

# Century of Service

1924 1934 1944 1954 1964 1974 1984 1994 2004 2014 2024

# Letter from the CEO

Dear Seabury Community,

It is with great pleasure that I present to you our fiscal year 2024 Impact Report, celebrating our 100th year of serving older adults in the DC region!

On behalf of the communities we serve, I want to thank all our sponsors, funders, donors, board members, advisory councils, staff, volunteers, and community champions who have brought us to this moment. One hundred years is a long time! Our continued mission is a testament to the great need it was created to address, and the passion of countless individuals who believe our family and elder neighbors deserve good housing, good food, and good community as they age.



...we believe in building communities where everyone is valued and supported, where neighbors look out for each other and resources are shared with those who have less.

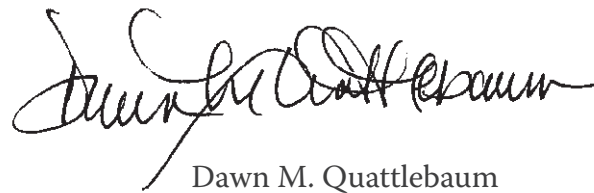
2024 was a year of great achievements. We completed a \$16M refinancing of Friendship Terrace, ensuring the sustainability of that community for decades to come; our programs returned to normal programming, bouncing back to pre-pandemic membership levels; we celebrated our centennial anniversary with a *Gala for the Ages* at the National Museum of Women in the Arts, and recognized a century of exemplary leaders with a Hall of Fame. Our Care Management program continued to grow, with over 6,500 hours of personalized care provided. Seventy clients received Equity Fund support, which provides care management to families with limited resources on a sliding scale.

However, 100 years after Seabury Resources for Aging® was founded, our mission to help older adults age with independence and dignity is needed more than ever. We are in “Peak 65” with more people living longer than at any point in history. At the same time, housing is increasingly unaffordable, food prices have risen 22% since May 2020, and the pandemic’s social isolation has resulted in serious health effects.

Seabury’s answer to the needs of the moment is fourfold: we are focusing on **Expanding Affordable Housing, Increasing Connection to Resources, Bridging Social Isolation, and Satisfying Senior Hunger.**

Our vision for the future is simple but profound: we believe in building communities where everyone is valued and supported, where neighbors look out for each other, and resources are shared with those who have less. Residents will have safe, stable, and supportive homes and enough to eat. More importantly, we understand getting older doesn’t mean fading away but taking every opportunity to “Maximize Life!”

In this Impact Report you will find a snapshot of our programs and the impact your partnership is making to achieve this vision. If you have any questions, or would like to learn more, my door is always open. I would be happy to talk with you and show you our programs in person.



Dawn M. Quattlebaum  
Chief Executive Officer

*Dawn Quattlebaum addresses the crowd at Seabury’s Gala for the Ages.*



## SEABURY AT FRIENDSHIP TERRACE

The Friendship Terrace senior living community was established in the Tenleytown neighborhood of DC’s Ward 3 in 1970. Designed by renowned architect Clothiel Woodward Smith, it provided a market-affordable community where people in the surrounding community could retire. Fifty-three years later, in the Fall of 2023, Seabury completed a \$16M refinancing of the property, not only ensuring the long-term viability of this 180-unit affordable community—but going further in our mission of making safe, secure, and supportive homes available for every aging adult.

The refinancing converted 125 units from “affordable based on market” into “deeply affordable based on income.” Combined with our previous 40 units of Section 8 housing, Seabury is now providing

“Friendship Terrace stands out as one of the few affordable senior housing options in Northwest Washington, DC, and it’s unique in that it is not public housing; it is a private nonprofit. This makes it a truly special place. It’s not just one of my favorite properties—it **embodies the essence of community living**. After years in this business, I can confidently say that Friendship Terrace is a remarkable choice for seniors seeking a supportive and enriching environment.”

–Joe Howell,  
Board of Directors



165 residents out of 180 with housing that costs no more than 30% of their income.

