

# FACES OF FRIENDSHIP

**FEBRUARY 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



Friendship Terrace residents enjoyed 2024 with a year of fun filled activities with volunteers. Here's a recap of our year and we look forward to even more fun and excitement this new year 2025 will bring us.







## FEBRUARY BIRTHDAYS

**Birthstone:** Amethyst **Flower:** Violet **Zodiac:** Aquarius/ Pisces

Roth, Johanna	2/02
Thompson, Caesar	2/08
Afa, Dair	2/12
Dickerson, Mary	2/21
Nucci, William	2/24
Helper, Gary	2/26
Josen, Felicia	2/27
Tang, John	2/28

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://www.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:

**3. KEYS. Key replacements are charged market rate plus 40%. Residents are not permitted to give keys to anyone not listed in the lease agreement.**

**4. ACCESS. The Resident must provide the Landlord or the Landlord's agent access upon twenty-four (24) hours written notice for inspection, extermination, repairs, improvements, or alterations and without notice for emergencies.**

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

**FEBRUARY 2025**

Hello Friendship Terrace residents,

The month of February is the month of HEARTS...both Valentine's Day and American Heart Awareness! This is a time where people should focus on their wellness. People with poor cardiovascular health are at risk for severe health issues. Cardiovascular disease, which is better known to the public as heart disease, is the number one leading cause of death in the United States of America.

Focusing on your heart health is extremely important and we should all adopt a healthy lifestyle to help in preventing heart disease. Not stressing, exercising regularly, monitoring your intake of salt and avoiding smoking are all basic things that you can do when it comes to preventing heart disease.

Stress – eliminate it. When feeling stressed, try to occupy your mind with positive things and keep yourself busy.

Exercise – Start off with a light workout. Take daily walks and increase the distance every few weeks.

Monitor your salt intake.

Avoid smoking. If you can, QUIT. If you feel like it's not time to quit, cut down on the number of cigarettes you consume, until you can quit.

