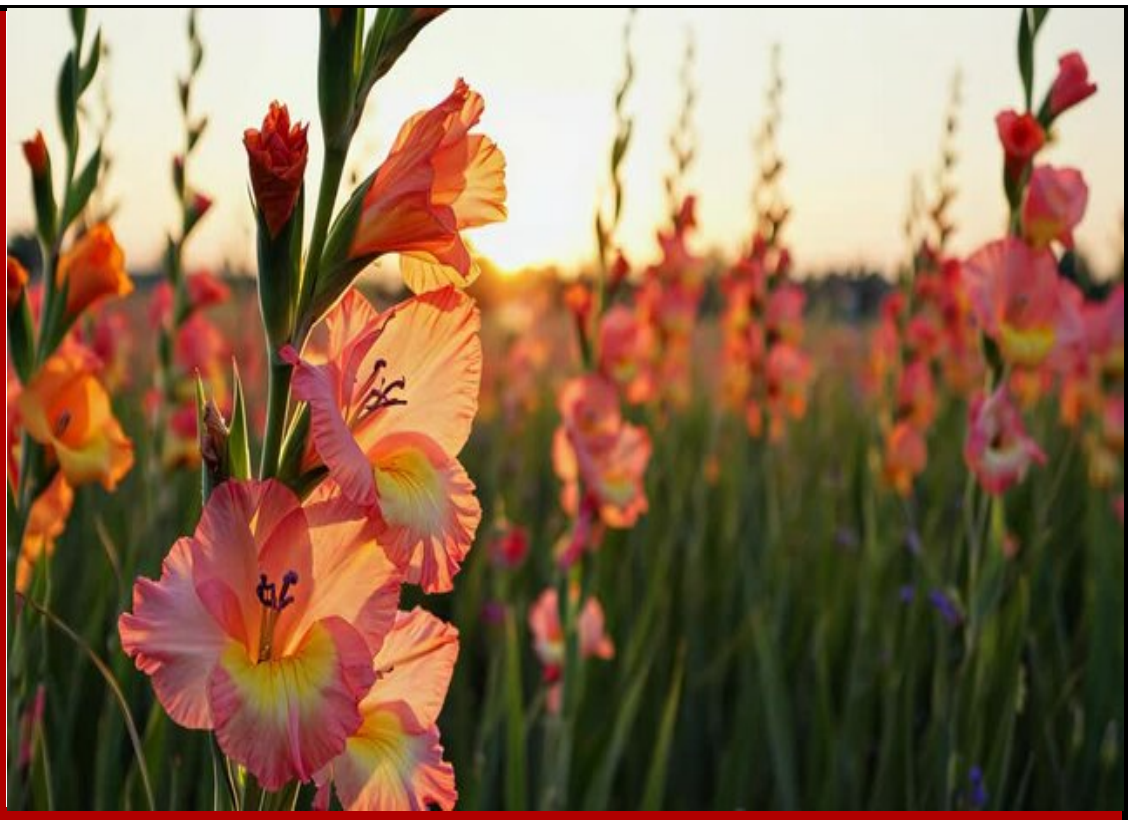
Seabury at Friendship Terrace
Senior Living

FACES OF FRIENDSHIP

AUGUST 2026



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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.

EQUAL HOUSING OPPORTUNITY

PHOTO PAGE

PHOTO PAGE

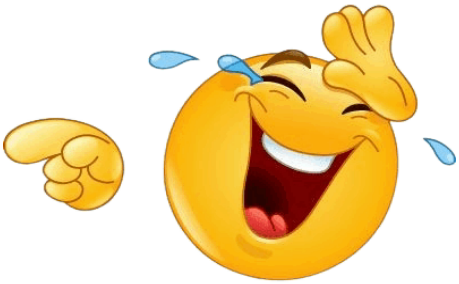
In honor of America's 250th birthday Friendship Terrace residents enjoy a wonderful 4th of July cookout outside followed by our roof top party to watch the fireworks.

What better way to stay cool on a hot summer day but with a ice cream social. Residents had a ball at the social with all the icie cream and toppings your heart desir and we wished Ms. Cecylia Bartoszewicz a very happy birthday celeb rating 91.

