

FACES OF FRIENDSHIP

NOVEMBER 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



In honor of Breast Cancer Awareness Month Friendship Terrace residents walked in pink around the neighborhood.

Friendship Terrace residents enjoyed the Indigenous People's Day social in the second floor lounge along with some fun trivia.

Residents had a spooky good time at our Friendship Terrace Halloween party in the dining room. Residents and staff came dressed for the occasion.



happy fall Y'ALL

Crabby Road

11-20-07



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NOVEMBER BIRTHDAYS

Birthstone: Topaz **Flower:** Chrysanthemum **Zodiac:** Scorpio/ Sagittari-

us

Gabriel, Martha	11/03	Lee, David	11/18
Davis, Rita	11/07	Johnson-Jones, Brenda	11/21
Gedamu, Demissew	11/07	Crentsil, Maureen	11/21
Rivera, David	11/07	Jackson, Brenda	11/24
Barr, James	11/08	Glasel, Carol	11/25
Abraha, Ziena	11/09		
Roche, Margaret	11/11		
Weir, Daniel	11/12		
Crockett, Thomas	11/15		
Ellis, Mary	11/15		



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://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:

24. RESIDENT DRESS. Resident should be properly attired in common areas, as well as in areas open to the public. (Night clothes, robes, etc. are not permitted.)

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.

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

NOVEMBER 2025

Happy November Friendship to our Friendship Terrace family,

The holiday season is fast approaching and Thanksgiving is right around the corner!

We are grateful that each & every one of us is here to celebrate all of the things we are thankful for.

The holidays can be a very difficult time for some of us.

Be kind to your neighbors.

Not everyone has family or friends close by so remember that a simple hello and a smile goes a

long way. If you are feeling down, reach out to someone. If you are feeling great, spread that

sunshine :)

Remember as always, your Service Coordinators are here to talk if you should need us.

Sincerely yours,

Rahell Negash & Mary Toussaint – Service Coordinators

Catholic Mass



**November 7, 2025
2:00pm– 3rd Floor Lounge**

Coffee Chat



**November 19, 2025
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**November 20, 2025
2:00pm– 3rd Floor Lounge**

Shabbat Service



**November 14 & 21, 2025
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

By the colors in the trees and cooler mornings, I think it's safe to say that summer is behind us. With fairly mild temperatures this past summer, we were certainly spoiled. Let's hope winter treats us as well.

Fall and winter is a favorite time of year for us at Seabury at Friendship Terrace. It is hard to believe only two more months remain in 2025! We are gearing up for the holidays with many great festivities to look forward to.

Happy Veteran's Day! Seabury at Friendship Terrace is home to many brave men and women who have served in the armed forces. We honor you and thank you for your service. Friendship Terrace will also have a special Veterans Dady Social with Jeff on Tuesday, November 11th at 1:00PM Friendship Terrace Anniversary Dinner! We are delighted to be celebrating our 55th Anniversary on Friday, November 21, 2025. We have a beautiful night planned with wine, a formal dinner, music, gifts, and dancing for all.

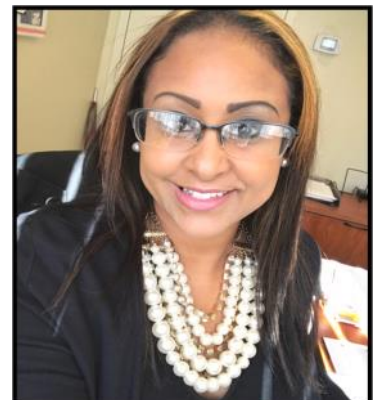
Happy Thanksgiving! A delicious meal with all the trimmings will be prepared by our Dietary Department, buffet style. We are looking forward to celebrating the holidays with everyone.

Last, but not least, I would like to thank Cindy Brockington for the fabulous event decorations throughout the building. She is doing a fantastic job, getting us excited about festivities and in the spirit!

I wish you and your family many Blessings and a very Happy Thanksgiving!

Semira Ligon

Semira Ligon, Execurtive Director



SEABURY PAGE

FY25 Year of Good Impact



Good Housing 1 in 10 people 55+ in DC are housing insecure (Urban Inst.)



