



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.**

## Tips to Stop Anxiety Now

Living with anxiety can be incredibly difficult. It's important that you don't allow yourself to live with the symptoms forever. The following strategies can help you begin to lessen your anxiety today.

### 1. Control Your Breathing

Controlling your breathing is a solution - and it's not what you think. Even if you feel you can't take a deep breath, you actually need to slow down and reduce your breathing, not speed it up or try to take deeper breaths. Take more controlled, slower breaths, using the following technique:

- Breathe in slowly and gently through your nose for about 5 to 7 seconds.
- Hold for about three or four seconds.
- Breathe out slowly and gently through pursed lips like you're whistling for about 7 to 9 seconds.

Repeat this exercise ten to twenty times.

### 2. Talk to Someone Friendly

Another very effective technique is to talk to someone you like and trust, especially on the phone. Don't be shy about your anxiety - tell them you feel anxious and explain what you're feeling. Talking to nice, empathetic people keeps your mind off of your symptoms, and the supportive nature of friends and family gives you an added boost of confidence.

### 3. Try Some Aerobic Activity

During periods of anxiety, your body is filled with adrenaline. Putting that adrenaline toward aerobic activity can be a great way to improve your anxiety. Exercise has numerous advantages for controlling your anxiety symptoms. Aerobic activity, like light jogging or even fast walking, can be extremely effective at reducing the severity of your anxiety symptoms, as well as the anxiety itself.

### 4. Listen to Good Mood Music

Music can have a powerful effect on your mood and on anxiety. The key however is to not just choose songs you like, but also make sure that you are listening to music that represents the way you **want** to feel. Happy or relaxing music can directly impact your mood and the way you feel. When you're trying to stop anxiety, you should listen to music that will help you feel the way you **want** to feel.

### 5. Aromatherapy and Essential Oils

Essential oils, the extract from plants, have been used for thousands of years to treat a number of conditions, including anxiety. Essential oils activate certain areas of your brain and release feel-good chemicals such as serotonin. They have been found to ease symptoms of anxiety, stress, and depression, improve mood, and improve sleep. Recommended use includes diffusing, inhalation, or topical treatment which can aid anxiety symptoms.

You should be sure that the essential oils you use are pure oils and not mixed with chemicals. Some good brands to use include: Mountain Rose Herbs, Plant Therapy, Young Living, Doterra. You can do your own research to find a brand that will best work for you and your budget. Remember that a bottle of essential oil will last a long time since you typically use only a few drops at a time.

Learning healthy coping skills like the things discussed above can start you on the right track for diminishing symptoms and leading a happier, healthier life.

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](mailto:jdunn@franketobeyjones.com) or [bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com)

Sincerely,  
Judy Dunn, President & CEO

## Tacoma Symphony Cancels Remainder of Their Season

**If you still hold tickets to any of our spring concerts and are able, please consider making a tax-deductible donation** of your ticket value to Symphony Tacoma. We know that this option is not possible for everyone, so we are happy to **offer a refund** of your tickets as well. Either way, please let us know your decision **by May 15** by emailing [info@symphonytacoma.org](mailto:info@symphonytacoma.org) or calling **253-272-7264**.

If you ordered your tickets via Heidi White, please call her at 253-756-6284 to inform her if you want a refund of your remaining ticket/s or to donate the value to the Symphony.

School Supplies

Robert Stockton

ACROSS

- 1. Carl Lewis' specialty
- 5. Messianic utterances
- 10. Manhattan munchies
- 14. Prefix with harp or pilot
- 15. Get up
- 16. Word on a dollar's edge
- 17. Collegiate coffee sweetener
- 19. Shipboard rocket, perhaps
- 20. Enjoys a Cruz?
- 21. Faire start?
- 23. Troubled
- 24. Collegiate stationer's supply
- 26. Maintains
- 28. State bordering Arizona
- 29. Labyrinth locales
- 32. Young haddock
- 33. Collegiate transportation need
- 37. "Cold \_\_\_\_" (Foreigner hit)
- 39. Nordic maker of Thunderbolts
- 40. Like some words or wurst
- 42. Cameo
- 48. Collegiate security items
- 51. Tactician's traps
- 52. Swedish rubber?
- 53. Petty
- 54. Foundations
- 55. Collegiate headgear
- 57. "Thanks for clearing that up!"
- 58. Site of a Herculean task
- 59. Pierre's pals
- 60. Where cubs might report
- 61. Word with Dutch or heat
- 62. IDed

