

FACES OF FRIENDSHIP

JUNE 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



Seabury at Friendship Terrace residents kicked off the month of May with a festive Cinco De Mayo social.

Big thank you to Clayton J Bourges III and the United Healthcare volunteers for the wonderful fun filled volunteer fun day event.

Friendship Terrace celebrated Mother's Day with a special Mother's Day brunch and Ladies & Pearls tea party. We celebrated Eritrean day of Independence with a party and ended the month of May with a fun Memorial Day cookout outside.

A few residents also had the pleasure of attending two special events -Seabury Leadership of Aging event & Mayor Bowser Senior Fest Block party.

Photos found on page 15-17.







JUNE BIRTHDAYS

Birthstone: Pearl **Flower:** Rose **Zodiac:** Gemini/Cancer

Cooke, Josephine	6/02
Ostrander, Douglas	6/03
Haddad, Edward	6/04
Blake, Earl	6/13
Spriggs, Sharon	6/13
Helper, Janet	6/15
Smith, Reesa	6/16
Jardim, Gary	6/21
Lange, Barbara	6/21

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:

13. FLAMMABLE ITEMS. Resident agrees not to keep in or about the apartment any explosives or flammable fluids or materials of any kind. The Resident agrees not to use candles of any kind on the premises.

14. EXTENSION CORDS. Resident agrees not to use any electrical extension cords. Only UL approved strip surge protectors may be used; only one surge protector may be used per electrical outlet.

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

JUNE 2025

Greetings Friendship Terrace Family,

Every June our Service Coordinator newsletter page is dedicated to spreading knowledge about Juneteenth.

Juneteenth is a national holiday that commemorates the documented end of slavery in the US and it is celebrated on the 19th of June.

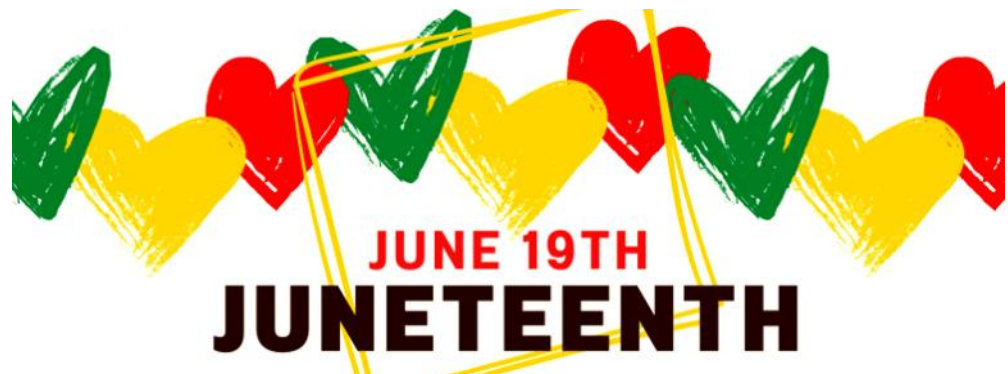
Although the Emancipation Proclamation was issued on September 22, 1862, the Confederacy was not set free. On June 18, 1865, the Union army arrived in Galveston, TX and took over. The next day, June 19th, it was announced that the slaves in Texas were ordered to be freed by the President of the US.

Former slaves in Texas started celebrating their freedom the very next year. In 1980, the state of Texas made Juneteenth an official state holiday.

Today Juneteenth is recognized as a federal holiday all over the US. If you are interested in some things you can do to celebrate the holiday here are a couple of suggestions...

- * Visit an exhibit or museum dedicated to African American culture.
- * Read literature written by African American authors and poets.
- * Support black-owned businesses.

