

FACES OF FRIENDSHIP

DECEMBER 2017



IN THIS ISSUE:

Page 1: Cover Page

Page 2: Activity Events

Page 3: Photo Highlight

Page 4: Birthdays/Van Trips

Page 5: Humor Page

Page 6-7: Chef's Corner/Recipes

Page 8-9 Anniversary Photos

Page 10: Administrator Page

Page 11 : Seabury News

Page 12: Beauty Page

Page 13 Poetry Page

Page 14: Word Search

Page 15 FTRA Page



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





Friday , December 1 **Christmas Decorations w/ The Girl Scouts**– The Girl Scouts are back ! Residents will get the chance to make wonderful Christmas decorations for their doors , so come out & join the girl scouts in our 2nd floor lounge .

Tuesday, December 5 **Walmart Shopping Trip** – Residents will enjoy a outing to do a little Christmas shopping for family & friends.

Wednesday, December 6 **Jerry’s Seafood Restarunt** —For more than 35 years Jerry’s Seafood has been serving the Washington D.C. Area with its signature trademarked dish The Crab Bomb Jerry’s is known for other delights like their homemade soups, crab cakes and fresh fish.

Saturday, December 9 **Mary Poppins w / Mini Musicals On The Move**— *Mary Poppins* is an American musical-fantasy film directed by Robert Stevenson and produced by Walt Disney, with songs written and composed by the Sherman Brothers .

Holiday Decorating Contest—No Rules !!! Just Fun !!!

All residents are welcome to join us for our door decorating contest. Decorate your door and win a prize! Judging will take place on December 19th a 3 pm . Prizes will be awarded on December 20th at 4:30 pm in the dining room. 1st ,2nd,and 3rd places prizes will be given.



Month in Review





December Birthdays



Birthstone: Blue Topaz **Flower:** Narcissus **Zodiac:** Sagittarius/ Capricorn

Dory, Lawrence	12/06	Spellman, Patrice	12/18	Yoshpe, Ruthellen	12/27
Murdock, Sheridan	12/06	Parker, Trudy	12/18	Betor, Gregory	12/28
Alexander, Christine	12/07	Mitchell, Iverson	12/20	McDonald, Rose	12/28
Mellette, William	12/10	Tobin, Cornelia	12/20	Gray-Battle, Mari	12/28
Miller, Barbara	12/11	Masterson, Daniel	12/20	Ferguson, Marjorie	12/31
Cartwright, Lawrence	12/14	Iverson, Linda	12/23		
Williams, Evelyn	12/17	Hanson, Claudia	12/23		
10/14					



VAN SCHEDULE IS SUBJECT TO CHANGE

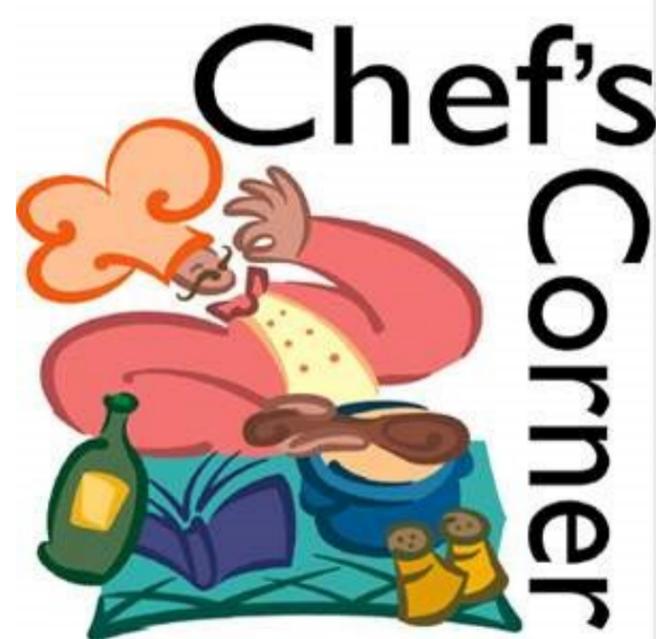
MONDAY	THURSDAY	FRIDAY
1:30 -CVS	1:00 -WESTWOOD SHOPPING CENTER	EVERY FIRST & LAST FRIDAY
SUN TRUST	GIANT FOOD	1:30 -SAFEWAY
WHOLE FOODS		
POST OFFICE		
RODMAN		
BANK OF AMERICA		
WELLS FARGO		
LORD & TAYORS		
TJMAXX		





HA
HA
HA





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



Method:

1. Beat egg with milk, salt and pepper and herbs.
2. Melt margarine in pan and, when hot, pour in mixture.
3. Cook over moderate heat lifting mixture with a spatula so uncooked egg runs underneath.
4. Increase heat to brown omelet. When mixture is set sprinkle with grated cheese.
5. Loosen from pan with spatula and fold in half.
6. Turn onto warm serving plate.

