



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.

MONDAY, MAY 11

LP Room Visits	9:30 am—11:00 am	LP Building
LP Hallway Puzzles	1:30 pm	LP Hallways
LP Room Visits	2:30 pm—4:00 pm	LP Building
LP Movie Matinee	2:30 pm	LP Parlor
Duplex Tailgate Happy Hour	3:30 pm	DU

TUESDAY, MAY 12

LP Room Visits	9:30 am—11:00 am	LP Building
LP Hallway Workout	1:30 pm—3:30 pm	LP Hallways
LP Movie Matinee	2:30 pm	LP Parlor
BV Hallway Happy Hour	3:30 pm	BV Hallways

WEDNESDAY, MAY 13

LP 1:1 Craft Project	9:30 am—11:00 am	Activity Terrace
LP Room Visits	1:30 pm—2:30 pm	LP Building
LP Hallway Happy Hour	3:00 pm	LP Hallways
TJ Hallway Happy Hour	3:30 pm	TJ Hallways

THURSDAY, MAY 14

LP Room Visits	9:30 am—11:00 am	LP Building
LP Hallway Workout	1:30 pm—3:30 pm	LP Hallways
LP Movie Matinee	2:30 pm	LP Parlor
GA Hallway Happy Hour	3:30 pm	GA Hallways

FRIDAY, MAY 15

LP Room Visits	9:30 am—11:00 am	LP Building
LP Hallway Refreshments	2:00 pm—3:00 pm	LP Hallways
LP Movie Matinee	2:30 pm	LP Parlor

SATURDAY, MAY 16

LP Movie Matinee	2:30 pm	LP Parlor
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SUNDAY, MAY 17

LP Movie Matinee	2:30 pm	LP Parlor
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Face Masks and Social Distancing

Just a friendly reminder that as we engage in hallway happy hours, hallway exercise classes, wellness center use, walking or exercising on campus grounds and other program offerings, please maintain your social distancing. Stay at least 6 feet apart and wear your masks anytime you are outside of your apartment.

HAPPY BIRTHDAY

May 2

Don Clifford

May 3

Bob Roberts

May 6

Dorothy Vipond

May 7

Ruth Caswell

May 8

Orv Harrelson
Tom McClung
Maris Drewfs

May 9

Edna Franklin

May 10

John Hodge

May 11

Hazel McIntosh

May 13

Mike Wiese
Liliane Bender

May 14

Peg Squire

May 15

Betty Peterson

May 21

Freeman Brown

May 22

Patsy Mills

May 23

Eloise Johnson

May 26

Joan Garden
Paul Van Der Voort

May 27

Dick Griffin

May 29

Clemens Plattner

May 30

Jan Johnson
Edith Abicht

May 31

Phyllis Larsen
Lura Murphy

COVID-19 Update

As we continue with our COVID restrictions, we are all coping as well as can be expected. It's been fun to see some of our residents out biking around campus, flying kites on our front lawn, playing musical instruments out in the sunshine and taking walks around our beautifully blooming campus. Of course, it's not ideal, but life goes on with this new normal as we remain well and healthy.

As more time passes with these current restrictions in place, we realize that everyone is getting more restless, and that you may want to leave campus. However, we state once again that we are following Governor Inslee's "Stay Home, Stay Healthy" policy. We are encouraging everyone not to leave our campus for any reasons except for critical medical appointments. This applies to everyone living in **all areas** of our campus: independent living, assisted living, skilled nursing and memory care. If you choose to leave campus for more than a day, when you return the policy is that you must self-isolate in your duplex/apartment/room for 14 days.

We also understand that your families want to see you and vice versa. It is human nature to want to be with our loved ones. We are all feeling it and know that as each day passes it's more difficult to be apart from those we love. However, we must continue to enforce restricting visitors to Franke Tobey Jones. These unauthorized visits include "window visits," "talking over the fence visits," being with you for a virtual doctors visit and any other type of casual visits that seem appropriate as far as social distancing is concerned. However, they are not appropriate. Our no visitor's policy applies to every family member and every resident. No one is an exception unless a family member is providing medical assistance. This no visitors policy is not related to the Stay Home, Stay Healthy policy, but are guidelines by the DOH, CMS and CDC in which we are complying with for the protection and health of our residents.

