

FACES OF FRIENDSHIP

JUNE 2026



IN THIS ISSUE:

- | | |
|--------------------------------|-------------------------------|
| Page 1: Cover | Page 10: Administrator Update |
| Page 2: Puzzle | Page 11: Seabury |
| Page 3: Photos | Page 12: Puzzle |
| Page 4: Humor | Page 13-14 Puzzle |
| Page 5: Birthday/Covid Info | Page 15: Pantry |
| Page 6: House Rules Highlights | Page 16: Photos |
| Page 7-9: Service Coordinator | Page 17: Waltz Teach |
| | Page 18: DACL Info |
| | Page 19: FT 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.



PUZZLE PAGE



PHOTO PAGE

Friendship Terrace had a busy May month starting with a visit from our neighboring school Georgetown Day School (middle) student volunteers for a game of quick trivia.

To honor all the mothers & aunts Friendship Terrace had a lovely Mother's Day brunch and Ladies and Peals tea party.

Mayoral candidate Kenyon Mcduffie paid a visit to Friendship Terrace to speak with residents about voting.

What better way to kick off the summer season but with a Friendship Terrace Memorial Day cookout in our courtyard area.

We celebrated Eritrean Independence Day with special guest from Apex Senior Living and guest from the Eritrean Embassy of Washington DC.

We would like to thank everyone who visits & volunteer at our community.







JUNE BIRTHDAYS

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

Cooke, Josephine	6/02	Gena, Tiruwork	6/27
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		
Hadgu, Oghbamicael	6/23		

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://www.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:

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

JUNE 2026

Greetings Friendship Terrace Family,

It's June and 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. The history behind the holiday is 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



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Seabury

at Friendship Terrace

Senior Living



EQUAL HOUSING
OPPORTUNITY



Catholic Mass



**June 5, 2026
2:00pm– 3rd Floor Lounge**

Coffee Chat



**June 17, 2026
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**June 18, 2026
2:00pm– 3rd Floor Lounge**

Shabbat Service



**June 5 & 26, 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

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 Memorial Day Cookout. I have shared them with Sam and the rest of the Sodexo team who truly outdid themselves this year.

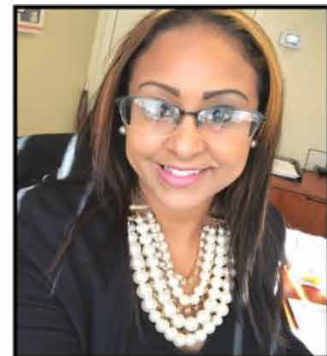
Please remember that seats in the dining room are not reserved. Please do not place your bag or other item in a seat to hold or ask someone to move. If you would like to sit with your friends, please enter the dining room together so you can sit together.

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 Ligon

Semira Ligon, Executive Director



SEABURY PAGE

♥🍴 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

💰 **GREAT NEWS FOR ALL RESIDENTS!**
***RESIDENTS RECEIVE A MEAL SUBSIDY**
 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.** ♥

***Income limits apply**

PUZZLE PAGE



Pride
WORD SEARCH

Find the 16 words or phrases hidden in the puzzle.

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

CELEBRATE
PARTY
RAINBOW
FLAGS

GAY
BISexual
LESBIAN
TRANSGENDER



ASEXUAL
QUEER
AGENDER
INTERSEX

PANSEXUAL
NON-BINARY
DRAG QUEEN
DRAG KING

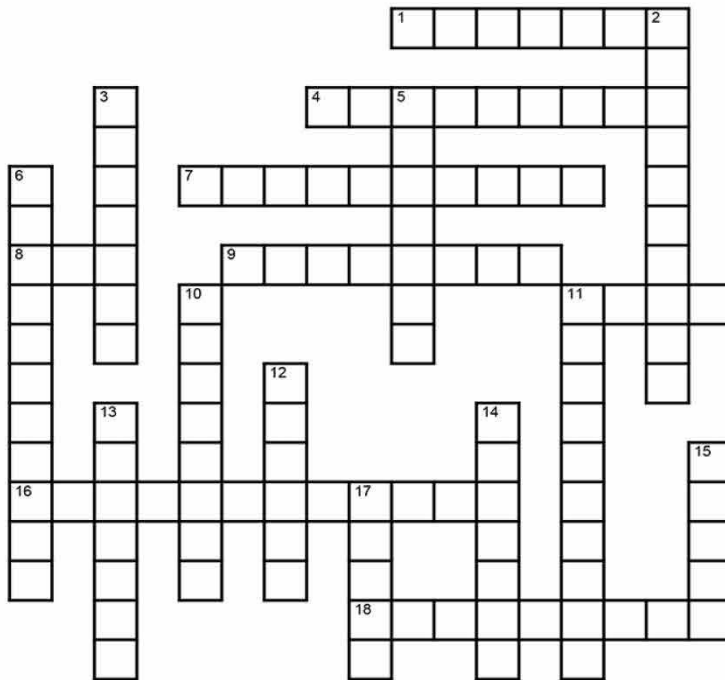
Name: _____ Date: _____

ACROSS

- 1. City in Texas where Juneteenth celebrations are particularly popular.
- 4. City in Texas where General Granger read the Emancipation Proclamation.
- 7. Type of soda traditionally served on Juneteenth
- 8. Color, representing resilience and joy, associated with Juneteenth celebrations.
- 9. Day of the week on which Juneteenth falls.
- 11. Month in which Juneteenth is celebrated
- 16. Executive order which declared all enslaved people in Confederate states to be forever free: ___ Proclamation.
- 18. Movement to end slavery.

Juneteenth

FREEDOM DAY



DOWN

- 2. The day in June when Juneteenth is celebrated
- 3. Another name for Juneteenth: ___ Day.
- 5. Another word for freedom
- 6. The name Juneteenth is an example of a blend of words known as a ___.



- 10. Outdoor cookout which might be part of a Juneteenth celebration.
- 11. Holiday that celebrates the end of slavery in the United States.
- 12. Type of music often played on Juneteenth.
- 13. General who announced the end of slavery in Texas: Gordon ___.
- 14. President who issued the Emancipation Proclamation.
- 15. President who signed bill making Juneteenth a federal holiday.
- 17. State in which Juneteenth originated.

Abolition	Juneteenth
Barbecue	Liberty
Biden	Lincoln
Emancipation	Nineteenth
Freedom	Portmanteau
Galveston	Red
Gospel	Saturday
Granger	Strawberry
Houston	Texas
June	

PUZZLE PAGE

Name: _____ Date: _____



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

BEST
CARD
DAD
FAMILY
FIX



FUNNY
GIFT
GRANDPA
HELP
HERO

HUG
JOKE
KIND
LOVE
PLAY



© Puzzle Cheer

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 :)



PHOTO PAGE



TECH PAGE

Waltz

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) (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

ATTENTION

Residents, Families & Guests

The gazebo will be open during regular business hours. If the gazebo is not open during those hours, please call or stop by the Front Desk, and a staff member will be happy to assist you with opening it.

Thank you for your understanding and cooperation.

Management



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