

# FACES OF FRIENDSHIP

**FEBRUARY 2023**



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## MEET AND GREET PAGE



Seabury at Friendship Terrace would like to thank Ward 3 Councilmember Matt Frumin for coming by our community for a meet and greet with Friendship Terrace residents.



# MEET AND GREET PAGE



Crabby Road

2-16-12

*Know what I call a three-layer  
box of chocolates? Breakfast,  
lunch, and dinner!*



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Maxine.com







# FEBRUARY BIRTHDAYS

**Birthstone:** Amethyst **Flower:** Violet **Zodiac:** Aquarius/Pisces

- Roth, Johana 2/02
- Strong, Joyce 2/03
- Thompson, Caesar 2/08
- Loughrin, Micheal 2/13
- Dickerson, Mary 2/21
- Herrman, Dendy 2/24
- Helper, Gary 2/26
- Josen, Felicia 2/27
- Tang, John 2/28



## CENTER FOR DISEASE CONTROL INFORMATION

We will continue to keep you informed of any new changes regarding the COVID-19 pandemic, as they relate to Friendship Terrace or the greater District of Columbia area.

If you have any questions about COVID-19, Friendship Terrace recommends you check out the following resources:

DC Corona virus Website: [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)

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://www.dchealth.dc.gov)

Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

PUZZLE PAGE



# Valentine's Day



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



- |           |         |            |
|-----------|---------|------------|
| ARROW     | FLOWERS | MAILBOX    |
| CANDY     | GIFT    | PINK       |
| CARD      | HEART   | POEM       |
| CHOCOLATE | HOLIDAY | RED        |
| CUPID     | HUGS    | SWEETHEART |
| FEBRUARY  | LOVE    | VALENTINE  |



# From the Service Coordinator

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

FEBRUARY 2023

Hello Friendship Terrace residents!

The month of February is known for HEARTS, American Heart Awareness and Valentine's Day!!! This is a time where people should focus on their cardiovascular health and bring awareness to their general wellness. People with poor cardiovascular health are at risk for severe health issues. Cardiovascular disease, which is better known to the public as "heart disease" is the number one leading cause of death in the United States of America. Focusing on your heart is extremely important and we should all adopt a healthy lifestyle to prevent heart disease. Not stressing, exercising regularly, monitoring your intake of salt and avoiding smoking are all basic things that you can do when it comes to preventing heart disease.

- Stress: Eliminate it! When you are feeling stressed try to occupy your mind with positive things and keep yourself busy.
- Exercise: start off small, take daily walks and increase the distances every few weeks.
- Monitor salt intake: watch how much salt you are consuming.
- Avoid smoking: cut down on the number of cigarettes you smoke and try to quit.

Happy February  
Mary & Rahell - Service Coordinators



Seabury  at Friendship Terrace  
*Senior Living*



### Catholic Mass



February 3, 2023  
2:00pm—3rd Floor Lounge

### Coffee Chat w/ Rahell & Mary



February 15, 2023  
11am— 2nd Floor Lounge

### Fat Tuesday Pancake Fundraiser



February 21, 2023  
11:30am— Dining Room

### Shabbat Service



February 24, 2023  
3:30am— 3rdFloor Lounge



## Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor



### 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

Happy Valentine's Day!



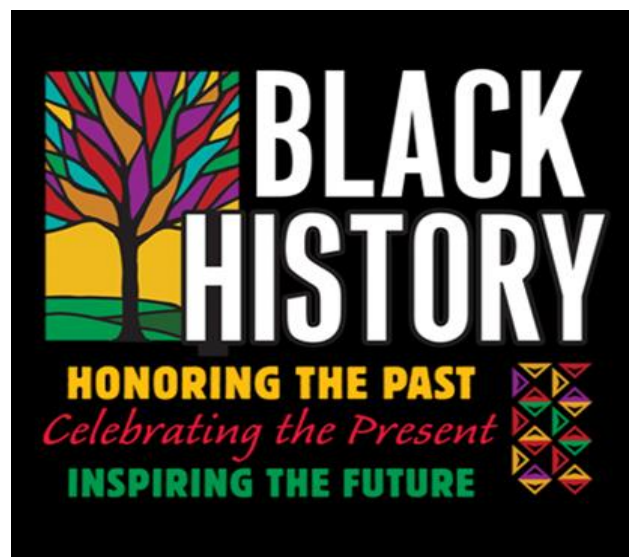
The residents and staff of Friendship Terrace have already begun to taste and enjoy the sweetness of February with our Annual Flower Workshop being held on February 7<sup>th</sup> in the 5<sup>th</sup> Floor lounge. And you don't want to miss out on our Annual Valentine's Day Social on February 14<sup>th</sup>. Bring your sweetheart, or maybe come and find a sweetheart on this day of Love! It will be a day of candy hearts, music, treats and FUN!



