

SPRING 2025

# SEABURY RESOURCE

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## Behind the Wheel Navigating Safe Driving as We Age

As we age, it's essential to recognize the factors that can impact driving safety.

*Read article on page 2*

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## Celebrate Leadership in Aging

Join us for a memorable evening as we honor an incredible individual and organization making a lasting impact for older adults in the DC region.

*See story on page 7*



## EMBRACING NEW BEGINNINGS

SPRING INTO ACTION WITH SEABURY RESOURCE –  
CELEBRATING CARE, COMMUNITY, AND CONNECTION

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](https://seaburyresources.org)**

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# Behind the Wheel

## NAVIGATING SAFE DRIVING AS WE AGE

*This article is brought to you by Seabury's Care Management team. Learn more at [www.seaburycaremanagement.org](http://www.seaburycaremanagement.org).*



As we age, it's essential to recognize the factors that can impact driving safety. While there is no specific age when one should stop driving, there are warning signs to consider:

- Do other drivers honk or pass frequently, even when the traffic stream is moving relatively slowly?
- Does the driver get lost or disoriented easily, even in familiar places?
- Does the driver use a "copilot" to help respond to situations in the driving environment?
- Does the driver drive too slow or too fast for road conditions?
- Does the driver confuse the gas and brake pedals or have difficulty working them?
- Does the driver weave between or straddle lanes?
- Does the driver seem to ignore or miss stop signs and other traffic signals?

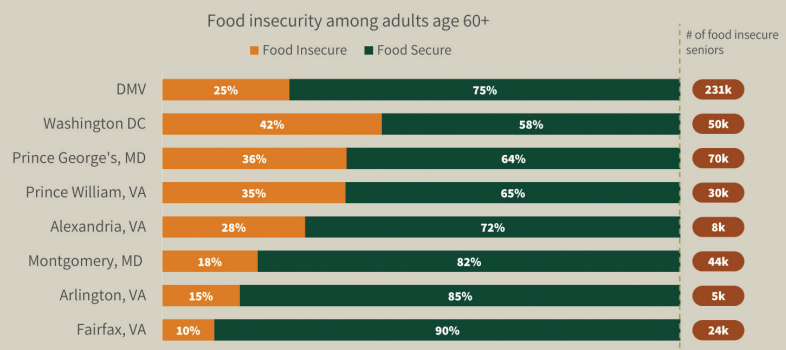
## Did You Know That Almost One in Two Older Adults are Food Insecure?

A recent report from the Capital Area Food Bank (CAFB) reveals a troubling statistic: 42% of seniors in Washington, D.C. are experiencing food insecurity. This alarming figure comes from a survey conducted in collaboration with National Opinion Research Center (NORC) at the University of Chicago, funded by The Washington Home, which assessed the food security levels of older adults using USDA methodology. Those who answered positively to three or more questions were deemed to have "low food security," while those with eight or more positive responses fell into the "very low food security" category.

*Continue reading on page 6*

### Key Finding #9:

### There are 231k food insecure seniors in the DMV



Source: Capital Area Food Bank Survey conducted May 28-July 31, 2024 with 3,819 adults age 18 and older in the DC Metro Area

**In this crisis moment, help us make sure DC's oldest residents have the food they need. Consider a recurring monthly donation that supports a community caring for older adults.**  
[www.seaburyresources.org/monthly](http://www.seaburyresources.org/monthly)



## Welcoming The Right Reverend Mariann Edgar Budde, Bishop of the Episcopal Diocese of Washington, to the Seabury Resources for Aging Board of Governors

Seabury Resources for Aging is thrilled to announce the appointment of The Right Reverend Mariann Edgar Budde, Bishop of the Episcopal Diocese of Washington, to its Board of Governors. As a prominent spiritual leader overseeing 86 Episcopal congregations and 10 Episcopal schools across the District of Columbia and four Maryland counties, Bishop Budde brings a wealth of experience and a deep commitment to social justice and community service.



Bishop Budde made history as the first woman elected to lead the Episcopal Diocese of Washington.

Visit [www.seaburyresources.org/blog](http://www.seaburyresources.org/blog) to read this article in its entirety.

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## COMMUNITY SPOTLIGHT: Gerry Perez

BY DEBORAH TEDRICK

At Seabury Resources for Aging, we are grateful for our community of dedicated supporters who believe in our mission. This month, we're proud to spotlight Gerry Perez, whose commitment and generosity have increased the resources available to older adults in DC.

Gerry grew up in Chicago. While in high school, he was a member of the Debate and Forensics team, and he met his then-future wife, Ellen, at a tournament.



Gerry first became involved with Seabury (then named Episcopal Senior Ministries) in approximately 2000 while volunteering with his church to support a new group home, the Henderson House.

