



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**

752-6621 or Ext. 0

**Work Order Line**

Ext. 1293

**"THE REZ"**

Ext. 1290

Resident Store

Location: LP 1st Floor

Closed until further  
notice

**BISTRO**

Ext. 1394

Location: LP 1st Floor

Next to Wellness Center

Monday-Wednesday &  
Friday

Closed until further  
notice

**ON CAMPUS**

**BANKING**

Canceled until further  
notice

**RESIDENT COUNCIL**

**MEETING**

Canceled until further  
notice

**COFFEE WITH**

**JUDY**

Canceled until further  
notice

In lieu of listing daily activities, which as you know have been canceled, we will be sharing information about COVID-19 and other online resources. And, although we take the situation very seriously, we'd also like to share some of the lighter side of the situation that we have found on various websites.

## Temporary Personal Concierge Service

Each resident at FTJ has been assigned a Personal Concierge who will be their link to family and outside services if needed. Each Personal Concierge is helping to facilitate communication with resident families, setting up FaceTime or Skype for residents and handling deliveries that come to the building from resident families among other things. This service is provided by FTJ to help our residents stay informed and to help mitigate feelings of isolation that can occur in situations like we are currently in.

## Bored? Here are some Educational, Entertaining and Exercise Videos you might enjoy

Go to <https://www.franketobeyjones.com/pt-defiance-ruston-senior-center/exercise-videos/> to find these videos and more.

### Educational Videos

- Historical Events You Won't Believe Happened At The Same Time
- Landmarks of Western Art – A Documentary Series on You Tube
- The History of Bridges
- Route 66 Road Trip
- Airplane History
- Women in History
- Egyptian History
- The Most Unusual Musical Instruments in the World
- History of Tacoma
- Point Defiance Park: 100<sup>th</sup> Anniversary Special

### Entertaining Videos

- Dr. Maya Angelou
- The Road Not Taken by Robert Frost
- Flintstones Wacky Inventions
- The Three Stooges
- Army Band
- I Love Lucy – Full Episodes
- Johnny Cash—Walk the Line
- Leave It to Beaver— Full Episodes
- Bonanza—Full Episodes
- Red Skelton
- Tom & Jerry
- The Little Rascals
- Movie: Big w/ Tom Hanks
- Penn & Teller FOOL David Copperfield
- John Wayne Movies

### Exercise Videos

- Chair Exercises
- Gentle Chair Yoga Routine
- Chair Yoga Dance
- Chair Yoga Dance with Sherry Zak Morris
- "Hand Jive" Chair Dancing by Jodi Stolove
- Zumba Gold: Tango-Chacha
- Zumba Gold: Country Jive
- Zumba Gold: Romantic Reggaton

## HAPPY BIRTHDAY

March 31

Francesca Okerlund

April 9

Steve Didis

Don Franklin

April 13

Joanne Keller

April 14

Mark Litchman

April 17

Tom Reeder

Carolyn Huffman

April 20

Ann Martin

April 21

Marcia Kuska

April 22

Mary McCall

April 23

Peter Jensen

Marian Athow

Paul Gilbert

April 24

Shirley Cockrill

April 25

Joe Zmora

Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler



## TAKING CHARGE OF YOUR WELL-BEING

1. Reduce your stress - Chronic stress weakens the immune system Consider turning off the 24-hour news networks, go on a walk and unplug for a while. Remember, this too shall pass.
2. Exercise– Movement can boost your immune system and ease stress. 30 minutes a day of riding your bike, walking, or stretching can make a huge difference.
3. Get quality sleep– Without quality sleep your immune system won't have the strength it needs to fight off illnesses. Sleep cycles last about 90 minutes so if you want to wake up feeling your best, set your alarm to wake you up at the end of one of these sleep cycles. Meaning, 7.5 hours or 9 hours will have you feeling more rested than 8 hours of sleep or waking up in the middle of a 90-min sleep cycle.
4. Eat the Organic Rainbow- Colorful fruits and veggies are full of antioxidants. These nutrients guard against free radicals that can harm your cells. Try getting a wide range such as leafy greens, berries, kiwi, beets, yellow peppers, pineapple, eggplant, etc..
5. Minimize the sugar and processed foods– A lot of us turn to sugary treats because we get the quick endorphin hit but it's short lived and we are back for more...and more. This lowers our immune system, making us more susceptible to disease and illness. Try a healthy treat or finding something to do that brings you joy. Many times we aren't hungry, we're just bored.
6. Stay positive and laugh– Find ways to be happy! Laughing can boost your immune system. Having a positive outlook and having hope will do more towards having a strong immune system than stress and worrying will.

