

FACES OF FRIENDSHIP

APRIL 2025



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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 aforementioned federal and state statutorily protected classes.



PHOTO PAGE



PHOTO PAGE



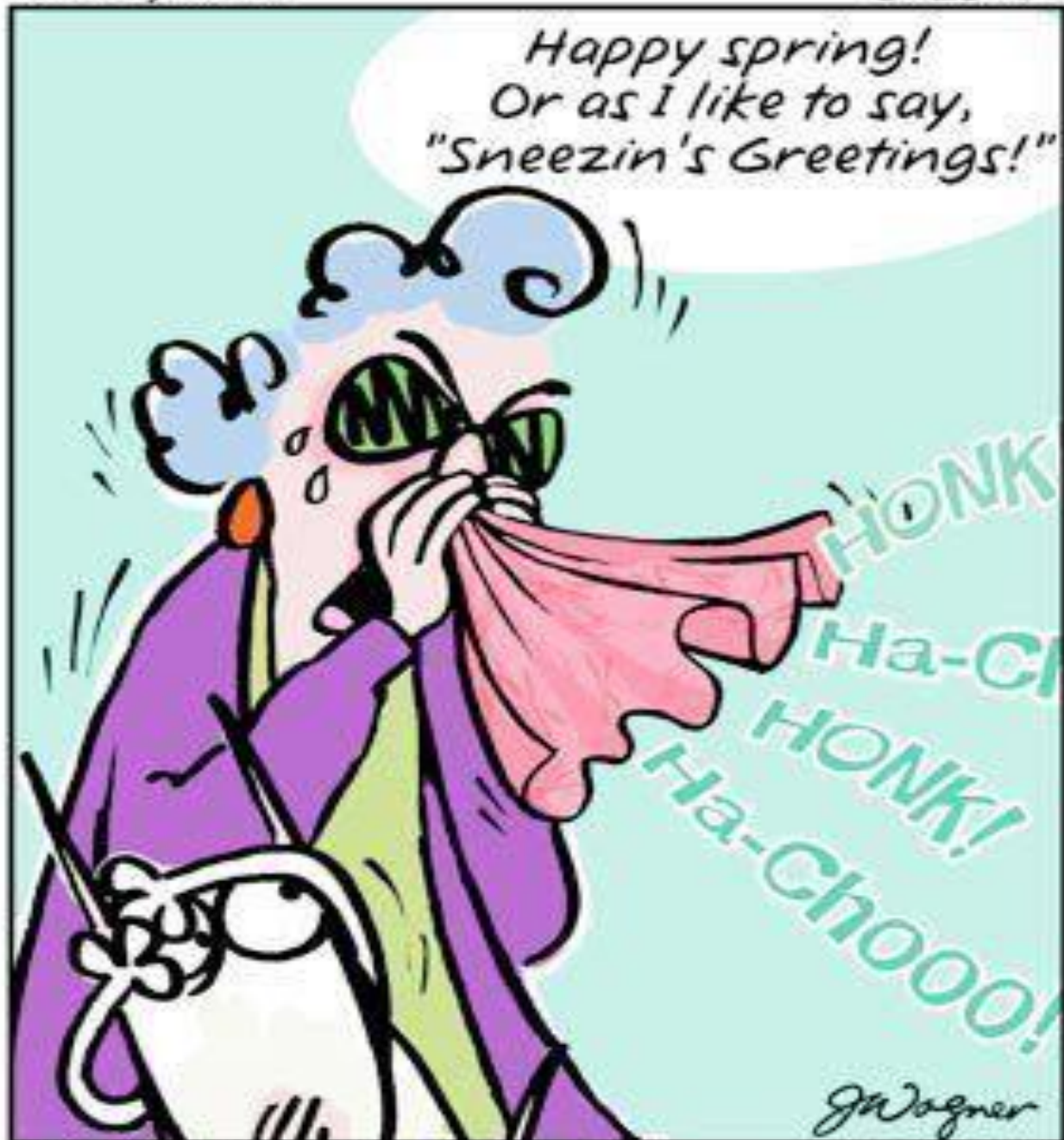
Seabury at Friendship Terrace celebrated Mardi Gras with a Fat Tuesday pancake fundraiser in our dining area.

