

FACES OF FRIENDSHIP

JULY 2017



IN THIS ISSUE:

- | | |
|-------------------------------|------------------------|
| Page 1: Cover Page | Page 10: Administrator |
| Page 2: Activity Events | Page 11 : Seabury News |
| Page 3: Photo Highlight | Page 12: Fun Facts |
| Page 4: Birthdays/Van Trips | Page 13 Poetry Page |
| Page 5: Humor Page | Page 14: Word Search |
| Page 6-9: Summer fun Page | Page 15 FTRA News |
| Page 10: Administrator Update | |



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, July 4th- 4th of July Cookout– Come join us for our Independence Day cookout Outside and in our dining room area at 4:00 pm . Residents will also go up to the 6th floor to watch the fireworks . HAPPY 4TH OF JULY EVERYONE!!!

Wednesday, July 5th – Cooper Canyons Grill Lunch Bunch– Residents will be going to Cooper Canyons Grill in Silver Spring Maryland . Cooper Canyons is a casual, family friendly **American chain restaurant known for its “ Rotisserie Chicken” and energetic Atmosphere.**

Tuesday , July 11th– People & Stories-**You’re invited to join us in story time with Megan McNitt** of Tenley-Friendship Library as they come read and share wonderful stories for the summer with us here at Friendship Terrace .This program will be held in the 5th floor lounge at 1:00 pm .

Monday, July 17th—The Wit of Dorothy Parker– Elaine Flynn will be sharing some of the stories ,poems & wit from Dorothy Parker to our residents . Please come out and join us in the 5th floor lounge at 11:00 am for this wonderful program.

Thursday, July 20th– Caribbean Festival– **Back by popular demand! Join us for a “Cruise to the Caribbean” with Steel Drummer Ron Emrit.** You’ll also get a chance to enjoy exotic foods inspired by the islands, feel free to come dressed for the occasion!

Safeway Bus Trip : The shuttle bus for the Safeway food trip has changed .We no longer have the shuttle bus every week ,the shuttle will be coming twice a month for this trip every first Friday and every last Friday in each month .

Month in Review



May Birthdays



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

Williams, Dorothy	07/08	Fergins, Margaret	07/15	Hall, Earl	07/22
Golden, Eric	07/08	Heller, Violet	07/16	Stearns, Virginia	07/23
Saunders, Willard	07/10	Kolar, Rae	07/17	Sharp, Mary	07/25
Montgomery, Willie	07/10	Bartoszewicz, Cecelia	07/18	Panos, Anastasia	07/27
Rappaport, Danielle	07/10	Fitch, Arlene	07/19	Puppa, Janet Grier	07/30
Orem, Marjorie	07/15	Gottlieb, Linda	07/21		
Harris, Iris	07/15	Parker, Susan	07/21		



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		





SECOND ANNUAL

SEABURY *Intergenerational* SUMMER CAMP



MONDAY, JULY 31
TUESDAY, AUGUST 1
THURSDAY, AUGUST 3
and **FRIDAY, AUGUST 4**



The camp is open to all Friendship Terrace residents and children (ages 8-13) of Seabury employees. Camp Director Cindy Brockington has four days of fun lined up for our young campers and Friendship Terrace residents. Cindy will be assisted by volunteers from Georgetown Day School. For more information and registration forms, contact Cindy at 202-244-7400 or email her at cbrockington@seaburyresources.org.

See back for a schedule of events and additional info.

MONDAY, JULY 31

9:30-10:00 am: Breakfast
 11:00 am -12:00 pm: Making Camp Shirts with Residents
 12:00 - 1:00 pm: Lunch
 1:30 -3:00 pm: Rabbit Hole Game (outside)
 3:30 pm: Pick up

TUESDAY, AUGUST 1

9:30-10:00 am: Breakfast
 11:00-11:30 am: Arts & Crafts with Residents
 12:00-1:00 pm : Lunch
 1:30-3:00 pm : Saran Wrap Ball Game
 3:30 pm: Pick up

THURSDAY, AUGUST 3

9:30-10:00 am: Breakfast
 10:30-11:30 am: Saving Sam Game with Residents
 12:00-1:00 pm: Lunch
 1:30-3:00 pm: BINGO w/ residents
 3:30 pm: Pick up

FRIDAY, AUGUST 4

9:30-10:00 am: Breakfast
 11:00- 11:30 am: Pyramid Cup Challenge
 12:00-1:00 pm: Lunch
 1:30-3:00 pm: Ice Cream Party (See you next summer!)
 3:30 pm: Pick up

The Seabury Intergenerational Summer Camp is hosted by Seabury at Friendship Terrace, located just two blocks from the Tenleytown Metro Station!



