

FACES OF FRIENDSHIP

DECEMBER 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



Friendship Terrace residents had a community service day making sandwiches for the homeless.

Friendship Terrace hosted its first Events DC Game Night. Residents enjoyed fun game and prizes. Followed up with a dinner outing at the Legends Ball.

We celebrated our builds 55th Anniversary Gala "Roaring 20's Night In Harlem". Residents enjoyed a amazing garment dinner and desserts followed by a fun after party where we dance the night away.

Friendship Terrace enjoyed a wonderful Thanksgiving in the dining hall.







DECEMBER BIRTHDAYS

Birthstone: Blue Topaz **Flower:** Narcissus **Zodiac:** Sagittarius/ Capricorn

Pollard, Tyrus	12/01	Parker, Trudy	12/18	Yoshpe, Ruthellen	12/27
Asfaw, Million	12/03	Wren, Sonia	12/19	McDonald, Rose	12/28
McDermott, Joan	12/03	Tobin, Cornelia	12/20	Stearn, Dorothy	12/30
Gobe, Kefey	12/06	Bellomee, William	12/22		
Alexander, Christine	12/07	Swiader, Jennie	12/22		
Conway, Marcus	12/07	Hanson, Claudia	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	Smith, Joseph	12/27		

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:

23. DAMAGES. Residents agrees that damages other than normal wear and tear to floors, carpet, walls, appliances, and other fixtures within the building and apartments shall be repaired by the Owner and paid for by the Resident. Resident agrees not to wax vinyl floors. Carpets should be cleaned using instructions furnished at the Administrator's office.

25. FAIR HOUSING. The Owner and Management comply with the Fair Housing Act of 1988 and other federal and state laws and do not discriminate on the basis of race, color, sex (gender or sexual harassment), national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, place of resident or business, or victim of an intra-family offense (domestic violence). Residents are expected to do likewise in their dealings with other residents, staff, and visitors. Residents also agree not to behave in any manner that creates a hostile, intimidating, or offensive environment for other residents, staff, and visitors. Residents agree to treat other residents, staff, and visitors with civility and courtesy.

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 2025

Happy December Friendship Terrace family,

If you are anything at all like me, you can't believe we are in the last month of 2025. The holiday season is in full swing, and we have so much to be grateful for. I am grateful for my loved ones and for everyone here at Friendship Terrace.

Carrying on tradition...we have an assignment for you to complete. We have done this activity for the last couple of years. I would love to keep on going.

Take a moment to write out 2/3 things that you are grateful for. Our next Coffee Chat will be on Dec. 17th. Bring your gratitude 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!

Rahell & Mary



Catholic Mass



**December 5, 2025
2:00pm– 3rd Floor Lounge**

Coffee Chat



**December 17, 2025
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



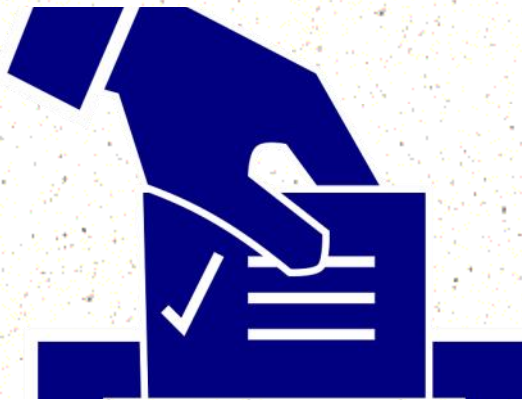
**December 18, 2025
2:00pm– 3rd Floor Lounge**

Shabbat Service



**December 19, 2025
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

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 1920's themed Anniversary Dinner party. What a blast we had! Everyone looked so beautiful, As Thanksgiving is 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.

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

Semira Ligon

Semira Ligon, Executive Director

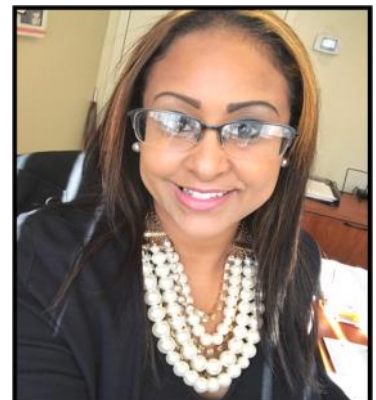


PHOTO PAGE





The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT

November 2025

Welcome Note from Shena!

Hello Seabury family I'm so excited to welcome December with fresh trends, special offers, and tips to keep you looking fabulous all season long. Whether you're here for a bold change or a subtle refresh, I'm ready to make it happen!

This Month's Special

RECEIVE 10% OFF IF YOUR BIRTHDAY IS IN THE MONTH OF DECEMBER 🎉

📞 How to Book: **Call 202-642-3026**

Style Spotlight

Warm Hats & Big Scarfs are trending

Client Corner

📸 Client of the Month

Sarah Young

Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway
Friday, December 19, 2025

November WINNERS

-**Sarah Young**

-**Heather McIntosh**

-**Marie Stevanus**

Book Your Spot

Appointments fill fast – secure yours now!

📞 [202-642-3026] 📍 The Seabury Stylist- 1st Floor

Follow Us: 📷 @the_seabury_stylist







Happy Hanukkah!

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

CANDELABRA
CANDLE
CELEBRATION
DREIDEL
FESTIVAL
GIMEL
HALLEL
HANUKKAH
HEBREW
JEWISH

KISLEV
KUGEL
LATKE
MENORAH
MIRACLE
SABBATH
SHIN
SUNDOWN
TEMPLE
TRADITION



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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

Name _____

Date _____



KWANZAA

Word Scramble

TSFAE

AFTIH

TGFSI

ORSLOC

BREEMECD

NITUY

TMA

EENSV

LEASDNC

DER

PUORESP

CNOR

RNEEG

ARAKIN

MLAIFY

ANZAAWK



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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.

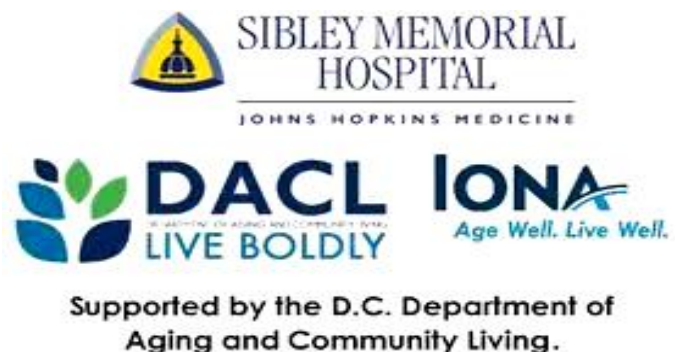
Through a variety of programs including community activities and events, nutrition and transportation services, healthcare and insurance counseling, caregiver support resources, and adult protective services, we are building a District where we can all thrive together in the communities we know and love.

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

English - Department of Aging and Community Living



FTRA COMMUNITY SERVICE PAGE



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-Grey	Service Coordinator	Mtousaint@seaburyresources.org
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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