

FACES OF FRIENDSHIP

APRIL 2026



IN THIS ISSUE:

- | | |
|--------------------------------|-------------------------------|
| Page 1: Cover | Page 10: Administrator Update |
| Page 2: Photos | Page 11: Volunteer Page |
| Page 3: Photos | Page 12: Beauty Salon |
| Page 4: Humor | Page 13-14 Photos & Puzzle |
| Page 5: Birthday/Covid Info | Page 15: Pantry |
| Page 6: House Rules Highlights | Page 16: Puzzle |
| Page 7-9: Service Coordinator | Page 17: Waltz Tech |
| | Page 18: DACL Info |
| | Page 19: Coffee Chat 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 the aforementioned federal and state statutorily protected classes.



PUZZLE PAGE



PHOTO PAGE



Friendship Terrace celebrated the month of March with lots of fun activities such as the St. Patrick Day party, International Women's Day social and first day spring social.

We would like to thank Prevention of Blindness for a great presentation with guest speaker Ms. Sandy Neyzil.



The weatherman said I'd need an umbrella today. So I just added a cocktail.





APRIL BIRTHDAYS

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

Kambhampati, Susila	4/03	Nixon, Brenda	4/21
Parris, Lesley	4/05	Harris, Renee	4/27
Baugh, Pamela	4/06	Horne, Beverly	4/27
Pinckney,, Linda	4/09	Robinson, Alma	4/30
Smith, Martha	4/09		
Ligon, Robert	4/11		
MaComber, Fern	4/14		
Romero, Daniel	4/14		
Bruhier, Stillman	4/20		

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://www.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:

33. STORAGE UNITS. Storage areas are available for rent for an additional fee. Storage units must be maintained and secured. The Landlord accepts no liability for personal property kept in storage units. Storage fees are considered additional rent.

34. INSURANCE. Resident agrees that the Landlord is not the insurer of the safety of the Resident person or property and the Resident agrees to obtain comprehensive renter's insurance for liability and property damage. All personal property placed in the premise or the common areas of the premises shall be the sole risk of the Resident, and Landlord shall in no event be liable for the loss, destruction, theft of or damage to such personal property. The Landlord shall not provide any insurance of any type on any personal property of the Resident.

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 2026

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 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 healthily, 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.

NOTE: We have a special guest joining us this month for our Coffee Chat. He will be answering questions we frequently get about monthly invoices, rent, meals and discussing any other questions you may have regarding your billing. Please have your questions ready for our very own Director of Business Affairs John Pekala.

Happy April :)
Rahell & Mary



Catholic Mass



**April 3, 2026
2:00pm– 3rd Floor Lounge**

Coffee Chat



**April 15, 2026
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**April 16, 2026
2:00pm– 3rd Floor Lounge**

Shabbat Service



**April 24, 2026
3:30am– 3rd Floor 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 seniors 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

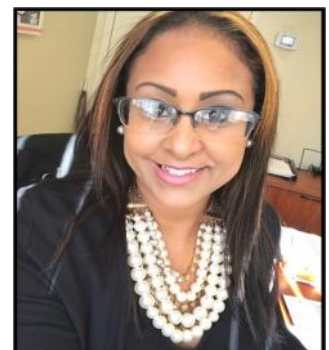
How will you "Spring" into Action at this beautiful time of year? Is it time for a new dress, pants or shirts that make us feel good when we put them on? Will you join an exercise class? Perhaps you've thought of a project to start or a club to join? Spring is a great time to start new beginnings. At 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 spring 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.

May you all enjoy the many blessings that April has to offer you!

Semira Ligon

Semira Ligon, Executive Director



VOLUNTEER PAGE

EASTER SUNDAY MUSIC CONCERT!



Our monthly musical performances with Erik von Uexkuell have become a tradition at Seabury Friendship. If you love the tunes of Paul Simon, Tracy Chapman, Bob Dylan, the Beatles, and many other great musicians of our times, come join us for an hour to listen, sing along and chat. In addition to his trusty acoustic guitar, Erik is accompanied by his wife Maria and his daughter Carmen, who like to offer sweet treats from their home baking. Sometimes they also bring along musical guests to share their favorite songs.

If you have not had a chance to meet Erik ,we encourage everyone to come out and join the fun!

**SATURDAY, April 11TH 2026
1:00PM- 2ND FLOOR LOUNGE**



The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT *April 2026*

Ask about our monthly subscriptions



Client Corner

 Client of the Month
JOHN TANG




Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway
****To Be Announced ****

Come and join me for light refreshment.
Date / Time will be announced soon



Book Your Spot

Appointments fill fast – secure yours now!
 [202-642-3026]  The Seabury Stylist- 1st Floor
Follow Us:  @the_seabury_stylist

April

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

EASTER

WORD SEARCH



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



BUNNY
 EGGS
 CHICK
 JELLYBEAN

BASKET
 SPRING
 FLOWER
 EASTER

GRASS
 CANDY
 HUNT
 DYE

BONNET
 SUNDAY
 PEEPS
 LAMB



About A Mom © www.aboutamom.com

PANTRY PAGE

The Friendship Terrace Pantry is OPEN !