For residents who struggled to pay even “market affordable” rents with their limited income, this means a significant amount of money back into their pockets for additional healthcare, food, and other needs of daily living.

Furthermore, with more, lower-income residents at Friendship Terrace, Seabury has created a Food Trust to provide extra subsidies to residents struggling to afford the cost of food. With this refinancing, Seabury is helping to end the problem of homelessness and hunger for residents—forever.

**I want to thank you from the bottom of my heart** for all you do for me and the residents at [Friendship Terrace]! Your hard work along with your competent staff have improved my quality of life! Financially I have freedom to do so much more because of the new housing vouchers and now the Food Trust subsidy! If not for Seabury, I couldn’t afford to live in DC! I was born here and spent my early adulthood here! When I moved back 3 years ago I was shocked and appalled at the cost of housing! God bless you and your staff for making my life happier and peaceful! Thank you!

– Ms. W.



## FRIENDSHIP TERRACE FOOD TRUST

As part of the refinancing, Seabury has seeded \$2M of a \$3M Food Trust to support food-insecure residents with the cost of meals. **To make this a permanent resource, we need to raise an additional \$1M.**

Ms. R. told us the Friendship Terrace Food Trust support was Godsent. She was having trouble making ends meet and previously had to go without food, medications, transportation, and some doctor visits. She needed help and was burning through her savings. As a result, she couldn't really afford a proper meal and would rely on her neighbors to help her with food. Since receiving help through the Food Trust she now has enough to eat, and has been able to get some much needed medications and groceries with the extra money.



“Enterprise Community Development is thrilled to be working with Seabury on the redevelopment of Springvale Terrace. This development project will enable us to turn a property that had become functionally obsolete into a vibrant, modern community that meets the needs of today’s seniors. Together, ECD and Seabury will preserve and expand critical affordable, senior housing in an area of incredible opportunity in Silver Spring.”

– Enterprise Community Development

## SEABURY AT SPRINGVALE TERRACE

Springvale Terrace was developed in 1965 by the United Church of Christ. It was the first affordable senior living community in the region, built with HUD funds from the 202 Supportive Housing for the Elderly Program. For 60 years it has been home to 146 residents at a time, in a supportive community near the heart of downtown Silver Spring. We are grateful to all the people who have trusted us to call Springvale Terrace home and filled the gardens and terraces with life.

Today, Springvale Terrace is in an exciting phase of redevelopment. Recognizing the deep need for

more affordable senior housing, Seabury is partnering with Enterprise Community Development to expand our units by 60%—the newly developed community will feature approximately 236 deeply affordable homes, catering to seniors with incomes ranging from 30% to 80% of the area median income. The future community will boast modern amenities such as a spacious social hall, fitness facilities, game and media rooms, a library, and bike storage options. We hope to break ground on the new building in 2025 and open our doors in 2027.

Mr. C. came to Home First in April 2014 along with three others. He came from a shelter because he had lost his housing when his mother passed away. He was caring for her and when she died, family members decided to sell her home. That left him without housing and he was forced to go to a shelter. Mr. C. was so grateful to come to Home First, he was longing for “a safe haven, friends, and good food.” Seabury was able to provide him with all that he longed for, and he has never stopped telling us how thankful he is.



## HOME FIRST® RESIDENCES\*

Seabury’s Home First® Residences provide permanent homes with supportive programs for twenty at-risk older adults. The program focuses on older adults most in need, whether through poverty, homelessness, or lack of family or other social support. Home First has traditionally operated two independent living homes (Andrus House and House of Togetherness), and one licensed community residential home (Pleasant Hill). In 2024, recognizing DC’s changing needs, Pleasant Hill transitioned to independent living, as well. This home will now provide deeply affordable shared living for eight new residents.

Under this improved structure, all Home First residents will benefit from social services to provide resource navigation and organize community-building events. Residents will also have coordinated grocery shuttles and educational food programs focused on healthy eating and nutrition.

