

FACES OF FRIENDSHIP

DECEMBER 2024



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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



Friendship Terrace residents visit the Georgetown Day School Pre-K students and read with them.

We would like to thank Feed The Fridge for the delicious Thanksgiving meals delivered to our residents at Friendship Terrace.

Friendship Terrace celebrated its 54th Anniversary Gala "Senior Prom 2024" dinner with a wonderful dinner in our dining area followed by dessert & coffee in our 2nd floor lounge. Then residents made their way to the 5th floor lounge for prom to dance the night away. Congratulations to Ms. Janet Puppa and Mr. Clarence "Buddy" Moore on winning Prom Queen & King.

thank you!

Crabby Road

12-15-06

Greatest Hits

*It's beginning
to cost
a lot like
Christmas!*



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DECEMBER BIRTHDAYS

Birthstone: Turquoise **Flower:** Narcissus **Zodiac:** Sagittarius/ Capricorn

Pollard, Tyrus	12/01	Bianci, Marka	12/17	McDonald, Rose	12/28
Ghebretatios, Mekonnen	12/03	Parker, Trudy	12/18	Valero-Figueira, Eda	12/30
McDermott	12/03	Tobin, Cornellia	12/20		
Gobe, Kefey	12/06	Bellomee, William	12/22		
Alexander, Christine	12/07	Swiader, Jennie	12/22		
Kidd Jr, Theafers	12/07	Asfaw, Million	12/23		
Ghebreigziabher, Afewerki	12/07	Harris, Almeder	12/23		
Abraha, Malite	12/10	Waldron, Gloria	12/23		
Miller, Barbara	12/11	King, Gwendolyn	12/24		
Dickens, Marcella	12/15	Yoshpe, Ruthellen	12/27		



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 agrees 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:

16. SAFE/SANITARY. Resident agrees to maintain the apartment in a clean, safe, and sanitary condition at all times, including but not limited to:

- No storage of anything in or on stovetop or oven.
- Walls and floors must be kept clean.
- Bathroom and kitchen facilities must be regularly cleaned.
- No storage of anything in the shower (does not apply to normal items such as shower seat, shampoo, etc.).
- No storage of anything in the area of the hot water heater.
- No storage of anything closer than 18" to the ceiling in any area of the apartment, including closets.
- No accumulation of clutter in any area of the apartment, including but not limited to newspapers, clothing, business papers, mail, boxes, bags, etc. Trash should be emptied at least weekly.
- No accumulation of dirty dishes, food containers, open food, garbage in sink, on countertops or anywhere throughout the apartment.
- Any behavior that encourages or allows the infestation of rodents or insects/pests. If rodents or insects are found on the property, Residents must comply with all instructions of Management and with any exterminator hired by Management to eradicate the problem.
- ♦ No storage of anything on top or directly in front of the heating and air conditioning unit.

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.

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

DECEMBER 2024

Happy December all,

Can you believe we are in the last month of 2024? This year absolutely flew by, The holiday season is in full swing, and we have so much to be grateful for.

I am grateful for my family and friends, and for everyone here at Friendship Terrace.

I have an assignment for you. We tried this out last year and I would love for it to be a regular tradition. Take a moment to write out 3 things that you are grateful for. Our next Coffee Chat will be on Dec 18th. Bring your list with you and let's have a good time sharing and enjoying each other's company over some coffee & holiday treats. Spread the word & invite a neighbor.

HAPPY HOLIDAYS!

Sincerely,

Rahell Negash & Mary Toussaint – Service Coordinators



Catholic Mass



**December 6, 2024
2:00pm—3rd Floor Lounge**

Coffee Chat



**December 18, 2024
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**December 19, 2024
2:00pm— 3rd Floor Lounge**

Shabbat Service



**December 6 & 20, 2024
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

The wonderful holiday season is upon us! “Winter is time for comfort, for good food and warmth, for the touch of a friendly hand and talk beside the fire; it is the time for home.” I hope that everyone had a Blessed Thanksgiving with their families and friends. Personally, I have been thinking about how fortunate I am to be working with you all at Friendship Terrace. It is without question 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.