Friendship Terrace would like to thank all of our volunteers for helping out this summer

HUMOR PAGE

Maxine
Looking for a hot date?
Pick any date in August.
They don't get much
hotter than that.



AUGUST BIRTHDAYS

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

Nabu, Samson	8/3
Baetz, Barbara	8/4
Carter, Iris	8/6
Nance, Phyllis	8/12
Reed, David	8/13
Mengistu, Ketsela	8/15
Mahtentu, Addis	8/15
Brennan, Sandra	8/17
Foxworth, Shelia	8/23
Dupree, Jamie	8/29
Kowalsky, Mary Jane	8/29
Yu, Yung	8/29
Temnewo, Hiwet	8/21
Gonzalez, Carmen	8/30

CENTER FOR DESEASE CONTROL INFORMATION

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

Centers for Disease Control Website:	CDC.Gov
State Department Website:	State.Gov
DC Health Website:	DCHealthdc.Gov
Muriel Bowser, DC Mayor Website:	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 default by Resident and breach of this lease

2

RETURNED CHECKS. Resident agrees that if a check (for rental payments, security deposits, or any other payment made) is returned for a second time because of insufficient funds or a closed account, the Resident will be required to pay by money order or certified check, through the remainder of the lease.

3

KEYS. Key replacements are charged market rate plus 40%. Residents are not permitted to give keys to anyone not listed in the lease agreement.

From the Service Coordinator

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

AUGUST 2026

Hello Friendship Terrace family,

It's August and I would love to check in with you all. How's everyone doing? Have you been getting out of the building? Visiting family and friends? Can't get away or no time for a vacation? Here are some ideas/tips that can be helpful to some.

Here are some staycation ideas you can do right here at FT to enjoy yourselves.
Go out back and enjoy the gazebo.
Go to the 6th floor rooftop deck and enjoy the sunset.
Soak up the sun at the sundial seating area located on Butterworth St.

Plan some game nights amongst yourselves.
Watch classic movies while sharing popcorn with your friends.

If you have any suggestions to add to our list, please share them with your Service Coordinators.

Happy August friends!
Your Service Coordinators
Mary and Rahell

Catholic Mass

August 7, 2026
2:00 PM
3rd Floor Lounge

Coffee Chat

August 19, 2026
11:00 AM
2nd Floor Lounge

Episcopal Eucharist Service

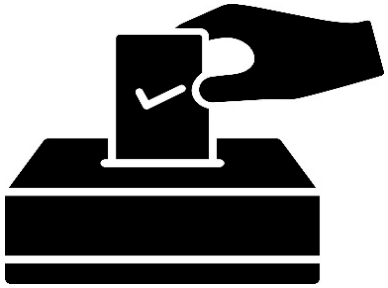
August 20, 2026
2:00 PM
3rd Floor Lounge

Shabbat Service

August 28, 2026
3:30 PM
3rd Floor Lounge

Health Porviders 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

ADMINSTRATOR REVIEW

A Month to Celebrate!

The month of August comes with a lot of things to celebrate. Hopefully we will begin to settle into beautiful temperatures and sunshine, because I'm sure we're 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 and 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 74 degrees and non-stop activities? Our musical entertainment events continue to multiply as do our daily programs lead 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-filled 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.

<u>Smoking is prohibited in the building</u>. Anyone smoking must be 25 feet away from the building.

Finally, our monthly Terrace Talks will be held on Friday, August 28th at 1pm in the dining room. I hope you will all be able to attend. We celebrate the opportunity to live in such a great community with the chance to enhance each other's lives.

.

Warm Regards,

Semira Ligon
Executive Director

SEABURY PAGE

FRIENDSHIP TERRACE HEART-HEALTHY DINNER PROGRAM

GOOD FOR YOUR HEART • GOOD FOR YOUR WALLET • GOOD FOR YOU!

ENJOY DELICIOUS, HEART-HEALTHY DINNERS EVERY EVENING!