Residents enjoyed St. Patrick's Day with a fun filled St. Paddy's Day social. Lastly we are happy to have the jigsaw puzzle activity back just in time for spring in our 4th floor lounge area.



Crabby Road

3-23-10



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APRIL BIRTHDAYS

Birthstone: Diamond **Flower:** Daisy **Zodiac:** Aries/Gemini

Kambhampati, Susila	4/03	West, Lloyce	4/29
Parris, Lesley	4/05	Robinson, Alma	4/30
Baugh, Pamela	4/06		
Pinckney, Linda	4/09		
Smith, Martha	4/09		
Macomber, Fern	4/14		
Bruhier, Stillman	4/20		
Harris, Renee	4/27		
Horne, Beverly	4/27		
Lopez, Carlos -	4/29		



Happy Birthday



CENTER FOR DISEASE CONTROL INFORMATION

If you have any questions , Friendship Terrace recommends you check out the following resources:

Centers for Disease Control Website: [CDC.gov](https://www.cdc.gov)

State Department Website: [State.gov](https://www.state.gov)

DC Health Website: [Dchealth.dc.gov](https://dchealth.dc.gov)

Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://mayor.dc.gov)

HOUSE RULES HIGHLIGHTS

Resident's agree that the following House Rules and any additional reasonable rules and regulations subsequently adopted by Landlord/Owner of which Resident receives reasonable notice shall be part of this lease and shall be incorporated by reference herein. Resident further agrees that any failure by Resident, or failure by others on the property with the consent of resident, to abide fully by such rules and regulations may be deemed by Landlord/Owner as a default by Resident and breach of this lease:

7. DISTURBANCES. Resident agrees not to cause any improper or disturbing noises, odors, or activities in the building at any time, not to sing or play any musical instrument, including the piano, in a manner disrupting the quiet enjoyment of other Residents. Resident agrees to operate the television or radio so as not to disturb other residents. Residents are responsible for the actions of their guests and any resulting damages.

8. TRASH. Resident agrees to place all garbage in plastic bags and to place it in the trashchute or dumpster. Grease, bacon drippings, or other fats or oils must be put in a can or jar and not poured down the sink. Service calls on plumbing, due to stopped up pipes caused by grease, disposable diapers, paper towels, sanitary napkins or wipes, or other non-disposable items, shall be charged to the Resident. Residents are required to separate recyclables from trash and deposit in the recycle closet.

This community does not discriminate on the basis of race, color, sex, national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, victim of an intra-family offense, place of residence or business, in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. The Executive Director at 4201 Butterworth Place, N.W., Washington, DC, 20016, Tel: 202-244-7400, DC Relay Service 1-800-643-3769, 1-800-643-3768 (TTY), has been designated to coordinate compliance with the non-discrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR Part 8 dated June 2, 1988.) Occupancy is open to all persons who meet the community's eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



From the Service Coordinator

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

APRIL 2025

Hello FT family,

April is Stress Awareness month. Stress Awareness month has been recognized every year since 1992. We all experience stress whether it may be positive (called eustress) or negative (called distress). What is positive stress you may ask? Some examples of positive stress are starting a new job, moving, buying a house etc. There are different ways to cope with stress, due to stress being a physical, mental, or emotional strain/tension.

There are many ways to manage the stress that is in your life, such as:

- ♦ Taking care of yourself, eating healthy, exercising regularly, getting plenty of rest and giving yourself breaks if need be,
- ♦ Discussing your issues/problems with someone trusted. Talking out your issues/problems can be a great way to get pressure off you or release your negative stress.
- ♦ Recognizing you need more help know when to talk with a social worker, psychologist, or counselor if things worsen or get out of control.