Happy June,
From your Service Coordinators - Rahell and Mary



Catholic Mass



**June 6, 2025
2:00pm—3rd Floor Lounge**

Coffee Chat



**June 18, 2025
11am— 2nd Floor Lounge**

Episcopal Eucharist Service



**June 19, 2025
2:00pm— 3rd Floor Lounge**

Shabbat Service



**June 6 & 20 , 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

Summer is fast approaching! May flowers and Friendship spirits are blooming all around our community. June has arrived and I am reminded again how quickly the calendar pages turn. We are enjoying longer days, and the chance for early morning and late afternoon walks. It's great to see residents enjoying the outdoors again. Our "Friendship Summer" activities are in full force. Please take a few moments to review our calendar of events. We are always entertaining new ideas and opportunities to enrich life at Friendship Terrace. If you have any ideas, please feel free to share them with us.

I would like to thank all of you who sent beautiful notes and kind messages after our Mother's Day and Memorial Day Brunches. I have shared them with Sam and the rest of the Sodexo team who truly outdid themselves this year.

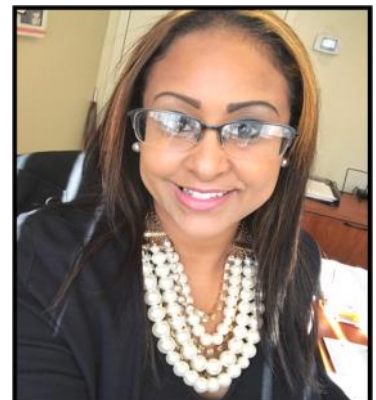
Please remember that seats in the dining room are not reserved. Please do not place your bag or other item in a seat to hold or ask someone to move. If you would like to sit with your friends, please enter the dining room together so you can sit together.

We are happy to announce that the exercise room will be opening June 03, 2025 only for those residents who have returned their signed waiver to the front desk

As always, it is a pleasure being your Executive Director and the staff and I look forward to continuing to enhance our services for this community.

Regards,
Semira

Executive Director,
Semira Ligon



PUZZLE PAGE



I LOVE DAD

Happy
Father's
Day

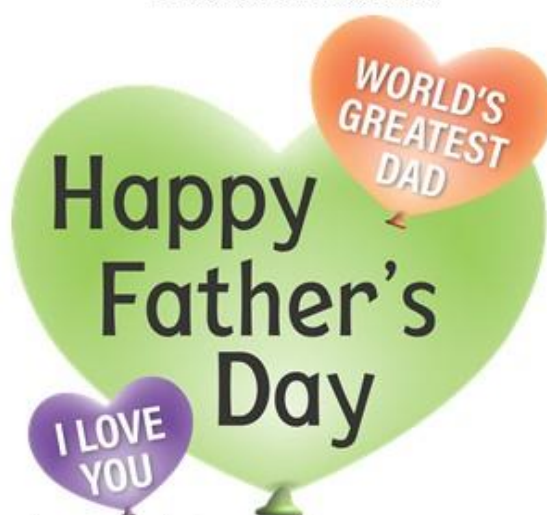
FATHER'S DAY

WORD SEARCH PUZZLE

BEST
BRAVE
BREAKFAST
CARD
CARING
CELEBRATE
CHILDREN
DADDY
FAMILY
FATHER
FRIEND
FUN
GIFT
GRANDPA
HAPPY
HERO
HOLIDAY
HONOR
JOKES
LOVE
NURTURE
PAPA
PARENT
PRESENT
PROUD
RESPECT
SPECIAL
STRONG
VALUES

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

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



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www.puzzlestoplay.com

Name: _____

Date: _____

Summer is in full swing, and it's time to hunt for sunny words in this word search! Imagine you're exploring a summertime jumble of letters. Can you find all the hidden words related to this season? Words may hide in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and mark it off the list. Enjoy the search and celebrate the joys of summer!



