

FACES OF FRIENDSHIP

OCTOBER 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



Friendship Terrace residents bid farewell to the summer season with an “End of Summer Party” held in the dining room with light refreshments.

Seabury at Friendship Terrace Service Coordinators Rahell & Mary hosted September’s coffee chat in second floor lounge with special guest from Farmer’s Alliance.

Residents enjoyed a few games of bingo and won some prizes.

happy fall Y'ALL







OCTOBER BIRTHDAYS

Birthstone: Opal **Flower:** Marigold **Zodiac:** Libra/ Scorpio

Feldman, Nancy	10/01
Dolbashian, Arthur	10/09
Lee, Shirley	10/23
Lofton, Wanda	10/24
Ludden, Joan	10/26
Taylor, Gena	10/28
Morgan, Senetra	10/30

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:

21. CUTTING BOARD. Resident agrees to confine all cutting (bread, sandwiches, fruits, etc.) to a cutting board in order to prevent damage to the kitchen counter.

22. WATER. Resident agrees to conserve water and to report any leaky plumbing fixtures, such as faucets, toilet bowls, showers, etc. Water leaks can cause extensive damage quickly and are considered emergency maintenance issues. They should be reported to the Landlord immediately upon discovery.

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

OCTOBER 2025

Hello FT family,

It's October, the leaves have fallen, and Autumn is in full swing.

October is Breast Cancer Awareness Month.

So many of us have been affected by this disease and here are some ways you can get involved and show support.

1. Wear pink.
2. Volunteer with local organizations that raise awareness.
3. Help a cancer patient/survivor (organize meal delivery, set up rides, assist w/ cleaning etc.)
4. Participate in a run or walk and celebrate the loves of those you love that have been affected.
5. Educate yourself and others about cancer screenings. Early detection makes cancer more treatable.

If you would like to get more information, please contact your Service Coordinators.

Sincerely your Service Coordinators,
Rahell and Mary



Catholic Mass



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

Coffee Chat



**October 15, 2025
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



**October 16, 2025
2:00pm– 3rd Floor Lounge**

Shabbat Service



**October 10 & 24 , 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

Let's Fall into some fun together! We have had a very nice summer at Friendship Terrace, but I am sure we are looking forward to cooler evenings and changing leaves. Everyone has anxiously been awaiting and asking when the heat will be turned on. All residents will receive a flyer with more detailed information on the heat service date.

As we move closer into the holiday season, I look forward to sharing more Friendship Terrace Family moments and memories together. My hope, as we draw closer to celebrating 55 years of Friendship Terrace in November of this year, is that in that time we've continued to grow the type of community in which you'd want to visit, live, or work. Thank you for being a part of that story and allowing the staff to share in that story with you.

Seabury at Friendship Terrace wouldn't be the fun, beautiful community we are without all of you! We love to know what you enjoyed and what you would like to see more of! Our team works very hard to find many exciting opportunities for socialization and enrichment.

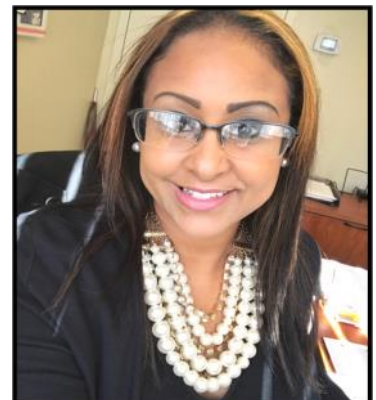
We are excited to announce that we will be holding a shot clinic on October 01, 2025 hosted by Safeway Pharmacy.

I look forward to seeing you all at our next Terrace Talks, scheduled for Friday, October 24th at 1pm in the dining room!

Happy Fall to everyone at Friendship Terrace!

Semira Ligon

Semira Ligon, Executive Director



SEABURY PAGE

Model Cities Senior Wellness Center: Where 600+ Older People Find Community, Connection, Inspiration

Daily Adventures

Morning tai chi flows into nutrition workshops, Spanish lessons buzz with conversation, and the MC Steppers dance group rehearses for performances. Members discover "new adventures almost every day."

Buddy System

Three phone numbers connect every member. When someone misses a few days, neighbors call to check in. This safety net transforms strangers into family, creating genuine relationships beyond programming.

Real Impact

Ms. R lost her career to vision loss but mastered voice-labeling technology through the Older Blind Program. When Valerie Robinson became Ms. Senior DC 2025, the entire community celebrated together.

"I love Model Cities because it gives me something to do when I wake up in the morning... Through a supportive community, practical tools, and regular classes, members are taking back their lives."



Seabury is proud to host Model Cities Senior Wellness Center in Ward 5. Through physical and virtual programming, members find dozens of ways to stay engaged and "maximize life!" as they get older.





