

FACES OF FRIENDSHIP

MARCH 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.



PUZZLE PAGE



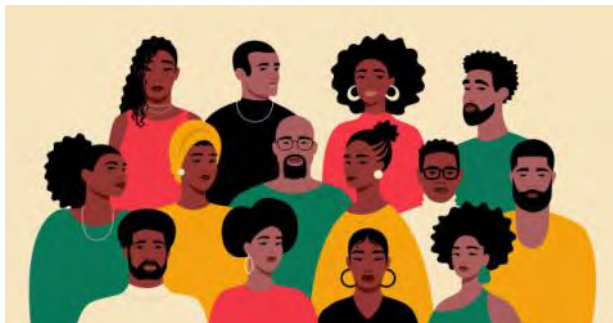
PHOTO PAGE



February is Black History Month. Friendship Terrace celebrated the month of February with lots of fun activities. We did the walk for peace with the Monks downtown Washington DC.

Friendship Terrace celebrated Mardi Gras with a Fat Tuesday pancake fundraiser followed by a Chinese New Year dinner that evening.

Residents also had a blast at our Friendship Terrace Sweetheart Party for Valentine's Day .







MARCH BIRTHDAYS

Birthstone: Aquamarine **Flower:** Daffodil **Zodiac:** Pisces/ Taurus

Feinberg, Robert 3/02
 Sardi, Mariella 3/03
 Abu Bakr, Muhammad 3/09
 Dixon, Lisa 3/09
 Grant, Robert 3/13
 Jackson, Fannie Mae 3/13
 Brockington, Mary 3/14
 Holmes, Randy 3/15
 Kelly, Ella 3/17

Ragin,Johnny 3/18
 Canney, Marie 3/28

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:

31. HARRASSMENT. The Owner and Management consider sexual harassment in the workplace unacceptable conduct that will not be tolerated. Sexual harassment is defined in the Resident Guidelines. Employees who engage in sexual harassment will be subject to discipline, including discharge. Residents who engage in sexual harassment will be subject to termination of their tenancy.

32. MEAL PLANS. Residents on a meal plan must make monthly payments as required by that plan. Meal plan payments are considered additional rent.

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

MARCH 2026

Happy March Friendship Terrace family,

I know these cold days have you all ready for Spring to begin! I am looking forward to sunshine days and flowers blooming. What are you looking forward to? Take a moment to ponder that thought. I hope eating healthily and spending more time outdoors is at the top of your list.

Making healthy food choices promotes living a longer life. Ladies & Gentlemen, it is no shock that good nutrition is one of the key components to living a healthy life-style. It is important to eat foods rich in vitamins and minerals. Some good sources are fruits, vegetables, whole grains, dairy, and a source of protein. I know it's very hard to change eating habits for some people, it's a major struggle for me :(

Some key points to consider...

- * Keep track of your food intake
- * Try your best to find out what the strong and weak points in your current diet are.
- * Stay hydrated. Drink LOTS OF WATER!
- * Try to avoid unhealthy fats, processed foods, and reduce your sugar intake.
- * Consult your physician and remember balance is key.

REMINDER:

The Maryland University Terp tax prep volunteers will be here this month. Flyer will be posted on bulletin boards once the date is confirmed.

Stay healthy & happy this Spring!

With love,
Your Service Coordinators,

Mary & Rahell :)



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



**March 6, 2026
2:00pm– 3rd Floor Lounge**

Coffee Chat



**March 18, 2026
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**March 19, 2026
2:00pm– 3rd Floor Lounge**

Shabbat Service



**March 13 & 27, 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!



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Rahell Negash
 (202) 244-7400 Ext. 106
Mary Toussaint
 (202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

Dear Residents of Friendship Terrace,

We had such an eventful February! It was wonderful to see so many of you at the Valentine's Day Party. As always, we had a blast! We look forward to planning more of those parties so that we can all get together and enjoy some good music, good food, and good company. We will continue this tradition of good old-fashioned FUN at Friendship Terrace!

With the warmer weather coming upon us, I would like to encourage residents to take advantage of the beautiful days, get outdoors, take a walk, and stay active and healthy.

"To enjoy the glow of good health, you must exercise." —Gene Tunney

"Calm mind brings inner strength and self-confidence, so that's very important for good health." —Dalai Lama

Last month we replaced all air filters, checked and replaced smoke detector batteries, and completed our semi-annual apartment inspections. As a reminder, the Maintenance Staff at Friendship Terrace takes great pride in responding to your service needs. When it comes to changing lightbulbs or filters, plunging toilets, repairing your appliances, and addressing your plumbing, heating, and air conditioning concerns, the maintenance team is happy to take care of your work order requests!

Please be reminded that all work order requests are to be placed at the Front Desk either by phone or in person. All work orders are entered and tracked in our computer system and reporting to the Front Desk is the first step in this process.

A special thank you to all the residents for attending our monthly Terrace Talks. These are great ways to continue to keep everyone updated with the progress of the building as well as address any concerns or questions you may have for Management. Please make sure to join us on Friday, March 27th in the dining room at 1:00 pm. As always, we welcome your feedback so that we may provide better service as well as a better living experience at Friendship Terrace.