### COVID-19 Update

We want to say thank you for the great job all our team members are doing during these challenging times. We are so grateful for your compassion, caring, time and creativity as we work through this together. Franke Tobey Jones continues to monitor new developments daily as it relates to COVID-19. We are fully committed to maintaining the well-being and safety of our residents and team members. We have all current protocols in place, and are spending extra efforts on infection control measures. Please remember to follow the recommended guidelines by regulatory authorities to protect yourself and others: Follow good hand hygiene washing hands often, if soap and water isn't available use hand sanitizer with at least 60% alcohol. Avoid touching your face, nose and eyes. To the extent possible, avoid touching high-touch surfaces in public places. In addition, avoid close contact with others by practicing social distancing of at least 6 ft apart.

We are still COVID-19 free at Franke Tobey Jones...and we are making every effort to keep it this way. Our job is to take care of seniors, and during this time of COVID-19 it has never been truer of our mission. We are all going to get through this together and be stronger because of it. Thank you again for everything you do!

## Beware of Coronavirus Scams

### From the ADRC Newsletter

Not surprisingly, scammers are wasting no time in taking advantage of the COVID-19 pandemic. Medicare beneficiaries are receiving robocalls about “special virus kits.” The scammer asks the person for their Medicare number so they can send them a “free” test. If you receive this type of call, hang up immediately and do not provide them with any information! Never give out your Medicare number or Social Security number. Be cautious of unsolicited requests for your Medicare or Social Security numbers. Do not consent to any virus tests over the phone or at senior centers, health fairs, or in your home. If you think you need the test, call your doctor. (Source: SHIBA)

If you receive a call from anyone soliciting donations be very cautious, especially if they ask for donations via gift cards. That’s a huge red flag. Check to see if the charity is registered with the Secretary of State at [www.sos.wa.gov/charities](http://www.sos.wa.gov/charities). If the organization is registered, you can review a summary of its tax status and financial records. If the organization is not registered, or you would like further information, contact the Secretary of State’s Charities Program at 1-800-332-4483. Check the charity’s rating by Better Business Bureau at [www.give.org](http://www.give.org). (Source: AG)

Yes, Social Security offices are closed. Social Security benefits have not been cancelled. Social Security payments will continue as scheduled. Do not respond to letters, phone calls or e-mails requiring you to do anything to continue your benefits. That’s a scam.

### From the Federal Trade Commission

Here are some tips to help you keep the scammers at bay:

Hang up on robocalls. Don’t press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead. Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren’t proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the [FDA](https://www.fda.gov) to learn more.

Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn’t been verified. Before you pass on any messages, contact trusted sources. Visit [What the U.S. Government is Doing](#) for links to federal, state and local government agencies.

Know who you’re buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don’t.

Don’t respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.

Don’t click on links from sources you don’t know. They could download viruses onto your computer or device.

Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) and the [World Health Organization \(WHO\)](https://www.who.int).

Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don’t let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don’t do it.

### Reporting Coronavirus Scams

From the U.S. Department of Justice

If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home through a number of platforms. Go to:

Contact the [National Center for Disaster Fraud Hotline](#) at 866-720-5721 or via email at [disaster@leo.gov](mailto:disaster@leo.gov)

Report it to the FBI at [tips.fbi.gov](https://tips.fbi.gov)

If it's a cyber scam, submit your complaint through <https://www.ic3.gov/default.aspx>

# Spring Flowers

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

- LAVENDAR
- SWEET WILLIAM
- HYACINTH
- LILLY
- PANSY
- BABY'S BREATH
- DAHLIA
- FORSYTHIA
- PETUNIA
- DAISYS
- CREPE MERTLE
- JONQUILS
- LILAC
- TULIPS
- IRIS
- WYSTERIA
- CROCUS



## WEEKLY RIDDLE

What kind of room has no doors or windows?

	/		X		-		29
-		/		-		X	
	/		+		+		31
-		-		/		+	
	+		X		-		6
-		-		+		-	
	X		-		-		135
-22		-10		25		41	

A math challenge is a group of numbers formed in a block filled with addition, subtraction, multiplication and division.

Use the numbers 1 through 16 to complete the equation.

Each number is only used once.  
Each row is a math equation. Work from left to right.  
Each column is a math equation. Work from top to bottom.

**And, just like that, no one ever asked a Stay-at-Home mom what she does all day ever again.**

Because of the huge increase in deliveries, FedEx and UPS have joined forces and are now Fed-Up

### Face Mask Sewing

All around the country many people are sewing face masks to help combat Covid-19 and the shortage of masks. FTJ is looking for residents that are sewers and willing to sew face masks. If you would like to volunteer to make masks, please contact Chris Hall at 253-756-6350 to sign up. She will get the face mask sewing pattern to you.