180

high quality, deeply affordable homes at Friendship Terrace



125

seniors aging-in-place with volunteer support



20

residents in group homes for older adults exiting homelessness

Good Community

74% of people in DC are aging alone (DACL)



60,032

hours of group engagement for isolated seniors



604

members of Model Cities Senior Wellness Center



10,788

hours of 1-on-1 wellbeing checks for connection

Good Food

42% of people 60+ in DC have experienced hunger (CAFB)



108,761

meals served to almost 1,500 seniors



\$2M

Food Trust at Friendship Terrace, making food deeply affordable to residents



500

Seabury Connector trips to affordable grocery stores, farmer's markets, and more

Good Resources

2 in 3 family caregivers have difficulty finding help (AA)



40

group sessions supporting family caregivers



120

hours of Info & Assistance Helpline call support



3x

the Care Management time for low-income clients through the Equity Fund



The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT

October 2025

Welcome Note from Shena!

Hello Seabury family I'm so excited to welcome September with fresh trends, special offers, and tips to keep you looking fabulous all season long. Whether you're here for a bold change or a subtle refresh, I'm ready to make it happen!

This Month's Special

RECEIVE 10% OFF IF YOUR BIRTHDAY IS IN THE MONTH OF NOVEMBER 🎉

■ How to Book: Call 202-642-3026

Style Spotlight

STYLISH HAIR IS SELF CARE!!

Client Corner

■ Client of the Month

Buddy Moore

Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway

Friday, Nov 21, 2025

October WINNERS

-Gloria Waldoron

-Almeder Harris

-Meley Abraha

Book Your Spot

Appointments fill fast – secure yours now!

☎ [202-642-3026] 📍 The Seabury Stylist- 1st Floor

Follow 📷 @the_seabury_stylist



Name: _____ Date: _____

November

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA,
CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE,
LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN,
REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS



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PUZZLE PAGE



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

ACORN
APPLE
AUTUMN
BONFIRE
CHESTNUT
CIDER
CORNUCOPIA
CRANBERRY
CRISP

FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
MAPLE

NOVEMBER
ORANGE
ORCHARD
PUMPKIN
RAKE
SCARECROW
SQUASH
SUNFLOWER
SWEATER



SUPERSTARWORKSHEETS

PANTRY PAGE

The Friendship Terrace Pantry is OPEN!

Call your Service Coordinator's to make an appointment @ ext. 106-Rahell & ext.109-Mary

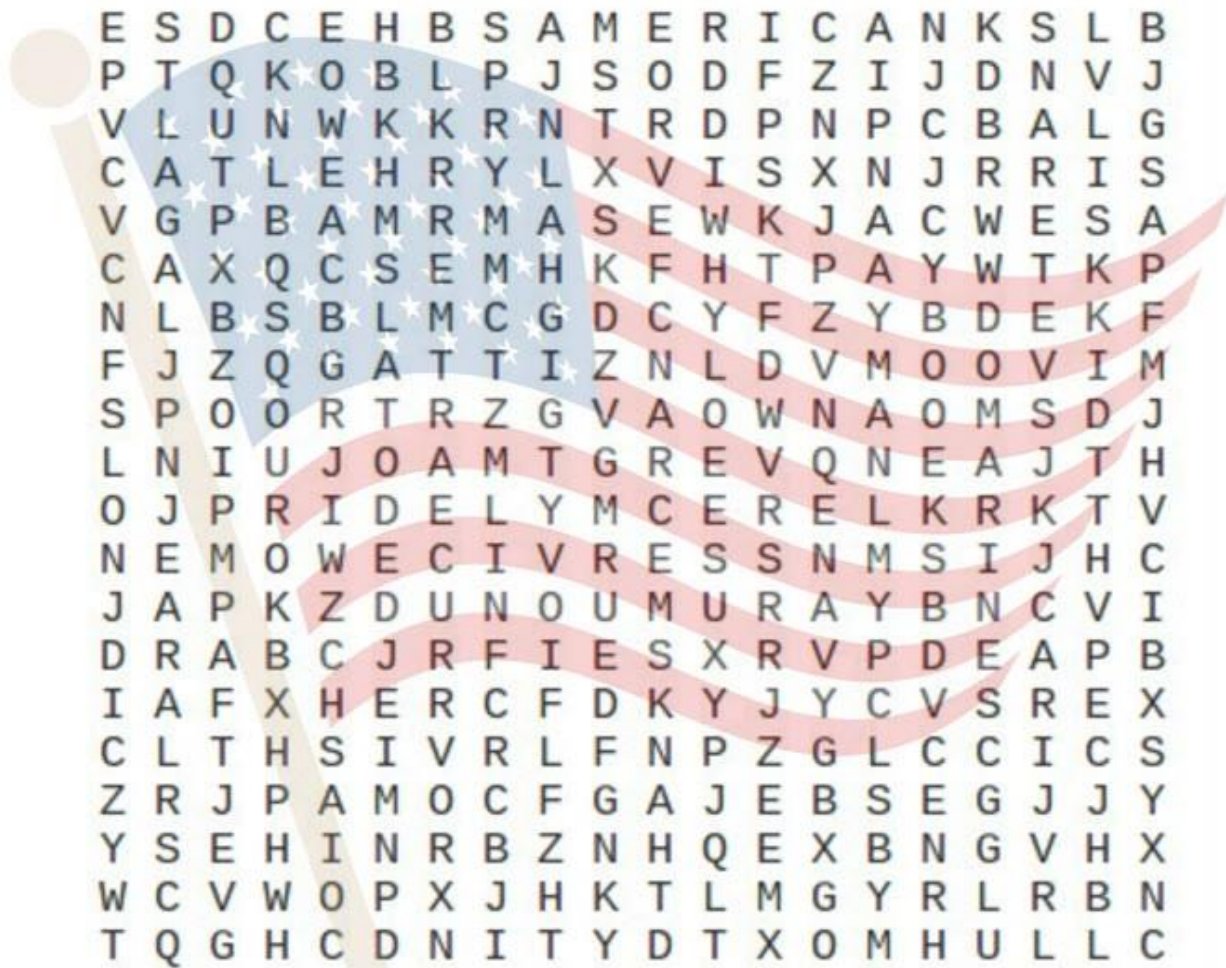
We look forward to serving you soon :)



