

FACES OF FRIENDSHIP

FEBRUARY 2026



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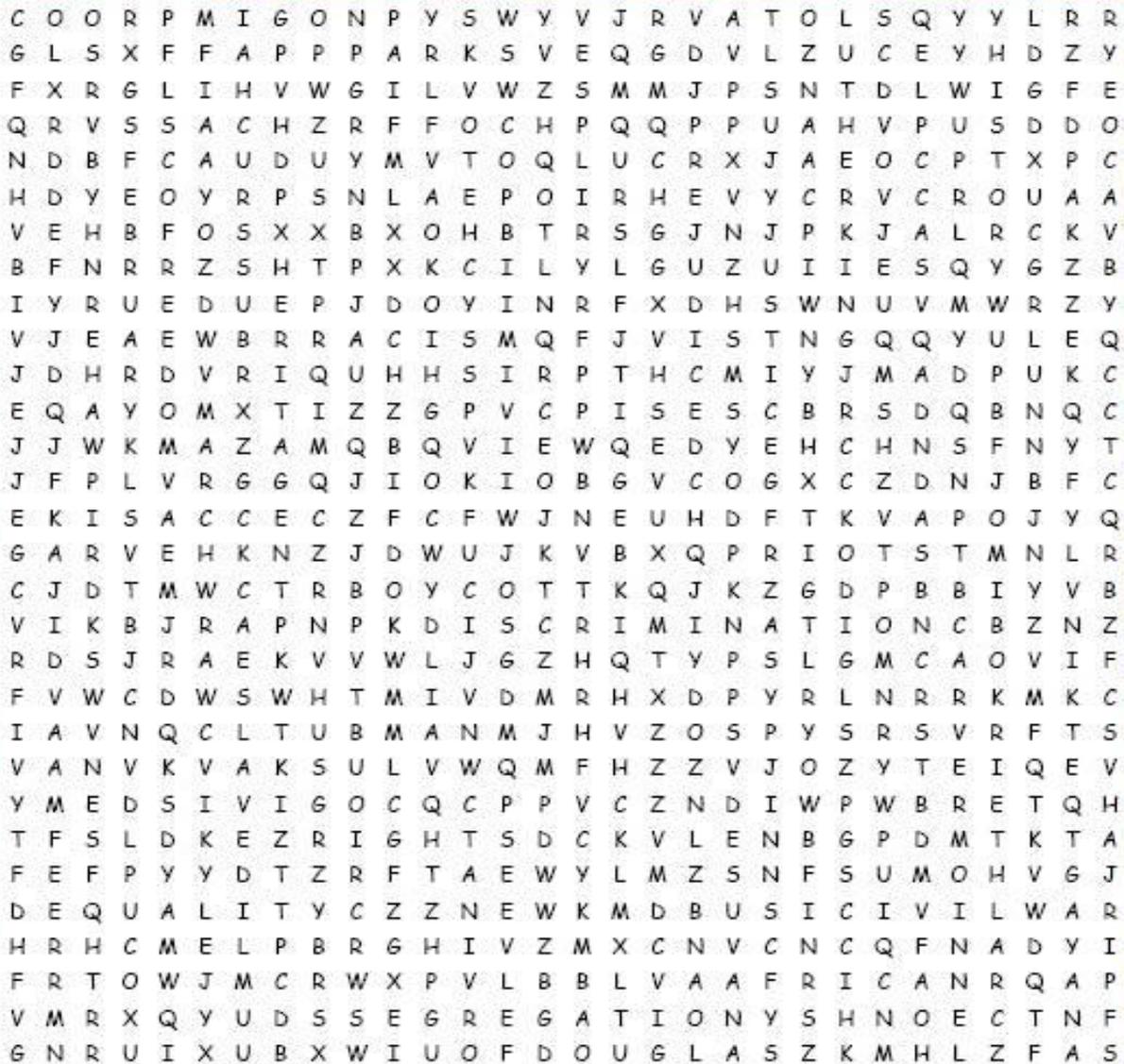
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Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, 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.



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
BOYCOTT
BUS
CARVER
CIVIL WAR

DISCRIMINATION
DOUGLAS
EQUALITY
FEBRUARY
FREEDOM

HERITAGE
HISTORY
JUSTICE
LUTHER KING JR
MARCH

NAACP
PARKS
PREJUDICE
RACISM
RIGHTS

RIOTS
SEGREGATION
SLAVE
TUBMAN
VOTE

PHOTO PAGE



Friendship Terrace celebrated MLK DAY with a wonderful social and music concert with District Music Academy.