“DACL is proud to strengthen our ongoing partnership with Seabury and support the Home First Residences program, which offer safe, stable housing for seniors with very low incomes or those facing housing instability. As seniors represent the largest demographic in DC’s Annual Point-in-Time Homelessness Count, it is essential to create more communities like Home First, where our most vulnerable residents can age with dignity, security, and independence.”

– Director Charon Hines, DC Department of Aging & Community Living

## WARD 5 & 6 LEAD AGENCIES\*

*“Seabury has picked me up; I wouldn’t be coming out of my bed. I’m speaking completely honestly, [the lunch program] has helped me with my depression. I have something to get up for now, my hygiene is up.”*

- Ms. B., speaking about the new dining site at Gettysburg



**SEABURY SERVES OVER**  
**1,500 SENIORS**  
**95,000 MEALS** MORE THAN  
**EACH YEAR.**

We also operate a resource helpline for families and older adults who need referrals for help with food, medical supplies, utility bills and more.

**If you need help, please call (202) 529-8701.**

Seabury is proud to be the Lead Agency for DC’s Department of Aging and Community Living in Wards 5 & 6. Being the Lead Agency means that we manage eleven lunch programs across the two Wards, from Fort Totten to Southwest Waterfront. These programs provide enrichment activities like flower arranging or educational presentations around financial literacy. We have bingo and dancing, and connect seniors with bus trips around the city for socializing or other resources.

These fun programs are an antidote to the social isolation and hunger so many seniors in DC are experiencing. When neighbors come to lunch, they build community and friendships around the dining table, they check in on each other, and encourage each other to eat. In our city, 33% of seniors are experiencing hunger. Compounding this problem is isolation and loneliness; when seniors are isolated from others, many don’t want to eat.

*“I heard one gentleman say ‘my refrigerator is completely empty, this is the only meal I’m going to have.’ And Ms. Brooks said he could have more if he liked. Ms. Brooks really cares, she will stay overtime. She told us ‘I’m here because I care, because I love you all.’”*

- Ms. B.

*“We are dealing with seniors in isolation. We eat alone, watch TV alone; this program gives us togetherness. When we eat together we eat more. When we eat alone we nibble. We don’t want to cook alone. So many of us are isolated.”*

- Ms. P.

In our nation’s capital, none of our city’s elders should be hungry nor isolated. Seabury’s partnership with the District provides places for the community to gather in Wards 5 & 6, to find connection, and to enjoy a filling, nutritious meal.

## ISOLATION

**OUT & ABOUT\***

Seabury is proud to serve the generation of Stonewall, who lived through the AIDS epidemic, and who have seen a sea change in the way younger generations are able to embrace their sexuality. But for many older adults, their identity can still be a source of anxiety, and many “go back in the closet” when they join a senior living community because they are afraid of being ostracized in a new setting.

Seabury provides older LGBTQ+ DC residents a welcoming, supportive community. The Out & About program fosters meaningful connection through fun, engaging activities and outings, both physical and virtual. Health education, resources, and wellness programs focus on the specific wants and needs of this underrepresented segment of the community.

“There aren’t so many spaces for queer older adults to be with each other like this. There are events for seniors, where we can often feel alienated by our sexuality. And then there are queer spaces, like gay bars, where we can sometimes feel alienated by our age. But at Out and About events, LGBTQ+ older adults have a space by and for them, where we can meet and connect and dance with each other.”

– Out and About participant





## CARE MANAGEMENT

Our national Care Management & Life Enrichment Services program served 152 clients with over 6,500 hours of care. Seventy individuals received subsidies, funded by generous private support, to help them afford care, twice the number we originally hoped to be able to serve. This includes individuals who came to us on their own as well as clients from the National MS Society, Marist Fathers and Brothers, residents at St. Mary’s Court, and church congregations in the area.