Happy February,  
Rahell & Mary – Service Coordinators



February is  
**American Heart Month**

Seabury  at Friendship Terrace  
*Senior Living*



## Catholic Mass



**February 7, 2025  
2:00pm—3rd Floor Lounge**

## Coffee Chat



**February 19, 2025  
11am— 2nd Floor Lounge**

## Episcopal Eucharist Service



**February 20, 2025  
2:00pm— 3rd Floor Lounge**

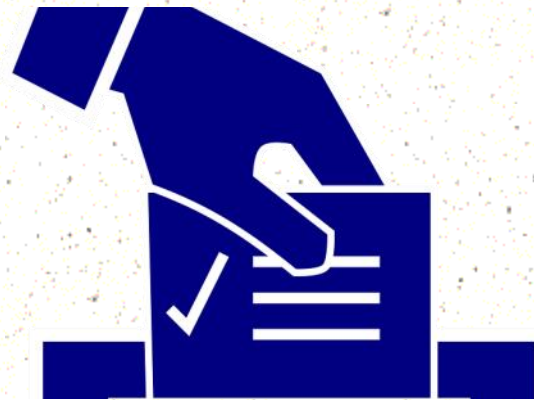
## Shabbat Service



**February 7 & 28, 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

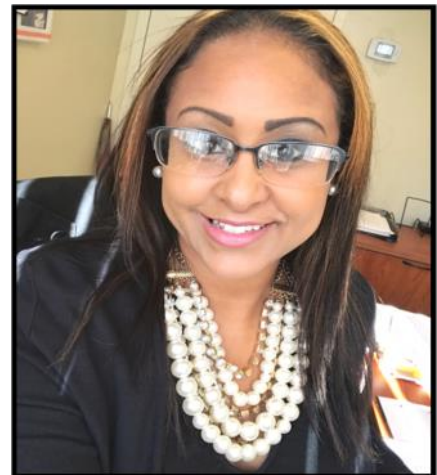
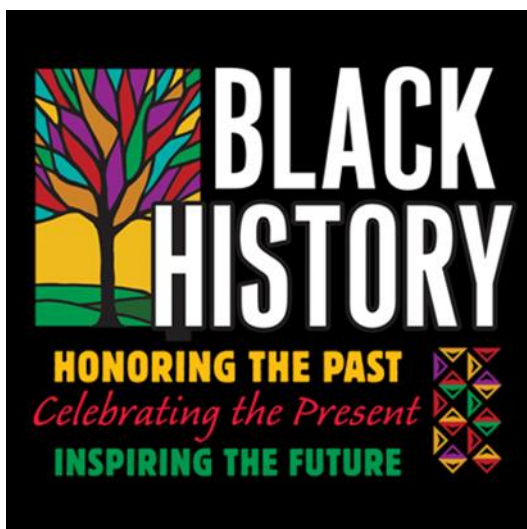
Happy Valentine's Day!

The residents and staff of Friendship Terrace have already begun to taste and enjoy the sweetness of February with our Annual Flower Workshop being held on February 4<sup>th</sup> in the 5<sup>th</sup> Floor lounge. And you don't want to miss out on our Annual Valentine's Day Social Party on February 14<sup>th</sup> in the 5<sup>th</sup> Floor lounge. Bring your sweetheart, or maybe come and find a sweetheart on this day of Love! It will be a day of candy hearts, music, treats and FUN!

February is sure to be fun for everyone! Hopefully, you are able to take part in some or all the all of the festivities. We have various Black History Month events happening each week! We're here to help fill your days with creative activities.

And lastly, I would like to thank all the residents who continue to join us at our monthly town hall meetings. Those meetings are so important for residents new and old. We want everyone to be up to date with all the latest building updates. Please be sure to continue to send me suggestions for topics you would like to see discussed. Our next Terrace Talks will be held this month on February 28<sup>th</sup> at 1pm in the dining room. Have a great month!