The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT

September 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

Free deep-conditioning treatment with every shampoo service booked for the month of October 2025

■ How to Book: Call 202-642-3026

Style Spotlight

It's JUST HAIR! Do what you please with it 🎨■



Client Corner

■ Before & After Client of the Month

Maxine Haile

Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway

Friday, Oct 24, 2025

1st Floor 2:30pm

SEPTEMBER WINNERS

-Joan McDermott

-Sharon Spriggs

-Barbara Bartoszewicz



Book Your Spot

Appointments fill fast – secure yours now!

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

Follow Us: 📷 @the_seabury_stylist



AUTUMN

WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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





October

*October
national days
word search
printable
from Always
the Holidays*

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

HALLOWEEN
BLACK CAT DAY
MAGIC DAY
VODKA DAY
BLACK POETRY DAY
PUMPKIN DAY
VEGETARIAN DAY

CANDY CORN DAY
TACO DAY
DIVERSITY DAY
PASTA DAY
MENOPAUSE DAY
COMING OUT DAY
HAIR DAY

TEACHERS DAY
SAMHAIN
CAT DAY
MENTAL HEALTH DAY
NUT DAY
CURVES DAY
PUG DAY

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

Name: _____

Date: _____

Oktoberfest is in full swing, but the festive words are all mixed up in the grid! Can you find and circle each Oktoberfest-themed word? Be sure to check them off the list as you go and enjoy the fun!



Oktoberfest Word Search



ACCORDION	Y	W	H	M	C	S	P	O	H	T	K	C	N	Q	F	P	X
BAVARIAN	D	U	M	P	L	I	N	G	X	Y	O	B	O	E	B	K	E
BEER	V	M	V	A	K	L	O	P	L	K	K	R	I	G	Z	X	C
BRATWURST	T	R	U	K	S	R	E	E	H	C	T	E	D	A	L	M	N
BREWERY	O	E	M	S	T	E	I	N	C	N	O	W	R	S	N	K	A
CARNIVAL	A	Q	N	C	T	X	M	A	A	R	B	E	O	U	M	P	D
CHEERS	S	G	Z	T	J	A	R	I	Z	T	E	R	C	A	Z	Q	L
CHICKEN	T	L	E	R	Y	N	R	K	P	N	R	Y	C	S	Q	K	E
DANCE	B	T	F	K	I	A	K	D	F	M	T	K	A	D	V	B	Z
DIRNDL	H	R	T	V	V	F	L	E	D	E	R	H	O	S	E	N	T
DUMPLING	C	B	A	A	C	L	E	G	L	H	N	C	L	T	N	F	E
FESTIVAL	I	L	B	T	D	K	E	S	C	B	E	E	R	G	P	O	R
FOLK	N	N	P	N	W	R	C	I	T	N	C	E	K	A	N	L	P
GERMANY	U	N	R	T	M	U	S	K	J	I	L	C	R	C	M	K	K
HOPS	M	I	R	A	M	U	R	C	R	D	V	A	H	C	I	H	C
KEG	D	D	N	N	M	R	W	S	A	O	D	A	K	M	N	H	Q
LEDERHOSEN	Z	Y	L	K	M	D	Z	R	T	E	P	J	L	F	Y	J	C
MUNICH																	
MUSIC																	
MUSTARD																	
OKTOBER																	
PARADE																	



POLKA

PORK

PRETZEL

RADLER



SAUSAGE

STEIN

TENT

TOAST



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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

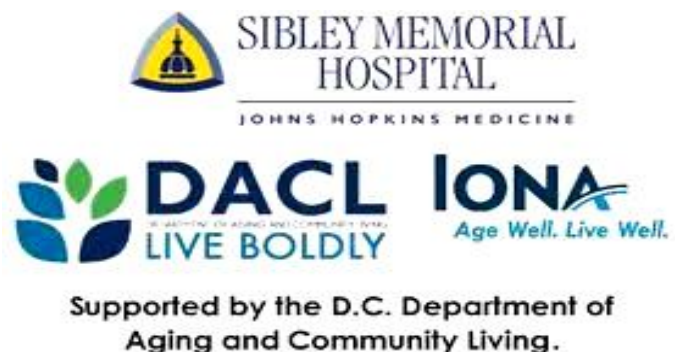


PHOTO PAGE

FTRA NEWS!

Greetings from the First Vice President Barbara J Lange

Dear beloved residents of Friendship Terrace, it is my honor and pleasure to write this letter. I look forward to fall and to serving the community. As council we strive to serve the residents and the community and to provide leadership as well as friendship to all. Our goal as a community will be to ensure that Friendship Terrace thrives.

This is what was discussed at our FTRA Council meeting: We talked about upcoming trips, movies and fall festivals as well as enjoying each other's company. I look forward to serving the community.

Bless you all,
Barbara J Lange
First Vice 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