### THE TRANSFORMATIVE POWER OF CARE MANAGEMENT: A STORY FROM THE MARIST BROTHERS



*Bro. Randy Hoover, SM (l) and Father Ted Keating, SM (r)*

The Marist Fathers and Brothers are a Catholic religious community that serve in parishes, schools, outreach ministries and as missionaries. Seabury serves the community in Brookland at Marist Center.

Amidst the day to day activities at Marist Center, a quiet revolution is taking place—one that highlights the profound impact of care management on the lives of the men who reside there. At the center of this change is Seabury Resources, an organization dedicated to

enhancing the well-being of older adults through compassionate care management.

For many of the men residing at Marist Center, navigating healthcare can be a daunting task. Without the assistance of care managers from Seabury, numerous individuals would struggle to attend medical appointments, access medications, or even discuss their health

“I’m a well-educated person and I like to think I understand systems pretty well. But you don’t know what you don’t know. Having someone with decades of experience is just efficient, it felt good knowing we had a pro ready to jump in where needed.”

- Caregiver for mom

concerns. The role of a care manager transcends mere logistical support; it embodies companionship and understanding, essential elements that help to combat social isolation among seniors.

One remarkable aspect of this support is the advocacy provided by care managers like Ms. A. She works tirelessly on behalf of the men, liaising with doctors, hospital staff, and rehabilitation nursing home personnel to ensure that their needs are met. This advocacy is crucial, as it allows the men to receive the comprehensive care they require, fostering a seamless transition between various healthcare services.

As men age, the risk of loneliness often increases. Many tend to withdraw into themselves, especially if they are introverted by nature. This is where the value of having an assigned care manager becomes evident. These dedicated professionals not only facilitate access to healthcare services but also foster an environment of trust. When care managers are present, seniors feel more comfortable opening up about their medical issues, which is crucial for timely interventions and support.

The impact of this relationship is life-changing. By maintaining a connection to the community, these men can live independently for longer periods, reducing the need for assisted living. The care managers make it possible for them to maintain their dignity and autonomy, allowing them to thrive in a supportive environment.

At Seabury, the focus is not just on addressing immediate health concerns but also on promoting overall well-being. This holistic approach ensures that seniors receive not only medical assistance but also emotional support, which is vital for a fulfilling



*Brother Richard McKenna, SM*

life. The care managers orchestrate a symphony of services that cater to both the physical and psychological needs of the men at Marist Center.

In conclusion, the work being done at Seabury serves as a beacon of hope for older adults. By providing compassionate care management and dedicated advocacy, they empower seniors to take control of their health and well-being, fostering independence and reducing loneliness. As we look towards the future, it is clear that effective care management can profoundly impact the lives of many, allowing them to age gracefully within their communities.

## INFORMATION & RESOURCES

If your family is experiencing a crisis or you would like advice about long-term planning, please call our Care Management helpline at (202) 376-0020.

## EQUITY FUND

Everyone deserves care and support, but many professional services are cost-prohibitive. Seabury's Equity Fund provides subsidies to families and older adults in DC, MD, and VA who need Care Management but have limited resources. This resource is wholly funded by community support. **Help us raise \$100k in 2025 and serve more seniors in need with expert, compassionate care.**

## MODEL CITIES SENIOR WELLNESS CENTER\*

Model Cities Senior Wellness Center has it all! Located in Ward 5, but open to residents across the District, it welcomes more than 500 members each year to engage in fitness classes, music, painting, lunch, card games, advocacy, gardening, social trips, and much, much more!

Model Cities connects people to resources and each other. It can get lonely as people age and friends and family are not always close by. Members come to Model Cities to stay engaged and make new friends, helping each other live life to the fullest. We are excited to celebrate renovations to the Center that include a new dance studio, expanded parking lot, and new conference room for community meetings. And we are especially excited for grants from The Washington Home Foundation and AARP DC that provided more transportation to bring members to Model Cities!



