

# FACES OF FRIENDSHIP

AUGUST 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 residents enjoy the summer heat and also helped celebrate Ms. Cecylia Bartoszewicz 90th birthday with a fun ice cream social in our second floor lunge

Friendship Terrace celebrated July 4th with a cookout followed by a rooftop party to watch the firework show from the Monument.

Photos found on page 15.

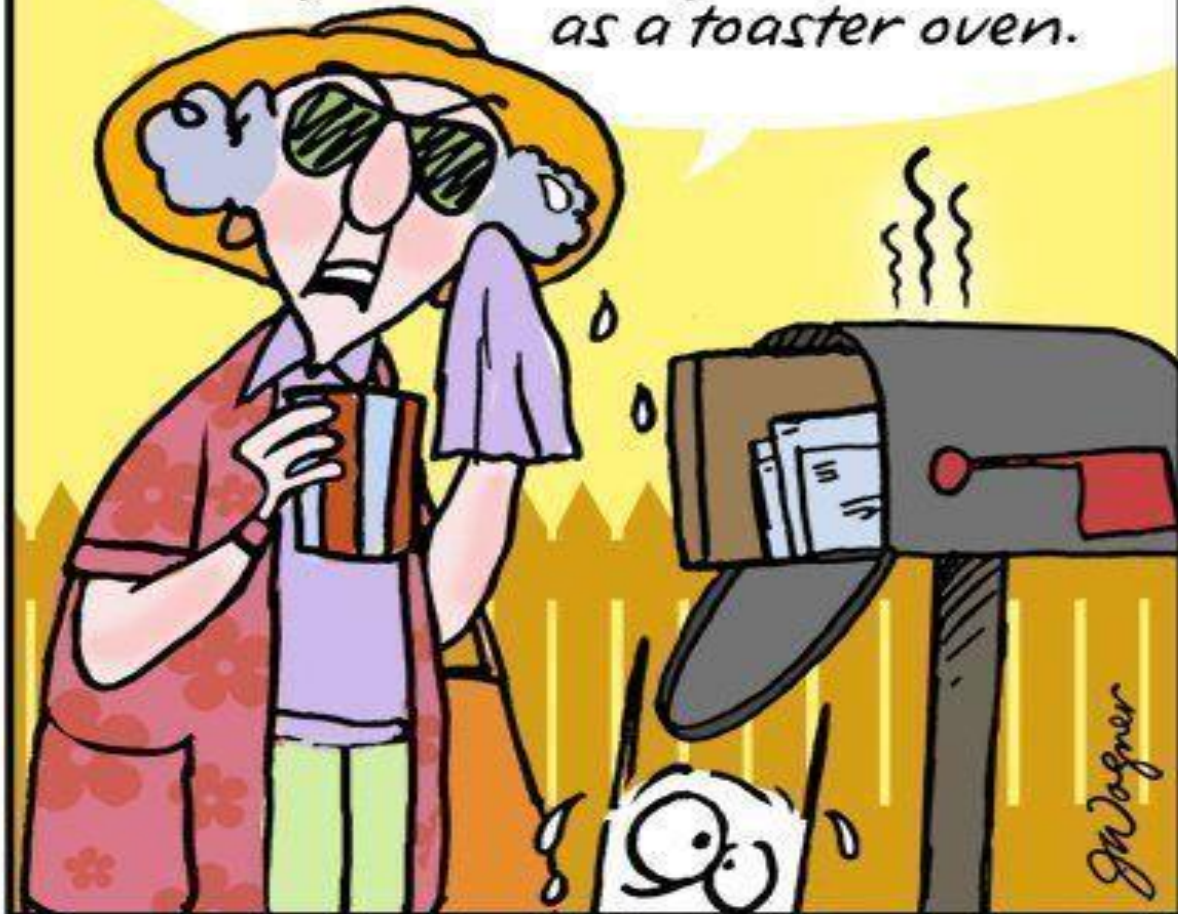


Crabby Road

7-20-11

BREAKING NEWS!

*This heat wave is brutal!  
Not only is it hot enough to fry  
an egg on the sidewalk, but  
you can use your mailbox  
as a toaster oven.*



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## AUGUST BIRTHDAYS

**Birthstone:** Peridot **Flower:** Gladiolus **Zodiac:** Leo/ Virgo

Nabu, Samson	8/01	Kifle, Kidane	8/28
Baetz, Barbara	8/04	Dupree, Jamie	8/29
Carter, Iris	8/06	Kowalsky, Mary Jane	8/29
Nance, Phyllis	8/12	Yu, Yung	8/29
Reed, David	8/13	Gonzalez, Carmen	8/30
Brennan, Sandra	8/17		
Gebre, Desalegn	8/20		
Schram, Mary Lou	8/20		
Temnewo, Hiwet	8/21		
Foxworth, Shelia	8/23		



*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:

### **17. OBSTRUCTIONS- Resident agrees:**

- **Sidewalks, entries, hallways, passages, and stairways shall not be obstructed, nor shall they be used in a manner that would unreasonably delay or impede a resident from entering and exiting the building and apartments.**
- **The breaker box (circuit panel) cannot be blocked. This does not apply to a hanging picture that can be easily removed.**
- **Access to windows in each room of the apartment cannot be blocked.**

**18. VEHICLES-** There are a limited number of parking spaces that can be leased from the property on a monthly basis for a fee. Parking fees shall be considered additional rent. To be placed on the waiting list for a parking space, please see the Front Desk. All Residents leasing a parking space must be registered with the Administrative office at the time of move-in. Residents who do not lease a parking space may obtain a Zone 3 parking permit from the District of Columbia to park on the street. Residents may not perform any vehicle maintenance on the premises.

