

FACES OF FRIENDSHIP

JULY 2025



IN THIS ISSUE:

Page 1: Cover
Page 2: Photos
Page 3: Photos
Page 4: Humor
Page 5: Birthday/Covid Info
Page 6: House Rules Highlights
Page 7-9: Service Coordinator

Page 10: Administrator Update
Page 11: Puzzle
Page 12 –14: Puzzle
Page 15-16: Juneteenth Party
Page 17: Removal Service Info
Page 19: DACL Info
Page 19: FTRA News



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

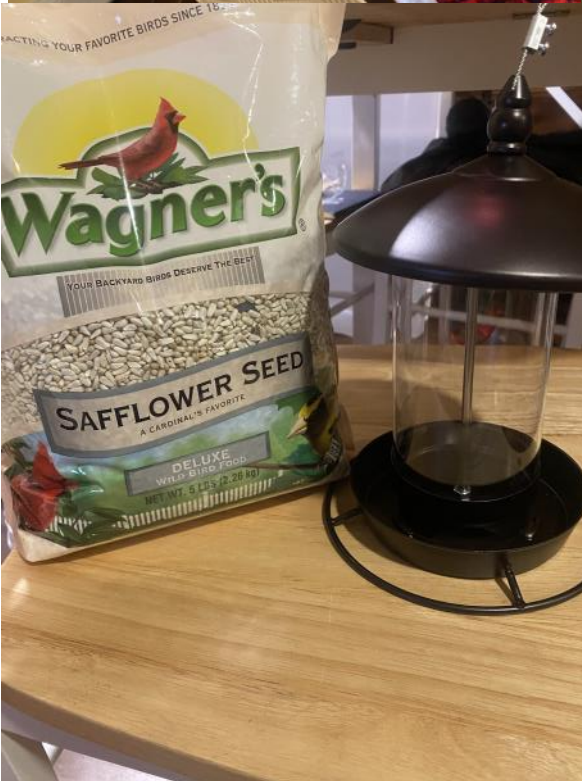


PHOTO PAGE



Seabury at Friendship Terrace residents had a visit from the Science Student volunteers from Georgetown Day school for our Quick Trivia game. The students shared prizes and gifted Friendship Terrace with a wonderful bird feeder.

Friendship Terrace celebrated Juneteenth with a fun Juneteenth party in our dining room with live music from Mr. Bruce Gardner of Mo Better Entertainment.

Photos found on page 15-16.

THANK YOU!







JULY BIRTHDAYS

Birthstone: Ruby **Flower:** Larkspur **Zodiac:** Cancer/Leo

Asmelash, Haile	7/01	Wanzer, Tanya	7/18
Lindsey, Thomas	7/04	Schrichte, Lynn	7/18
Ghebretatios, Mekonnen	7/10	Piester, Rita	7/21
Majarowitz, Sharon	7/12	Karki, Naniram	7/23
Tutt, Pamela	7/14	Novikoff, Risa	7/24
Van Order, Lilian	7/16	Ghazanfari, Seyedjalal	7/27
Yarbough, Victoria	7/16	Freeman, Maxine	7/30
Chatman, Joseph	7/17	Puppa, Janet	7/30
Bartoszewicz, Cecylia	7/18	Chong, Rak	7/31
Chesney, Shirley	7/18	Valero– Figueira, Eda	7/31

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://www.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:

15. PULL CORDS. Each pull cord must be easily accessible and left free hanging to the floor.

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.

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

Happy July Friendship Terrace family.

Summer is in full swing and we hope everyone is working hard to stay happy and healthy. Happy Independence Day!

We hope the weather is cooperative and you are able to go out on our rooftop terrace to enjoy the evening with neighbors and see the fireworks.

We encourage you all to come out of your apartments and get active - even if only for a short time period.

Please make sure to take a look at your activity calendar and listen to your daily robocall to see what activities are happening. We understand every activity will not be a fit for you, but you are bound to enjoy a few if you give them a try.

As always, if you have any suggestions for programs or activities that we have not done in a while or you have not seen done before, please let us know.

Stay hydrated, enjoy the sunshine, and cheers to the summer.