*MC Steppers at Model Cities' Renovation Grand Opening.*

"Seabury Resources for Aging® is an invaluable partner for our parish. Not only does Seabury host an annual Celebration of Service at the National Cathedral to honor our seniors for their ministry, but we have relied heavily on Seabury's expertise to provide educational offerings for our parishioners on the subject of aging in place as well as highly trained care managers to assist us in caring for some of our most vulnerable seniors."

– The Rev. Sari Ateek, Rector  
St. John's Episcopal Church,  
Norwood Parish

## CONGREGATIONAL RESOURCES

Seabury is a resource for congregations. Congregational Resources works with clergy and lay leaders to support their aging members. This comes in both direct service to the parish and educational presentations, as well as training faith leaders to offer our nationally recognized curriculum on the spirituality of aging *The Path Ahead: Spirituality & Purpose in Later Life<sup>SM</sup>*. In FY24, 29 facilitators from 16 states received training, potentially nourishing as many as 580 persons on their aging journey.

## BRING SUPPORT TO YOUR CONGREGATION

Do you want to do more for caregivers and older members in your community? Contact Seabury at (202) 414-6316 to learn about the resources available to you.



## AGE-IN-PLACE®\*

Seabury Resources for Aging's® Age-In-Place® program supports around 200 DC seniors with volunteer yard work, house cleaning, and technology support in Wards 4, 5, and 6 with more than 600 volunteers working on projects Monday–Saturday. Beyond the physical support, volunteers provide conversation and company for clients who may be homebound or isolated, especially after the pandemic disrupted normal social connections.

Mrs. J. has been a client for quite some time. After losing both her husband and mother in the last two years she's told Seabury how our presence is a godsend. She appreciates volunteers both helping to keep her house dust free and getting her outside to help with the branch trimming—Mrs. J loves the companionship as much as the actual services being done.

*“Seabury is an outstanding organization that genuinely cares for the well-being of those in need, and I am so grateful to have them by my side.”*

## VOLUNTEERS NEEDED

Seabury needs individuals and groups from schools, companies, churches, and social groups to volunteer. If you would be interested in helping seniors in your community, either individually or with a group of four to eight people, please contact Seabury at [gpurnell@seaburyresources.org](mailto:gpurnell@seaburyresources.org) or (202) 635-9384.

## TRANSPORTATION

From 2013–2021, Seabury Connector was a DC government supported program that provided thousands of trips for seniors to doctor appointments, grocery stores, etc. When that program was moved to a for-profit company in 2023, Seabury Connector continued to live on in a small fleet of vehicles that served Lead Agency Dining Sites around the city, bringing seniors on social trips (“Music & Cruisin’”), out to eat at restaurants, to grocery stores, and other nonprofit providers. Seabury Connector provided more than 400 trips in 2024.

During the 2024 DC Oversight hearings, transportation support was the #1 budget concern for senior service agencies. For seniors limited to their homes, bus trips are more than just transportation—they're a way to safely get out of their buildings, meet new people, explore the city, and engage with life. They are a bridge connecting seniors to people from outside their building and to other resources. As Ms. C. told us:

*“It gives us an excuse to get outside of the building and get sunshine. There's more vitamins in sunshine than in some food! The trip around the city, everyone had memories from around the city. The bus brings us places where we can take advantage of other support systems like Bread for the City.”*

## RESERVE YOUR TRIP

Seabury specializes in “couch to couch” transportation that provides support to seniors out of their home or building and into the vehicle. This is an extra level of support that is not available for other on-demand rides.

If you would like to schedule a trip for your community, building, church, or social group, please contact [transportation@seaburyresources.org](mailto:transportation@seaburyresources.org) or (202) 808-8790.

“United Bank is proud to be a centennial sponsor of Seabury Resources for Aging®. As we enter ‘Peak 65,’ their work providing deeply affordable housing, meals, community, and resources for the eldest in our community continues to be vitally important.”  
 - Todd Monash, United Bank

# COMMUNITY SUPPORT

Seabury is grateful for the generous support of the many individuals who have made our mission part of their life’s mission. Without your support this year, we could not continue to offer programs and services that serve people in their most vulnerable moments.