Visit [www.seaburyresources.org/blog](http://www.seaburyresources.org/blog) to read this article in its entirety.

## CORPORATE SPOTLIGHT

## Metromedia Enterprises Printing



Metromedia Enterprises is an innovative and professional printing and marketing company headquartered in Columbia, Maryland with satellite offices in Boston and New York. Since 1964, Metromedia has been delivering high-quality and cost-effective printing/marketing solutions to businesses with exceptional customer support. Their services include offset printing, digital printing, high-speed photocopying, book binding and finishing, business cards, letterheads, envelopes, posters, signs, vinyl banners, direct mail, corporate branding, and graphic design services and SEO web services.

# Seabury Program Updates

## Age in Place

Seabury loves student groups! Thank you to the students from St. Anselm's Abbey who come out in support every Tuesday, and Me'Adi from Howard University for their time in February!

## Care Management

We have raised over \$54,000 for our Care Management Equity Fund! Our goal is \$100k. These funds allow Seabury to offer Care Management support to care partners and families on a sliding scale. Want to give another family some support? Make an Equity Fund gift at [www.seaburyresources.org/caremanagement](http://www.seaburyresources.org/caremanagement)

## Congregational Resources

Join us May 20th at 10 AM at Washington National Cathedral for a worship service honoring older members of local congregations and programs for their service to church and community. The Rt. Rev. Mariann Edgar Budde will be preaching.

## Home First Residences

The residents have greatly enjoyed and appreciate the new grocery shuttles. One resident said "Before these shuttles, I didn't leave the house. Not only am I getting more food, but this is my social hour! I love the chance to leave the house and see the city even a little bit."

## Model Cities Senior Wellness Center

On February 24, older adults from Wards 5, 6, and beyond came together at the Model Cities Senior Wellness Center for a Senior Budget Engagement Tele-Townhall, hosted by Mayor Muriel Bowser. It was a great opportunity for the older adults in our community to engage with the Mayor's office and the Department of Aging and Community Living (DACL) all while learning about the budget process.

## Out & About

Did you know World Pride is coming to DC May 28th–June 8th? Seabury is honored to be the host of Silver Pride during the global

event, celebrating the lives and legacy of LGBTQ+ older adults. Stay tuned for more information about what we're planning!

## Seabury Connector

Seabury is proud to welcome Brandon Hill as our new Director of Transportation! Previous Vice President at RMA Worldwide Transportation, he has led multiple companies with triple digit fleets. We are excited to have an experienced leader to grow our group transportation program to the next level!

## Ward 5 & 6 Lead Agency

Almost a year ago, Capital Area Food Bank collaborated on a research project that confirmed 42% of seniors are food insecure in the District. As a result, Seabury is working with CAFB and other partners to address this deep need in the city. We know food prices are up—for most of the seniors at our dining sites, this means that lunch at Seabury is the only meal they're going to eat that day.

## Entertainment Essentials for Older Adults

### DISCOVER THE LATEST IN BOOKS, FILMS AND TV

#### Recommended Viewing:

*A Man on the Inside*, Season 1 streaming on Netflix. A retired professor (Ted Danson) gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.



Academy Award Nominee for Best Documentary Short film *Nǎi Nǎi and Wàì Pó* is a personal love letter from first generation Taiwanese-American director Sean Wang, to his Nǎi Nǎi and Wàì Pó (Grandma & Grandma). The two grandmothers live together. They read the newspaper together. They dance together. They sleep in the same bed and complain about each other's farts. Streaming on Disney+

# Contact Us

## Advancement

giving@seaburyresources.org  
(202) 849-8082

## Age-in-Place

2501 18th St NE, Washington, DC  
20018  
gpurnell@seaburyresources.org  
(202) 635-9384

## Care Management

cminfo@seaburyresources.org  
(202) 364-0020

## Congregational Resources

eboyd@seaburyresources.org  
(202) 414-6316

## Friendship Terrace

awatkins@seaburyresources.org  
(Housing)  
snegasi@seaburyresources.org  
(Other)  
(202) 244-7400

## Home First Residences

dlphillips@seaburyresources.org  
(202) 635-9384

## Lead Agency Wards 5 & 6

2601 18th Street NE  
Washington, DC 20018  
vigrayton@seaburyresources.org  
(202) 529-8701

## Model Cities Senior Wellness Center

smack@seaburyresources.org  
(202) 635-1900

## Older Blind Program

smack@seaburyresources.org  
(202) 635-1900

## Out & About

sfisher@seaburyresources.org  
(202) 529-8701

## Transportation

transportation@seaburyresources.org  
(202) 808-8790

# Seabury Leadership

## Leadership

### Dawn M. Quattlebaum

Chief Executive Officer

### Reginald Ray

Chief Operating Officer

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Marketing  
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### Michael Bochnovic

