

FACES OF FRIENDSHIP

JANUARY 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



PHOTO PAGE



Friendship Terrace residents brought in the holiday cheer with lots of fun activities from caroling with the 5th and 6th graders of St. Columba's Quest Sunday School class to having the National Cathedral School students drop by with holiday treats and caroling.

Friendship Terrace residents had a visit from the Georgetown Day School Pre-K students for our tree trimming and ornament making activity..

We would like to thank the Trowel Garden Club for the beautiful center pieces for our newly renovated dining room area.

Thank you!





JANUARY BIRTHDAYS

Birthstone: Garnet **Flower:** Carnation **Zodiac:** Capricorn/ Aquarius

| | | | |
|----------------------|------|---------------------|------|
| Beshir, Zahra | 1/01 | Gomora, Yohanes | 1/13 |
| Berik, Ketem | 1/01 | Coleman, Melton | 1/15 |
| Bihil, Rigat | 1/01 | Debesay, Tesfay | 1/17 |
| Nur, Abdirizak | 1/01 | Richardson, Vernell | 1/17 |
| Boston, Caroline | 1/02 | Kassa, Alemitu | 1/21 |
| Seitz, John | 1/03 | Stevanus, Phyllis | 1/27 |
| Spence, Helen | 1/04 | Wright, Demetrias | 1/27 |
| Tesfai, GiGi | 1/05 | Gage, Vance | 1/28 |
| Harvey, Wilma | 1/08 | | |
| Hutchings, Christina | 1/12 | | |



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:

1. RENT. All rents are due and payable on or before the first of the month. If rent is not paid by the 5th of the month, the Resident will be in violation of the lease. For security purposes, no cash will be accepted; checks or money orders only. Management will not accept postdated checks.

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.

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

JANUARY 2025

Happy New Year Friendship Terrace family,

As we are starting a new season, we would like to wish each and everyone of you a very happy New Year!

As many of you already know, this time of year presents great opportunities for scammers to take advantage of us on so many levels. Below are tips on what to look out for because scammers have become very creative with the tricks that they are using to get over on their innocent victims.

What You Can Do to Avoid a Scam:

- Block unwanted calls and text messages.
- Do not give your personal or financial information in response to a request that you did not make or expect.
- Resist the pressure to act immediately.
- Know how scammers tell you to pay, there are many methods to get access to your financial info.
- Always stop and talk to someone you trust immediately - call a family member or your Service Coordinator to assist you.

Happy January my friends!
Rahell & Mary - Service Coordinator



Catholic Mass



**January 3, 2025
2:00pm—3rd Floor Lounge**

Coffee Chat



**January 15, 2025
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**January 16, 2025
2:00pm— 3rd Floor Lounge**

Shabbat Service



**January 10 & 24, 2025
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

"What a wonderful thought it is that some of the best days of our lives haven't even happened yet." — Anne Frank."

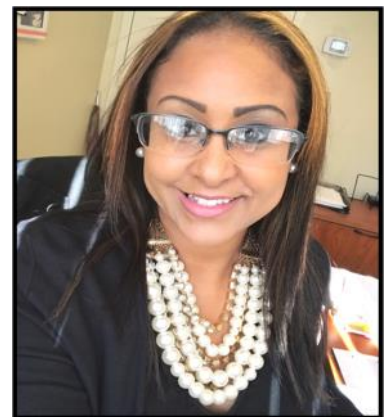
Now that 2025 is upon us, it's a good time to reflect on our goals from the last year and look forward to new hopes and dreams for this year. At Seabury at Friendship Terrace, our residents continue to Bless us every day with stories of their lives that are rich with adventure and fearless determination. Whether a long-term or brand-new resident, it is our joy and commitment to provide you with quality of life experiences that meet your needs, values your past, and honors your future potential. One of the ways we do this is through a calendar full of daily activities that range from afternoon socials to movie nights, fun outings and much more! Engaging our residents with mental, social, and physical activities helps to foster a positive outlook with new adventures, goals, and dreams in 2025.