PUZZLE PAGE

Veteran's Day

word search



AIRFORCE
AMERICAN
ARMY
FLAG
HONOR
MARINES
NAVY
NOVEMBER

PRIDE
RESPECT
SALUTE
SERVICEMEN
SERVICEWOMEN
THANKS
TROOPS
VETERANS

REMOVAL SERVICE PAGE



TRANSPORT

**JUNK & TRASH
REMOVAL SERVICE**



Capability Statement

Fast • Affordable • Reliable Serving Residential & Commercial Client

Company Overview

3D Transport is a reliable junk and debris removal company serving clients across the DC, Maryland, and Virginia region. We provide fast, professional, and cost-effective hauling, cleanout, and delivery services for both residential and commercial customers.

Core Competencies

- Trash Hauling and Bulk Waste Pickup
- Furniture and Appliance Removal
- Garage and Basement Cleanouts
- Yard Waste and Storm Debris Removal
- Dumpster Rental and Light Demolition Services
- Construction Cleanup and Disposal
- Tenant Eviction and Hoarder Home Cleanup
- Appliance and Furniture Delivery

Differentiators

- Same-day service and flexible scheduling
- Fully licensed and insured
- Eco-friendly disposal through recycling and donation
- Respectful and discreet handling of sensitive cleanouts
- Serving residential, commercial, and government properties

Company Data

Business Name: 3D Transport
 Contacts: Wayne Davies and Won Kabtamu
 Phone: 301-256-5525
 Email: won@3DTransportusa.com
 Website: www.3DTransportusa.com
 Service Area: Washington DC, Maryland, Virginia



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

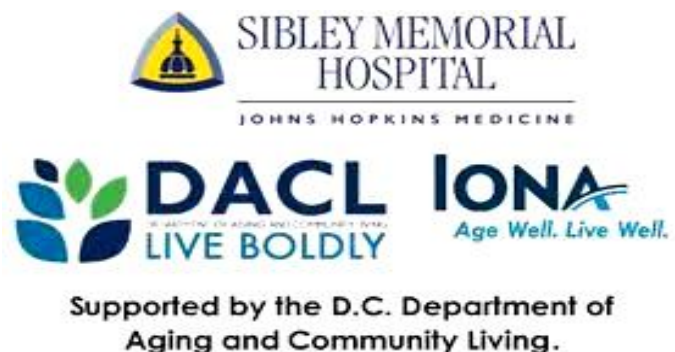


PHOTO PAGE

FTRA NEWS!

Beloved residents of Seabury at Friendship Terrace It is my honor and pleasure to address you this month I like many of you am looking forward to the holidays.

We on the council strive to serve the residents and to provide leadership as well as friendship to all We seek to ensure that friendship strives.

This is what happened at our last meeting. Mohammed stepped down from the office of the presidency, and we did the trees and we did Hands On.

Very Truly Yours,
Barbara J Lange
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
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