

FACES OF FRIENDSHIP

SEPTEMBER 2025



IN THIS ISSUE:

Page 1: Cover	Page 10: Administrator Update
Page 2: Photos	Page 11: Seabury
Page 3: Photos	Page 12: Beauty Salon
Page 4: Humor	Page 13-16 Puzzle
Page 5: Birthday/Covid Info	Page 17: Removal Service Info
Page 6: House Rules Highlights	Page 18: DACL Info
Page 7-9: Service Coordinator	Page 19: Photos



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



Residents enjoyed a Polynesian hula show at the Friendship Terrace Hawaiian Luau in the fifth floor lounge with light refreshments.

Seabury at Friendship Terrace Service Coordinators Rahell & Mary held a hot dog fundraiser in the second floor lounge for the residents.

Our FT Greenies grew sunflowers with sunflower seeds over the summer, what a treat!!

Photos found on page 15 and 19.







SEPTEMBER BIRTHDAYS

PAGE 5

Birthstone: Sapphire **Flower:** Aster **Zodiac:** Virgo/ Libra

Eddy, Janice	9/02	Riley, Bernard	9/27
Jackson, Silas	9/02	Hernandez, Ivette	9/28
Boswell, Carolyn	9/04	Woldemichael, Mekonnen	9/29
Brunson, Anne	9/04	DeSantanna, Heloisa	9/30
Buhler-Miko, Marina	9/05		
Fekade, Woubalem	9/06		
Stewart, Portia	9/06		
Haile, Maxine	9/14		
Mitchell, Shakrra	9/23		
Coughlin, David	9/27		



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
State Department Website:	State.gov
DC Health Website:	Dchealth.dc.gov
Muriel Bowser, DC Mayor Website:	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:

19. MOTORCYCLES. Resident agrees not to ride, park, or use motorcycles in any area except the parking lot. Owner reserves the right to restrict the size of the motorcycle.

20. ALTERATIONS. Resident agrees:

- NOT to mark or deface any part of the building.
- NOT to drive nails or screws into the walls, floors, or partitions.
- NOT to drill holes or to fasten any article on any part of the premises.
- NOT to varnish, paper, paint, or decorate walls, floors, or woodwork, without the approval of the Landlord/Owner.
- To hang pictures with approved nail hangers.
- NOT to remove stoppers from kitchen or bath sinks or tubs.
- NOT to remove bulbs from permanent fixtures.
- NOT to make any alteration, addition, or improvement to the apartment without the prior consent of the Landlord in writing.
- Not to remove batteries from smoke detectors.

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

SEPTEMBER 2025

Happy September Friendship Terrace family!

September is Self-Care Awareness Month. It is a time to remind everyone that taking care of ourselves is a priority and essential to our wellbeing. We all tend to put the needs of others before our own and it is very important to remember that we cannot fill another's cup, before filling our own.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self care is not about being self-centered nor selfish: it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no, without guilt.

Use this month to make self-care a part of your daily routine, all year long. Be good to yourself. Take time out to enjoy the outdoors. Take a walk. Go on a vacation. Get a massage. Do whatever makes you feel good.

Sincerely,
Rahell and Mary - Service Coordinators



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

Catholic Mass



**September 5, 2025
2:00pm– 3rd Floor Lounge**

Coffee Chat



**September 17, 2025
11am– 2nd Floor Lounge**

Episcopal Eucharist Service



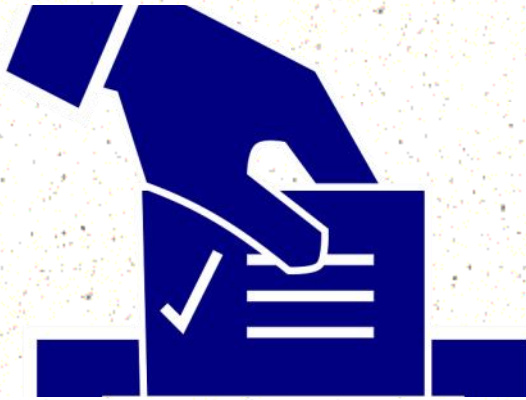
**September 18, 2025
2:00pm– 3rd Floor Lounge**