February is sure to be fun for everyone! Hopefully, you are able to take part in some or all the all of the festivities. We have various Black History Month events happening each week! We're here to help fill your days with creative activities and programs as well as making new friends.

We are continuing to take additional precautions due to covid spread at our community. Please continue to wear your masks, wash your hands as often as possible and keep a safe distance from others. And lastly, I would like to thank all the residents for joining me for our monthly town hall meetings. Those meetings are so important. We want everyone to be up to date with all the latest building updates. Please be sure to continue to send me suggestions for topics you would like to discussed. Our Terrace Talks will be held this month on February 24<sup>th</sup> at 2pm in the dining room. Have a great month!

Semira Negasi, Executive Director





SEABURY PAGE





# COVID-19 vs FLU vs RSV

## How to tell the difference amongst respiratory infections\*

**COVID-19**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms can include fever, headache, or coughing. Vaccines are available and can save lives.






**FLU**

The flu is a seasonal virus that causes mild to severe symptoms such as runny nose, fever, and body aches. The risk of complications increases if you're over the age of 65. Annual vaccines are your best prevention to keep you healthy.

**RSV**

Respiratory syncytial virus is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for older adults. Symptoms can include coughing, tiredness, and wheezing.

**COMMON COLD**

More than 200 viruses can cause a cold, but rhinoviruses are the most common type. Viruses that cause colds can spread from person to person through the air and close personal contact. Symptoms include stuffy nose, coughing, watery eyes, and sneezing.

**IF YOU ARE SICK STAY HOME!**  
**\*KEEP INFORMED [CDC.GOV/NCIRD](https://www.cdc.gov/ncird)**  
**TALK TO YOUR HEALTH CARE PROVIDER**



**BEFORE THERE WAS A ROSA PARKS, THERE WAS AN IRENE MORGAN**

By Dr. Gilbert Lancelot Raiford, Resident of Friendship Terrace

Nearly a full decade before Ms. Parks decided to defy the draconian segregated travel law in Alabama, her antecedent, Ms. Morgan, made the decision to defy that same ridiculous law in Virginia. Ms. Morgan was only 27 years old, four years younger than the defiant Ms. Parks but unlike Ms. Parks, she was not yet involved in civil rights. Hers was purely a personal exertion of her human rights. Being raised and nurtured in the Seventh Day Adventist religion, she learned early that one should question authority.

Even though she was sitting in the “Colored” section of the Greyhound bus, when a white couple boarded and all the seats in the “white” section were taken, the bus driver insisted that Irene relinquish her seat. She adamantly refused, insisted that she had paid for the seat. The driver drove the bus to the police station in Saluda and a warrant was issued for her arrest. When the deputy handed her the warrant, she tore it up and threw it out of the window. When he tried to grab her, she kicked him in the groin, and it became clear that no one person was going to arrest her. A backup was called, and she scratched him and tore his uniform, but the two of them were able to drag her off the bus.

Ms. Morgan was found guilty in the local court and an appeal to the Virginia Supreme Court upheld the conviction. That was when her local attorney sought the aid of the NAACP. Two outstanding attorneys were assigned to present the case before the U.S. Supreme Court – Thurgood Marshall, the extraordinarily successful Civil Rights attorney and eventually a renowned Supreme Court justice, and William Hastie, the former Governor of the American Virgin Islands and the Dean of the Howard University Law School. In 1946, the U.S. Supreme Court ruled that it is unlawful for states to establish laws that segregate interstate travel. However, at least four southern states continued to ignore that ruling, which nearly two decades later, led to the era of “The Freedom Riders”.

Ms. Morgan, born in 1917, grew up during the depression years in a household of 10 people, her parents and seven siblings. Work was scarce and wages were low. Irene dropped out school and took a job at a war defense plant. She met and married Sherwood Morgan when they were both young and they parented a son, Sherwood, Jr., and a daughter, Brenda. When the children were quite young,

Irene's 32-year-old husband died. A year later, she married Stanley Kirkaldy. The couple was very enterprising, establishing a dry-cleaning business as well as a daycare center. However, Irene still dreamed of getting an education. Realizing that "you are never too old", she was in her 60's when she won a scholarship via a radio contest and was accepted as a student at St. John's University in New York. (The family had moved to New York in 1945, a year before the Landmark Supreme Court decision) She was awarded a BS degree at the age of 68 but she did not stop there. Five years later, she received a master's degree in Urban Studies.