Happy April :) Rahell & Mary
Residents Service Coordinators



Catholic Mass



**April 4, 2025
2:00pm—3rd Floor Lounge**

Coffee Chat



**April 16, 2025
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



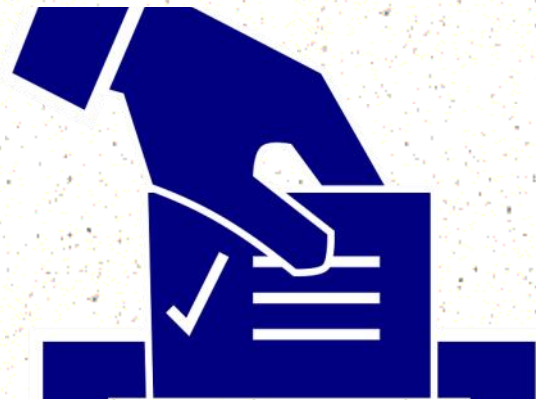
**April 17, 2025
2:00pm— 3rd Floor Lounge**

Shabbat Service



**April 18 , 2025
3:30am— 3rdFloor Lounge**

Health Providers Corner



Suggestions/Comments Welcome

If you would like to leave comments or suggestions for the Service Coordinators feel free to call the front desk and place your concerns along with your name and apartment number.

We welcome your feedback!

Rahell Negash
(202) 244-7400 Ext. 106

Mary Toussaint
(202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

Spring is finally here!

Spring is my personal favorite season; There's just something so rejuvenating about Spring. Whether it's the birds chirping, flowers or sunshine, Spring does wonders for my soul. As the fresh buds turn to blooms, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. Springtime is typically also a favorite season for older adults because they have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance our quality of life. As we all shake off another Winter, it's Spring cleaning season once again. We all know how important a clean and clutter-free home and community can be, for safety and aesthetically. With yearly Spring cleaning, we can improve the safety of your home by eliminating hazards.

With all that in mind, here are 5 tips to make your Spring cleaning easy:

- 1. Have a Plan; make a checklist of the areas you want to address
- 2. Invite Other Family or Friends to Help; cleaning as a team makes Spring cleaning easier and faster
- 4. Go After Clutter First; organize items and get rid of stuff you no longer use
- 5. Throw Out Expired Items; do a thorough cleaning of your medicine cabinets and food storage cabinets

How will you "Spring" into Action at this beautiful time of year? Is it time for a new dress, pants or shirts that make us feel good when we put them on? Will you join an exercise class? Perhaps you've thought of a project to start or a club to join? Spring is a great time to start new beginnings. At Friendship Terrace, the choices are endless. Make sure to check out our calendar to see if there are any new activities you would like to join this month! Take time this month to get involved in a new activity and meet a friend or two. You will be glad you did!

Speaking of Spring, our taste buds tend to change along with the Spring weather. You will begin to notice new items on our menus that may not have been served during the Fall/Winter months. Is there a special food or entrée that you would like to see us add to our menus? Maybe there is something that you would like for us to serve more often... or less often. Please make sure to utilize our Happy or Not machine located in the dining room and give us your feedback. Our goal continues to be that we make your dining experience the very best it can be.

I look forward to seeing everyone at our next Terrace Talks which will be held on Friday, April 25th at 1pm. May you all enjoy the many blessings that April has to offer you!

Executive Director,
Semira Ligon



PUZZLE PAGE

Easter Word Search

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

celebration
 chicks
 Sunday
 candy
 lamb

cheesecake
 carrot
 tulips
 grass
 lily

chocolate
 church
 spring
 beans
 bunny

flowers
 basket
 hunt
 peeps
 eggs

Earth Day

Word Search Puzzle



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



APRIL	ENVIRONMENT	PLANET
CLEAN AIR	GLOBAL	POLLUTION
CLIMATE	GREEN	RAINFOREST
COMPOST	HABITAT	RECYCLE
CONSERVE	LITTER	TREES
EARTH	NATURE	VOLUNTEER
ECOLOGY	OCEAN	WATER
ENERGY	OZONE	WILDLIFE

Free printable courtesy of PrintItFree.net

Name: _____ Date: _____

Good Friday

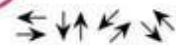


G U C Q P P G N I H S A W A U D R
 N S D A D Z N F T F O R O D E U R
 I N W E R Q J P G W O I W M S E K
 V T S R T I I W N G S R G Z M H P
 R F U Q F E N X I U O T G E A A R
 E F S J Q G E G Y D R D M I I I O
 S L E X M X J R D Y Z B L D V D C
 D F J D B I J M G Z E A H M Q E L
 O J S Z S U F F E R I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

Forgiveness
 Proclaimed
 Understand
 Suffering
 Remember
 Expected
 Forgive
 Washing
 Example
 Present
 Serving
 Greeted
 Denied
 Caring
 Follow
 Showed
 Peter
 Cross
 Jesus
 Dying
 Love
 Rode
 God