Shabbat Service



**September 5 & 19 , 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

As another summer comes to an end, I know we will all be looking forward to the cooler temperatures that September and the fall season will bring! We had a lot of fun celebrations this summer with fruit and ice cream socials, Hawaiian Luau and so much more. Fall is a wonderful time of year, and after a long and HOT summer, everyone seems to enjoy a change of pace. We will be celebrating Labor Day with a barbecue on Monday, September 1st. Come join us as we close out the summer on September 19th with our End of Summer party.

The children have started back to school, Friday night football games are marked on the calendar, and unfortunately, seasonal allergies are in full bloom! I would like to take this opportunity to remind each of you about the importance of infection control.

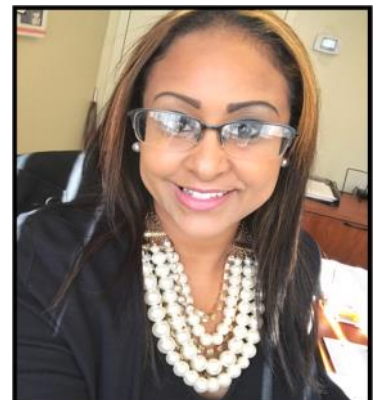
Children and the elderly are at the highest risk for catching every little thing with which they might come in contact. The common cold can turn into something more serious quickly with the weakened immune systems that the very young and elders may have. With this in mind, I encourage everyone to practice these five hygienic practices to keep not only you healthy, but also others with whom you may come in contact.

- ♦ Wash your hands frequently throughout the day with soap and water to help decrease the spread of germs.
- ♦ Drink plenty of water, and consume a healthy diet.
- ♦ Cover your cough to decrease the spread of germs.
- ♦ Contain sickness. If you or anyone in your family has been sick, please refrain from visiting others that may have a weakened immune system until you are feeling better.
- ♦ Get your flu shot! Studies have shown that receiving the flu shot can greatly decrease your risk of getting the flu. Talk with your health care provider if you are interested in receiving the flu shot this year

It's a pleasure to serve you. I wish you all a wonderful and happy September!!



Executive Director,
Semira Ligon



SEABURY PAGE

Dear Friendship Terrace Community,

As we navigate federal budget cuts and rising costs, Seabury Resources for Aging® remains steadfast in serving older adults across the greater Washington, DC area. This summer edition showcases how Seabury is making a profound difference in our neighbors' lives.

Nourishing Body and Spirit

Discover nutrition's vital role in healthy aging and practical wellness tips. Our community dining programs provide more than meals—they create connection and combat isolation, reminding every participant they are valued.

SEABURYRESOURCE

It's time for a Seabury summer tradition!
Started in 2024 as Seabury60, but was the national Give65 event before that, this online fundraiser gives our community a chance to directly support the programs closest to their heart.
(continued on page 2)

Nourishing the Golden Years
As we grow older, our nutritional needs change, but the importance of eating well never fades. Good nutrition becomes even more vital in the later chapters of life.
(continued on page 3)

STANDING STRONG AMID FEDERAL CUTS
How Seabury is Responding to the Needs of Older Adults Right Now

The mission of Seabury Resources for Aging® is to provide personalized, affordable housing and services to help older adults in the greater Washington, DC area live with independence and dignity.
555 Water St. SW, Washington, DC 20024
(202) 289-5690 | seaburyresources.org

The Right Rev. Marjorie Edger Builder and Celebration of Service Honoree Ms. Levy

Seabury Connector	4
Home First® Residents	5
Gratitude to Our Partners	8
Finding Purpose in Every Season	9
Contact Us	15

Transportation That Connects The *Seabury Connector* continues as a lifeline, providing affordable group transportation to grocery stores, medical appointments, and community events, helping older adults stay connected to resources and the region around them.

