



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.

Immune Boosting Soup Recipe

Coconut, Ginger & Turmeric Soup

This recipe comes from The Wholefood Pantry. The ginger-turmeric combo offers a mildly spicy but refreshing flavor, perfect for all things upper-respiratory. Plus, it's immune boosting with its spices and bone-broth base.

Ingredients

- 1 quart homemade bone broth or store-bought chicken or vegetable broth
- 1¾ cups full-fat coconut milk
- A knob of fresh ginger, peeled and very finely sliced
- ½ teaspoon ground turmeric or a knob of fresh turmeric, finely sliced
- Juice of ½ to 1 lemon (add desired amount)
- ¼ teaspoon red chili flakes or cayenne pepper
- A small handful of cilantro, roughly chopped
- 2 teaspoons raw virgin coconut oil
- Sea salt and freshly ground black pepper

Method

1. Put all the ingredients, except for the cilantro and coconut oil, into a medium saucepan, and bring to a gentle simmer.
2. Simmer for 5 to 10 minutes, remove from the heat, and allow to cool for a few minutes.
3. Season with sea salt and plenty of black pepper, sprinkle over the cilantro, and spoon in the coconut oil. Taste and add more lemon juice if you like and serve.

Don't miss out on the fun. Today, Friday April 17th at 1:30! We've asked family members to drive through FTJ so at least they can see you and wave... and we can all wave back and make some noise! We'll be putting chairs outside, six feet apart, along the parade route which will go through the entire community. It's supposed to be a beautiful, sunny day too. SEE YOU ON THE PARADE ROUTE!

amazonsmile Do You Shop Online?
Did you know that when you order from Amazon you can also support Franke Tobey Jones?

You shop. Amazon gives.

Amazon will donate 0.5% of all eligible purchases if you select Franke Tobey Jones as your charity!

Smile.Amazon

Please take a moment and register Franke Tobey Jones as the charity non-profit you would like to support when you order from Amazon. It is fast, easy, and together we can make a difference! **Amazon will donate 0.5% of all eligible purchases with these easy steps:**

In your web browser, type in **smile.amazon.com** Enter in your email address and Amazon password. You will be asked to select a charity – type in **Franke Tobey Jones** and click on Select.

Whenever you want to shop on Amazon, simply go directly to **smile.amazon.com** (it will take you to your account page) Place your order and Amazon will donate to Franke Tobey Jones.

HAPPY BIRTHDAY

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



COVID-19 Update

We continue to be vigilant in implementing the various guidelines from CMS, CDC, state and local authorities. It's no time to put our guards down and, yes, it sure is beginning to feel like a new normal! We are still blessed to have no COVID-19 at Franke Tobey Jones.

This week the Interstate 5 electronic road signs say, "Staying at home is saving lives. Keep it up!" It IS so vitally important that we continue social distancing, restrict visitors, washing our hands and wearing facemasks. Facemasks are required for all FTJ team members and are highly recommended for all residents. Please wear a facemask when you are in the hallways of any of our buildings, when you are walking outside around campus or when you are with anyone. Facemasks are considered an additional layer of protection, though they will not prevent the spread of COVID-19 without doing other protective measures such as washing your hands and maintaining physical distance. We appreciate all of you being diligent in keeping up this protocol. We have several people currently sewing facemasks, and these will be delivered to residents that don't have them when available.

In the spirit of preparation, now would be a good time to make sure your POLST form and Healthcare Directives are up to date. Our independent residents might consider having extra medications on hand, and packing a small bag in case you need to leave campus for medical or other reasons.

We continue to get these questions:

1. Can I leave campus to go to a doctor's appointment? Yes you can, but please wear a facemask, social distance as much as possible and wash your hands after your appointment and when you get back to FTJ.
2. Can I leave campus to get groceries? We encourage you stay on campus and to use one of the several grocery store delivery services that we have recommended. If you need a list, please ask Michelle (253) 756-6251 or Chris (253) 756-6350.
3. Can I go outside for a walk? Absolutely. We encourage you to enjoy the beautiful sunshine. Please wear a facemask, and if you are walking with anyone, please stay six feet apart.