I have a dream

Martin Luther King Jr. Day



Crabby Road

2-15-12

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



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FEBRAURY BIRTHDAYS

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

Roth, Johanna	2/02
Thompson, Caesar	2/08
Afa, Dair	2/03
Zanders, John	2/13
Nucci, William	2/24
Helper, Gary	2/26
Josen, Felicia	2/27
Tang, John	2/28

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
State Department Website:	State.gov

DC Health Website: [Dchealth.dc.gov](https://dchealth.dc.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 a default by Resident and breach of this lease:

29. POSSESSION OF FIREARMS/WEAPONS. Firearms are not permitted on the premises. Possession of firearms on the premises shall be grounds for eviction.

30. LEGAL FEES. Resident agrees if he/she defaults in the performance of any obligation under the lease to pay all sums owed, plus the Landlord's reasonable attorneys' fees and other costs related to enforcement of the obligation.

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

FEBRUARY 2026

Hello Friendship Terrace Residents,

The month of February is the month of HEARTS...both Valentine's Day and American Heart Awareness! This is a time where people should focus on their 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 health 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 feeling stressed, try to occupy your mind with positive things and keep yourself busy.**
- ♦ **Exercise – Start off with a light workout. Take daily walks and increase the distance every few weeks.**
- ♦ **Monitor your salt intake.**
- ♦ **Avoid smoking. If you can, QUIT. If you feel like it's not time to quit, cut down on the number of cigarettes you consume, until you can quit.**

Happy February,

Rahell & Mary



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



**February 6, 2026
2:00pm– 3rd Floor Lounge**

Coffee Chat



**February 18, 2026
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**February 19, 2026
2:00pm– 3rd Floor Lounge**

Shabbat Service



**February 27, 2026
3:30am– 3rd Floor Lounge**

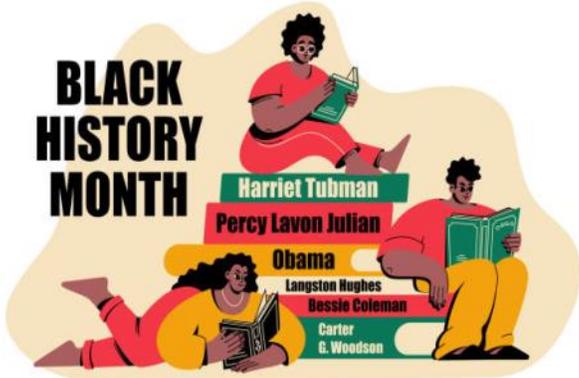
Health Providers Corner



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

Happy Black History Month!

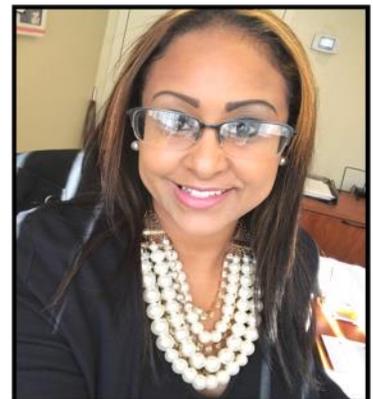
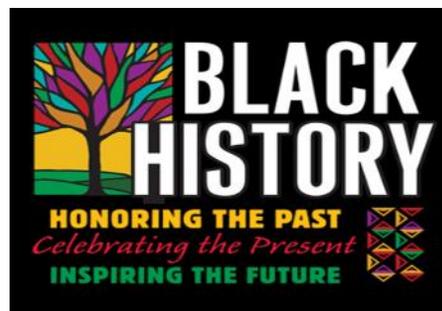
I know we are looking forward to the end of this cold and snowy weather. The residents and staff of Friendship Terrace have already begun to taste and enjoy the sweetness of February with our Annual Flower Workshop being held on February 10th in the 5th Floor lounge. And you don't want to miss out on our Annual Valentine's Day Social Party on February 11th in the 2nd in the Dining room. 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 will celebrate the Chinese New Year and enjoy the Fat Tuesday/ Mardi Gras events! We are here to help fill your days with creative activities.

And lastly, I would like to thank all the residents who continue to join us at our monthly town hall meetings. Those meetings are so important for residents new and old. 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 see discussed. Our next Terrace Talks will be held this month on February 27th at 1pm in the dining room. Have a great month!

Semira Ligon

Semira Ligon, Executive Director



SEABURY PAGE

Seabury Page

<https://www.seaburyresources.org/>

Join the Strong Foundation Society

Did you know Seabury serves over 6,000 older adults and family members across the DC region?