We have experienced residents "self-policing" when they see other residents or visitors not complying with the rules. We encourage every resident to self-police to help keep our campus healthy.

In the coming weeks Washington State may begin re-opening businesses. This does not mean our campus will re-open to visitors in the same timeline. As stated above, the "no visitors" policy is in place due to guidance provided by DOH, CMS and CDC and not the stay at home order. Given the higher risk the virus poses to our residents, we are intentionally planning to continue our aggressive measures to reduce potential exposure to our residents. We will continue to monitor and evaluate how and when to modify these procedures. We are aware of the strain this causes for residents, families and friends, and we share with you the desire to get back into a normal routine. However, our goal is to always ensure everyone's safety, so we urge you to please continue to follow our policies and procedures.

We genuinely appreciate the support that we have received from our families, residents and team members. As always, if you have questions, please either call me or Bob Beckham our COO. 253-752-6621.

jdunn@franketobeyjones.com or bbeckham@franketobeyjones.com

Sincerely,
Judy Dunn, President & CEO



Word List - "Astronomy"

- | | | |
|-----------------|--------------|---------------|
| Alpha Centauri | Jupiter | satellite |
| asteroid | Kepler's law | Saturn |
| black hole | Mars | SETI |
| cluster | Mercury | spiral galaxy |
| comet | meteorite | star |
| cosmic dust | meteoroid | sun |
| Crab Nebula | Milky Way | supernova |
| dark matter | moon | telescope |
| Earth | Neptune | universe |
| eclipse | orbit | Uranus |
| equinox | Orion | Venus |
| Europa | planet | white dwarf |
| gamma ray burst | Pluto | |
| heliosphere | quasar | |

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.

<p>HE'S life</p>	<p>did i no</p>	<p>1. your blessing 2. your blessing 3. your blessing</p>
<p>TROUIMBLE</p>	<p>DON'T BET IT</p>	<p>HAND IT NOW</p>

CRYPTOQUIP

UG NGX HAFQM F'W KGFQK
 HG OSII SQN LFK LJDSMRSIH
 JDIHSXJSQHI GQ WN JGSU
 HJFO HGUSN? FAGO IG!

Today's Cryptoquip Clue: A equals 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!



WEEKLY RIDDLE

There is a common English word that is nine letters long. Each time you remove a letter from it, it still remains an English word - from nine letters right down to a single letter. What is the original word, and what are the words that it becomes after removing one letter at a time?

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

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Quotefalls!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

Neighbour: hello Gladys, how are you?
Gladys: I'm homesick.
Neighbour: but this is your home.
Gladys: I know, I'm sick of it



Walmart clerk: Why are you wearing that?

Me: The mayor and the CDC said to wear it.

Clerk: They said to wear a mask.

Me: What did the Lone Ranger wear?

Clerk:

Me:

Clerk:

Me:

Clerk: A mask....

Me: Hi yo, silver.



@stilettoandshotguns

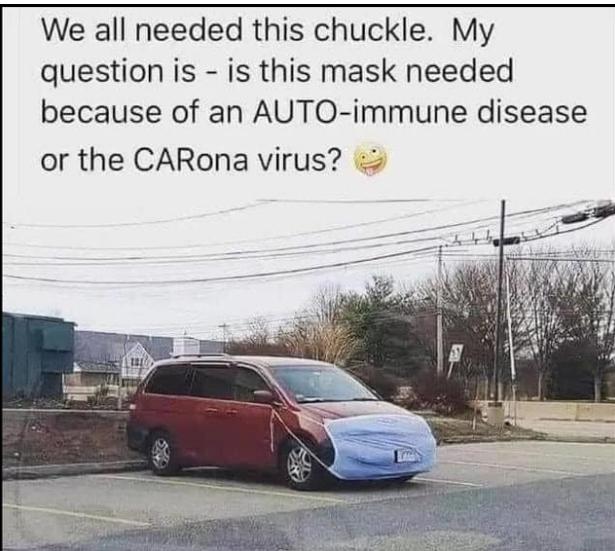
To all the states opening up now please don't travel to Washington. We are still on time out and we can't have friends over.



GRANDPA WHAT DID YOU DO DURING THE GREAT CORONAVIRUS PANIC OF 2020?