Thank you to our entire staff and resident Personal Concierge team. Their dedication to implementing the new regulations has been outstanding. And thank you to our residents. All of you have been real troopers and so sincere in following the changing guidelines and keeping safe while here and while off campus. We can't thank you enough for your diligence in helping us thwart off the COVID-19 virus.

We hope to see all of you (six feet apart) on the Springtime Parade route today (Friday, April 17) at 1:30. This should be a wonderful event and lift all of our spirits!

"Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way." Coco Calla

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

LOUD		
FREQUENCY		

Cryptogram

B R W U H Q E M D W
 V Q E D O J U F M U J V W F J D Y
 M U R Q E D Z W W K Z Y J C W M
 Z W V Q U I . B R W U H Q E Z J O
 Q U M D W I - R Q O V J U I W D M
 Z W V Q U I Z W W K Z Y J C W M U
 R Q E D . O R M O ' Z
 D W Y M O J S J O H .

HOW TO SOLVE:

Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!

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

		6	7		3	2		
	5	8	4				6	
4				9			7	1
8				3			5	4
		2	9		7	6		
6	3			4				9
1	8			6				7
	6				9	4	8	
		5	8		4	3		

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid. Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.



WEEKLY RIDDLE

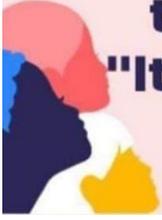
With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?

Geology Word Search

Find the names of various rocks hidden in the puzzle.

T	N	X	E	J	F	Q	W	N	P	Y	N	O	C	R	I	Z	AMETHYST
I	O	R	I	E	U	E	S	I	O	U	Q	R	U	T	G	F	BERYL
E	A	Z	J	A	T	O	L	K	P	M	N	W	N	A	L	A	BORAX
T	W	X	R	A	T	I	E	D	K	Y	H	I	R	D	Z	R	COPPER
I	P	T	D	Z	H	T	H	H	S	O	R	N	H	A	K	S	CUPRITE
E	Z	L	R	N	I	O	A	C	W	P	E	I	P	S	O	U	DIAMOND
D	M	S	A	C	O	L	A	D	A	T	A	O	T	B	X	L	FELDSPAR
A	S	U	U	T	I	M	P	M	I	L	T	R	E	E	K	F	FLUORITE
J	I	E	S	T	I	A	A	R	E	L	A	R	Z	B	A	U	GALENA
G	L	A	E	P	N	N	O	I	Z	T	Y	M	B	M	C	R	GARNET
R	V	N	N	J	Y	U	U	X	D	L	H	Z	Y	M	I	U	GOLD
A	E	E	Z	R	L	G	L	M	E	Q	B	Y	M	Y	M	G	GRANITE
N	R	L	S	F	H	S	G	K	I	H	O	O	S	E	K	R	GRAPHITE
I	D	A	B	G	E	R	U	B	Y	Y	R	O	V	T	H	W	GYPSUM
T	L	G	E	T	I	R	P	U	C	N	A	J	X	C	P	F	HALITE
E	O	E	T	I	H	P	A	R	G	A	X	K	B	E	Q	T	JADEITE
K	G	G	C	K	Y	B	C	O	P	P	E	R	A	X	J	B	LEUCITE

The world has flipped upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors. "It's for your own good"!



MY HOUSE GOT TP'D LAST NIGHT, IT'S NOW APPRAISED AT \$875,000

When we come out of this and I ask you where you want to eat, I do NOT want to hear "I don't know". YOU HAD 45 DAYS

Sooo basically we are all grounded. I would rather just get a whoopin at this point!



I'm leaving 2020 the worst Yelp review.

When you put hand sanitizer on but forget about the small cuts you have on your hand

I wish corona could've started in Las Vegas because what happens in Vegas stays in Vegas



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.

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

Paranoia has reached absurd stages...

I sneezed in front of my laptop and the anti-virus started a scan on its own