As we reflect on so many memories made from this past year, we have much to be thankful for at Seabury at Friendship Terrace. In this transition to a new year, our unwavering commitment to excellence remains a top priority and we could not accomplish this without the tremendous team of employees at Friendship Terrace that remain committed to providing the best in customer service to our wonderful residents, we are so thankful for you!

It is our joy to serve you and we look forward to celebrating 2025 together.

Happy New Year!!

Executive Director,
Semira Ligon



PUZZLE PAGE

Name: _____

Date: _____

Winter Word Search

SNOWBOARDING
 SLEIGHBELLS
 JACK FROST
 BELOW ZERO
 SNOWMOBILE
 SNOWFLAKE
 FREEZING
 BLIZZARD
 SNOWBALL
 FLURRIES
 MITTENS
 SCRAPER
 FISHING
 SLIDING
 SKATING
 SNOWMAN
 TUBING
 BAKING
 HOCKEY
 SKIING
 ICICLE
 DRIFTS
 GLOVES
 JACKET
 PLOW
 SCARF
 BOOTS
 SALT
 COLD
 SNOW



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Epiphany

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

CELEBRATES
 CHRIST CHILD
 CHURCH SERVICES
 DENOMINATIONS
 EPIPHANY
 FEASTDAY
 INCARNATION
 JESUS CHRIST
 PLOUGH MONDAY
 SINGING
 THREE KINGS CAKE
 TWELFTH NIGHT
 WESTERN CHURCHES

CHALKING THE DOOR
 CHRISTIAN
 CUSTOMS
 EASTERN CHURCHES
 EPIPHANY EVE
 HOUSE BLESSED
 JANUARY SIX
 LITURGICAL
 REVELATION OF GOD
 THEOPHANY
 THREE KINGS DAY
 VISIT OF THE MAGI
 WINTER SWIMMING





Lunar New Year

Word Search



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| F | E | N | V | E | L | O | P | E | L | O | S |
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| Y | S | A | C | N | C | I | A | N | O | R | Y |

FIRECRACKER
RED
FESTIVAL
DUMPLINGS

LANTERN
FAMILY
ZODIAC
MOON

LUCK
DRAGON
COINS
ORANGES

PROSPERITY
CANDY
BANNERS
ENVELOPE



Martin Luther King Jr.

Alabama
Assassination
Brotherhood
Change
Civil rights
Dream
Equality
Freedom
Georgia
Integration
January
Justice
Minister
Nobel
Nonviolence
Peace
Rosa Parks
Segregation
Speech

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

In The Spotlight



Clarence "Buddy" Moore



Over the years I have intervened numerous Friendship Terrace residents for the Friendship Terrace monthly newsletter and I would like to thank all those who have had their profiles published. However, it was brought to my attention that my profile has never been featured. So, below is my current unabridged "confession."

I was born May 8, 1937 in Orangeburg, South Carolina. My parents left South Carolina in 1939 having in tow me at two years of age, an older brother age four and a younger brother six months of age.

At age five I attended Washington DC Public Schools. and made numerous neighborhood friends. My family would eventually increase with the birth of a baby girl and an additional boy bringing our family to a total of seven including our mother and father. My preadolescent years were normal and fruitful. My parents were both hard workers and provided the family with the necessary accouterments, including a new set of colorful attractive, encyclopedias.

IN THE SPOTLIGHT

My adolescent years were different. My family moved from the lower section of DC to the “uptown” more prestigious section where my life took on a new sense of excitement, a keen focus, an abundance of new positive friendships and a pathway to success.

After completing high school, I met and fell in love with my neighborhood sweetheart which after three years of courtship I became a husband and ultimately a father of two daughters and a son.

Prior to our marriage I had secured a position with a men’s clothing store and eventually became manager of that establishment. While the marriage was financially stable unfortunately our nuptial agreement was falling apart right before our young inflexible, blind-folded eyes. As a result, in 1970 a court decision dissolved the marriage.

I was now in a state of disillusion and despair, blaming myself for the family’s demise. However I was not to be deterred by this tragic misstep. After months of mourning and on the verge of deep-seated depression I returned to school as an older adult in pursuit of a college degree. Simultaneously I began creatively charting a path for my future. I secured a position with the United States Postal Service. Following five years of employment there I realized it was a well-paying dead-end job so I unenthusiastically resigned and secured a position in the Multi-family Housing Management Field, managing properties in DC Maryland and Virginia.

