

FACES OF FRIENDSHIP

MARCH 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





Wednesday March 1st –Oliver Garden Lunch Bunch– Residents will be going to Olive Garden to enjoy a casual family dining and Italian-American cuisines.

Thursday March 2nd-Memoir Writing with– Mary Lou Schram– Our very own Friendship Terrace resident Mary Lou Schram will be teaching a memoir writing class, to show you how to put all of your memories into a memoir , in the 3rd floor library at 11:00 am.

Friday March 10th–Lecture w/ Andy Steigman– Join Andy Steigman as he gives a lecture on The Baltic States: A Rich History Indeed in the Friendship Terrace dining room at 7 pm.

Wednesday March 15th-**St Patrick's Day Performance with**-Greater Washington Ceili Club– the GWCC performance group is bringing traditional Celtic dancing to Friendship Terrace , to help us celebrate St Patrick's Day .

March 28th-Spring Fling Concert with The Greenbelt Band– **Let's bring in the spring season** with the musical performance with the Greenbelt Concert Band .

Just A Reminder : Toni Harris our Friendship Terrace Beautician will be here during the **week on Wednesday's and on the weekends Saturday & Sunday** .Please make sure you call to schedule an appointment . (202)792-2488 is the number you can reach her on to schedule an appointment.

Month in Review



March Birthdays



Birthstone: Aquamarine **Flower:** Daffodil **Zodiac:** Pisces/Aries

Grant, Robert **03/03**
Black, Curtis **03/03**
Hanif, Hasib **03/07**
Kelly, Ella **03/07**
Kelly, Robert **03/08**
McHugh, Edward **03/10**



Allen, Marica **03/13**
DeValoy, Cornelia **03/13**
Whettstone, Magnolia **03/15**
Smith, Ellen **03/15**
Leiken, Robert **03/19**
Pollard, Russell **03/21**

VAN SCHEDULE IS SUBJECT TO CHANGE

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



Crabby Road

Crabby Road



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From the Service Coordinator

A monthly publication to keep you informed about wellness programs and events

MARCH 2017



March is National Sleep Awareness Month

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. Here are some health benefits researchers have discovered about a good night's sleep.

- ◆ **Sleep helps improve memory**
- ◆ **Sleep improves your immune system**
- ◆ **Sleep helps you better manage stress**
- ◆ **Sleep helps increase your energy**

#RechargeThisMonthWithSleep

**It's TAX SEASON!
Get Your Taxes Prepared
March Tax Trip**



**Wednesday, March 22
9:30 am - Front Lobby
Space is Limited!**

**National Nutrition Month
Join Us for Nutrition Game Day!**



**Tuesday, March 14
12:00 pm - 5th Floor Lounge
Food, Games & Prizes!**

**Sharon Sellers, MPA returns
with Brain Aerobics!**



**Wednesday, March 22
12:00 - 2:00 pm - Game Room
Lower Level**

Service Coordinator Coffee Chat

**Please join me for my
Coffee Chat Information Session
Complimentary coffee and pastries served**



**Wednesday, March 1
Dining Room
10:00 am**

SEATED YOGA CLASS

Release, Relax, Breathe



**Tuesdays, March 7, 14, 21 & 28
10:00 am - 5th Floor Lounge**

Strength Training Class

All Levels Welcome



**Friday, March 10 & 24
10:00 am - 5th Floor Lounge**

GROCERY PLUS DISTRIBUTION



**Thursday, March 16, 2017
11:30 am - 2nd Floor Lounge
You MUST bring your I.D.**

**The Georgetown Day School
Student Volunteers are available**

**Thursday, March 2, 9, & 16
Please sign up for a Volunteer**

Focus On Vision & Hearing Meeting

**Wednesday, March 8
11:00 am
Game Room**



STUDENT VOLUNTEER PROGRAM

Health Providers Corner

providers see residents in the Wellness Center, 1st Floor

Visiting Nurse

Tuesday, March 21

11:00 am

Sign up at the front desk to request an appointment

Dermatologist

Betty McLaughlin, NP

Wednesday, March 8

1:00 pm

Sign up at the front desk to request an appointment.

Geriatric Team Specialist

Dr. Paul Rhodes (House Calls)

Wednesday, March 15

2:00 pm

Sign up at the front desk to request an appointment.

Podiatrist

Dr. Anthony Cordaro

Tuesday, March 14

10:00 am

Sign up at the front desk to request an appointment.



**Suggestions/Comments
Welcome**

The suggestion box is located in the 2nd Floor Lounge. We welcome your feedback! If you would like someone to follow up directly with you, please include your name and apartment number. The box is locked and checked once a week.

