

FACES OF FRIENDSHIP

JULY 2026



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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 had a fun filled June.

We celebrated Pride month with a Pride disco party.

In honor of Juneteenth and our very own Resident Service Coordinator Rahell Negash's birthday residents had a fun coffee chat with guests from IONA who brought ice cream.

Friendship Terrace celebrated the life and achievements of Michael Jackson with a party to honor his legacy. We even had a few residents dress for the occasion.





JULY BIRTHDAYS

PAGE 5

Birthstone: Ruby	Flower: Larkspur	Zodiac: Cancer/ Leo	
Asmelash, Haile	7/1	Novikoff, Risa	7/24
Lindsey, Thomas	7/4	Ghazanfari, Seyedjalal	7/27
Haqq, Hadi	7/6	Freeman, Maxine	7/30
Ghebretatios, Mekonnen	7/10	Puppa, Janet	7/30
Majorowitz, Sharon	7/12	Valero-Figueira, Eda	7/31
Tutt, Pamela	7/14	Chong, Rak	7/31
Van Order, Lillian	7/16		
Yarbough, Victoria	7/16		
Chatman, Joseph	7/17		
Bartoszewicz, Cecylia	7/18		
Chesney, Shirley	7/18		
Wanzer, Tanya	7/18		
Schrichte, Lynn	7/18		
Piester, Rita	7/21		
Karki, Naniram	7/23		



CENTER FOR DESEASE 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: [DCHealthdc.Gov](https://www.dchealthdc.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 default by Resident and breach of this lease

39

GENERAL. Any activity by a Resident that is in violation of the lease, the Resident Guidelines, these House Rules, or which, in the judgment of the Landlord, is harmful or detrimental to the morale, safety, or health of other residents, staff, or visitors will be grounds for eviction. Other policies and procedures for use of specific facilities may be posted in or directly outside of those facilities. Failure to obey posted signs may results in loss of access to those facilities or eviction. Residents are strictly responsible for the behavior of their guests and invitees.

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.



FOLLOW THE RULES

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

JULY 2026

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 can 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 apartment and get active - even if only for a short period. Please make sure to 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



Catholic Mass



July 3, 2026
2:00 PM

3rd Floor Lounge

Coffee Chat



July 15, 2026
11:00 AM

2nd Floor Lounge

Episcopal Eucharist Service



July 16, 2026
2:00 PM

3rd Floor Lounge

Shabbat Service

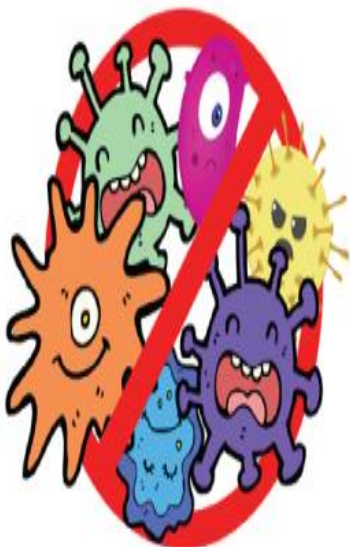


July 17, 2026
3:30 PM

3rd Floor Lounge

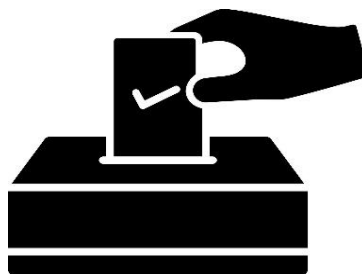
Health Porviders Corner

**DON'T SPREAD
GERMS**



**WASH YOUR
HANDS!**

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. We have been getting extreme heat advisories lately, so please make sure to keep up with weather reports to. 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 a heat stroke, such as confusion, a flushed face, and nausea, seek medical help immediately or call 911.

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 our 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.

Our next Terrace Talks is scheduled to be held in the dining room at 1pm on Friday, July 31. I look forward to seeing all of you again.

Please continue to be safe and take care of yourselves.

Happy 4th of July,

Semira Ligon
Executive Director



♥ 🍴 FRIENDSHIP TERRACE HEART-HEALTHY DINNER PROGRAM 🍴 ♥

GOOD FOR YOUR HEART • GOOD FOR YOUR WALLET • GOOD FOR YOU!



🌿 ENJOY DELICIOUS, HEART-HEALTHY DINNERS EVERY EVENING!

- ✓ Freshly prepared meals
- ✓ Lower sodium & heart-smart ingredients
 - ✓ Balanced nutrition
 - ✓ No cooking or cleanup
- ✓ Dine with friends and neighbors

\$ RESIDENTS RECEIVE A MEAL SUBSIDY

AMI of 20% -below receive -\$175 per month
AMI of 20%-30% receive -\$150 per month
AMI of 30%-50% receive -\$100 per month
AMI of 50%-80% receive -\$50 per month

Affordable. Convenient. Nutritious.

♥ WHY JOIN?