202-244-7400 • 1-800-643-3769 DC RELAY SERVICE • 1-800-643-3768 TTY
 4201 Butterworth Place, NW, Washington, DC 20016
www.friendshipterrace.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.

Love is in the Hair



DO YOU LIKE TO READ?

Megan and Myra from the Tenley-Friendship Library will lead *People & Stories*, a weekly short story reading workshop. Free & open to residents of Friendship Terrace. We will meet in the 5th floor lounge.

Tuesdays @ 1pm
July 11th — August 29th



NATIONAL
ENDOWMENT
FOR THE
HUMANITIES

PEOPLE & STORIES
GENTE Y CUENTOS

L
dc public library

ADMINISTRATOR REVIEW

Dear Friendship Terrace Family

As I write this, I notice the temperature outside is 89 degrees, and that's in the shade. It seems that tomorrow and the rest of the week will be equally as hot reaching between 91-92 degrees. I encourage everyone to please stay hydrated during these scorching hot days. Drink plenty of water. And try not to stay outdoors for an extended period of time. The building is nice and cool with the air conditioning.

Thinking about summer makes me happy. I always look forward to putting away my winter clothes and enjoying the outdoors. I also like the fact that it is staying light outside after 8pm. Flowers and trees are in full bloom and everything looks pretty outdoors. Nature gives us a "fresh start".

Residents of Friendship Terrace will also have a "fresh start" too. Effective July 1st, 2017 the building is implementing the new non-smoking policy and Friendship Terrace will be a smoke free property. The bench and smoking shelter will be up and all smokers are encouraged to go outdoors to smoke. There will be a non-smoking sign on the 4th floor balcony.

If you look at the July Calendar you will see that we have many new and exciting events planned. This will be a fun-filled summer at Friendship Terrace. 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.

As most of you may know, I fell ill last week and spent a week in the hospital. I am feeling much better and getting stronger every day. I want to thank each of you for the kind words and well wishes. I appreciate and love you all.

Happy July

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

JULY FUN FACTS



FUN FACTS FOR THE 4TH OF JULY

AMERICA ♥ EXPLOSIVES AND HOT DOGS

238

MILLION POUNDS



238 million lbs of fireworks are sold every Fourth of July.

18,307

JUMBO JETS FULL



We buy enough fireworks on the 4th to fill 18,307 jumbo jets or 54 fully loaded space shuttles.

\$930

MILLION SPENT



\$930 million spent in 2007 on fireworks: enough to finance two full missions of the space shuttle.

155

MILLION EATEN



Over 155 million hot dogs are consumed every Independence Day.

5+

TIMES ACROSS



We eat enough hot dogs each 4th to stretch from L.A. to D.C. more than five times!



POETRY PAGE



The Computer Swallowed Grandma

*The computer swallowed grandma
Yes, honestly its true
She pressed 'control' and 'enter'
And disappeared from view.*

*It devoured her completely
The thought just makes me squirm
She must have caught a 'virus'
Or been eaten by a 'worm.'*

*I've searched through the 'recycle bin'
And files of every kind
I've even used the 'Internet'
But nothing did I find.*

*In desperation, I asked Jeeves
My searches to refine
The reply from him was negative
Not a thing was found 'online.'*



