

# FACES OF FRIENDSHIP

**MAY 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



# PHOTO PAGE



Friendship Terrace celebrated the Easter holiday with a wonderful Brunch with family and friends. Residents had a fun Easter egg hunt as they search around the building for eggs and the golden eggs. Earth Day Friendship Terrace residents planted seeds in our garden outside and had light refreshments on the patio. Big thanks to Kaifa Anderson-Hall of Plants and Blooms Reimagined for the beautiful floral arrangement thank you for always thinking of Friendship Terrace.

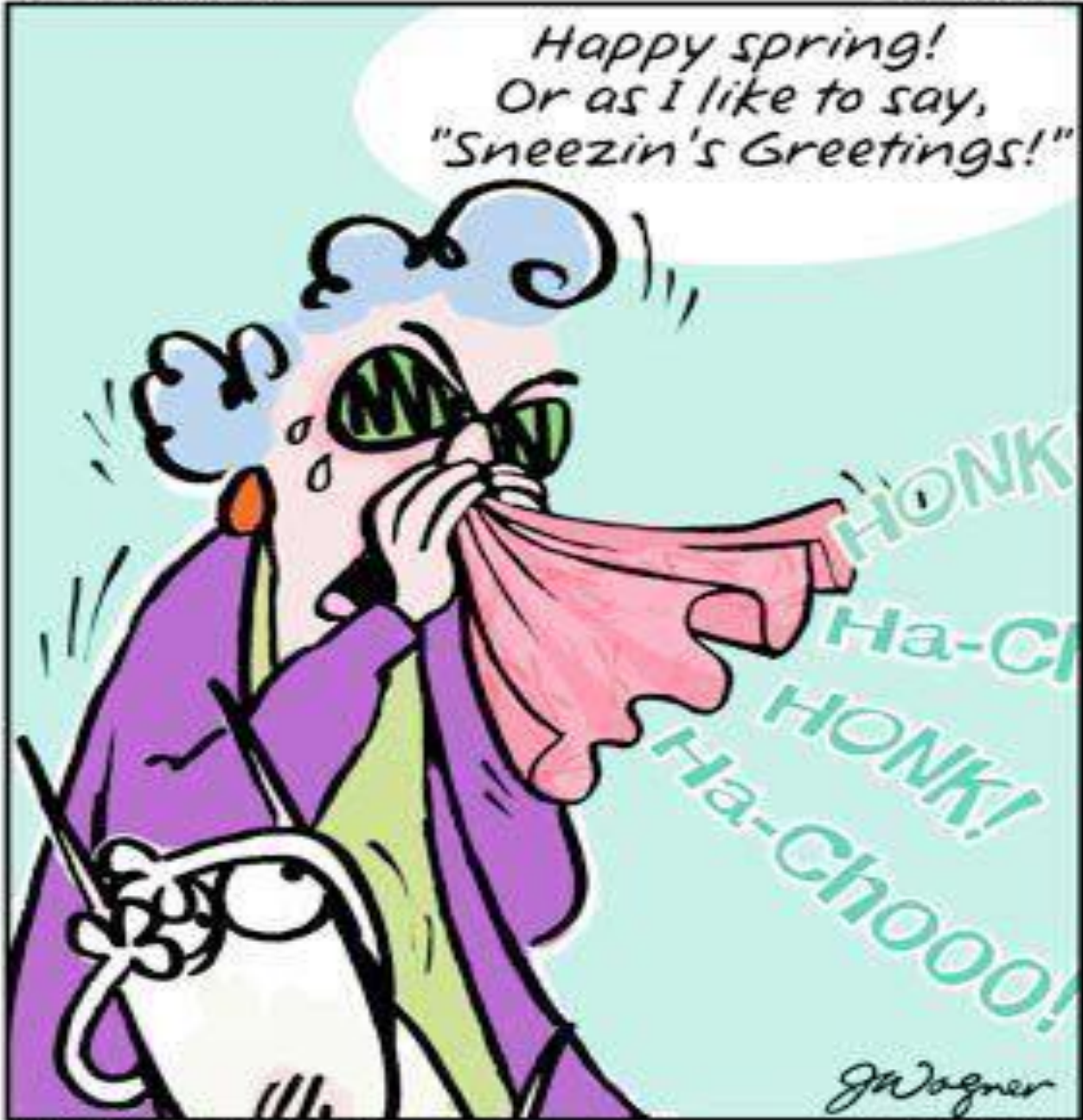


*Thank you*



Crabby Road

3-23-10



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# MAY BIRTHDAYS

**Birthstone:** Emerald **Flower:** Lily of the Valley **Zodiac:** Taurus/Gemini

- McClure, Rebecca 5/02
- Franklin, Danny 5/03
- Jones, Karla 5/04
- Abraha, Micael 5/05
- Moore, Clarence 5/08
- Young, Sarah 5/15
- Wright, Lillian 5/16
- Tate Jr., James 5/17
- Wyche, Gary 5/17
- Gidey, Hiwot 5/21