We especially thank those in our community who support Seabury with a Legacy Gift as part of their estate planning. Our mission has been sustained for 100 years through the generosity of individuals leaving behind support for those who come after them.

**If you are interested in joining our 1924 Legacy Society, please contact our staff by emailing [giving@seaburyresources.org](mailto:giving@seaburyresources.org) or calling us at (202) 849-8082.**

# INSTITUTIONAL PARTNERS

Seabury Resources for Aging® extends heartfelt gratitude to all of our corporate and foundation sponsors. Your generous support plays a crucial role in empowering us to provide vital services and programs for older adults in our community. Your commitment to enhancing the lives of seniors not only helps us fulfill our mission but also fosters a sense of dignity and purpose among those we serve. Together, we are making a significant impact, and we deeply appreciate your partnership in this important work. Thank you for believing in our vision and for standing with us as we continue to advocate for and uplift our aging population.

**100,000+**

Department of Aging & Community Living  
 The Washington Home\*

**\$50,000+**

Agua Fund

**\$10,000+**

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**\$2,500+**

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**\$1,000+**

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**Under \$1,000**

Bedford Court  
 Grand Oaks  
 St. Andrew’s Episcopal Church, College Park  
 St. John’s Episcopal Church, Norwood Parish  
 The Thrift Shop Guild of Christ Church, Georgetown

# THANK YOU

Seabury thanks our volunteer leaders for their support of our mission. Without your leadership, we could not serve over 6,000 families and older adults. It is your passion that helps us address deeply affordable housing, connection to resources, social isolation, and food to end senior hunger.

## FY24 BOARD OF GOVERNORS

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LCHC  
Stephanie Robinson, Community  
Representative

# Letter from the Board President



As we mark our 100th year in operations, the accomplishments of our Impact Report leave me, and hopefully you, impressed and proud of the incredible work of Seabury. Thank you to our staff, volunteers, and donors who make our mission come to life through the Washington Metro area. I've had the privilege to serve on the Board for six years and was honored to accept the role of President this June. Building upon the legacy of the Board leaders before me, I can see incredible opportunity through the shared vision of our stakeholders.

My own experiences with service providers to the aging community shined a light on the significant disparity in resources for those with and without means. My grandparents each lived in communities across the spectrum of service. This first-hand experience has driven my dedication to ensuring that all older adults have access to quality services.

Too many people don't have the resources they need to age with dignity. They struggle with simple, foundational things – where to live, what to eat, how to get care. These are the challenges that countless adults are currently facing and will continue to face in the near future.

Seabury has designed the solutions—a \$3M Food Trust at Friendship Terrace, a \$100k Care Management Equity Fund, as well as growing the Seabury Connector bus program which is focused on connecting seniors to resources. We need your help and financial support to see these solutions become reality.

I invite you to come and see our work in action. Please join us for our Friendship Terrace Open House later this year and see what aging with dignity looks like when good food and quality housing are no longer concerns. Join us for a groundbreaking as we redevelop Springvale Terrace to increase by 60% the affordable senior homes just steps from downtown Silver Spring.

I can share many statistics with you about how important our work is, but I instead invite you to see the smiles of our caregivers and older adults. Their happiness is contagious when you know that your efforts mean they won't have to worry about their basic needs and can age with grace.

That's the vision. That's the challenge. That's my invitation to you.

Craig McCullough  
President of the Board

*“Our beloved mother  
may be provided for in  
some other way, but the  
mother of someone else  
may not be as fortunate”*

ORIGINAL APPEAL FROM 1936  
WHEN SEABURY WAS KNOWN AS THE  
EPISCOPAL CHURCH HOME



P.O. Box 70220, Washington, DC 20024

(202) 289-5690 tel

[info@seaburyresources.org](mailto:info@seaburyresources.org)

Seabury Resources for Aging® is a private nonprofit 501(c)3 organization.  
Seabury's Identification Number (EIN) is 53-0204693.