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21			22				
23						24								25
26					27				28					
					29		30	31		32				
		33	34	35						36				
37	38					39								
40					41			42		43	44	45	46	47
48						49	50			51				
	52									53				
54					55			56						
57					58						59			
60					61						62			

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DOWN

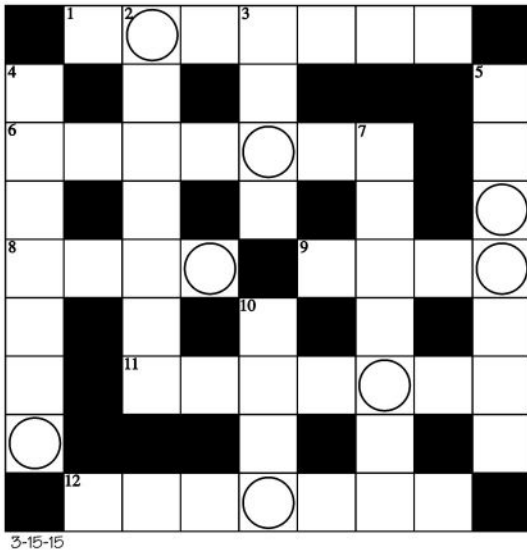
- 1. Tries to dry, as a spill
- 2. Compound of gold
- 3. Like some bases
- 4. "Sniff!"
- 5. Burns' beau
- 6. Tulsa sch. named for a televangelist
- 7. It won 6 Razzies in 2003
- 8. Stern with a bow
- 9. High homes
- 10. An attractive one may cause lawsuits
- 11. Written up
- 12. Frigidaire competitor
- 13. "Let me think...."
- 18. Capital city sluggers, for short
- 22. "Jes' think...."
- 24. Emulates Niagara
- 25. Gnarly to the max
- 27. It helps you start driving a round
- 30. Where to hear Xhosa: abbr.
- 31. Attempts
- 33. Infamous al Qaeda leader
- 34. Attic entryways
- 35. If you can't keep them even, you'll go down in the end
- 36. Shea stat
- 37. "Rehab" Grammy winner Winehouse
- 38. Like some twins or cats
- 41. "Any way the wind blows \_\_\_\_\_ really matter...": Bohemian Rhapsody
- 43. The magi, e.g.
- 44. New York county containing the Donald J. Trump State Park
- 45. Bronchodilator's target
- 46. Fixed the bathroom tiles
- 47. African blood-sucker
- 49. More likely to be picked from the pound
- 50. Krispy \_\_\_\_
- 53. Hurdle before the bar: abbr.
- 54. Call from North, South, East or West
- 56. It gets warm, then it gets a cosy

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

# JUMBLE CROSSWORDS™

by David L. Hoyt

## Sunday Puzzle



3-15-15

### ACROSS

- |                        |               |
|------------------------|---------------|
| <b>CLUE</b>            | <b>ANSWER</b> |
| 1. Dwell within        | ABINHIT       |
| 6. _____ tree          | DGDOOWO       |
| 8. Spring              | RUCL          |
| 9. Competent           | LBEA          |
| 11. Penalized in court | ADEREMC       |
| 12. Flyer              | TAFLELE       |

### DOWN

- |                    |               |
|--------------------|---------------|
| <b>CLUE</b>        | <b>ANSWER</b> |
| 2. African country | REIANIG       |
| 3. Upon            | PAOT          |
| 4. Train           | UEADTCE       |
| 5. _____ out       | DSAPSER       |
| 7. Fiasco          | BEDCAEL       |
| 10. _____ stew     | EBFE          |

### BONUS

**CLUE:** This European city was the first city to mint its own gold coins (1252).



**How to play**  
Complete the crossword puzzle by looking at the clues and unscrambling the answers. When the puzzle is complete, unscramble the circled letters to solve the BONUS.

ANSWERS: 1A-Inhabit 6A-Dogwood  
8A-Curt 9A-Abie 11A-American 12A-Leather  
2D-Nigeria 3D-Atop 4D-Educate 5D-Spreads  
7D-Debate 10D-Beef B-Florence

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Send comments to TMS - 435 N. Michigan Ave., Suite 1400, Chicago, Ill. 60911 or DLHoyt@aol.com.