- Lelyveld, Gail 5/22
- Berak, Tzehai 5/23
- McIntosh-Brown, Heather 5/25



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:

**35. SECURITY.** Apartment doors must be kept closed at all times. Propping doors open is not permitted as it is a fire hazard and a safety issue. All doors must close, latch, and lock as designed. The Resident is not permitted to change or add locks/chains to the apartment door. Wreath hangers, clothes hangers, etc., that prohibit proper operation of the door are prohibited. Resident agrees not to remove or disable the door closer or hinge on the apartment entry door. The Residents is not permitted to grant access to the building to anyone other than their own guests.

**36. SMOKING.** Residents, their family members, invitees, guests, and all occupants, are NOT ALLOWED to smoke in their apartment or anywhere in or on the property, except in the outside designated smoking area approved by Management. Smoking or use of any tobacco product is prohibited in all common areas of the building, including but not limited to hallways, stairways, foyers, common rooms, decks, patios, entrance ways, roof top, storage areas, parking lot. Smoking shall include the combustion of any cigarette, cigar, pipe tobacco, roll-your-own tobacco, vapor products, electronic cigarettes, or other products containing any amount of tobacco, or other like substance including marijuana.

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

MAY 2026

Hello FT family,

May is Mental Health Awareness Month. This month of recognition raises awareness about mental illness, its prevalence in today's society, and its impact on people of all ages and backgrounds. As reported by the CDC, 71% of adults report at least one symptom of stress, such as a headache or feeling overwhelmed, which can present as anxiety.

How are you mentally? Take a few moments to really think about and answer this question honestly. Taking the time to understand and process your feelings is imperative to maintaining good personal health.

Here are some steps you can take to cope with some of these feelings: Talk about your challenges with family, friends, or your Friendship Terrace Service Coordinator. Share what works for you with others. Sharing your self-care practices can be a big help to your loved ones who may also be struggling and trying to figure things out. Finally, avoid dwelling on negative thoughts. Instead, practice gratitude and stay as positive as possible.

We hope to see you at Coffee Chat this month, where we will discuss this very important topic further.

Sincerely, Your Service Coordinators,  
Rahell & Mary

MENTAL  
HEALTH  
AWARENESS  
MONTH



## Catholic Mass



**May 1, 2026  
2:00pm– 3rd Floor Lounge**

## Coffee Chat



**May 20, 2026  
11am– 2nd Floor Lounge**

## Episcopal Eucharist Service



**May 21, 2026  
2:00pm– 3rd Floor Lounge**

## Shabbat Service



**May 8, 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

Dear Residents,

Welcome to spring—at last!

As the season changes, we are pleased to announce that the air conditioning will be switched on beginning Friday, May 1st. With warmer evenings and longer days ahead, we hope you enjoy the comfort and brightness this time of year brings.

As our community continues to grow, it is wonderful to reflect on how far we've come—along with the many new faces, friendships, and shared experiences that make Friendship Terrace so special. To our new residents, welcome. We encourage you to explore the many activities and opportunities available to connect, engage, and create meaningful memories.

This past month, residents, volunteers, and staff came together to plant flowers in celebration of Earth Day. Our garden stands as a beautiful symbol of our shared efforts and community spirit—bringing to life the saying, “April showers bring May flowers.”

Thank you to all residents for your cooperation with the upcoming HUD inspections. Your support helps ensure our community continues to meet important compliance standards.

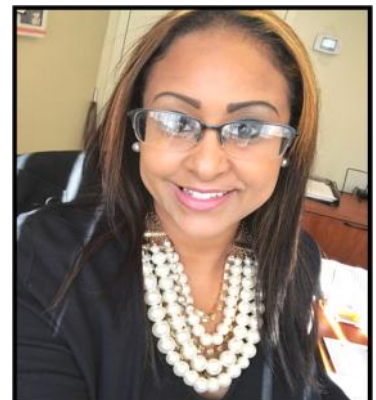
At Friendship Terrace, we believe that warmth, companionship, and meaningful connections are essential to health, safety, and overall well-being. Building relationships—whether with neighbors or staff—enriches our lives and strengthens our community.

