

## FACES OF FRIENDSHIP

OCTOBER 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





Friendship Terrace residents had a wonderful September, filled with a lot of activities, volunteers and guest visits.

Residents enjoyed our RCS- Rahell and Mary's Coffee Chat activity with special guest Mr. Buddy Moore. Who is a resident here at FT and he spoke about navigating the impacts of vision loss.

Sending a "BIG THANK YOU" to the Glamour Gals of Howard University for bringing the beauty day activity back to Friendship Terrace..

Friendship Terrace had a fun watermelon social in the courtyard area and also held a FT flea market.



## HUMOR PAGE



# OCTOBER BIRTHDAYS

PAGE 5

**Birthstone:** Opal

**Flower:** Marigold

**Zodiac:** Libra/Scorpio

Feldman, Nancy

10/1

Alao, Ademuyiwa

10/18

Lee, Shirley

10/23

Lofton, Wanda

10/24

Ludden, Joan

10/26

Taylor, Gina

10/28

Morgan, Senetra

10/30



## **CENTER FOR DESEASE 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:

[DCHealthdc.Gov](https://www.dchealthdc.gov)

Muriel Bowser, DC Mayor Website:

[Mayor.dc.Gov](https://www.mayor.dc.gov)

**FRIENDSHIP TERRACE: FACES OF FRIENDSHIP**

## 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 default by Resident and breach of this lease

6

**NATURE OF THE COMMUNITY.** This is a residential living community. The Landlord is a Housing Provider. No health care or monitoring is provided in this community. Residents who are unable to provide self-care must arrange for another living situation. The Landlord reserves the right to contact Adult Protective Services at its discretion.

7

**DISTURBANCES.** Resident agrees not to cause any improper or disturbing noises, odors, or activities in the building at any time, not to sing or play any musical instrument, including the piano, in a manner disrupting the quiet enjoyment of other Residents. Resident agrees to operate the television or radio so as not to disturb other residents. Residents are responsible for the actions of their guests and any resulting damages.



# **FOLLOW THE RULES**

A monthly publication to keep you informed about wellness programs and events

# OCTOBER 2026

Greetings Friendship Terrace family,

It's October, the leaves have fallen, autumn is in full swing and it is Breast Cancer Awareness month. So many of us have been affected by this disease – our family members, our neighbors.

**Here are some ways you can get involved and how to show your 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 those you love that have been affected. Our Friendship Terrace Breast Cancer walk will be on Fri. Oct. 9<sup>th</sup> @ 11am. Look at the bulletin boards for reminders.
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 2, 2026  
2:00 PM  
3rd Floor Lounge

### Coffee Chat



October 21, 2026  
11:00 AM  
2nd Floor Lounge

### Episcopal Eucharist Service



October 15, 2026  
2:00 PM  
3rd Floor Lounge

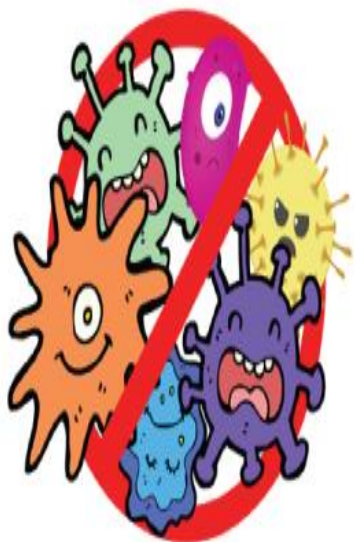
### Shabbat Service



October 23, 2026  
3:30 PM  
3rd Floor Lounge

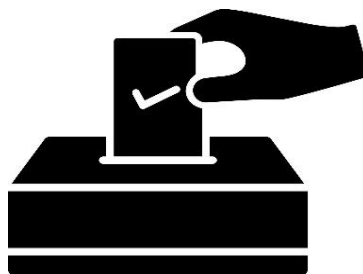
## Health Porviders Corner

**DON'T SPREAD  
GERMS**



**WASH YOUR  
HANDS!**

## 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. We plan to switch on the building's heat on October 1<sup>st</sup>, 2026. 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 56 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 30<sup>th</sup> at 1pm in the dining room!