Although Ms. Morgan did not initiate her defiance as one of Civil Rights, her case propelled her into the movement. However, she avoided the limelight, preferring to work without bringing recognition to herself. She was very active in passing out Civil Rights literature, attending meetings and making substantial donations.

The case itself gave the Civil Rights Movement the impetus it needed to sustain its forward push and can be accredited for giving it the solid ground on which the 1960's witnessed unparalleled success. It ushered in the era of the Freedom Riders. At least four southern states, in defiance of the Supreme Court ruling, continued their segregated interstate travel. In an effort to highlight this defiance, Floyd McKissick organized a group of 16 daring young people, an equal number of blacks and whites, to ride the bus while singing "Ride this bus and sit in any place because Irene Morgan has won her case"! It would be years before Irene Amos Morgan Kirkaldy would gain public recognition for her invaluable contribution. In 1995, a documentary film was made entitled "You don't have ride Jim Crow"; in 2000, Gloucester County honored her; and President Clinton awarded her the Citizen Medal of Honor in 2001. It is gratifying to know that Ms. Was alive and could appreciate that she was appreciated. Not to be outdone, in 2010 the City of Baltimore enshrined her in the Maryland Women's Hall of Fame. This feisty and courageous woman died in 2007 at the age of 90.

Unfortunately, written American history has tacitly overlooked the enduring contributions of Black Virginians such as Mildred Loving, James Hemings, and Irene Amos Morgan Kirkaldy. It is left to those of us know the stories to go and tell it on the mountain as an old Negro spiritual suggests.

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

# BLACK HISTORY MONTH!

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

- |           |                |                |           |             |
|-----------|----------------|----------------|-----------|-------------|
| AFRICAN   | DISCRIMINATION | HERITAGE       | NAACP     | RIOTS       |
| BOYCOTT   | DOUGLAS        | HISTORY        | PARKS     | SEGREGATION |
| BUS       | EQUALITY       | JUSTICE        | PREJUDICE | SLAVE       |
| CARVER    | FEBRUARY       | LUTHER KING JR | RACISM    | TUBMAN      |
| CIVIL WAR | FREEDOM        | MARCH          | RIGHTS    | VOTE        |



## SHORT STORY PAGE

### **YOU ONLY GET ONE BITE OF THE APPLE**

Mr. E. had just turned 15 when a judge in Miami sentenced him to “life in prison, without parole”. This is his story:

Mr. E. was six years old and the 7<sup>th</sup> child of a family of 12 children, when he was sent to live with his aunt and uncle and he flourished, making good grades in school and generally behaving himself. Unfortunately, that was not to last: Both aunt and uncle died when Mr. E. 12 years old. He was sent to live with his oldest sister and her boyfriend, a certified drug addict. A couple of days after his 15<sup>th</sup> birthday, the addict enticed the adolescent to accompany him to a housing project where the addict robbed a man of his social security benefits. The man had a heart attack and died, elevating the crime of robbery to one of first-degree murder. The judge made no distinction between the adult addict and the juvenile, giving them the same sentence.

Now, this is how I got involved: Mr. E. had two older brothers who were avid card-players. I meet them at the community center where I was also a card player. Less than two weeks after meeting them, they practically begged me to go home with them to meet their mother, a very strange request coming from teenagers! I was very curious and went to meet her. She told me the story that I have just told me. She was resigned to the reality that her inmate son would spend the rest of his life behind bars, but she would be satisfied if I would just write to him. That was not a very demanding request.

I thought that Mr. E. would be interested in knowing what his siblings were doing since none of them was writing to him. I interviewed those that I could find and wrote Mr. E. a very long letter. Within days I received a response letter from him. It was an extremely well-written letter. He was now 29 years old. He had taken correspondence courses and had received an AA degree. He sent me copies of certificates that showed that he was state certified in five professions, including ship radar technology and paralegal. Even so, like his mother, he was resigned to spending the rest of his life behind bars. I was not!

I thought that if I could write a convincing psychosocial report and could get the judge to amend her order there would be a pretty good chance of getting him out. The Department of Correction agreed to my request to have full access to the prison. So, I moved into a motel near the prison and for two weeks I went in everyday to interview anyone who could help me create a convincing profile of the inmate. These included the warden and his assistant; the classification officer; the librarian, the chaplain; other inmates; etc. I felt good about what I had written, but I would still need the participation of the judge. She had retired and was no longer in Miami!