I invite you to join me for our next Terrace Talks Townhall on Friday, May 29, 2026, at 1:00 p.m. in the dining room. Wishing you continued good health as we head into May. Please remember to stay cool and hydrated as temperatures rise. Here's to a season filled with sunshine and connection.

Warm 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!**



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**🌿 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.

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**♥️ 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**



# The Seabury Stylist

## “Where Style Meets Self Care”

### SPOTLIGHT

May 2020

Ask about our monthly subscriptions.



Client Corner  
Client of the Month  
**MARY BROCKINGTON**

Upcoming Events & Reminders  
- Monthly Raffle & Prize Giveaway  
**\*\*May 20, 2020 @ 2pm\*\***

Come and join me for light refreshment.  
Wed, May 20, 2020 / 2:00pm

Book Your Spot  
Appointments fill fast – secure yours now!  
☎ (202-642-3026) ↑ The Seabury Stylist- 1<sup>st</sup> Floor  
Follow Us: @the\_seabury\_stylist



# Cinco de Mayo

DIRECTIONS: Fill in the puzzle, using the pictures as clues.

**WORD BANK**

- Battle
- Cactus
- Celebration
- Chiles
- Enchiladas
- Flowers
- France
- Green
- Guacamole
- Guitar
- Maracas
- Mariachi
- MayFifth
- Mexico
- Music
- Pinata
- Red
- Salsa
- Sombrero
- Tacos

# MEMORIAL DAY

word scramble

BREVA \_\_\_\_\_

REIDP \_\_\_\_\_

GLAF \_\_\_\_\_

ESCAPE \_\_\_\_\_

SETUAL \_\_\_\_\_

ROWLD \_\_\_\_\_

YUTD \_\_\_\_\_

DRSIOEL \_\_\_\_\_

TYBIREL \_\_\_\_\_

NOHRO \_\_\_\_\_

MAYR \_\_\_\_\_

FREIG \_\_\_\_\_

DAGUR \_\_\_\_\_

EPRADA \_\_\_\_\_

REYMOM \_\_\_\_\_

VIESL \_\_\_\_\_



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# 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

# Mother's Day



Family matters, and Moms Rock!

Find these words related to moms.

- Blessing
- Grandma
- Children
- Responsibility
- Maternal
- Support
- Caregiver
- Strength
- Unconditional
- Gratitude
- Protect
- Childbirth
- Understanding
- Mother
- Family
- Love
- Nurturer
- Listener

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

(C) CLAUDINE C. WARGEL, 2024 WWW.CLAUDINECWARGEL.COM



# 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](http://www.waltz.team) | Any questions? Email us at [help@waltz.team](mailto: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

### FTRA NEWS!

Beloved residents of Seabury at Friendship Terrace.

Welcome to Spring!

I like many of you struggled with our winter and the associated climate changes. May is almost here and the AC is set to be turned on soon. On cool nights the rooftop deck should offer relief and drink plenty of water on hotter days.

The Greenhouse is lovely and you are encouraged to visit it and the outdoor garden area. We look forward to all the upcoming activities the spring season.

Enjoy!

Truly Yours,

Barbara J Lange

FTRA President



# FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

**Main Number # 202/244-7400**

**Fax # 202/362-2587**

Semira Ligon	Executive Director	<a href="mailto:Snegasi@seaburyresources.org">Snegasi@seaburyresources.org</a>
John S Pekala III	Director of Business Affairs	<a href="mailto:Jpekala@seaburyresources.org">Jpekala@seaburyresources.org</a>
Antranishia Watkins	Marketing/Admissions	<a href="mailto:Awatkins@seaburyresources.org">Awatkins@seaburyresources.org</a>
Mary Toussaint	Service Coordinator	<a href="mailto:Mtousaint@seaburyresources.org">Mtousaint@seaburyresources.org</a>
Rahell Negash	Service Coordinator	<a href="mailto:Rnegash@seaburyresources.org">Rnegash@seaburyresources.org</a>
Cindy Brockington	Activity Director	<a href="mailto:Cbrockington@seaburyresources.org">Cbrockington@seaburyresources.org</a>
Theodore Quander	Maintenance Director	<a href="mailto:Maint.director@seaburyresources.org">Maint.director@seaburyresources.org</a>
Samuel Reuto	Food Service Director	<a href="mailto:Wilfran.reuto@sodexo.com">Wilfran.reuto@sodexo.com</a>

## 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