WELL SON, I HAD A VERY DANGEROUS JOB. I WAS A TAILGUNNER ON A CHARMIN DELIVERY TRUCK



We all needed this chuckle. My question is - is this mask needed because of an AUTO-immune disease or the CARona virus? 😊

Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture."

Senior University Online Learning
Each week Senior University is sending out an email with links to learning opportunities, educational videos and much more. If you are not receiving this email and would like to receive a weekly email from Senior University, please contact Jana at 253-756-6219 or jwennstrom@franketobeyjones.com.
She will add your email to her mailing list and you will begin to receive weekly emails with links to free learning opportunities.

Wellness Center Updates
Our Wellness staff are back on campus and are working hard to create hallway exercise programs for each of our independent buildings. Stay tuned for a modified Wellness calendar to be released soon.
Beginning this week we are limiting the number of people that can use the equipment and/or machines in the wellness center to two at the same time. A sign up sheet is in the Wellness Center and time is available in half hour increments. You may also call Colin at 253-756-6279 or Sarah at ext. 1387 to reserve your time.

		MENU	
		May 11th - May 17th	
		Mindful Offer	
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Red Pepper & Basil Soup	Cream of Tomato Soup
M	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
N	Poached Egg	Beef Goulash	Crispy Fish Taco
D	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
A	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
Y	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Smashed Black Beans
			Vanilla Mousse
11			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
T	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Scrambled Egg	Maple Glazed Pork Loin	Chicken, Bacon & Cheese Sandwich
S	Bacon	Catfish Cakes	Mushroom Risotto
D	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Garlic Knot
A	Whole Milk	Green Beans	Roasted Green Pepper
Y	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
12			
W	Fresh Fruit in Season	Carrot & Ginger Soup	Turkey Noodle Soup
E	Assorted Fruit Juice	Cole Slaw	Carrot & Ginger Soup
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Fried Cage Free Egg	Baked Ziti with Vegetables	Grilled Chicken Caesar Salad
E	Blueberry Pancake	Turkey Scallopini	Cheese Burger
S	Grilled Ham	Rice Pilaf	Tatar Tots
D	Whole Milk	Steamed Vegetable Medley	Dinner Roll
A	Coffee	Crisp Baguette	Ice Cream Sundae
Y		Raspberry Whoopie Pie	
13			
T	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
H	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Ditalini Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Baked Denver Omelet	Pot Roast	Little Italy Meatballs & Whole Wheat Pas
S	Bacon	Lemon Sage Chicken Breast	Roasted Vegetable Quesadilla Snacker
D	Banana Yogurt Coffee Cake	Oven Roasted Potato Wedges	Zucchini & Yellow Squash
A	Whole Milk	Sautéed Spinach in Olive Oil with Garlic	Chocolate Pudding Cup
Y	Coffee	Mango Coconut Parfait	
14			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
R	Cream of Wheat	Mixed Green Salad	Hummus Plate
I	Whole Wheat Pancakes	Chicken Marsala	Philly Cheesesteak Sandwich
D	Fried Cage Free Egg	Orange Salmon with Olives & Almonds	Tuna Noodle Casserole
A	Bacon	Garlic Mashed Potatoes	Stewed Tomatoes
Y	Whole Milk	Roasted Zucchini & Eggplant	French Fries
	Coffee	Spice Cake with Cream Frosting	Applesauce Bar
15			
S	Fresh Fruit in Season	Tomato Soup	Tomato Soup
A	Assorted Fruit Juice	Orange Jicama Salad	Grilled Chicken Tortilla Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Scrambled Eggs	Shepherd's Pie	Eggplant Parmesan
R	Blueberry Muffins	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
D	Sausage Link	Sticky Rice	Angel Hair
A	Hash browns	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
Y	Whole Milk	Fresh Broccoli	Cherry Dark Chocolate Cookie
	Coffee	Mixed Berry Apple Crisp	
16			
	Fresh Fruit in Season	Roasted Onion Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Roasted Onion Soup
S	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
U	Cinnamon Rolls	Glazed Ham	Mexican Codd Salad
N	Poached Egg	Braised Beef Brisket	Southwest Salisbury Steak
D	Bacon	Roasted Red Potatoes	Mexican Rice
A	Whole Milk	Peas & Mushrooms	Fiesta Corn
Y	Coffee	Asparagus	Chocolate Peanut Butter Brownie
		Strawberry Cream Pie	
17			