**Holly Muhammad
SERVICE COORDINATOR
202-244-7400**

hmuhammad@seaburyresources.org

ADMINISTRATOR REVIEW



Dear Residents of Friendship Terrace,

It was wonderful to see so many of you at the February 14th Valentine's Day Party. We had a blast! I look forward to planning more of those parties so that we can all get together and enjoy some music. Dancing is great way to exercise as well as great fun!

You all know how to "Cut a Rug!"

A special thank you to all the residents for attending Terrace Talks this month. That is always a great time to address any issues we may have in the building. We always welcome feedback from you so that we can provide better service as well as a better living experience at Friendship Terrace.

Please join me in welcoming Chef Nigiel Stewart to our Friendship Terrace Family. Chef Nigiel comes very highly recommended and is eager to cook up delicious and nutritious meals for us!

With the warmer weather coming upon us, I would just like to encourage residents to take advantage of the beautiful days, get outdoors, take a walk, and stay active and healthy.

Friendly Reminder: The next Terrace Talks is scheduled for Monday, March 27th at 6:30pm. See you there!

With Love,

Semira Negasi
Administrator





Food Service Director -Nigel Stewart

Is a native of the island Trinidad and Tobago .Trinidad and Tobago is a twin island country situated off the northern edge of the South American mainland. Chef Nigel has been in the culinary world for over 30 yrs. He has a AA Degree in cooking & pastry. Nigel was first in his class for chocolate show Pieces. Nigel has created beautiful dishes for places he has worked over the years. We are happy to have him here as part of our Friendship Terrace family.



NEW RESIDENTS

We would like to welcome our new residents to our Friendship Terrace family; Mrs.Fidelia Hernandez, Mr. Raymond Rusin , Mr. Lawrence Dory and Bonnie Hanselman . Friendship Terrace would like to give all of you a BIG WELCOME TO THE FAMILY !

Hey!
WELCOME
We're *very* **GLAD**
you're here!

St Patrick's Day Fun Facts

Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock

■ Small, three-leaved herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag

■ Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns

■ Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)

■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow



Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend

He drove the snakes from Ireland by beating a drum

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book

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Poetry Page

Signs of Spring

When the snow melts away,
And it's rainy and gray,
And the birds are beginning to sing...

Trees have tender green buds,
And the Earth turns to mud-
That's how you can tell it is spring!

No more mittens and boots,
No more bulky snow suits,
It's too warm to wear all those things!

Flowers bloom everywhere,
Their perfume fills the air-
That's how you can tell it is spring!



- Author unknown -



St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

CLOVER
IRISH
LUCK
PATRICK

FAIRY
JIG
MARCH
SEVENTEENTH

GREEN
LEPRECHAUN
MUSIC
SHAMROCK



thrifnymommastips.com

AMENDMENTS TO FTRA'S CONSTITUTION AND BYLAWS

The FTRA Ad Hoc Committee charged with reviewing the current Constitution and Bylaws (September 2013 edition) for needed changes, has submitted its recommendations for amendments. The major recommendations deal with the Nominating and Elections Committee and the status of Standing Committees. The Executive Committee met on Thursday, February 23 to finalize a working draft of an amended Constitution and Bylaws. This draft will be discussed at its March 6, 2017 meeting and a final draft approved by the Council. The final draft will be presented to the full Association Membership for a YEA or NAY vote, without discussion, at the Association's March 13 General Meeting. Copies of the working draft were made available in the Library on Monday, February 27 at 1:00 pm. They were also posted on FTRA Bulletin Board in the Second Floor Lounge.

The time for residents' comments and questions will be the March 6 Meeting.

MARCH BEGINS FTRA ELECTION SEASON

At the March 13, 2017 Association General Meeting, members of the Nominating and Elections Committee will be selected. If the amended Constitution/Bylaws are approved there will be both a Nominating Committee and an Elections Committee. Each Committee will have 5 members. Three members of each Committee will be elected at the March General Meeting. The FTRA Executive Committee will appoint the final two members of each at the close of this General Meeting. The Nominating Committee is responsible for preparing a slate of Officers for the 2017-18 FTRA Council. The Elections Committee is responsible for conducting the election of these Officers at the Association's June General Meeting. Residents are invited to consider serving on either of these Committees. More detailed information on these Committees is available for those interested. See Anne Nickel, Apt 438 (202.270.7976) or Helen Spence, Apt. 451 (202.849.6178).

FTRA OFFICER POSITIONS TO BE FILLED

Copies of the general duties and responsibilities of each of the FTRA Officers will be available from the Nominating Committee. The overview of each Office is listed in FTRA Constitution and Bylaws.

- President
- First Vice President
- Second Vice President
- Treasurer
- Assistant Treasurer
- Recording Secretary
- Corresponding Secretary
- One Member-at-Large (Odd year)

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