### Great Courses DVD Rentals Available

Senior University has over 140 DVDs of Great Courses available to check out for viewing in your apartment. The topics vary from fine arts, history, literature & language, music, philosophy & religion, science & mathematics to world cultures. A complete list is available by contacting Jana at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com).

She will follow up with you on Wednesday and arrange delivery of your chosen DVD.

Anyone else feel like life is being written by a 4th grader right now?" And there was this virus 🦠 and everyone was scared. And then the world ran out of toilet paper 🧻 yeah, and then there was no school for like a month and then it snowed!! "

Due to the quarantine...  
I'll only be telling inside jokes.



### Resident Store Closed

Due to an abundance of caution The Rez has been closed until further notice. If you are in need of items please contact your personal concierge to make arrangements.

<i>MENU</i>			
		<i>Apr 6th - Apr 12th</i>	<i>Mindful Offer</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Red Pepper & Basil Soup	Cream of Tomato Soup
<i>M</i>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<i>N</i>	Poached Egg	Beef Stew	Crispy Fish Taco
<i>D</i>	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
<i>A</i>	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
<i>Y</i>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Buttermilk Drop Biscuits	Smashed Black Beans
		Key Lime Cake	Vanilla Mousse
6			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<i>T</i>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Scrambled Egg	Maple Glazed Pork Loin	Chicken, Bacon & Cheese Sandwich
<i>S</i>	Bacon	Catfish Cakes	Cheese Ravioli
<i>D</i>	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Garlic Knot
<i>A</i>	Whole Milk	Green Beans	Roasted Green Pepper
<i>Y</i>	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
7			
<i>W</i>	Fresh Fruit in Season	Carrot & Ginger Soup	Turkey Noodle Soup
<i>E</i>	Assorted Fruit Juice	Cole Slaw	Carrot & Ginger Soup
<i>D</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>N</i>	Fried Cage Free Egg	Baked Ziti with Vegetables	Grilled Chicken Caesar Salad
<i>E</i>	Blueberry Pancake	Turkey Scaloppini	Cheese Burger
<i>S</i>	Grilled Ham	Rice Pilaf	Tatar Tots
<i>D</i>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
<i>A</i>	Coffee	Crisp Baguette	Maple Bacon Cookie
<i>Y</i>		Raspberry Whoopie Pie	
8			
<i>T</i>	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
<i>H</i>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Ditalini Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Baked Denver Omelet	Pot Roast	Little Italy Meatballs & Whole Wheat Pas
<i>S</i>	Bacon	Lemon Sage Chicken Breast	Roasted Vegetable Quesadilla Snacker
<i>D</i>	Banana Yogurt Coffee Cake	Oven Roasted Potato Wedges	Zucchini & Yellow Squash
<i>A</i>	Whole Milk	Sautéed Spinach in Olive Oil with Garlic	Fried Tri Color Tortilla Chips
<i>Y</i>	Coffee	Mango Coconut Parfait	Chocolate Pudding Cup
9			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<i>R</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>I</i>	Whole Wheat Pancakes	Chicken Marsala	Philly Cheesesteak Sandwich
<i>D</i>	Fried Cage Free Egg	Orange Salmon with Olives & Almonds	Tuna Noodle Casserole
<i>A</i>	Bacon	Garlic Mashed Potatoes	Stewed Tomatoes
<i>Y</i>	Whole Milk	Roasted Zucchini & Eggplant	French Fries
	Coffee	Spice Cake with Cream Frosting	Applesauce Bar
10			
<i>S</i>	Fresh Fruit in Season	Tomato Soup	Tomato Soup
<i>A</i>	Assorted Fruit Juice	Orange Jicama Salad	Grilled Chicken Tortilla Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>U</i>	Scrambled Eggs	Shepherd's Pie	Eggplant Parmesan
<i>R</i>	Blueberry Muffins	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<i>D</i>	Sausage Link	Sticky Rice	Angel Hair
<i>A</i>	Hash browns	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
<i>Y</i>	Whole Milk	Fresh Broccoli	Focaccia Rolls
	Coffee	Mixed Berry Apple Crisp	Cherry Dark Chocolate Cookie
11			
	Fresh Fruit in Season	Roasted Onion Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Roasted Onion Soup
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<i>U</i>	Cinnamon Rolls	Glazed Ham	Southwest Salisbury Steak
<i>N</i>	Poached Egg	Roast Leg of Lamb	Cheese Enchiladas
<i>D</i>	Bacon	Roasted Red Potatoes	Mexican Rice
<i>A</i>	Whole Milk	Peas & Mushrooms	Fiesta Corn
<i>Y</i>	Coffee	Asparagus	Chocolate Peanut Butter Brownie
		Strawberry Cream Pie	
12			