I needed excitement and a challenge and I surely found it in the property management industry. I subsequently exited the housing arena and was chosen to serve as Office Operation Supervisor for the DC 1980 Decennial Census. Following the 1980 Census I was recruited to remain with the Census Bureau and serve as a Survey Interviewer Specialist. My quest for knowledge and experience was high. I left the Census Bureau and entered into banking where I became educated on personal money management i.e. how to earn money and multiply it without risk.

I departed the banking industry and accepted an appointment as a Congressional Aide. When the Congressman for whom I served was not re-elected I became a “Call Center Manager” for a major corporation in the Washington, DC area. It was now time to concentrate on my private life. Therefore, after nine years of bachelorhood, I became a husband for the second time. Shortly thereafter a bright-eyed bewildered baby boy was born. What a thrill!

IN THE SPOTLIGHT

Sadly, to say, after 27 years of a magnificent magnetic marriage my second wife passed away on February 10, 2010 with ALS (Lou Gehrig Disease). That was indeed the most despondent day of my life. Not only did I lose a wife, I lost most of my eyesight to an eye disease known as glaucoma. And today my aggressive, unpredictable glaucoma has rendered me legally blind.

As I meticulously evaluate my life I am somewhat in awe of my numerous accomplishments while occupying cherished space here on earth. My volunteer work included: Park View Elementary School PTA President; consumer member on the DC Board of Pharmacy; organizer for the local ALS Association (Lou Gehrig Disease); an elected DC Advisory Neighborhood Commissioner; a DC Commissioner on Aging; a member of the DC Multimodal Accessibility Advisory Council. I also served in various Friendship Terrace Residents' Association positions, including President. I have worked in campaigns of numerous DC politicians. I also co-coordinated the 1988 25th Anniversary of the March on Washington.

I currently serve as a Board Member of the National Federation of the Blind Greater DC Chapter. I am co-chair of the Bernice Fonteneau Senior Wellness Senior Center Member Advisory Committee in Ward One; I am a volunteer with the Prevention of Blindness Society. And I serve on the Friendship Terrace Advisory Committee.

Creatively I recently seized upon the opportunity to co-write a three act play titled: "Do the Proper Thing, Please Ask. Do Not Assume." This play is performed by ninety-nine percent blind and visually impaired individuals and is receiving enthusiastic local reviews.

Finally, I must confess that one of my most difficult decisions was choosing a place to reside during my twilight years. Fortunately I had numerous choices at my disposal, including residency at Fort Lincoln New Town Housing Development.

However, with the safe, attractive, clean, affordable housing at Friendship Terrace coupled with the numerous compassionate, sociable cultures represented here I am thoroughly convinced I made the shrewdest decision May 2018 when I chose to reside at Friendship Terrace Senior Living.

**Buddy Moore
January 2025
Friendship Terrace Resident**

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

It is a brand New Year and some of you clung to various traditions to usher it in. Whether watching the Ball drop, toasting a glass of Champagne, watching the Rose Bowl Game, having a serving of Black-Eye Peas and Rice or some other traditions. With all the festivities over we should be well prepared to greet the New Year. Let us be guided by a sense of the potential which lies ahead.

Our community is unique and we each bring something to it. The start of a new year allows us the opportunity to reflect on how to improve or contribute to our shared experience. The FTRA Council will continue to work on your behalf and to plan activities for your enjoyment. Still, we need your participation. Most activities are listed on the monthly activities calendar. But not all. There are many board games and puzzles in the 4th Floor game room. These are available for your use at any time and all you have to do is find your partners to play with. Then there is the library on the 3rd floor which you can use on your own timetable and take books out for you to read and return. We hope to mingle with you throughout the year.

To keep us going we encourage more of you to make a voluntary contribution (in any amount) in the envelopes we place on your doors. Our donations level is low and we need to increase it for our all benefit. You can also participate and volunteer in any number of our efforts. Let us come together in this New Year and make it happen.

Happy New Year!

2025

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 |
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| 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 |