### WEEKLY RIDDLE

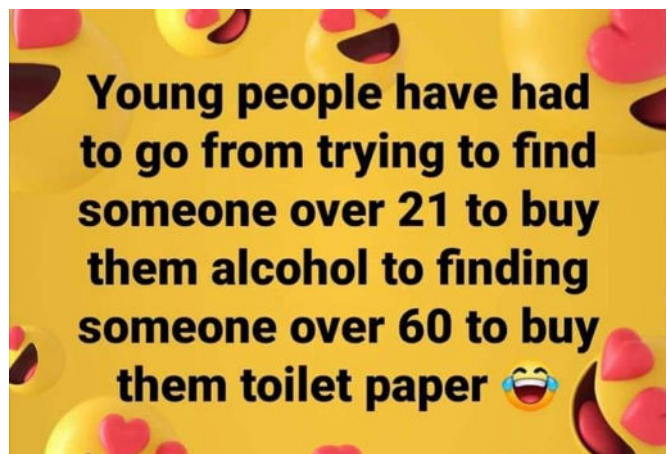
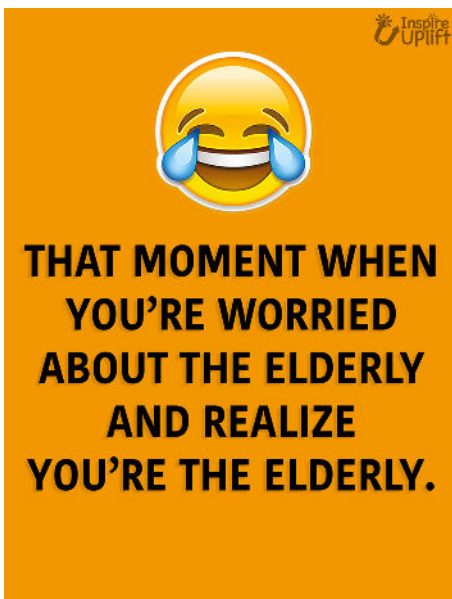
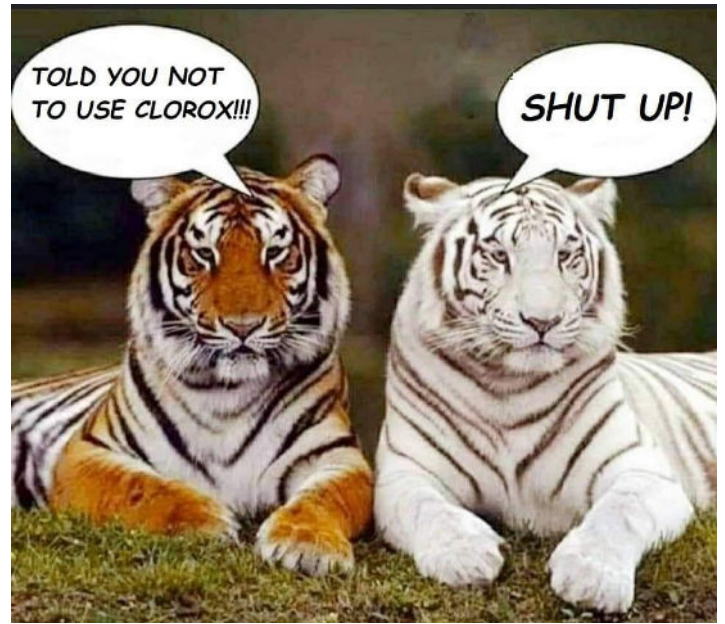
It is always thin, but it starts out fat. You can rest assured it always lays flat.  
It's able to roll, but it does not rock. Where it spends its time there's rarely a clock.  
Though it has some sheets, there isn't a bed. While in the Navy it did use its head.  
When people need it, it's always their friend.  
It just gets thrown out and used in the end.

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

Sudoku 2 - Hard								
	2	6						3
7				4	8		6	
	7				1			
	4		2		5			9
2				8			5	7
5		8						
							2	
				1		5	4	

**How messed up is it that Cinco De Mayo finally falls on Taco Tuesday and will get messed up by a virus with the same name as a Mexican beer?**

**Home schooling question: Does having your children fix you mixed cocktails count as chemistry? (Sorry I'm new at this) 😂**