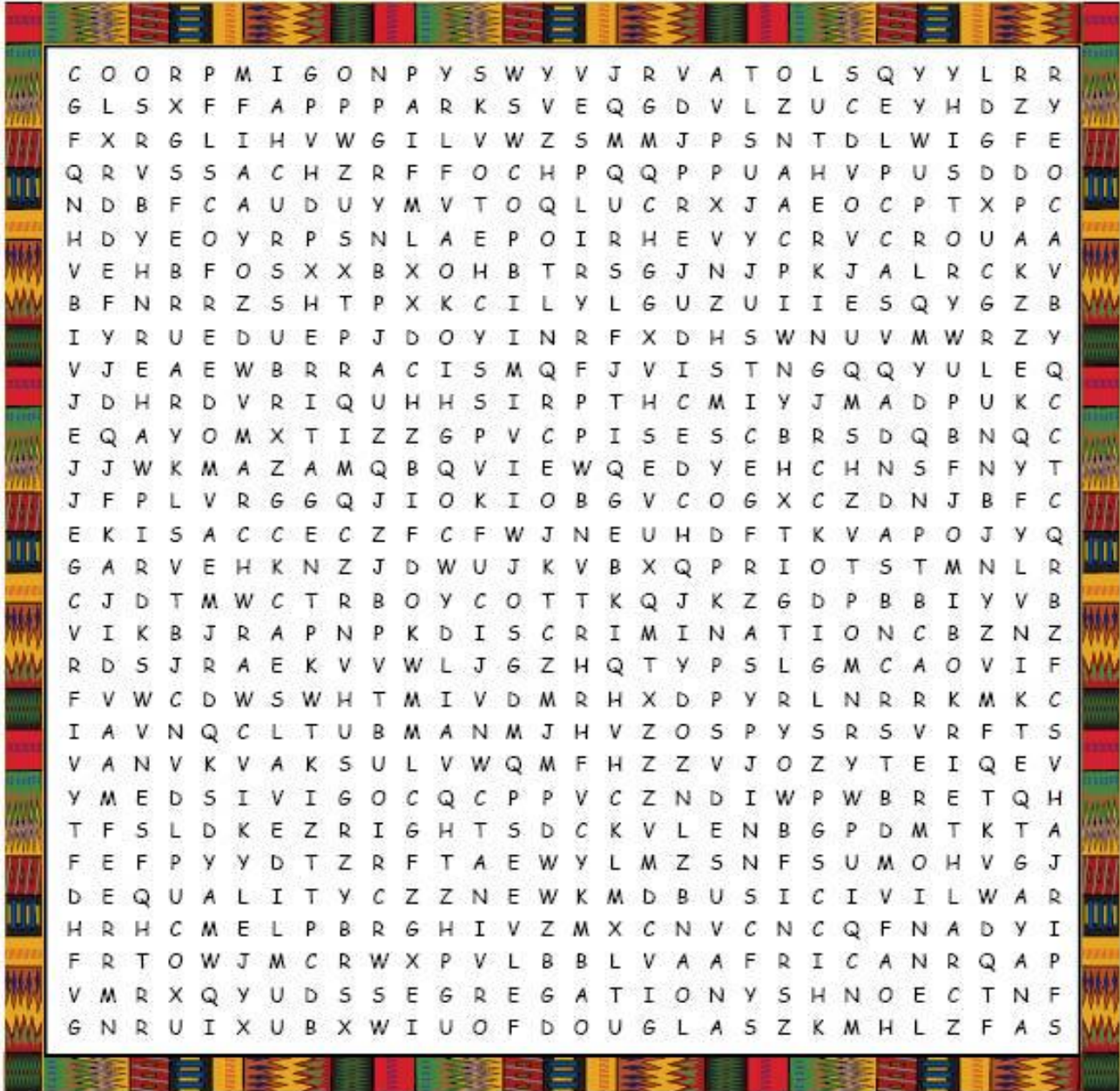
Executive Director,  
Semira Ligon



PUZZLE PAGE

Name: \_\_\_\_\_

BLACK HISTORY MONTH!



AFRICAN  
BOYCOTT  
BUS  
CARVER  
CIVIL WAR

DISCRIMINATION  
DOUGLAS  
EQUALITY  
FEBRUARY  
FREEDOM

HERITAGE  
HISTORY  
JUSTICE  
LUTHER KING JR  
MARCH

NAACP  
PARKS  
PREJUDICE  
RACISM  
RIGHTS

RIOTS  
SEGREGATION  
SLAVE  
TUBMAN  
VOTE

# Groundhog Day Word Search



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

CLOUDY      FORECAST      PREDICT      SUNNY  
 EARLY      GROUNDHOG      SHADOW      WEATHER  
 FEBRUARY      HIBERNATE      SPRING      WINTER



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# PRESIDENTS DAY

## Word Search

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

- |            |            |         |             |
|------------|------------|---------|-------------|
| AMERICA    | FEBRUARY   | LEADERS | PARADE      |
| BIRTHDAY   | FEDERAL    | LIBERTY | PATRIOTIC   |
| CELEBRATE  | FLAG       | LINCOLN | REMEMBRANCE |
| CHERRY PIE | FOUR YEARS | MONDAY  | TRIBUTE     |
| COUNTRY    | HISTORY    | NATION  | WASHINGTON  |
| ELECT      | HONOR      | OBSERVE | WHITE HOUSE |

Free printable courtesy of [WordSearchAddict.com](http://WordSearchAddict.com)

# Valentine's Day WORD SEARCH

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

Sweetheart  
 Friends  
 Cupid  
 Kiss

Valentine  
 Flowers  
 Candy  
 Date

Chocolate  
 Holiday  
 Gifts  
 Card

Romance  
 Hearts  
 Love  
 Hug



# IN THE SPOTLIGHT

## In The Spotlight

### Heather McIntosh



**Heather McIntosh was born on May 25, 1962 in Jamaica among six brothers and three sisters. Heather who grew up under the tutelage of an uncle is now the mother of three daughters and three grandchildren. Growing up in Jamaica was a great experience for Heather. One of her greatest accomplishments was opening a day care center because she enjoyed caring for children. Heather also cherishes cooking. Therefore, Heather often prepared delicacies for everyone to enjoy.**