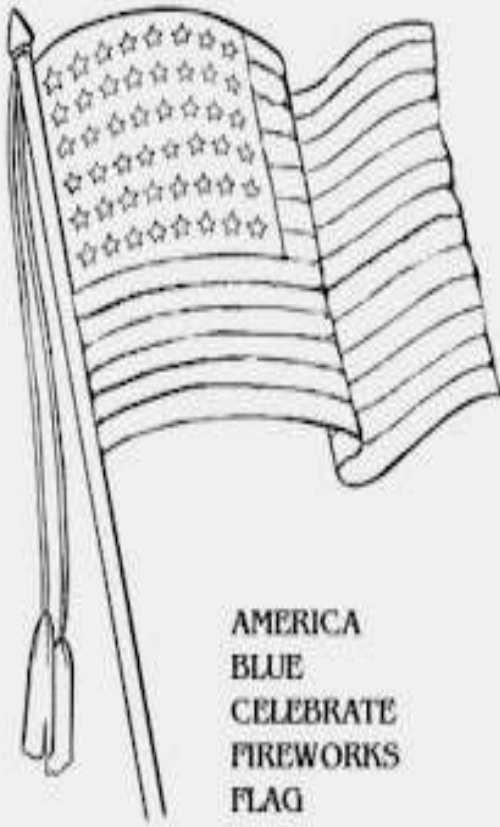
*So if inside your 'Inbox'
My Grandma you should see
Please 'Copy,' 'Scan' and 'Paste' her
And send her back to me!*

Author Unknown

WORD SEARCH PUZZLE



4th of July



AMERICA
 BLUE
 CELEBRATE
 FIREWORKS
 FLAG
 FOURTH
 FREEDOM
 HOLIDAY
 INDEPENDENCE
 JULY
 PARADE
 PICNIC
 RED
 STARS
 STRIPES
 SUMMER
 UNITED
 WHITE

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

CONGRATULATIONS TO OUR NEW FTRA COUNCIL MEMBERS!

With the election of FTRA Officers complete, we have a new Council, meeting for the first time on **Monday July 10, 2017**. Because of the 4th of July Holiday, our regularly scheduled meeting on the first Monday has been changed to accommodate the long weekend celebration.

Our 2017-18 FTRA Officers are: President, Anne Nickel

First Vice-President, William Hemsley
Treasurer, Johanna Roth
Recording Secretary, Carolyn Davis
At-Large Position #1, Debby Murphy

Second Vice-President, Betsy Robinson
Assistant Treasurer, Jane Simpson
Corresponding Secretary, Gail Lelyveld
At-Large Position #2, Mary Lou Schram

AN ERA IS ENDING

There will be hole in the FTRA Council that will take time to fill. Magnolia Whettstone has resigned as Chair of the FTRA Arts, Education, and Entertainment Committee. In her 12 years of involvement in FTRA Committees and Council she has created quite a legacy. Because of her energy and enthusiasm we have many of the programs we all appreciate. She helped create Mints and Music and movie nights, expand Bingo into a self-supporting activity, strengthen our nightly Prayers for Peace, and host special parties throughout the year. Have you purchased a lottery ticket? Magnolia grew the lottery as a fundraiser for FTRA. She recruited the people that you see selling the tickets. We owe a great deal of gratitude to Magnolia. It may surprise you to know that Magnolia also did lobbying on behalf of the seniors living here. One example: she helped to successfully lobby DC Council to increase the signal time for a safer crossing of Wisconsin Ave. This article does not cover all of her contributions but you certainly can see how dedicated to our community she is and has been. Lucky us !!

WANTED – FTRA needs to expand our Technology Committee. If someone has experience setting up a microphone system (for our Monday night Council meetings), tuning distortion out of amplifiers, and/or can work with computers and printers, please call Anne Nickel at 202-270-7976. *Your Community needs you!*

ALERT – If you have stored any of the hundreds of personal documents or photographs on the Fourth Floor Lounge computer station, please be aware that they will **be erased** no later that July 15. If you wish to keep any of your materials, please copy them to a CD or thumb drive as soon as possible. If you need help in doing so, please fill out the “HELP” form now available at the computer station and leave in the BOX provided. You will be contacted.

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
Chuck Thornton	Marketing Director	Cthornton@seaburyresources.org
Holly Muhammad	Service Coordinator	Hmuhammad@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