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#### Edgar Budde

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ZMH Advisors, LLC

### Joseph Howell

Housing Executive, Retired

### Nikhil Kumtha

Business Transformation  
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### Kimberly Mikec

Marketing and  
Communications Advisor  
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DC Water

### Sharon Sellers

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### David Shepard

Financial Advisor  
Fenstermaker Financial  
Group of Raymond James

### Elissa Silverman

Former DC Councilmember  
At-Large

### Susan Spurlark

Healthcare Executive,  
Retired

### Sohaer Syed

Attorney Advisor/Manager  
Washington Heart And  
Vascular Center

### Suzanne Welch

Housing Executive, Retired

Seabury is blessed by generations of leaders who have left a legacy of affordable housing and services for the next generation to benefit from. If you are curious about how you can join this legacy of giving, visit [seaburyresources.org/plannedgiving](https://seaburyresources.org/plannedgiving)

# Successful Friendship Terrace Open House

In February, Seabury Resources for Aging proudly hosted an exciting open house at Friendship Terrace, located in Tenleytown, Washington, DC. Families, caregivers, and older adults gathered on February 13th to explore this unique, transit-adjacent, deeply affordable senior living community at 4201 Butterworth Pl., NW.

The event was a vibrant showcase of what it truly means to age with independence and dignity in 2025. Attendees experienced firsthand Friendship Terrace's commitment to providing not just affordable housing, but also nutritious meals and a supportive community environment where residents can thrive.

The need for affordable senior housing in Washington, DC, has never been more pressing. There is a growing population of older adults who are facing housing instability, and 42% experience food insecurity, as reported by the Capital Area Food Bank. Friendship Terrace is actively addressing these challenges with **125 newly deeply affordable units and a new \$2M Food Trust that supports sliding scale meal subsidies for residents.**

Read our full press release at [www.seaburyresources.org/blog](http://www.seaburyresources.org/blog)



## Did You Know... (continued)

*Continued from page 2*

As of May 2024, a significant number of residents aged 60 and older are struggling to access adequate nutrition, particularly in light of recent reductions in Supplemental Nutrition Assistance Program (SNAP) benefits.

In response to this critical issue, Seabury Resources for Aging is actively working to support seniors through various initiatives. Our 11 dining sites provide free, nutritious meals, ensuring that older adults have access to delicious and healthy food options without financial strain. This program not only addresses

immediate hunger needs but also fosters a sense of community among participants, allowing seniors to socialize and share experiences over meals.

Moreover, Seabury Resources for Aging is committed to providing deeply affordable housing, which further enhances access to our dining services. By offering safe and affordable living environments, we enable seniors to enjoy the benefits of nutritional meals without the burden of financial stress. This holistic approach ensures that our seniors can focus on their health and well-being, knowing that they have reliable access to nutritious food.

Our collaboration with organizations like The Washington Home amplifies our efforts. Through the Transportation Program, we connect seniors in Wards 7 and 8 to essential grocery resources, addressing food access challenges in the community.

As we continue to tackle food insecurity among seniors in Washington, D.C., it is vital to raise awareness and engage the community in these efforts. Together, through innovative solutions and collaborative partnerships, we can help ensure that all seniors in our city have access to the nutritional meals they need to thrive.



# Celebrate Leadership in Aging

We are excited to invite you to Leadership in Aging: An Evening with Seabury Under the Stars on Thursday, May 8th, 2025, at the Wharf Dockmaster Building, 101 District Square SW, Washington, DC 20024, from 6:00 PM to 9:00 PM.

Join us for a memorable evening as we honor the incredible individuals and organizations making a lasting impact in the field of aging. We will celebrate the achievements of our distinguished honorees, including Ms. Gail Kohn and The Washington Home, for their dedication to promoting housing stability and food security for older adults in our region.

We will be honoring and recognizing the following individual and organization for their commitment and dedication to Seabury:

## GAIL KOHN ADVOCATE FOR HOUSING



Gail Kohn has served and advocated for older adults for over 40 years. She has consistently been at the forefront of providing affordable, accessible, and inclusive places to age with empowerment, dignity, and independence. Her

work as the founding Executive Director for both Collington and Capitol Hill Village, and as the first to lead the Age Friendly DC initiative as part of a global mission, has advanced creative solutions for and with people to age in the most supportive, inclusive places possible.