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

AUGUST 2025

Hello Friendship Terrace family!

It's August and time for Summertime Staycations at Friendship Terrace!!! Can't get away? No time for a vacation? There is no such thing, just use your imagination!

Here are some things you can do here at Friendship Terrace to enjoy a great staycation alone or with your neighbors:

- \* Soak up the sun at the Friendship Terrace sundial.
- \* Have a picnic on the dining room patio with your neighbors.
- \* Plan game nights amongst yourselves.
- \* Watch classic movies while sharing popcorn with your friends (on any evening).
- \* Watch the sunset on the 6th floor (terrace level)

If you have any fun and creative suggestions to add to our list, please get them to your Service Coordinator.

Happy August friends :)  
Rahell and Mary



## Catholic Mass



**Will pick back up in  
September 2025**

## Coffee Chat



**August 20, 2025  
11am– 2nd Floor Lounge**

## Episcopal Eucharist Service



**August 7, 2025  
2:00pm– 3rd Floor Lounge**

## Shabbat Service



**August 1 & 15 , 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

### A Month to Celebrate!

The month of August is filled with many things to celebrate. Hopefully, we will begin to settle into beautiful temperatures and sunshine, because I'm sure we've had enough of this heat wave. We always try to schedule resident outings for early in the day to avoid dehydration. 'Drink more water' becomes the theme for these hot summer days. August is the month when most families take their vacations. Some go to the beach (to get even hotter), and some head for the mountains to try to cool off. We like to think that living at Friendship Terrace is just one long vacation for our residents. Why go anywhere when you can spend your days enjoying a constant temperature of 72 degrees and non-stop activities? Our musical entertainment events continue to multiply, as do our daily programs led by our Activity Director, Cindy Brockington. We would like to invite all of our residents and any of our families who are not on vacation to join us for our Annual Hawaiian Luau at the end of the month. It will be a fun celebration!

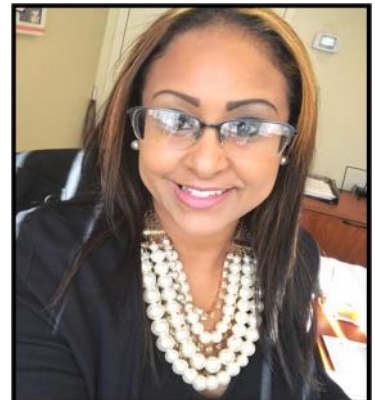
### A Few Important Building Reminders:

- ☐ The recycling containers are for paper, plastic, and glass only. This does not include take-out containers with food or trash. Please place all other trash in the trash rooms and remember to break down boxes so that others can access the trash chutes.
- ☐ Please remember to lock your apartment doors, do not exit the building through the patio doors on the first floor, leaving easy access to the building, and never prop exit doors open.
- ☐ Smoking is prohibited in the building. Anyone smoking must be 25 feet away from the building.

Finally, our monthly Terrace Talks will be held on Friday, August 22nd, at 1 pm in the dining room. I hope you will all be able to attend. The Friendship Terrace Team has one goal in their minds and hearts, and that is to provide our residents the best experience they possibly can. We celebrate the opportunity to live in such a great community with the chance to enhance the lives of our residents!

Regards, Semira

Executive Director,  
Semira Ligon



## SEABURY PAGE

# Seabury Speaks: Protect Medicaid, SNAP, and Services for Older Adults

As Seabury Resources for Aging® enters its 101st year of serving the Washington, DC region, we are both proud of our legacy and concerned by what lies ahead for older adults in our country. Recent federal legislation rolls back critical safety nets that millions of older adults rely on for survival—not just for comfort, but for basic necessities like food, housing, transportation, and healthcare.

At Seabury, we see every day what happens when people fall through the cracks of the current system. We serve individuals who have spent a lifetime working, caregiving, and contributing to our communities—only to find themselves aging alone, on fixed incomes, and without reliable access to care. For these older adults, programs like Medicaid, the Older Americans Act, and SNAP aren't extras. They are lifelines.

## It's not time to pull back, but to step up.

At Seabury, our mission has always been clear: to support older adults as they age with dignity and independence.

Seabury serves 1/3 of the (free) meals provided DC Lead Agencies to older adults;

The *Seabury Connector* is the ONLY group senior transportation services in the region;

Our Care Management *Equity Fund* is the ONLY subsidy available in the region for families who need support but have limited resources;

Friendship Terrace is one of the few senior communities left to include meals as part of independent living because of how important healthy, shared meals are to aging well.