Happy Fall to everyone at Friendship Terrace!

Semira Ligon  
Executive Director





## **PAY RENT. GET REWARDED. YOU COULD WIN ONE-MONTH FREE RENT!**

Friendship Terrace and Residential One LLC are excited to introduce **ZEGO (formally Paylease)**, a fast, easy, and convenient way to pay your rent online—and there's an exciting bonus!

**Sign up for ZEGO AND make your rent payment through ZEGO for your chance to win ONE MONTH FREE RENT.**

### **Why You'll Love ZEGO:**

- **Pay from anywhere** — your phone, tablet, or computer.
- **Quick & convenient** — no need to visit the leasing office.
- **Simple & secure** — an easy way to manage your rent payment.
- **Chance to WIN!** — sign up and pay through ZEGO to be entered into our **Holiday Raffle** for a chance to win **ONE MONTH FREE RENT!**

### **DON'T MISS OUT!**

Getting started is easy. If you need help creating your ZEGO account or finding your ZEGO ID, **contact the Front Desk and we'll be happy to help!**

Good luck, and thank you for being a valued resident!

A handwritten signature in blue ink that reads 'John S. Pekala III'.

John S Pekala III  
Director of Business Affairs

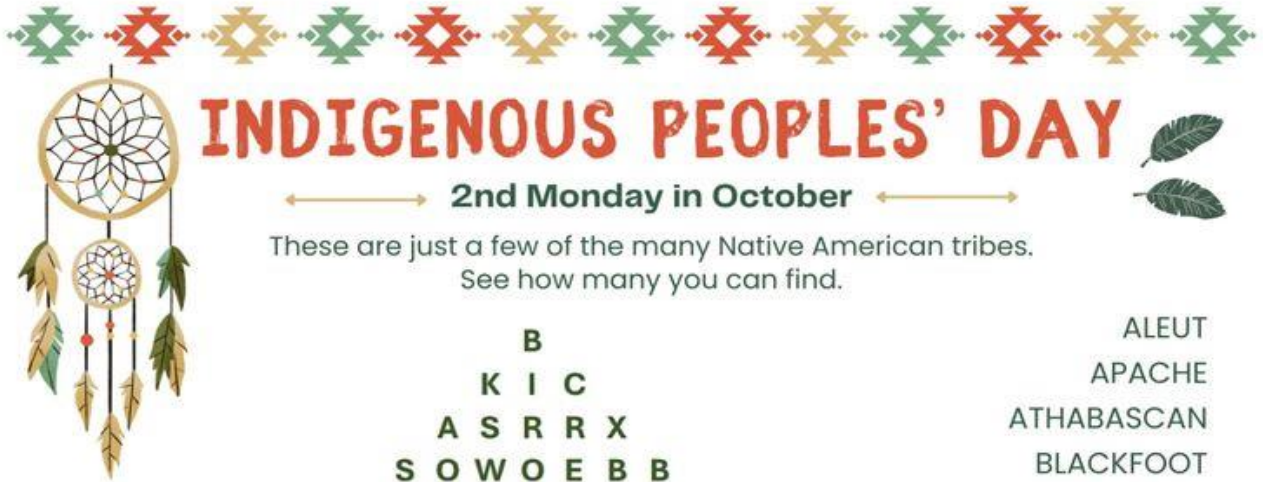


4201 Butterworth Place, N.W. • Washington, DC 20016 • 202.244.7400 (TRS 711) • fax 202.362.2587 • [friendshipterrace.org](http://friendshipterrace.org)  
DC Relay Service 1.800.643.3769 • 1.800.643.3768 (TTY)

United Way Designate #8904  
Combined Federal Campaign Designate #63211



Consider Seabury for your giving.



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 CHIPPEWA  
 CHOCTAW  
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 CREEK  
 CROW  
 INUPIAT  
 IROQUOIS  
 NAVAJO  
 PUEBLO  
 SHAWNEE  
 SIOUX  
 TLINGIT  
 YUPIK

Can you name some  
more tribes not listed here?