Home First® Residences: Transformation Stories Read inspiring testimonials from residents who've found more than housing—they've discovered community and new beginnings. Thanks to a generous grant, residents enjoy bi-monthly grocery shuttles and cooking demonstrations that foster good nutrition and friendship.

Your Legacy Matters Learn about planned giving's lasting impact through Ms. Eula Pass's story, whose estate gift continues supporting our mission during critical times.

We also celebrate recent community events, including the Silver Pride Celebration, Leadership in Aging awards, and our Senior Rodeo, which brought joy and connection to older adults District-wide.

Thank you for being part of the Seabury family. Please enjoy the full *Seabury Resource* on our website at www.seaburyresources.org/newsletter or in the lobby of Friendship Terrace.

Warm regards, Seabury Resources for Aging®



The Seabury Stylist

“Where Style Meets Self Care”

SPOTLIGHT

August 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 September 2025

■ **How to Book: Call 202-642-3026**

Style Spotlight

Buzz Cuts, Bangs, Autumn color tones

Client Corner

■ Before & After Client of the Month

Janet Puppe

Upcoming Events & Reminders

~ Monthly Raffle & Prize Giveaway

Thursday, Sept 18, 2025

1st Floor 3:30pm

AUGUST WINNERS

-Maxine Haile

-Iris Carter

-Ruth Yoshae

-Janie Dupree

Book Your Spot

Appointments fill fast – secure yours now!

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

Follow Us:  @the_seabury_stylist



Name: _____

Date: _____



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

ACORNS
APPLES
AUTUMN
BACKPACK
BONFIRE
BREEZY
CIDER
COOLER
CORN
CRISP
EQUINOX
FALLING
FARMERS
FOLIAGE
FOOTBALL
GOURDS
GRAPES
HARVEST
HAYRIDE
LABOR DAY
LEAVES
MIGRATION



SCHOOL
SEPTEMBER
SQUIRREL
SWEATER
ORCHARDS
PUMPKINS
RAKE
SCARECROW



© 2024 WordsAreFun.com, All Rights Reserved.

Name: _____

Date: _____

SEPTEMBER 11TH



Word Search



As we remember the events of 9/11, help bring clarity by finding the words hidden in this puzzle. The words may be arranged in any direction—forward, backward, up, down, or diagonal. Circle each word as you find it and cross it off the list. Let's honor the memory by solving this puzzle together.

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

AMERICA
 BRAVERY
 COMMUNITY
 COURAGE
 DEDICATION
 FIREFIGHTERS
 FIRST RESPONDERS
 FLAG
 FREEDOM
 HEALING
 HEROES
 HONOR
 HOPE
 MEMORIAL
 NEW YORK
 PATRIOT
 PEACE
 RECOVERY
 REMEMBRANCE
 RESCUE
 RESILIENCE
 SAFETY

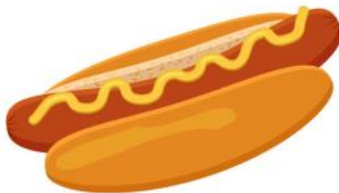
TRIBUTE
 TWIN TOWERS
 UNITY
 VETERANS



SERVICE
 SOLIDARITY
 STRENGTH
 SUPPORT

© 2024 WordsAreFun.com, All Rights Reserved.

PHOTO PAGE





GRANDPARENTS

WORD SEARCH PUZZLE

BOOK
 CARD
 CARE
 CHEER
 COMFORT
 CONCERN
 FAMILY
 FEELING
 FRIEND
 GAME
 GIFT
 HELP
 HOLIDAY
 KIND
 LOVE
 MEAL
 MUSIC
 PICNIC
 STROLL
 TALK
 TIME
 VISIT
 WALK

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



© 2021 Jodi Jill Not for Resale. Cannot be reposted online. Feel free to copy on paper and share!
www.puzzlestoplay.com

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](tel:(202)724-5626)

English - Department of Aging and Community Living

dacl@dc.gov



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

PHOTO PAGE



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