We hope that our leaders will consider the long-term consequences of this legislation and remember that aging is a universal experience. The decisions we make today will define how we all age tomorrow.

For now, Seabury refuses to let go of a vision where everyone has the resources they need to age with independence and dignity. Thank you for sharing in that vision with us.

Warmest Regards,

**Dawn M. Quattlebaum**

Chief Executive Officer

Seabury Resources for Aging®



## Hawaii Word Search

Find and circle the words in the list

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

ALOHA  
ISLAND  
LANAI  
LUAU  
MOLOKAI  
VOLCANO

HAWAII  
KAUI  
LEI  
MAUI  
OAHU

HIBISCUS  
KILAUEA  
LOA  
MAUNA  
TIKI





## Summer WORD SCRAMBLE

unscramble the following summer words



HNSINESU

---

HCEAB

---

CEE MICAR

---

IMSW

---

TDESSALCNA

---

SESLGSNAAU

---

ETNRLMAEWO

---

OLOP

---

FLPS-OPLF

---

SLLHESEA

---

NDAOLEEM

---

NICPIC

---

ORFKSEWRI

---

PRUDENTPENNYPINCHER.COM

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Hawaiian Luau

## WORD SCRAMBLE

Unscramble the following words



ualu

\_\_\_\_\_

aluh

\_\_\_\_\_

aaloh

\_\_\_\_\_

aebch

\_\_\_\_\_

aihwai

\_\_\_\_\_

ocvolan

\_\_\_\_\_

cocotun

\_\_\_\_\_

pieenappl

\_\_\_\_\_

uelykul

\_\_\_\_\_

ahomal

\_\_\_\_\_

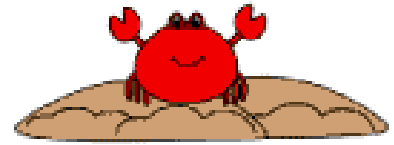
PHOTO PAGE



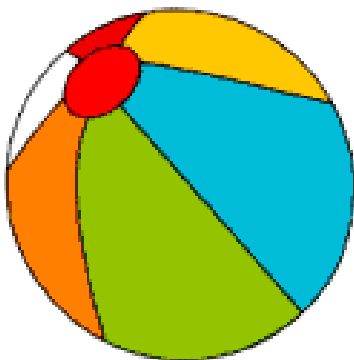
PUZZLE PAGE

# August

## WORD SEARCH



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



August  
Beach  
Camping  
Hot  
Lazy  
Ocean  
Peach

Picnic  
Pool  
Relax  
Summer  
Sunshine  
Vacation  
Waffle

WWW.WITNESSYOURFACESPUZZLES.COM  
OWNED BY MINDYDESHAYES.COM

# REMOVAL SERVICE PAGE



**TRANSPORT**

**JUNK & TRASH  
REMOVAL SERVICE**



## Capability Statement

Fast • Affordable • Reliable    Serving Residential & Commercial Client

### Company Overview

3D Transport is a reliable junk and debris removal company serving clients across the DC, Maryland, and Virginia region. We provide fast, professional, and cost-effective hauling, cleanout, and delivery services for both residential and commercial customers.

### Core Competencies

- Trash Hauling and Bulk Waste Pickup
- Furniture and Appliance Removal
- Garage and Basement Cleanouts
- Yard Waste and Storm Debris Removal
- Dumpster Rental and Light Demolition Services
- Construction Cleanup and Disposal
- Tenant Eviction and Hoarder Home Cleanup
- Appliance and Furniture Delivery

### Differentiators

- Same-day service and flexible scheduling
- Fully licensed and insured
- Eco-friendly disposal through recycling and donation
- Respectful and discreet handling of sensitive cleanouts
- Serving residential, commercial, and government properties

### Company Data

Business Name: 3D Transport  
 Contacts: Wayne Davies and Won Kabtamu  
 Phone: 301-256-5525  
 Email: won@3DTransportusa.com  
 Website: www.3DTransportusa.com  
 Service Area: Washington DC, Maryland, Virginia



## 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](mailto:dacl@dc.gov)



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

## FTRA PAGE

### Greetings from the New FTRA President

Beloved residents of Seabury at Friendship Terrace it is my honor and pleasure to be elected as President. I look forward to a great year of service to our community. As a new Council, with some familiar faces, we pledge to work on behalf of the residents to provide leadership, friendship, and cooperation. In all ways, our goal will be to ensure that, as a community, Friendship Terrace thrives.

Here are the new officers of FTRA listed below:

President	Muhammad Abu-Bakr
First Vice President	Barbara Lange
Second Vice President	Sharon Majarowitz
Recording Secretary	Anne Brunson
Treasurer	Daniel Lopez
Assistant Treasurer	Martha Smith
Member at Large #1	Lilian Van Order
Member at Large #2	Joan Ludden

We would like to thank everyone who voted for the new council, also as a reminder we are all members of the FTRA and we welcome all residents to take part in activities as well as getting to know your neighbors here at Friendship Terrace.

Gob bless you all,  
Muhammad Abu-Bakr  
FTRA President



# **FRIENDSHIP TERRACE ADMINISTRATIVE STAFF**

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Ligon	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</a>

## **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