\_\_\_\_\_

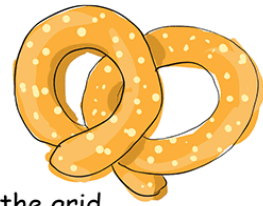
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www.fathompublishing.com



## Oktoberfest Word Search



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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| H | H | T | Z | X | Y | N | E | T | R | A | G | R | E | I | B | E | X | U |
| E | M | Y | D | R | P | Y | F | T | N | B | L | N | M | H | M | K | W | M |
| N | M | U | T | U | A | O | H | N | U | W | D | R | I | Y | Q | M | I | P |
| B | R | H | D | T | S | L | S | B | W | A | N | D | A | G | T | H | G | R |
| L | R | V | P | S | I | G | I | Q | W | R | R | E | T | E | N | T | F | E |
| E | W | A | U | O | Z | F | D | Y | W | U | I | K | G | R | K | I | A | T |
| D | K | G | S | R | R | G | A | F | M | H | D | R | R | K | T | N | S | Z |
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| R | I | O | C | Q | B | E | M | U | T | S | O | C | X | N | U | E | F | L |
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| S | Q | R | V | J | C | Q | N | D | W | K | N | V | R | A | Y | E | B | B |
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ACCORDION  
AUTUMN  
BAVARIA  
BEER  
BIERGARTEN  
BRASS BAND  
BRATWURST  
CAROUSEL

COSTUME  
DANCING  
DIRNDL  
DUMPLINGS  
GERMANY  
KEG  
LEDERHOSEN  
MUNICH

OKTOBERFEST  
POLKA  
PRETZELS  
RADISH  
SAUERKRAUT  
SINGING  
TANKER  
TENT



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**WORLD ELDER ABUSE  
AWARENESS DAY**

Building Strong Support for Elders

## Elder Abuse **RED FLAGS**

-  You **feel pressured** to give someone access to your **private information or finances**, or the **right to make important decisions** on your behalf.
-  You have experienced **unwanted** touching or any other form of **sexual contact**.
-  You have been **denied necessities** such as food, water, hygiene or medical care.
-  You have been **left alone** by someone responsible for your care without any means to obtain that care.
-  You have experienced verbal abuse by being **taunted, yelled at, insulted or humiliated**.

### Help is Available

*get connected to resources based on needs*

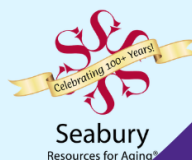
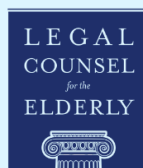
#### **DC Victim Hotline**



**(844) 443-5732**



District of Columbia  
**FORENSIC NURSE EXAMINERS**



**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 :)**







## 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)

The Department of Aging and Community Living (DACL) serves District of Columbia 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 of Columbia 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 DC where we can all thrive together in communities we know and love.

Connect with our team today at (202) 7244-5626 so we can work together to help keep you happy, healthy and connected to a community that sees and values you.

DACL Website: <https://Dacl.dc.Gov>



Supported by the D.C. Department of  
Aging and Community Living.

## **FTRA Letter from the President October 2026**

Dear Residents,

Here we are in October and hopefully we will start seeing Fall weather but global warming or mother nature may have other ideas.

As a follow up regarding new residents the floor hospitality folks did connect with the new residents and gave them the updated packet and invited them to the September 14th, General FTRA meeting. Several did come along with some other first timers. Thanks for coming and we hope to see you again at another meeting.

At the meeting we talked a lot about the activities around Friendship Terrace and the local area. There are lots of ways to find out about activities, take a look at the bulletin boards, both our two and the ones of Friendship Terrace as well. Or just show up and check an activity for yourself. Your calendar is another way to know what's going on.

The Coffee Chat this month was extra special with our own Buddy Moore speaking about his experience becoming blind and learning to negotiate a sighted world. Thank you Buddy! This month the FTRA is working on floor gatherings- they are still in the planning stage but keep an eye out for them as well. On October 18 some of us will meet on the 4th floor to make sandwiches for others at Friendship Place and we could always use some help.

If you have some ideas for events or places to go just put a note in the suggestion box across from the 2nd floor elevators.

Please add your name and phone number so we can contact you.

"I am so glad I live in a world where there is October." L.M. Montgomery

Happy Fall! Lill



## 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  |