Call your Service Coordinator's to make an appointment @ ext. 106-Rahell & ext.109-Mary if you need items. The

We look forward to serving you soon :)

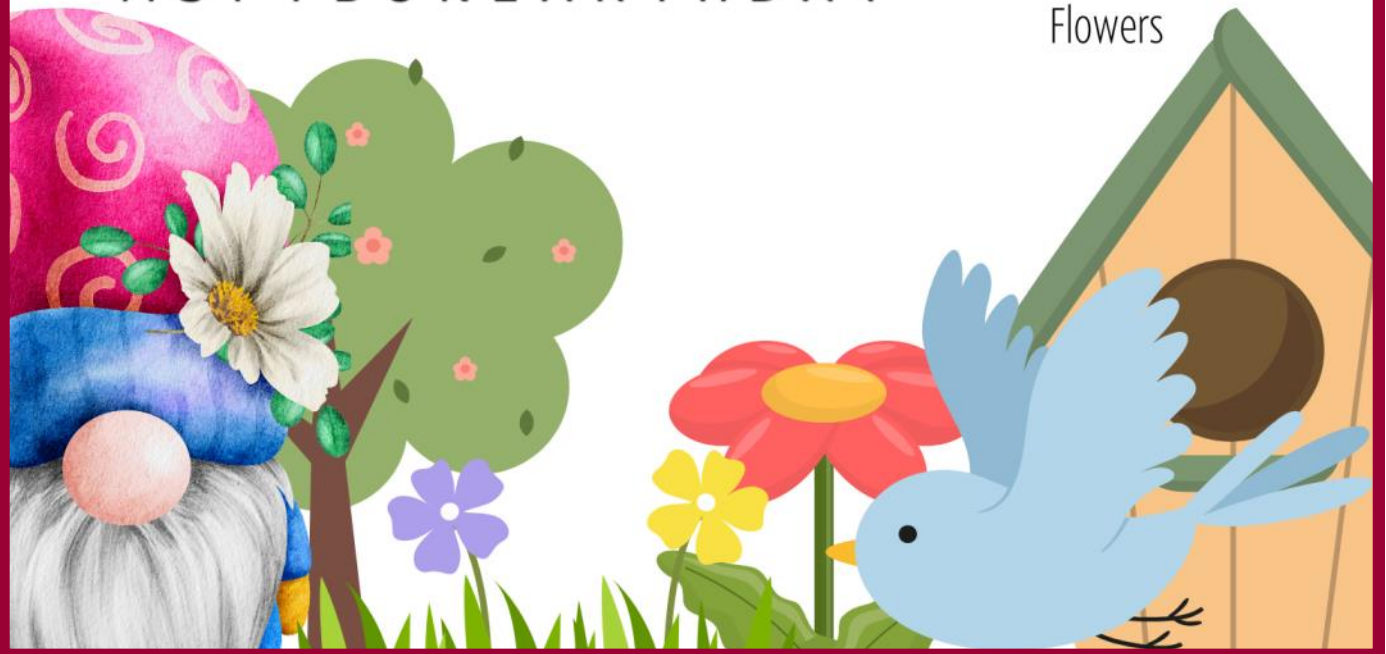


PUZZLE PAGE

APRIL Word Search

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

- Birds
- Bunnies
- Sunny
- Tricks
- Sheep
- Easter
- Earth Day
- Butterflies
- April Fools
- Spring
- Rain
- Flowers



WATLZ TECH PAGE



Human-to-human tech help

Remove the stress of technology from your life.



Waltz Tech Helpers provide tech support that's personal, patient, and professional. More than just problem solvers, our Tech Helpers are coaches, always there to provide trusted guidance.

Common topics we can help with



Problems

- Device won't turn on or charge
- Locked out of your account
- Can't send or receive emails
- Printer refusing to print
- Issues navigating a medical portal



Skills

- Protecting yourself from scams
- Managing your passwords
- Backing up important documents
- Using AI tools with confidence
- Organizing files and photos



Questions

- Is this email a phishing scam?
- Which new devices should I get?
- Which cookies should I allow?
- How do I know if I've been hacked?
- What is the cloud?

Try Waltz for 2 months for free!
 Call to start your free trial (844) 629 2589

Learn more online: www.waltz.team | Any questions? Email us at help@waltz.team

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

English - Department of Aging and Community Living



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

COFFEE CHAT PAGE



Come join Friendship Terrace's Service Coordinators for **COFFEE CHAT** on **Wednesday, April 15, 2026, at 11:00am** in the Dining room!

Our special guest will be our very own Director of Business Affairs, John Pekala!

You are warmly invited to join us for an upcoming community meeting designed to keep you informed and give you the opportunity to ask questions.

We are pleased to welcome a **special guest—our very own accountant**, who will be present to:

- Discuss your rent and rental invoices
- Explain your rental account details

Answer any questions or concerns you may have

This is a great opportunity to get clear, accurate information and ensure everything regarding your account is understood.

We encourage all residents to attend and take advantage of this helpful session.

We look forward to seeing you there!

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
Theodore Quander	Maintenance Director	Maint.director@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