

FACES OF FRIENDSHIP

MARCH 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



Seabury at Friendship Terrace hosted a Open House event to share our newly renovated community. We also had lots of Valentine's cards and visits from our volunteers students from the Georgetown Day school, National Cathedral School and Valentines By Kids pen pal group. Friendship Terrace had a Valentines floral workshop with the Gardeners of the Junior League volunteers, and we celebrated Black History Month with the students of the National Cathedral school in our 5th floor lounge.



My doctor told me to watch my cholesterol. So now I stare at my French fries for a few seconds before I eat them.





MARCH BIRTHDAYS

Birthstone: Aquamarine **Flower:** Daffodil **Zodiac:** Pisces/Aries

Adkins, Lynn	3/01	Kelly, Ella	3/17
Feinberg, Robert	3/02	Ragin, Johnny	3/18
Sardi-Uribe, Mariella	3/03	Canney, Marie	3/28
Abu Bakr, Muhammad	3/09	Keith, Angela	3/28
Dixon, Lisa	3/09		
DeValoy, Cornelia	3/13		
Grant, Robert	3/13		
Jackson, Fannie Mae	3/13		
Brockington, Mary	3/14		
Bekele, Yonas	3/16		



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](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:

5. GUESTS -All guests must sign in. Overnight guests must be registered. Only the Residents listed on the lease may live in the unit. Community facilities are provided exclusively for the use of Residents. Health care aides must be registered, must be necessary for the Resident to live independently, must wear name tags at all times, and must follow staff instructions. Guests and health care aides are not permitted in common areas, including hallways, without the Resident or a staff member. No solicitation of Residents is permitted. Subletting or having any unauthorized occupancy shall be cause for eviction.

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.

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

MARCH 2025

Happy March Friendship Terrace family,

I know these cold days have you all ready for the Spring to begin! I am looking forward to sunshine days and flowers blooming. What are you looking forward to? Take a moment to ponder that thought. I hope eating healthy and spending more time outdoors is at the top of your list. Making healthy food choices promotes living a longer life. Ladies & Gentlemen, it is no shock that good nutrition is one of the key components to living a healthy lifestyle. It is important to eat foods rich in vitamins and minerals. Some good sources are fruits, vegetables, whole grains, dairy, and a source of protein. I know it's very hard to change eating habits for some people, it's a major struggle for me :(

Some key points to consider...

- ◆ Keep track of your food intake.
- ◆ Try your best to find out what the strong and weak points in your current diet are..
- ◆ Stay hydrated. Drink LOTS OF WATER!
- ◆ Try to avoid unhealthy fats, processed foods, and reduce your sugar intake.
- ◆ Consult your physician and remember balance is key.

REMINDERS:

Our Fat Tuesday pancake fundraiser will be on Tuesday, March 4, 2025. Cash only donations please The Terp tax prep volunteers will be here this month - check with the front desk for sign up details

Stay healthy & happy Spring from your Service Coordinators,

Mary & Rahell :)



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



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

Coffee Chat



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

Episcopal Eucharist Service



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

Shabbat Service



**March 14 & 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

Dear Residents of Friendship Terrace,

We had such an eventful February! The wonderful ladies of the Washington Gardeners of the Junior League came by, as they do each year, and brought bouquets of beautiful flowers for all of our residents to enjoy. Many enjoyed themselves at the Black History Month celebration. It was wonderful to see so many of you at the Valentine's Day Party.

As always, we had a blast! We look forward to planning more of those parties so that we can all get together and enjoy some good music, good food, and good company. Dancing is also a great way to exercise as well as lots of fun. We received a lot of good feedback after the party about how everyone enjoyed themselves. We will continue this tradition of good old-fashioned FUN at Friendship Terrace!

With the warmer weather coming upon us, I would like to encourage residents to take advantage of the beautiful days, get outdoors, take a walk, and stay active and healthy.

“To enjoy the glow of good health, you must exercise.” —Gene Tunney

“Calm mind brings inner strength and self-confidence, so that's very important for good health.” —Dalai Lama

Last month we replaced all air filters, checked and replaced smoke detector batteries, and completed our semi-annual apartment inspections. As a reminder, the Maintenance Staff at Friendship Terrace takes great pride in responding to your service needs. When it comes to changing lightbulbs or filters, plunging toilets, repairing your appliances, and addressing your plumbing, heating, and air conditioning concerns, the maintenance team is happy to take care of your work order requests! Please be reminded that all work order requests are to be placed at the Front Desk either by phone or in person. All work orders are entered and tracked in our computer system and reporting to the Front Desk is the first step in this process.

A special thank you to all the residents for attending our monthly Terrace Talks. These are great ways to continue to keep everyone updated with the progress of the building as well as address any concerns or questions you may have for Management. You don't want to miss the next one. Please make sure to join us on Friday, March 28th in the dining room at 1:00 pm. As always, we welcome your feedback so that we may provide better service as well as a better living experience at Friendship Terrace.

Executive Director,
Semira Ligon



PUZZLE PAGE



INTERNATIONAL WOMEN'S DAY



WORD SEARCH

Find the words below in the word search.