**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.

		<b>MENU</b>	
		<b>May 4th - May 10th</b>	<b>Mindful Offer</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Cabbage White Bean Soup	Cabbage White Bean Soup
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato	Onion Soup with Parmesan Crouton
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
<b>N</b>	Fried Cage Free Egg	Salisbury Steak	Aunt Millie Grilled Cheese
<b>D</b>	Bacon	Thai BBQ Chicken Breast	Citrus Marinated Pork Loin
<b>A</b>	Banana Yogurt Coffee Cake	Sticky Rice	Smashed Red Skin Potatoes
<b>Y</b>	Whole Milk	Mashed Potatoes	French Cut Green Beans
	Coffee	Broccoli & Cauliflower	Blondie Bar
<b>4</b>		Angel Food Cake with Strawberry Sauce	
	Fresh Fruit in Season	Beef, Barley & Mushroom Soup	Beef, Barley & Mushroom Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Sweet Potato and Black Bean Chili
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Coleslaw
<b>E</b>	Poached Cage Free Egg	Salmon Cake	Ham & Swiss on Wheat
<b>S</b>	Corned Beef Hash	Smothered Pork Chops	Soft Chicken Tacos
<b>D</b>	Blueberry Muffin	Mashed Potatoes	Rice & Beans
<b>A</b>	Whole Milk	Sugar Snap Peas and Carrots	Pico De Gallo
<b>Y</b>	Coffee	Peach Cobbler Trifle	Monster Cookie
<b>5</b>			
<b>W</b>			
<b>E</b>	Fresh Fruit in Season	Mushroom & Roasted Garlic Soup	Mushroom & Roasted Garlic Soup
<b>D</b>	Assorted Fruit Juice	Coleslaw	Tomato Basil Soup
<b>N</b>	Cream of Wheat	Mixed Green Salad	Fruit Salad
<b>E</b>	Buttermilk Pancakes	Bourbon Rotisserie Tri Tip	Meat Lasagna
<b>S</b>	Grilled Ham	Asparagus & Shiitake Mushroom Frittata	Cape Codder Turkey Sandwich
<b>D</b>	Country Brunch Bake	Baked Potato	House Made Potato Chips
<b>A</b>	Whole Milk	Wilted Swiss Chard with Lima Beans	Italian Vegetable Blend
<b>Y</b>	Coffee	White Oreo Cake	Vanilla Pudding Cup
<b>6</b>			
<b>T</b>	Fresh Fruit in Season	Turkey Vegetable Soup	Turkey Vegetable Soup
<b>H</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Western Scrambled Eggs	Santa Maria Salmon	Tuna Salad Sandwich
<b>S</b>	Bacon	Cumin Roast Turkey Breast	Baked Pasta Carbonara
<b>D</b>	Hash Browned Potatoes	Barley Pilaf with Carrots and Lemon	Sliced Carrots
<b>A</b>	Whole Milk	Corn O'Brien with Peppers	Italian Bread
<b>Y</b>	Coffee	Cherry Cobbler with Biscuit Topping	Linzi Bars
<b>7</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Hummus Plate	Vegetarian Lentil & Spinach Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<b>I</b>	French Toast	Crispy Parmesan Cod	Italian Sausage Wheat Pizzetta
<b>D</b>	Sausage Patty	Java Molasses Pork Tenderloin	Macaroni & Cheese
<b>A</b>	Sunrise Breakfast Casserole	Egg Noodles	Stewed Tomatoes
<b>Y</b>	Whole Milk	Yellow Squash, Red Pepper & Peas Sauté	Raspberry Yogurt Mousse
	Coffee	Tiramisu Cake	
<b>8</b>			
<b>S</b>	Fresh Fruit in Season	Steak & Potato Soup	Steak & Potato Soup
<b>A</b>	Assorted Fruit Juice	Orange Jicama Salad	Thai Chicken & Rice Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<b>U</b>	Scrambled Egg	Baked Cheese Manicotti With Marinara	Seafood Louis Salad Plate
<b>R</b>	Hash Browned Potatoes	Buttermilk Fried Chicken	Open Faced Roast Beef Sandwich
<b>D</b>	Bacon Slices	Golden Rice Pilaf	Mashed Potatoes
<b>A</b>	Apple Cinnamon Muffin	Fresh Broccoli	Fresh Zucchini
<b>Y</b>	Whole Milk	Lemon Blueberry Cake	Truffled Brownie Bites
<b>9</b>	Coffee		
	Fresh Fruit in Season	Vegetarian Split Pea Soup	Vegetarian Split Pea Soup
	Assorted Fruit Juice	Waldorf Salad	Chili con Carne
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<b>U</b>	Fried Cage Free Egg	Braised Pork Shoulder	Turkey Tetrazzini
<b>N</b>	Sausage Patties	Southwestern Chicken Thigh	Black Bean Burger with Cilantro Mayo
<b>D</b>	Breakfast Slider	Truffle Oil Mashed Potatoes	Steak Cut French Fries
<b>A</b>	Cinnamon Roll	Green Bean Almondine	Steamed Broccoli & Cauliflower
<b>Y</b>	Whole Milk	Pecan Pie	Apricot Bars
<b>10</b>	Coffee		