Semira Ligon

Semira Ligon, Executive Director



VOLUNTEER PAGE

MEET VOLUNTEER- ERIK VON UEXKELL



Our monthly musical performances with Erik von Uexkuell have become a tradition at Seabury Friendship. If you love the tunes of Paul Simon, Tracy Chapman, Bob Dylan, the Beatles, and many other great musicians of our times, come join us for an hour to listen, sing along and chat. In addition to his trusty acoustic guitar, Erik is accompanied by his wife Maria and his daughter Carmen, who like to offer sweet treats from their home baking. Sometimes they also bring along musical guests to share their favorite songs.

If you have not had a chance to meet Erik ,we encourage everyone to come out and join the fun!

SATURDAY, MARCH 14TH 2026
1:00PM- 2ND FLOOR LOUNGE



The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT

March 2026

Happy
St. Patrick's
Day



Ask about our
monthly
subscriptions

Client Corner

Client of the Month
Gary Wyches

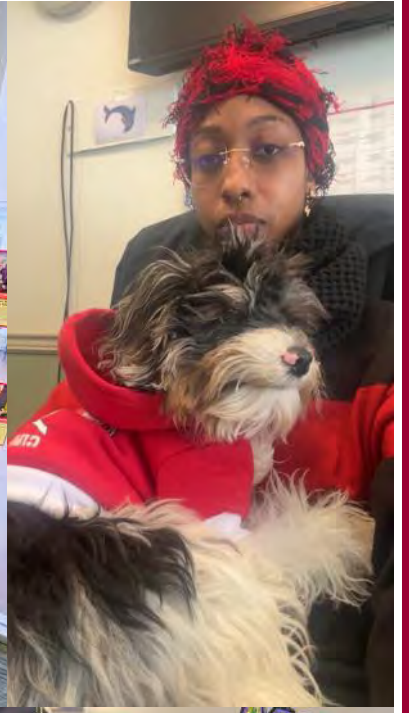
Upcoming Events & Reminders
~ Monthly Raffle & Prize Giveaway
****To Be Announced****

Come and join me for light refreshment.
Date / Time will be announced soon

Book Your Spot

Appointments fill fast – secure yours now!
☎ [202-642-3026] 📍 The Seabury Stylist- 1st Floor
Follow Us: 📷 @the_seabury_stylist





PUZZLE PAGE



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

- | | | |
|-----------|---------|------------|
| BIRDSONG | GARDEN | RAINDROP |
| BLOOM | GRASS | ROBIN |
| BLOSSOM | LADYBUG | SEEDLING |
| BREEZE | LEAFBUD | SPRINGTIME |
| BUNNY | MEADOW | SPROUT |
| BUTTERFLY | NEST | SUNSHINE |
| CHIRPING | PICNIC | THAW |
| DAFFODIL | PUDDLE | TULIP |
| DUCKLING | RAINBOW | UMBRELLA |



SUPER STARWORKSHEETS

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 :)



PUZZLE PAGE

St. Patrick's Day
Word Search Puzzle

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

- | | | | |
|------------|--------|-----------|-----------|
| POT | CLOVER | CELEBRATE | HORSESHOE |
| PIPE | MARCH | GOOD LUCK | GOLD |
| LEPRECHAUN | HAT | COINS | RAINBOW |
| PATRICK | MAGIC | GREEN | IRELAND |



WATLZ TECH PAGE



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

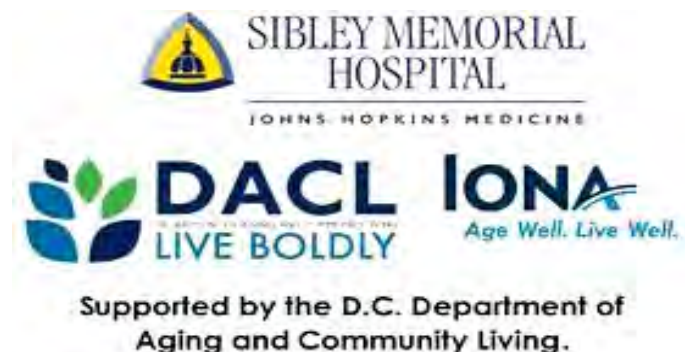


PHOTO PAGE

FTRA NEWS!

Here we are, the third month of a new decade, March 2026. February had several remembrance occasions. Among them were Heart Healthy Awareness Month, Valentine's Day, Presidents' Day, Mardi Gras and Chinese New Year. Whether we celebrate them or not, these are days that make us stop to recognize there is meaning in our lives.

February also recognizes the historical impact of our African American citizens—acknowledging the major contributions to the history and culture of these United States and, indeed, the world. February has been designated Black History Month. Contrary to what many might believe, Black History is not about just highlighting Black people. Black History Is American History. It is the history that, for whatever reason, has been omitted from the textbooks used to educate Americans.

FTRA is planning new activities during the month of March and to bring back Bingo. We hope you will come out, perhaps learn something new, and enjoy all of the wonderful resources and presentations brought in by residents and staff.

Happy Spring!



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Ligon	Executive Director	Snegasi@seaburyresources.org
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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