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



EQUALITY
MARCH
RIGHTS
WOMEN

DIVERSITY
SOLIDARITY
CHANGE
FEMALE

FREEDOM
RESPECT
INSPIRE
COURAGE



**WORD LIST**

APRIL
 BASEBALL
 BIRDS
 BLOSSOMS
 BUMBLEBEE
 BUTTERFLIES
 CHICK
 CLEANING
 CLOVER
 CROCUS
 DAFFODIL
 DAYLIGHT
 EQUINOX
 FLOWERS
 FORSYTHIA
 GARDEN
 JACKET
 LADYBUG
 MARCH
 MAY
 PICNIC
 PUDDLES
 RAINBOW
 ROBIN
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA

SPRING

WORD SEARCH

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





ST. PATRICK'S DAY WORD SEARCH



c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March



MARDI GRAS

Word Search



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

MASK	FLEUR DE LIS	PURPLE	GREEN
GOLD	KINGCAKE	LENT	FAT TUESDAY
CROWDS	PARTIES	PARADES	FLOATS
BEADS	CHICKORY COFFEE	NEW ORLEANS	MARDI GRAS

IN THE SPOTLIGHT

In The Spotlight



Barbara Lange



Barbara Lange was born June 21, 1958 among two sisters, Nancy and Patricia in Easton Pennsylvania. She was born two weeks after her father graduated from college.

Barbara spent most of her formative years in Hohokus New Jersey. During those years Barbara was an active, engaging young lady who was active in numerous sporting activities including skiing, ice hockey, field hockey, baseball, and football just to name a few. Barbara also found time to dabble in piano lessons. Life was exciting for Barbara during those influential years.

Barbara was and continues to be focused on education. She has attended Abeel School, Hackensack New Jersey. Community School in Inglewood New Jersey, Glenrock Jr., Sr. High in Glenrock, Glenrock New Jersey, Bergen Community College Paramours, NJ, Para education Cener, New York University Center in NY City.

IN THE SPOTLIGHT

Barbara was ecstatic being with her family during her formative years. She especially enjoyed traveling with her parents who were adamant in insuring that their children appreciated the various cultures of the world. Therefore Barbara and her siblings had the privilege of Traveling throughout the United States, also visiting Canada , Singapore, Mexico, Central America, South America, Europe, and other parts of the world.

Barbara's career was and continues to be in the area of childcare. Barbara holds a Teaching Certificate, from New York University Para Education Cener and has attended Bergen Community College. Barbara has been employed in numerous entities including: Ridgewood YWCA, Little Beginnings in Arlington, Virgi. DC Jewish Community Center, in Washington, DC, and the Federal Deposit Insurance Corporation (FDIC), the Tiny Findings Child Care, Bright Horizons and International Childcare groups.

Barbara is no stranger to Washington DC. After residing in Washington, DC she came to Friendship Terrace following her mother's death August 13, 2011 and her father's ensuing death on October 22, 2022. She moved into FT August 2023.

While residing at Friendship Terrace Barbara remains in the workforce and is unable to participate in many of the activities offered at Friendship Terrace. However in her spare time she enjoys interacting with other residents and she partakes in the plethora of movies provided to Friendship Terrace residents.



IN THE SPOTLIGHT

There are two individuals nestled in a particular portion of Barbara's heart and they are Ryan Zimmerman former professional baseball player with the Washington Nationals and former Atlanta Mayor Andrew Young.

Barbara is in awe of Ryan Zimmerman's performance on the baseball field and his mild-mannered professionalism off the baseball field.

Additionally, Barbara has the utmost respect for Andrew Young for his success both as Mayor of Atlanta, Georgia and as Ambassador to the United Nations. Barbara also notes that Andrew Young and her father were both professional engineer associates who shared a business office together.

One of Barbara's passions is learning more about eye diseases and how blind individuals maintain their independence. Therefore, Barbara may be interested in becoming a sighted member of the National Federation of the Blind.

It is obvious to all who meet her that Barbara is indeed a great addition to the Friendship Terrace family and her interaction with other residents produces an atmosphere of excitement and thoughtfulness. Friendship Terrace is indeed fortunate to have a resident known as Barbara Lange.

**Written by:
Buddy Moore
March 2025
With input from:
Barbara Lange**

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.

FTRA PAGE

FTRA NEWS

The month of March it is said – Comes in Like a Lion and goes Out Like a Lamb. With climate change it is harder and harder to rely on old tried and tested parables. At the very least, March brings a hopeful sign that Spring is in the Air. Let it be so.

Perhaps, more to our liking, the month of March brings us the end of Daylight Savings Time (9th). Residents are eager for the return of Standard Time and a return to more daylight hours. Get ready. The Ides of March are upon us (15th) which were a mix of religious and New Year's celebrations. Today, it is marked as the day that Julius Caesar met his maker. March also calls for the Chicago River to turn Green as we collectively celebrate “Erin go Bragh” (17th).

Sometimes March delights us with an early arrival of the Cherry Blossoms. Let it be so. The Cherry Blossom Festival this year runs from March 20th through April 13th. For sports lovers March brings with it the annual rite of college basketball – March Madness. Get your brackets in order.

The FTRA is also Marching forward. Elections will be held in June for a new Council Board and your participation is encouraged. We are in need of volunteers to serve on the Nominating Committee and the Elections Committee. Most importantly, we ask that you give much thought to who should be nominated for individual offices, including yourself. More to come. This March we will hold our first General Meeting an open forum for our residents (3rd). We look forward to hearing from you.

David Rivera
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
Lawrence Nocente	Maintenance Director	Lnocente@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