We had a very busy November with all the planned activities, especially the Senior Prom themed Anniversary Dinner party. What a blast we had! Everyone looked so beautiful. Congratulations to our Senior Prom King, Mr. Buddy Moore and our Prom Queen, Ms. Janet Pappa! Of course, with Thanksgiving now behind us, we look forward with eager anticipation to the Christmas Holiday and the New Year. We can’t wait to trim the Christmas trees throughout the community and have the building look festive and in the spirit. 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 enjoying the festivities.

A few building reminders:

**Air Filter Changes and apartment inspections will take place the week of December 15th - December 19th*

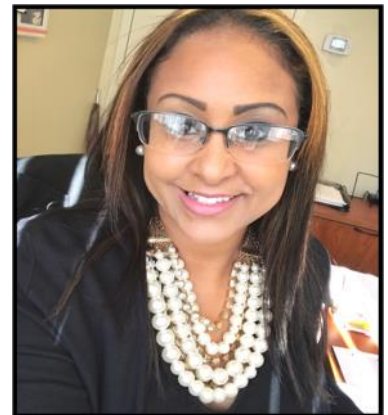
**Please make sure to set your thermostat to heat and select your desired temperature*

**Rent payments are due on the 1st of each month*

December is quite a month! It’s a time of short days and long nights with lots of celebrations around the world. Please make sure to attend our next Terrace Talks on Monday, December 2nd at 1pm in the Dining room.

We are honored to be celebrating together with you. I wish you and yours a warm, healthy and happy holiday season!

Executive Director,
Semira Ligon



SENIOR PROM 2024





KWANZAA

Solve the following puzzle by finding all the hidden words!



CANDLES
FAMILY
MAT
GIFTS

CORN
COLORS
FAITH
GREEN

FEAST
KINARA
UNITY
RED

SEVEN
PURPOSE
KWANZAA
DECEMBER

letsdopuzzles.com - for personal use only

Christmas

Word Search

Name: _____

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

Word list:

ANGEL	FROSTY	NATIVITY	SPIRIT
CHRISTMAS	FRUITCAKE	PRESENTS	STAR
EGGNOG	GIFT	REINDEER	STOCKING
ELVES	GREETINGS	SLEIGH	TIDINGS
FAMILY	MANGER	SNOWMAN	WREATH



Hanukkah Word Search



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



FESTIVITY
 GELT
 MENORAH

HANUKKAH
 FESTIVAL OF LIGHTS
 DREIDEL

CANDLES
 LATKES
 EIGHT NIGHTS



kami

SENIOR PROM 2024



SENIOR PROM 2024



SENIOR PROM 2024



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

Christmas is just around the corner and is also a wonderful time to gather and share with each other. Keep in mind that in Puerto Rico and Spain the holiday is celebrated on January 6th (Three Kings Day) and that in the Horn of Africa, as elsewhere, it is celebrated on the Orthodox calendar on January 7th. We here at FTRA hope you will join us in the Festivities and events planned by the Council and the Management team throughout the month. FTRA will once again sponsor a Christmas Day “Open House.”

Last month we attached a note with our FTRA voluntary contribution envelopes. Please understand that the FTRA is the residents’ own organization and not a part of Management. We coordinate with them to voice your concerns and help plan activities. In this respect we are self-sustained by resident’s voluntary contributions.

It is also important to note that every resident is automatically a member of the FTRA free to participate in any events and at any level. We are governed by a Council Board elected annually by the residents. Still, we are only able to hold our events because of the voluntary contributions made by you. These allow us to plan events such as our recent field trip to the National Botanical Gardens, our Wine & Cheese socials, and our Arts & Crafts classes, and our wonderful Greenhouse. Throughout the Holiday Season please refer to your monthly activities calendar and look out for both Seabury’s and FTRA’s events.

Happy Holidays from the FTRA Council.

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