✓ Freshly prepared meals
✓ Lower sodium & heart-smart ingredients
✓ Balanced nutrition
✓ No cooking or cleanup
✓ Dine with friends and neighbors

$ RESIDENTS RECEIVE A MEAL SUBSIDY

AMI of 20% -below receive -$175 per month
AMI of 20%-30% receive -$150 per month
AMI of 30%-50% receive -$100 per month
AMI of 50%-80% receive -$50 per month

Affordable. Convenient. Nutritious.

WHY JOIN?

• Support your heart health
• Save time and energy
• Enjoy a worry-free dinner
• Be part of our welcoming dining community

EAT WELL. LIVE WELL. FEEL WELL.

PUZZLE PAGE

Name: _____ Date: _____

AUGUST
Word Search Puzzle

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

Find these words related to the month of August

BOAT
GARDEN
CAMPFIRE
BIKING
FLOATIE
FISHING
RIVER
AUGUST

KAYAK
BARBECUE
OCEAN
CANOE
PICNIC
BEACH
ICE (as in ice cream)

SUN
SHADE
VACATION
SWIMSUIT
SWIMMING
POPSICLES
READING

WARM
LAKE
TOWEL
POOL
PARK
CAMPING
SUNSET

The words may be hidden vertically, horizontally or diagonally.

PUZZLE PAGE

Hawaiian Word Search

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

ALOHA
HANALEI
HILO
HULA
KAUAI
KONA
LANAI
LUAU
MANGO
MAUNA LOA
NIIHAU
SHAKA
SURFING
WAILEA
HALEIWA
HAWAII
HONOLULU
KAHULUI
KILAUEA
LAHAINA
LIHUE
MAHALO
MAUI
MOLOKAI
OAHU
SHAVE ICE
WAIKIKI
WAILUA

AWARENESS PAGE

PANTRY PAGE

The Friendship Terrace Pantry is OPEN!

Call your Service Coordinator's to make an appointment @ ext. 106-Rahell & ext.109-Mary

We look forward to serving you soon :)

PUZZLE PAGE

August Word Search

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

BIKING POOL READING FRIENDS

POPSICLES SNOW CONE RELAX TRAVEL

SUMMER ICE CREAM LEMONADE FUN

TECH PAGE

Waltz

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)

The Department of Aging and Community Living (DACL) serves District of Columbia 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 of Columbia 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 DC where we can all thrive together in communities we know and love.

Connect with our team today at (202) 7244-5626 so we can work together to help keep you happy, healthy and connected to a community that sees and values you.

DACL Website: https://Dacl.dc.Gov

SIBLEY MEMORIAL HOSPITAL
JOHNS HOPKINS MEDICINE

DACL LIVE BOLDLY

IONA
Age Well. Live Well.

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

FRIENDSHIP TERRACE: FACES OF FRIENDSHIP

FTRA Letter from the Presidet
August 2026

Dear Residents,

July was an exciting month. On the 4th of July many of us planned to go on the rooftop to see the fireworks. Since it rained, we switched to the fifth floor lounge and later we did see a few fireworks in the drizzle. Thank you to all who helped, it added to the festivities. Maybe next year the weather will cooperate!

Our next exciting event was our tour of the Library of Congress. If you have not seen those buildings, see it, it's free. A huge thanks to Ruth Y along with the librarians. One is leader of the Seabury Book group. Ruth was the organizer who did myriad tasks and David R coordinated the transportation with Seabury Connector. Kudos and thanks to all!
You have your August calendar. Perhaps you noticed that there is no August FTRA Council meeting. We will have the **quarterly** general meeting in September, as per by-laws. The board will still be meeting and summaries of those minutes will be posted on the two bulletin boards, and of course, feel free to talk to any of the officers or appointed chairs at any time.Their contact information is on the back of your calendar. The board looks forward to seeing you at the September meeting.

Lastly, FTRA needs your contributions. Remember the envelopes on your door? Please use them to contribute what you can and when you can. Just drop the envelope with a check or cash with your name etc on the front in the locked box opposite the 2nd floor elevators. You can reap the benefits.
Thank- you in advance

Have a wonderful August and keep in touch!

Enjoy, from your president, Lill

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	Mtoussaint@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