact Vivian Grayton vgrayton@seaburyresources.org, (202) 529-8701

ALL ARE WELCOME!

Hosted by Seabury Resources for Aging's
Home First Residences & Age-In-Place® Advisory Council



A part of the Senior Services Network supported by the DC Office on Aging

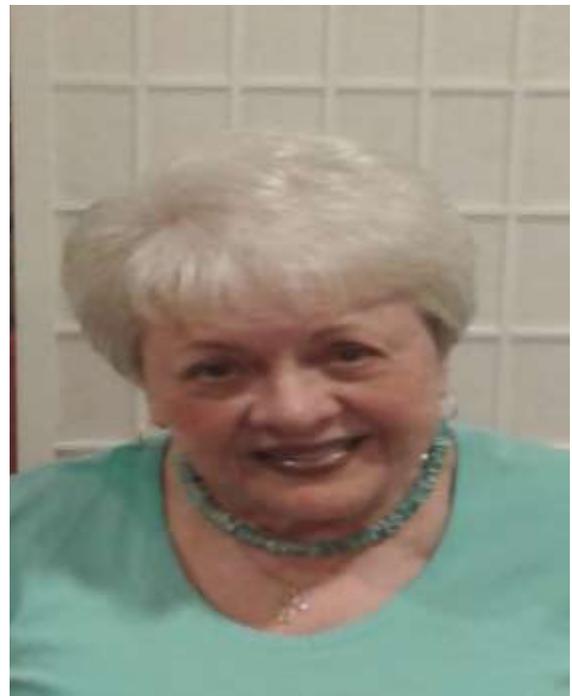




TLC FOR YOU salon

BEAUTY OF THE MONTH

MRS. ELENA, RIO



Mrs. Rio has lived here at Friendship Terrace since 2015.

We would like to thank you for being apart of the Friendship Terrace family & our BEAUTY OF THE MONTH !

POETRY PAGE***FALL PREVENTION***

The sign said, "Fall Prevention".

Why such a sad intention?

Who'd want to stop what leaves would do,

Their change from dull to colored hue?

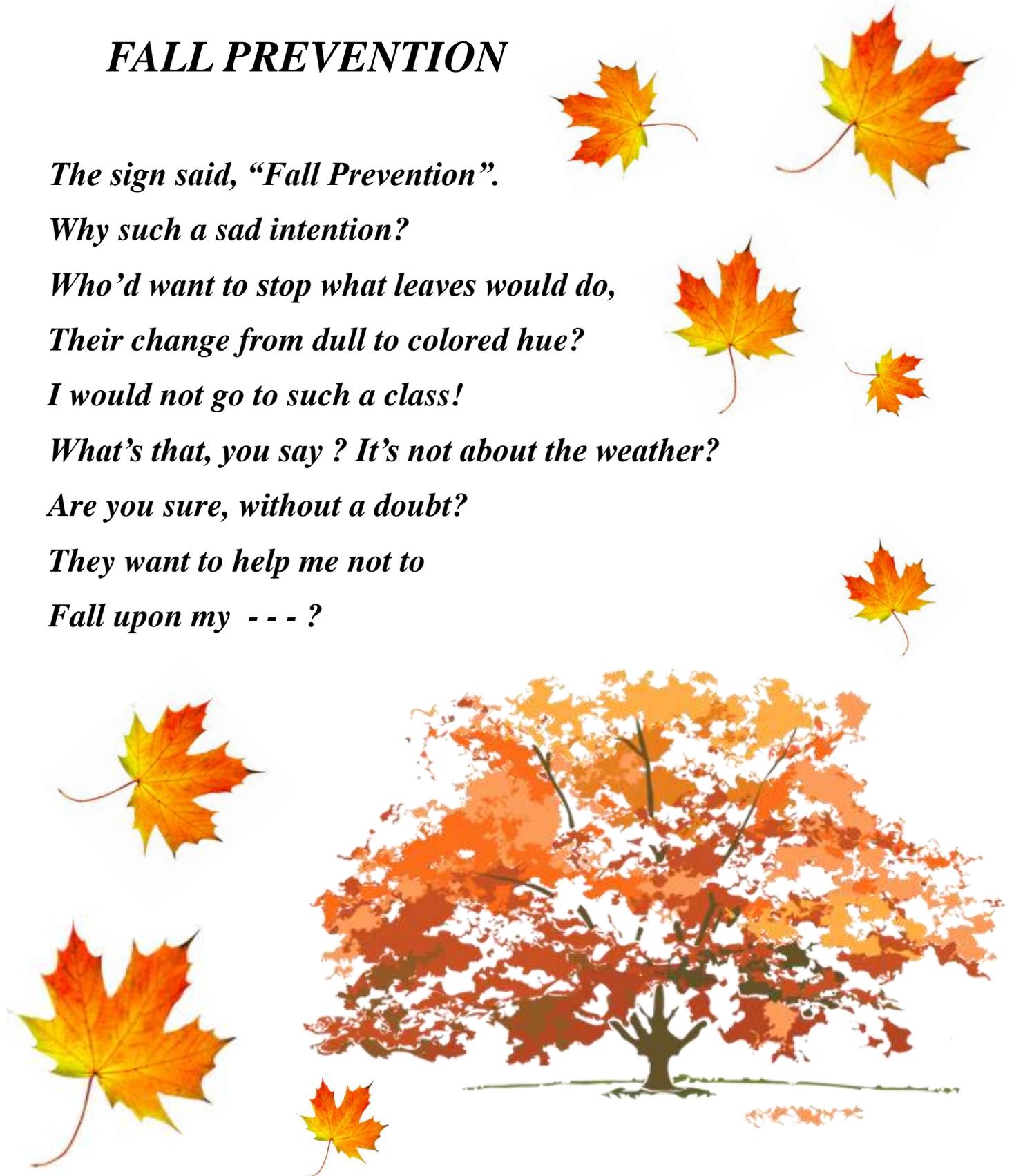
I would not go to such a class!

What's that, you say? It's not about the weather?

Are you sure, without a doubt?

They want to help me not to

Fall upon my - - - ?



WORD SEARCH PUZZLE



dreamstime.com



b o i b q g f p z f y s s g s
 k a c c m v i p d l v u l a u
 h d r w e c l e d o g n a r n
 g o k b n c n m b w f c d d g
 b e l i e i r m m e p r n e l
 k j c i h c a e t r e e a n a
 n f e s d g u p a s y a s z s
 j p n f q a e e b m v m k u s
 c u y u u o y w a z z w i g e
 s w i m i b e a c h y o p k s
 f w v q v e h x l a g m o s d
 b i r d s o n g l b b j o d v
 y h o t j e t p u u n w l f r
 l o l l y m y l f r e t t u b
 s u n h a t l s h o r t s g n

barbecue
 beach
 birdsong
 butterfly
 flower
 garden
 holiday
 hot
 icecream
 lolly
 picnic
 play
 pool
 sandals
 shorts