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



APRIL
SUN
BIRDS
HARMONY

BUDS
INSECTS
CHEER
TREE

NATURE
GALOSHES
PICNIC
NEST

RAIN
SPRING
SMELL
GRASS

GREEN HOUSE



GREENHOUSE



GREENHOUSE



Friendship Terrace would like to give a “BIG THANK YOU” to the greenhouse committee especially to two very dedicated members Ms. Iris Carter and Heather McIntosh– Brown. The greenhouse has been transferred and brought to life with the helping hands of these two wonderful ladies. As a great form of therapy to all the residents here at Friendship Terrace Iris an Heather take great pride and effort in showing TLC to our greenhouse and the many beautiful plants there. We thank you and we encourage everyone to pay a visit and peek inside the Friendship Terrace greenhouse.



DACL INFORMATION PAGE

DC Department of Aging and Community Living (DACL) (DACL)

The Department of Aging and Community Living (DACL) serves District residents 60 and older, adults living with disabilities, and those who care for them. In partnership with more than 20 community-based organizations across the city, we offer more than 40 free or low-cost programs to help all District residents live boldly at any age, stage, or ability.

Through a variety of programs including community activities and events, nutrition and transportation services, healthcare and insurance counseling, caregiver support resources, and adult protective services, we are building a District where we can all thrive together in the communities we know and love.

Connect with our team today at (202) 724-5626 so we can work together to help keep you happy, healthy, and connected to a community that sees and values you.

<https://dacl.dc.gov>

[\(202\) 724 - 5626](tel:(202)724-5626)

English - Department of Aging and Community Living

dacl@dc.gov



Supported by the D.C. Department of
Aging and Community Living.

FTRA PAGE

FTRA NEWS

As I sat down to write this, I realized that the first bit of good news that I could share with you is that as of tomorrow Spring will have arrived. This can have several meanings. For some it means the return of Flowers and other Flora. For others it is a reminder to start the spring-cleaning projects. I can't help you with the latter but with the former I could remind you that it is a good time to visit our Greenhouse on the 5th Floor and the Garden Path out back. The Greenhouse is full to capacity with lovely plants and residents have an open invitation to stop by. Please note that we cannot accept any new gifts of plants at present.

With the return of warm weather, it is also good to know that the rooftop deck is open and that there are tables and chairs for us to sit outside comfortably gazing at the sunset or the stars in the sky. The Gazebo is also open and provides a pleasant and quiet sanctuary. Overall, this is a good time to take a stroll and participate in outdoor activities.

Our Council elections are quickly approaching and it is time to think about potential nominees and volunteers for both the Nominations and Elections committee. The elections will be held the Second Monday in June and we will have our second General Meeting of the residents the Monday before.

David Rivera
FTRA President

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF





Main Number # 202/244-7400

Fax # 202/362-2587

Semira Ligon	Executive Director	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Affairs	Jpekala@seaburyresources.org
Antranishia Watkins	Marketing/Admissions	Awatkins@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Lawrence Nocente	Maintenance Director	Lnocente@seaburyresources.org
Samuel Reuto	Food Service Director	Wilfran.reuto@sodexo.com

LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Georgetown University Hospital	202-444-2000
Holy Cross Hospital	301-754-7000
Iona Senior Services	202-895-9448
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	800-837-4966
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Whole Foods Market	202-237-5800
Transport DC \$7 Taxi(members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573
Department of Aging and Community Living	202-724-5626
US Postal Service	800-275-8777