## RECOGNIZING THE WASHINGTON HOME'S IMPACT

The Washington Home (TWH) is a DC-based foundation that seeks to improve the lives of



THE  
**WASHINGTON  
HOME**

A Charitable Foundation

older adults and those facing end of life, strengthen older-adult communities, and reduce inequality in access to care. Their philanthropic vision is grounded in a commitment to enhance connection and foster respect and dignity for older adults. They invest in local, community efforts to strategically and systemically address food insecurity, social isolation, caregiver support, and access to specialized health care for older adults and the critically ill. Since becoming a foundation four years ago, TWH has granted more than \$22M for programs that support DC older-adult residents.



## RSVP to this spectacular and rewarding event

<https://www.seaburyresources.org/lia>

## THANK YOU TO OUR PARTNERS

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Delores Satterfield

"We are very thankful for the transportation by Seabury. The Seabury bus takes us to the grocery store and social activities. The transportation is always on time and very helpful with us. They are very courteous, respectful and yes so helpful. We always feel safe on the bus. We're very thankful for Seabury transportation."

– Dining Site Member



# Overrun from “Welcoming The Right Reverend

and she has consistently advocated for the dignity and inclusion of every person, particularly those from marginalized communities, including the LGBTQ+ community. Her belief that “Jesus calls us to strive for justice and peace, and to respect the dignity of every human being” resonates deeply with Seabury’s mission to empower older adults and foster inclusive communities.

Consecrated as the ninth Bishop of Washington in November 2011, Bishop Budde previously served for 18 years as the rector of St. John’s Episcopal Church in Minneapolis. She holds a Bachelor of Arts in history from the University of Rochester, as well as a Master’s in Divinity and a Doctorate of Ministry from Virginia Theological Seminary. Her sermons have been published in various books and journals, and she is the author of two books: *Receiving Jesus: The Way of Love* (2019) and *Gathering Up the Fragments: Preaching as Spiritual Practice* (2007).

Bishop Budde’s personal journey as a caregiver to her recently deceased mother has profoundly shaped her perspective on aging and community support. In a moving homily from January 2023, she shared, “It’s my call to care now for my 91-year-old mother... it’s a claim on my life, and God’s been very clear about that with me.” This experience reinforces her commitment to advocating for older adults and their families.

As Seabury continues its tradition of honoring the historical connection with the Episcopal Church, Bishop Budde’s election marks a significant transition from an honorary role to a full participating, voting member of the Board. This change reflects Seabury’s ongoing dedication to inclusivity and leadership within the community.

“We are honored to welcome Bishop Budde to our board,” said Craig McCullough, Chair of Seabury’s Board. “Her leadership as an ally will greatly enhance our efforts to support older adults and their families, especially as we prepare to host Silver Pride for LGBTQ+ older adults during the DC World Pride event this summer.”

Dawn M. Quattlebaum, CEO of Seabury Resources for Aging, expressed her enthusiasm: “Her deep commitment to social justice and extensive

experience in community leadership will be invaluable as we strive to enhance the lives of older adults. We look forward to collaborating with her to create inclusive and supportive environments for everyone to age with dignity and independence.”

With Bishop Budde’s guidance, Seabury Resources for Aging is poised to continue its mission of uplifting older adults in our community. To read this article in its entirety or for more information about Seabury and its initiatives, please visit [seaburyresources.org](https://seaburyresources.org).

# Overrun from “Gerry Perez

He met Joe Resch, former CEO of Seabury, while working on this project, and they became lifelong friends. Gerry said, “I loved the idea of supporting community via church outreach.”

Gerry has contributed to Seabury in many ways, including generous gifts for more than ten years and volunteering as a board member for nine years. Gerry joined Seabury’s board in 2011 and served three terms, finishing in 2020. He served on all the board’s committees, chaired the program committee, was elected vice-president and then president.

When asked why Seabury is important to him, Gerry shared, “I feel strongly about service and giving back to the community. It’s a part of my religious responsibility and my commitment to public programs. Seabury embodies both missions. It involves people with a commitment to doing a good and important job for the betterment of an often neglected and forgotten part of our community.

“People need a place to live that’s affordable, safe, and enjoyable. Friendship Terrace, Springvale Terrace, and Home First are just that. And the host of programs, Dining Sites, Model Cities, Care Management, Transportation, and others, all help folks in our community to age with dignity and opportunity. Seabury is the perfect opportunity for civic commitment.”

When Gerry is not giving his time and resources to make the world a better place, he loves spending time with his grandkids, sailing, traveling, and reading.

We sincerely appreciate friends like Gerry, whose generosity and partnership propel us toward another century of ensuring older adults in DC live with independence and dignity. Thank you, Gerry, for your unwavering support.

If you would like to join supporters like Gerry in making a difference, visit <https://www.seaburyresources.org/donate>