SUMMERTIME

Word Search



BARBECUE	Q	R	C	W	M	H	K	R	A	P	R	E	T	A	W	D	Q	H	M
BASEBALL	N	L	S	F	R	I	S	B	E	E	V	A	C	A	T	I	O	N	S
BEACH	C	R	W	S	M	K	N	C	B	H	C	G	C	V	K	T	S	Z	E
BIKE RIDE	Y	T	I	K	Z	I	J	M	M	I	D	Z	K	Z	D	F	E	T	S
BOATING	G	C	M	R	V	N	L	C	N	M	K	R	M	O	L	F	A	B	S
CAMPING	L	E	M	O	L	G	E	C	Y	N	H	E	G	J	M	M	S	O	A
COCONUT	T	D	I	W	B	S	I	E	R	E	L	A	R	P	M	Q	H	A	L
FIREFLY	E	A	N	E	Y	P	E	C	R	L	T	S	M	I	N	D	E	T	G
FIREWORKS	U	N	G	R	W	L	A	A	A	C	P	I	S	M	D	R	L	I	N
FLIP-FLOPS	C	O	R	I	C	M	F	B	G	O	S	E	K	Q	O	E	L	N	U
FRISBEE	E	M	T	F	P	K	E	E	L	U	A	N	R	M	K	C	S	G	S
HAMMOCK	B	E	K	I	N	S	J	F	R	S	L	C	U	M	N	P	K	T	N
HIKING	R	L	N	K	A	M	P	K	I	I	X	L	T	S	R	Y	X	Q	N
HOT DOG	A	G	R	B	Y	I	Q	D	V	T	F	R	Q	B	E	A	C	H	P
ICE CREAM	B	T	L	T	L	N	E	V	M	Q	C	Z	T	U	N	O	C	O	C
KITE	J	J	P	F	C	D	N	G	J	G	N	I	F	R	U	S	F	Q	D
LEMONADE	D	N	E	L	T	S	A	C	D	N	A	S	Q	L	K	Z	L	V	J
PICNIC	M	D	L	H	V	P	O	P	S	I	C	L	E	M	J	W	D	R	H
POPSICLE	M	A	E	R	C	E	C	I	N	O	L	E	M	R	E	T	A	W	K
SANDCASTLE																			
SEAGULL																			
SEASHELLS																			
	SEASIDE																		
	SUNGLASSES																		
	SUNSCREEN																		
	SURFING																		
	SWIMMING																		
	VACATION																		
	WATERMELON																		
	WATER PARK																		



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JUNETEENTH WORD SEARCH

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

- | | |
|-----------------|----------------------|
| 1. EMANCIPATION | 10. ABOLITION |
| 2. FREEDOM | 11. AFRICAN AMERICAN |
| 3. CELEBRATION | 12. JUNETEENTH |
| 4. LIBERATION | 13. SLAVERY |
| 5. EQUALITY | 14. PROGRESS |
| 6. INDEPENDENCE | 15. TEXAS |
| 7. HERITAGE | 16. GALVESTON |
| 8. REMEMBRANCE | 17. UNION |
| 9. CIVIL RIGHTS | 18. HISTORY |



Name: _____ Date: _____

Diversity and Inclusion

Discrimination

Understanding

Personality

Disability

Diversity

Including

Stereotype

Equality

Fairness

Judgment

Religion

Culture

Gender

Policy

DIAC

LGBT

Race

Age



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

PHOTO PAGE



PHOTO PAGE



PHOTO PAGE



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

The first of June doubles as the start of meteorological summer. A wonderful time to let the sunshine in. A good time to get out and smell the Roses and check out our Greenhouse. The birds have been chirping and catching up with each other - we should follow suit. The Gazebo, the outside Garden Path, and the Roof Deck are all open and we must remind ourselves to take full advantage of our surroundings - while the going is good.

The FTRA Council elections on June 2nd will bring us a mix of new and old office holders working on behalf of all residents. There continue to be a variety of activities sponsored by the FTRA. These are in addition to regular activities sponsored by management. On your activities calendar the notion (FTRA) denotes those sponsored by us. Special events are not always listed but Flyers are posted at your doors to inform you of them.

Both new and old residents are encouraged to participate in the various activities and to attend the monthly Council Meetings and the quarterly General Meetings. Your donations (any amount) help us plan and pay for activities that benefit all residents. The Council needs your support and welcomes your suggestions. For my part I can state that it was a pleasure to serve as your President this past year and I have learned a lot. Special thanks to Buddy and Gail for organizing the Save our Medicare rallies and rising the Voices of us Seniors.

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
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
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