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 10:00 Stretch & Tone w/ Mary 5 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR w/ volunteers	2 2:00 Scrabble Club 4 5:00 Mints & Music 2 6:30 Trivial Pursuit (FTRA) 4 w/ volunteers	3 Happy Birthday Susila K 10:00 Chair Yoga (FTRA) 5 11:30 Chaplaincy Service LI 2:00 Echoes from Ethiopia 5 (FTRA) 6:30 Bingo (FTRA) DR	4 11:00 Art History Lecture 5 2:00 Catholic Mass 3	5 Happy Birthday Lesley P 10:00 Chair yoga 5 (FTRA) 12:00 Brunch DR 1:00 Fun Day w/ Girl Scout Troops 2 2:00 Tea & Cookies 4 6:30 Movie Curated 5 By Ella Kelly
6 Happy Birthday Pamela B 8:15 Catholic Communion 2 12:00 Brunch DR 1:00 Music Concert w/ Erik 2 4:30 Movie Curated 5 By Eda	7 12:00 Quick Trivia 2 1:30 Reminiscences 4 (FTRA) 1:30 Sip n Paint (FTRA) 2 5:00 Mints & Music 2	8 10:00 Stretch & Tone w/ Mary 5 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR w/ volunteers	9 Happy Birthday Linda P & Martha S 11:00 Prayer Service 2 2:00 Scrabble Club 4 5:00 Mints & Music 2 6:30 Trivial Pursuit (FTRA) 4 w/ volunteers 7:00 Loss Support Group LI	10 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	11 1:00 Bingo w Cindy DR	12 10:00 Chair yoga 5 (FTRA) 12:00 Brunch DR 6:30 Movie Curated 5 By Ella Kelly
13  8:15 Catholic Communion 2 12:00 Brunch DR 2:00 Worship Service 5 4:30 Movie Curated 5 By Eda & Martha	14 Happy Birthday Fern M 12:00 Quick Trivia 2 1:30 Jigsaw Puzzles 4 (FTRA) 5:00 Mints & Music 2 (FTRA)	15 10:00 Stretch & Tone w/ Mary 5 6:30 Bingo (FTRA) DR w/ volunteers	16 11:00 Coffee Chat 2 2:00 Scrabble Club 4 (FTRA) 5:00 Mints & Music 2 6:30 Trivial Pursuit (FTRA) 4 w/ volunteers	17 11:00 Chaplaincy Service LI 2:00 Episcopal Eucharist 3 6:30 Bingo (FTRA) DR 	18 1:00 Easter Egg Hunt In the Building 3:30 Shabbat Gathering 3 6:30 Wine & Cheese Hour 4 (FTRA)	19 10:00 Chair Yoga 5 (FTRA) 12:00 Brunch DR 2:00 Tea & Cookies 4 6:30 Movie Curated 5 By Ella Kelly
20 Happy Birthday Stillman B 8:15 Catholic Communion 2 12:00 Easter Brunch DR 4:30 Movie Curated 5 By Eda & Martha 	21  1:30 Reminiscences 4 1:30 Sip n Paint (FTRA) 2 5:00 Mints & Music 2 (FTRA)	22  10:00 Stretch & Tone w/ Mary 5 1:00 Earh Day Flower Party OS 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR	23 1:00 Book Buzz 4 2:00 Scrabble Club 4 (FTRA) 5:00 Mints & Music 2 6:30 Trivial Pursuit (FTRA) 4 7:00 Loss Support Group LI	24 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	25 1:00 Terrace Talks DR 6:30 Wine & Cheese Hour 4 (FTRA)	26 10:00 Chair Yoga 5 12:00 Brunch DR 1:00 Seabury Book Club 5 6:30 Movie Curated 5 By Ella Kelly
27 Happy Birthday Renee H & Beverly H 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated 5 By Eda & Martha	28 12:00 Quick Trivia 2 1:30 Jigsaw Puzzles 4 (FTRA) 5:00 Mints & Music 2 (FTRA)	29 Happy Birthday Carlos L & Lloyce W 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR w/ volunteers	30 Happy Birthday Alma R 1:00 Book Buzz 4 2:00 Scrabble Club 4 (FTRA) 5:00 Mints & Music 2 6:30 Trivial Pursuit (FTRA) 4 w/ volunteers	<div> <div> LEGEND FL– Front Lobby, 2nd Floor DR–Dining Room, 2nd Floor LI– Library, 3rd Floor OS- Outside 2nd-Floor Lounge 4th–Game Room 6th–Roof Top Deck Activity Color keycode: AD– Green, RSC– Blue, FTRA– Black, FT– Burgundy </div> <div>  at Friendship Terrace <i>Senior Living</i> </div> <div> BP– Beauty Parlor, 1st Floor ER–Exercise Room, 1st Floor WC–Wellness Center, 1st Floor 3rd–Floor Lounge 5th–Floor Lounge </div> </div>		