**At age 32 Hether left Jamaica to spend time in New York City and to shop for her wedding dress and other wedding apparel. While in New York Heather was informed that her fiancé in Jamaica was romantically involved with other women. Upon confirmation of the information Heather did not return to Jamaica to marry that low down cheating scoundrel.**

## IN THE SPOTLIGHT

**Once establishing residency in New York Heather studied for and was awarded a General Education Diploma (GED). Heather later became self-employed by caring for children in their homes which is one of Heather's favorite pastimes.**

**While residing in New York Heather visited Washington DC four or five times per year while one of her daughters was enrolled in a Washington DC Law School. As the result of those visits Heather fell in love with Washington DC.**

**Heather is quick to recognize that some people admire politicians, athletes, movie stars and so on. However, Heather is also quick to share that Heather admires her children and grandchildren because family is very important to Her.**

**In 2019 Heather left New York to consider residing in Washington, DC. to assist in her search for housing Heather obtained a list of apartment buildings located in Washington DC.**

**After visiting numerous housing developments Heather was impressed with Friendship and all the amenities. While she is not fond of the meals served at Friendship Terrace due to her diet restrictions however, she enjoys the atmosphere and the various nationalities represented by those who reside and work at Friendship Terrace.**

**Heather also engages in numerous activities offered at Friendship Terrace. Those activities include: arts and craft, Bingo with Cindy, scrabble, quick trivia, and special events.**



## IN THE SPOTLIGHT

**It is no secret that Heather is outspoken and is always willing to share her thoughts and suggestions with others.**

**Heather regularly attends the Friendship Terrace Residents' Association meetings and she is eager to meet and greet new Friendship Terrace residents. Heather also serves as a volunteer to maintain the Friendship Terrace Greenhouse where she cares for the various plants and flowers located there. As Heather reminds us "it brings back memories as a kid."**

**It is obvious Heather enjoys her residency at Friendship Terrace and it is also obvious that Heather McIntosh is indeed an asset to the cohesive Friendship Terrace family.**

**Written by:  
Buddy Moore  
February, 2025  
Assisted by:  
Heather McIntosh**



## 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](mailto:dacl@dc.gov)



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

## FTRA PAGE

### FTRA NEWS

It is a Funny Valentine of a month, February. It is a reflective moment to take stock of our important relationships and commit to making them stronger. We at Friendship Terrace are no different. We deserve a bit of Loving. It might be hard to imagine such a large and diverse group caring for one another. This is precisely what your FTRA Council, composed of volunteers, aim to achieve on behalf of our entire community.

Our community regularly expresses its desires for answers to numerous questions and its desire for more interactive activities. In this regard the symbiotic relationship between the Council and Residents continues to evolve. Many questions may go unanswered but the effort to get residents to interact with each other remains constant. Our well attended Movies, and Dine-Outs attest to our abilities to share our experiences. Field trips are a favorite and highly anticipated. But like with most relationships the FTRA struggles with its household finances. Like public radio or television, the percentage of audiences actually contributing to the common good is rather low. In short, we need old and new residents alike to contribute on a regular basis so that we may have the necessary funds to keep our activities going.

February is also a Winter month and as the Main Office has reminded us – it is important for us to take care of ourselves. Our community is an Independent Living Community and therefore has no reason to expect management to come to our rescue. We must exercise our Independent Judgment to determine how to handle our own affairs during periods of inclement weather. If assistance is needed, we should rely on our family, friends and neighbors as we do not live in an Assisted Living facility. This reality was clarified for me when I met with Staff and also prompted the recent weather-related Flyer that was distributed to residents. So, a word to the wise – be careful out there - at all times.



David Rivera  
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>
Lawrence Nocente	Maintenance Director	<a href="mailto:Lnocente@seaburyresources.org">Lnocente@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