## SHORT STORY PAGE

I was able to trace her to a little farm in North Carolina. I found her telephone number, called her, and she agreed to see me. I mailed her a copy of the report and a week later I flew to N.C., with an affidavit for her to sign, indicating that she was rescinding the “without parole” clause. I contacted a lawyer friend of mine and he agreed to come with me to Tallahassee for the parole hearing. Prior to the hearing, I had sent each commissioner a copy of the report. When I gave this updated information to Mr. E. he was elated! He said that he had made a little money doing legal documents for inmates and he insisted on paying for our airline tickets, two hotel rooms, and paying for our meals for a day. Both the lawyer and I tried to convince him that we could afford to bear our own expenses. Our protest did not deter him. The Parole Commission was duly impressed and agreed to parole Mr. E. He was sent to a transition facility in Miami where he was hired out as a dishwasher; this in disregard to the fact that I had already secured a job for him with ACLU where he would be a paralegal, with a beginning salary of \$20. per hour as opposed to the \$6.00 per hour which was his dishwasher salary. The local authorities refused to permit him to take this job, which forced me to return to Tallahassee to get an over-rule. I knew that I had to thoroughly orient Mr. E. regarding the precarious nature of his parole. I explained that you only get one bite of the apple. A single violation would return him to prison where he could expect to live the rest of his life. Mr. E. hit the road running, as they say. From day one, the agency was able to see not only his great work ethic, but his high intelligence and efficiency as well. Within a week, he was given a secretary and before the month was out, he was given an agency credit card. Before the year was out, Mr. E. was traveling around the state as an official representative of ACLU. In fact, he was the lead employee in charge of fighting for the restoration rights of ex-felons. For the next five years, things were looking up for this parolee: He bought his mother a better house and moved in with her, taking custodial care of her during the last two years of her life: He found a girlfriend and fathered a child and set the date for marriage: He acquired a bachelor's and was two courses away from getting his Master's. Then, the bottom fell out, so to speak. Going home from his job one night, he was stopped by a group of policemen. They wanted to search his car. He made the mistake of trying to explain to them his constitutional rights. He was viciously beaten and arrested on the charge of “Resisting arrest.” He sat in the city jail for two years, never going to trial. He was told that if he pled guilty, the charges would be dropped. He did and they were, but he was retained because of the parole. The guilty plea sent him back to prison where he will spend the rest of his life. You only get one bite of the apple.

Story By:

Dr. Gilbert Lancelot Raiford, Resident of Friendship Terrace

PUZZLE PAGE**MARDI GRAS****Word Search**

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

**MASK****FLEUR DE LIS****PURPLE****GREEN****GOLD****KINGCAKE****LENT****FAT TUESDAY****CROWDS****PARTIES****PARADES****FLOATS****BEADS****CHICKORY COFFEE****NEW ORLEANS****MARDI GRAS**



## 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

### **News and Views from FTRA February 2023 Nomination and Election Committees 2023-24**

As we move excitedly and swiftly into the new year, there are pristine opportunities for advancement and growth. And one of those progressions is the election of Friendship Terrace Residents Association officers for the 2023-24 term.

On June 12, 2023 there will be an election of new FTRA officers. However, prior to the June election, FTRA Nominating and Election Committees will be appointed.

The Nominating Committee will consist of five individuals who will encourage residents to run for the various FTRA offices.

The Elections Committee will consist of five individuals who will in conjunction with the Nominating Committee, oversee the FTRA election

These committee appointments will take place during the March 13, 2023, FTRA General Meeting.

As a resident of Friendship Terrace, each person will have a chance to serve on either of those important committees.

This is your opportunity to provide a vital service to Friendship Terrace in general and the FTRA in particular.

I am sure you will be thrilled having the honor of serving in one of these important roles in the operation of the FTRA.

The FTRA is counting on each resident to consider taking an engaging position in either the Nominating Committee or Elections Committee.

Thanking you in advance for volunteering,  
Buddy Moore  
President, FTRA



# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

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

**Fax # 202/362-2587**

Semira Negasi	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>
Steven Arias	Maintenance Director	<a href="mailto:Sarias@seaburyresources.org">Sarias@seaburyresources.org</a>
Jamal Crenshaw	Food Service Director	<a href="mailto:Jamal.crenshaw@sodexo.com">Jamal.crenshaw@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 \$5 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