Variation: replace grated cheese with finely chopped cooked ham or crisp bacon.



ANNIVERSARY DINNER PAGE



ANNIVERSARY DINNER PAGE



ADMINISTRATOR REVIEW



The holiday season is upon us and I trust that all had a blessed Thanksgiving with family and friends. Personally, I have been thinking about how fortunate I am to be working with you all at Friendship Terrace. While I have only been here one year at this point, it is clear that Friendship Terrace is a very special community of residents, families and associates and I count myself fortunate to have the opportunity to be a small part of the Friendship Terrace Family.

Of course with Thanksgiving now behind us, we look forward with eager anticipation to the Christmas holiday and New Years. We can't wait to trim the Christmas trees throughout the community! This time of year there is a lot of excitement with the hustle and bustle of preparing for Christmas, but I hope that we take some time out to reflect on the blessings in our lives and ponder "the reason for the season."

We have plenty of holiday events planned for December and I hope to see each and every one of you enjoy the festivities.

An update: I am well on my way to recovering from knee surgery. I want to thank each and every one of you for the calls, emails, well wishes and prayers. That truly warmed my heart.

Please know that I count Friendship Terrace as one of the many blessings in my life and I wish you and yours a happy holiday season and a prosperous and joyous New Year!

Semira Negasi
Administrator



...almost THE FUNNIEST COMEDY SHOW IN TOWN

HOSTED BY HBO'S
TOMMY TAYLOR JR

FEATURING COMEDIANS FROM
COMEDY CENTRAL, NBC, ABC

CJ BURNEY (OPENED FOR WHOOP! GOLDBERG & TREVOR NOAH)
TOMMY SINBAZO (BALTIMORE'S FUNNIEST COMEDIAN)
THERESA CONCEPCION (DC IMPROV FAVORITE)

12.08.2017

almost **LADIES NIGHT**

Showtime **7:30PM**
Doors Open at **6:30PM**

\$5 Drink Specials ALL NIGHT

partial proceeds benefit:
Seabury  Resources for Aging®

vol. 4

*EARLY REDUCED ADMISSION TICKETS
almostLadiesNightGiveback.Eventbrite.com
Ber Baron Tavern - 1523 22nd St NW, Washington DC







TLC FOR YOU SALON

BEAUTY OF THE MONTH

Mrs. Elizabeth Perciasepe



Mrs. Perciasepe has lived here at
Friendship Terrace since 2011

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

POETRY PAGE**In Comeback Mode**

Many of us live in comeback mode,

Diminished, but like grass that's mowed,

Needs filled, we put forth shoots,

Find some straps are on our boots.

Mending, as our absence ends,

We smile again among our friends.

Betsy Robinson



WORD SEARCH PUZZLE

Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



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





Are you in need an Ambulance?



If your circumstances permit,
Contact the Bethesda-Chevy Chase Rescue Squad
By calling 301-652-0077 or the front desk @ 202-244-7400

If you have an urgent need for an ambulance, call 911

- Q Resident Joe's ambulance trip from Friendship Terrace to a D.C. hospital cost Joe \$500.00. Resident Henry's ride cost zero. Why?
- A *Because FTRA makes advance payments to the Bethesda-Chevy Chase Rescue Squad so residents without urgent, dire emergency needs can get free ambulance rides, like Joe did.*
- Q Don't you think every resident needs to know about this FTRA arrangements?
- A *You got that right. Our Association works on behalf of its members—us! That is its reason for existence.*

FTRA donates \$3,000.00 annually to the Bethesda-Chevy Chase Rescue Squad. In return, the Squad makes its many trips each year to our door at no charge.

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The FTRA email address is: FTRA1789@gmail.com Always There—Always Confidential

FTRA PRESIDENT, Anne Nickel, is taking a leave of absence from the President's responsibilities for personal and health reasons. As the FTRA Bylaws require, First Vice President Bill Hemsley is assuming her responsibilities. Anne is chairing the Birthday Committee during her leave.

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Administrator	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Services	Jpekala@seaburyresources.org
Corey Odol	Marketing Director	Codol@seaburyresources.org
Tawanda Jackson	Associate Admissions	Tjackson@seaburyresources.org
Hannah Everhart	Services Coordinator	Heverhart@seaburyresources.org
Gladstone Haughton	Maintenance Director	Ghaughton@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Nigel 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