We are focused on helping people access Good Housing, Good Food, Good Community, and Good Resources, what we call our Four Pillars.



Dancing at Community Dining Site

Want to give back and support our work? Consider a small \$5 or \$10 monthly gift to help other older people get the support they need to thrive.

www.seaburyresources.org/monthly

Managing the Crisis: How to be an Effective Advocate in a Medical Setting

The healthcare system can be overwhelming. Check out our latest webinar to see how you can prepare before an emergency hospital stay, and what to do afterwards.

<https://www.seaburyresources.org/category/blog-resources/>

Bishop Budde's Care Partner Journey

Life rarely announces its pivotal moments in advance. For Rt. Reverend Mariann Edgar Budde, Bishop of the Episcopal Diocese of Washington, that moment arrived without warning—a phone call that would transform her from daughter to care partner in an instant.

Read her full story on our website under "Resources."



The Seabury Stylist
"Where Style Meets Self Care"



SPOTLIGHT

February 2026

Welcome Note from Shena!

Hello Seabury family I'm so excited to welcome 2026 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 FEBRUARY 🎉

📍 How to Book: **Call 202-642-3026**

Style Spotlight
Bangs are in!!

Client Corner

📷 Client of the Month

Gina Taylor

FUN FACT:
➡ **SHENA HAS A BIRTHDAY** ⬅
IN FEBRUARY 🎉

Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway
Friday, February 20, 2026

Come and join me for light refreshment.
Date / Time will be announced soon



Book Your Spot

Appointments fill fast – secure yours now!
[202-642-3026] 📍 The Seabury Stylist- 1st Floor
Follow Us: 📱 @the_seabury_stylist



New Orleans Word Search

Search for the words going up, down, left & right.

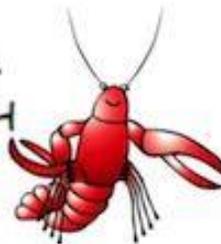


D Q P E Q X U L D X P G Z A O D Y A
 C O I Q L T J A M B A L A Y A N M U
 E D D B N K C V A C R Q T I N Z W E
 Q G W K X X Y I I Q A S M U N W C J
 M B L W A A A N F F D S A U N Z Z X
 Z S O W J B B R Q P E W R G U M B O
 T P U W O I E A P S V M D Q J V B S
 G J I E F P I C F S P L I K A G D A
 A M S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

LOUISIANA
 PARISH
 BEIGNET
 GUMBO
 MARRAINE



CAJUN
 CARNIVAL
 CRAWFISH
 PARADE



JAMBALAYA
 BANQUETTE
 CREOLE
 PARRAINE

www.bloggingbabiesandthebayou.com

#BayouTravel

Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	l	k	t	d
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

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: _____

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Chinese New Year Word Search



- ANCESTORS
- BOAR
- COMPASS
- DOG
- DRAGON
- DUMPLINGS
- ENVELOPE
- FANS
- FESTIVAL
- FIREWORKS



- HORSE
- JADE
- LANTERN
- LUCK
- LUNAR
- MONEY
- MONKEY
- OX
- PARADE
- RABBIT
- RAT
- RED
- ROOSTERS
- SHEEP
- SNAKE
- SPRING
- TIGER
- ZODIAC

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FAT TUESDAY PAGE

**Friendship Terrace Family
Please join us for our annual
Fat Tuesday Pancake meal Fundraiser**

DONATIONS \$5 cash

**(meal includes: 3 pancakes, eggs, fruit & 3 meat options-
sausage, bacon, &/or turkey bacon)**

When: Feb. 17,2026

Where: Dining room

Time: 12-1PM



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



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

PHOTO PAGE

FTRA NEWS!

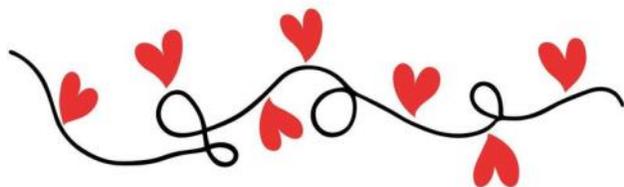
Beloved residents of Seabury at Friendship Terrace. It is my honor and pleasure to address you this month. I like many of you. Really enjoyed seeing the Christmas lights as well as attending the residents party as well as the New Years get together.

This is what happened at our last meeting. We talked about the Christmas lights as the resident's party. We also talked about old and new business. I want to take the opportunity to wish everyone a very Happy Healthy and prosperous New Year.

Very Truly Yours,

Barbara J Lange

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
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