Rahell & Mary - Service Coordinators



Seabury

at Friendship Terrace

Senior Living



Catholic Mass



**July 4, 2025
2:00pm—3rd Floor Lounge**

Coffee Chat



**July 16, 2025
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



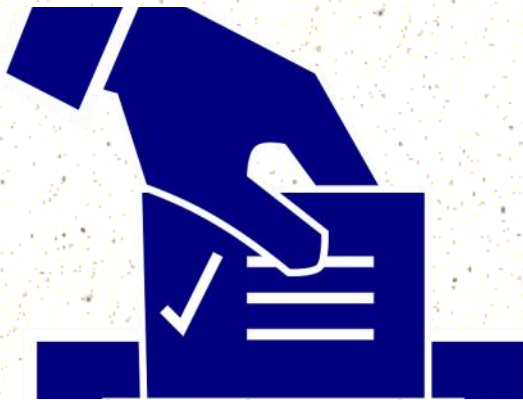
**July 17, 2025
2:00pm— 3rd Floor Lounge**

Shabbat Service



**July 18 , 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

It is officially summer, and isn't it hard to believe the year is already half over with? And what a year it has been so far! I would like to encourage everyone to go outdoors to enjoy the sunshine. While many of us delight in the summer heat, please remember that it can pose certain dangers. To stay safe and healthy in sweltering temperatures, remember the following:

- 1) Drink plenty of fluids, especially water. Many heat-related conditions stem from dehydration.
- 2) Dress in light, loose-fitting clothing on hot days to stay comfortable.
- 3) If you begin to experience the symptoms of heat stroke, such as confusion, a flushed face, and nausea, seek medical help immediately.

According to the CDC, adults over 65 do not adjust as well to changes in temperature. Make sure that you are resting enough, drinking enough, wearing lightweight clothing, and listening to your body for signs of heat stress. The heat isn't always a bad thing: it reminds us to slow down and take out time. Instead of rushing to our next task, we should instead try to be more like a summer afternoon; warm, patient, and restful. There is so much to be seen and enjoyed, if we just choose to be fully present in each moment.

If you look at the July Calendar you will see that there are many exciting and new activities happening all around our area. I encourage you to sign up for as many activities as you would like, even if it is new to you, you may really enjoy it.

Lastly, I would like to sincerely thank each and every one of you for all of your prayers and support for me and my family as my son battled through a very difficult brain surgery. Your words of love and encouragement were so appreciated. Our next Terrace Talks is scheduled to be held in the dining room at 1pm on Friday, July 5th. I look forward to seeing all of you there. Please continue to be safe and take care of yourselves.

Happy Fourth of July!

Regards, Semira

Executive Director,
Semira Ligon



PUZZLE PAGE

Summer Word Search

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

AUGUST

SUNGLASSES

PICNIC

FIREWORKS

COOKOUT

VACATION

SMORES

OUTDOORS

HIKING

BEACH

SUNSHINE

POPSICLE

PARK

FIREFLIES

WATERMELON

SPRINKLER

SANDALS

LEMONADE

CAMPING

SWIMMING

Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

Free printable courtesy of PrintItFree.net

HUGE SUMMER WORD SEARCH PUZZLE



AUGUST
BARBECUE
BASEBALL
BEACH
BIKE
BOAT
CAMP
FAMILY
FISHING
FLIGHT
FLIP FLOPS
FLOWERS
FRIENDS
GARDEN
HEAT
HOLIDAYS
HOT
HUMID
ICED TEA
INSIDE
JULY
JUNE
LEMONADE
OUTSIDE
PARK
PICNIC
PLAY
POOL
RELAX
SANDALS
SHORTS
SKATEBOARD
SOCCER
SUNSCREEN
SUNSET
SWIMMING
TAN
TANKTOPS
TENT
THEMEPARK
TOUR
TRAVEL
TRIP
VACATION
WATERPARK

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



© 2021 Jodi Jill Not for Resale. Cannot be reposted online. Feel free to copy on paper and share! www.puzzlestoplay.com



Fourth of July

WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLR

ERACMA

NITEUD STTSEA

JUYL

SASTTE

RTILEVOONU

PTTOIARCI

RASTS

PHOTO PAGE



PHOTO PAGE



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](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

Greetings from the New FTRA President

Beloved residents of Seabury at Friendship Terrace it is my honor and pleasure to be elected as President. I look forward to a great year of service to our community. As a new Council, with some familiar faces, we pledge to work on behalf of the residents to provide leadership, friendship, and cooperation. In all ways, our goal will be to ensure that, as a community, Friendship Terrace thrives.

Here are the new officers of FTRA listed below:

President	Muhammad Abu-Bakr
First Vice President	Barbara Lange
Second Vice President	Sharon Majarowitz
Recording Secretary	Anne Brunson
Treasurer	Daniel Lopez
Assistant Treasurer	Martha Smith
Member at Large #1	Lilian Van Order
Member at Large #2	Joan Ludden

We would like to thank everyone who voted for the new council, also as a reminder we are all members of the FTRA and we welcome all residents to take part in activities as well as getting to know your neighbors here at Friendship Terrace.

Gob bless you all,
Muhammad Abu-Bakr
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
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