- Support your heart health
 - Save time and energy
- Enjoy a worry-free dinner
- Be part of our welcoming dining community

♥ EAT WELL. LIVE WELL. FEEL WELL. ♥

PUZZLE PAGE

NHSSNIUE _____

LOPO _____

MIWSGNIM _____

CEI RAMEC _____

ATLOMERNEW _____

TECDASLNSA _____

ONAVCATI _____

ELASUSGNSS _____

BLUAMLER _____

INCICP _____

PLCSIEPO _____

TIKE _____

IPFL LPSOF _____

HCEAB _____

UBERCABE _____

NIRADEGNG _____

ERCNSUSNE _____

GISFINH _____

ALMEONDE _____

VATELR _____

YAILMF _____



BARBECUE
BEACH
FAMILY
FISHING
FLIP FLOPS
GARDENING
ICE CREAM

WORD BANK:

KITE
LEMONADE
PICNIC
POOL
POPSICLE
SANDCASTLE
SUNGLASSES

SUNSCREEN
SUNSHINE
SWIMMING
TRAVEL
UMBRELLA
VACATION
WATERMELON



WWW.ALWAYSTHEHOLIDAYS.COM

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 PrintzFree.net



WORLD ELDER ABUSE
AWARENESS DAY

Building Strong Support for Elders

Elder Abuse **RED FLAGS**

-  You **feel pressured** to give someone access to your **private information or finances**, or the **right to make important decisions** on your behalf.
-  You have experienced **unwanted** touching or any other form of **sexual contact**.
-  You have been **denied necessities** such as food, water, hygiene or medical care.
-  You have been **left alone** by someone responsible for your care without any means to obtain that care.
-  You have experienced verbal abuse by being **taunted, yelled at, insulted or humiliated**.

Help is Available

get connected to resources based on needs

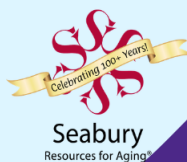
DC Victim Hotline



(844) 443-5732



District of Columbia
FORENSIC NURSE EXAMINERS



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 :)





WORD SEARCH

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

AMERICAN FLAG

RED

WHITE

BLUE

INDEPENDENCE DAY

FIREWORKS

PARADE

FREEDOM

JULY



Human-to-human tech help

Remove the stress of technology from your life.



Waltz Tech Helpers provide tech support that's personal, patient, and professional. More than just problem solvers, our Tech Helpers are coaches, always there to provide trusted guidance.

Common topics we can help with



Problems

- Device won't turn on or charge
- Locked out of your account
- Can't send or receive emails
- Printer refusing to print
- Issues navigating a medical portal



Skills

- Protecting yourself from scams
- Managing your passwords
- Backing up important documents
- Using AI tools with confidence
- Organizing files and photos



Questions

- Is this email a phishing scam?
- Which new devices should I get?
- Which cookies should I allow?
- How do I know if I've been hacked?
- What is the cloud?

Try Waltz for 2 months for free!

Call to start your free trial (844) 629 2589

Learn more online: www.waltz.team | Any questions? Email us at help@waltz.team

DACL INFORMATION PAGE

DC Department of Aging and Community Living (DACL)

The Department of Aging and Community Living (DACL) serves District of Columbia 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 of Columbia 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 DC where we can all thrive together in communities we know and love.

Connect with our team today at (202) 7244-5626 so we can work together to help keep you happy, healthy and connected to a community that sees and values you.

DACL Website:

<https://Dacl.dc.Gov>



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

FRIENDSHIP TERRACE: FACES OF FRIENDSHIP

FTRA Letter from the President July 2026

Dear Residents,

As we roll into summer here in DC we also start a "new year" for FTRA! This is the first letter from a new group of folks on the FTRA board, so let's take this time to introduce them. There is a lot of experience and we hope they will work to keep us busy and active.

We will post the names and positions on the two FTRA bulletin boards, but as I write this in mid-June let me tell you a bit more.

Presidents - Lillian Van Order, moving from the position of secretary. First Vice President - Eda Valero-Figuerira is a past president and worked other aspects of FTRA. Second Vice President- Joan Mc Dermott, who lives on 5th floor is looking forward to helping out Secretary- Martha Smith, fill in for Treasurer when Daniel Lopez moved but now

Treasurer- David Rivera, was on the former board as the immediate past president Assistant Treasurer. Penny Nance, will be helping David as Treasurer Member-at-Large- Josephine Cooke, is currently the person over seeing Bingo Member-at-Large - Ruth Yoshpe is working as the community "Sandwich Lady" for food donations.

As you can see this wonderful team is already at work in our community and we hope that some of you will volunteer to help out so that we can all do more for our friends and neighbors also the greater our community our plans through the bulletin boards and meetings and hope that you will help us make Friendship Terrace a more vibrant community. We can't do it alone and need your expertise and enthusiasm! So talk to us - communication helps build a community.

Cheers from your president, Lill



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	Mtoussaint@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