



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**  
752-6621 or Ext. 0

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, November 9  
9:30 am, Zoom Meeting

**BISTRO**  
Ext. 1394

Location: LP 1st Floor  
*Next to Wellness Center*  
**Monday - Friday**  
*Simply To Go Delivery:*  
A limited selection of our Bistro items are available for delivery. Simply call the front desk 253-752-6621 before 10:30 AM Monday - Friday to place your order. Daily delivery windows will run between 11:30 & 1:30.

**ON CAMPUS CHECK CASHING**

For your convenience, FTJ can cash a check for up to \$100. Please contact Amy Petschke at ext. 1294 or stop by her office in the Administrative hall in the Lillian Pratt Bldg. If you are not able to get to the Lillian Pratt Bldg. please contact your concierge to make arrangements.

**MONDAY, NOVEMBER 2**

<i>Wellness: Exercise Class</i>	9:00 am	Wellness Center
Morning Stretch	9:30 am	LP Hallways
<i>Wellness: Exercise Class</i>	10:00 am	Wellness Center
Comedian Spotlight: Ellen DeGeneres	10:00 am	LP Hallways
Pictionary	11:00 am	LP Hallways
You Be the Judge	1:30 pm	LP Hallways
Shut the Box Game	2:30 pm	LP Hallways
Duplex Tailgate Happy Hour	3:30 pm	DU

**TUESDAY, NOVEMBER 3**

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
Meet & Greet	9:30 am	LP Hallways
What Am I?	10:00 am	LP Hallways
<i>Wellness: Exercise Class Chair Yoga</i>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45am	Wellness Center
Remember When	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	LP Hallways
Mind Your Mind	2:30 pm	LP Hallways
BV Hallway Happy Hour	3:30 pm	BV Hallways
<b>SU: Medicare Basics</b>	<b>4:30 pm</b>	<b>Zoom Meeting</b>

**WEDNESDAY, NOVEMBER 4**

<i>Wellness: Exercise Class</i>	9:00 am	Wellness Center
Exercise with Lizzy	9:30 am	LP Hallways
Random Trivia	10:00 am	LP Hallways
<b>SU: Performing Art Series: Dia de los Muertos</b>	<b>10:00 am</b>	<b>Zoom Meeting/ TJ Parlor</b>
<i>Wellness: Exercise Class</i>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45 am	Wellness Center
Picture This	11:00 am	LP Hallways
Finish the Phrase	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	TJ Solarium
<b>SU: Medicare Basics</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	2:30 pm	TJ Solarium
LP Hallway Happy Hour	3:00 pm	LP Hallways
TJ Hallway Happy Hour	3:30 pm	TJ Hallways

**Upcoming Resident Council via Zoom**

On Monday November 9th we will hold our Resident Council meeting via Zoom. If you would like to receive an email with the information and the link to the Zoom meeting, please contact Chris Hall at 253-756-6350 or email her at [chall@franketobeyjones.com](mailto:chall@franketobeyjones.com)

### HAPPY BIRTHDAY

November 4  
Claire Griffin

November 8  
John Reid

November 10  
Dee Havlina

November 12  
Ozzy Bender  
Kathryn Hodge

November 18  
Lila Brown

November 19  
Dolores McCaffery

November 20  
Rosemarie Jackson

November 22  
Peter Wilkie

November 24  
Liz Pitrof  
Pat Walker

November 25  
Patricia Smith

November 30  
Gigi Shafer

### HAPPY ANNIVERSARY

November 20  
Shelby Clayson &  
Elaine Stafford

November 29  
Louis & Mary Orrino

### THURSDAY, NOVEMBER 5

<b>Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents Only</b>	<b>8:00 am</b>	<b>Sign up at LP Desk</b>
<b>SU: Great Courses– My Universe</b>	<b>10:00 am</b>	<b>Zoom Meeting/ TJ Parlor</b>
<i>Wellness: Exercise Class Chair Yoga</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>Anagrams</b>	<b>10:30 am</b>	<b>LP Hallways</b>
<i>Wellness: Exercise Class</i>	<i>10:45 pm</i>	<i>Wellness Center</i>
<b>News Currents</b>	<b>11:00 am</b>	<b>LP Hallways</b>
<i>Wellness: Seated Strength</i>	<i>1:30 pm</i>	<i>LP Hallways</i>
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>LP Hallways</i>
<b>Italian Soda Social</b>	<b>2:30 pm</b>	<b>LP Hallways</b>
<b>SU: Great Courses- Optimizing Brain Health</b>	<b>3:00 pm</b>	<b>Zoom Meeting/ Wellness Center</b>
<b>GA Hallway Happy Hour</b>	<b>3:30 pm</b>	<b>GA Hallways</b>

### FRIDAY, NOVEMBER 6

<i>Wellness: Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Exercise Class</i>	<i>10:45 am</i>	<i>Wellness Center</i>
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>

### SATURDAY, NOVEMBER 7

<b>News &amp; Views</b>	<b>9:30 am</b>	<b>LP Hallways</b>
<b>Trivia Challenge</b>	<b>10:00 am</b>	<b>LP Hallways</b>
<b>Sharpen Your Senses</b>	<b>11:00 am</b>	<b>LP Hallways</b>
<b>SU: Performing Art Series– Origins of Drama &amp; Theater</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
<b>Remember When</b>	<b>1:30 pm</b>	<b>LP Hallways</b>
<b>Detective Games</b>	<b>2:30 pm</b>	<b>LP Hallways</b>

### SUNDAY, NOVEMBER 8

<b>Meet &amp; Greet</b>	<b>9:30 am</b>	<b>LP Hallways</b>
<b>Rummikub Game</b>	<b>10:00 am</b>	<b>LP Hallways</b>
<b>Seahawks Game</b>	<b>10:00 am</b>	<b>Resident Rooms</b>
<b>This Day in History</b>	<b>11:00 am</b>	<b>LP Hallways</b>
<b>Room Visits</b>	<b>1:30 pm</b>	<b>LP Hallways</b>
<b>Finish the Lyrics</b>	<b>2:30 pm</b>	<b>LP Hallways</b>

### Life Enrichment Department Update

In November we are introducing in person Senior University Zoom meetings for our Independent Residents. These meetings will be held in the Wellness Center and in the TJ Parlor. Look for further information in this edition of the Topics.

The Wellness staff continue to offer classes in the Wellness Center, following current Covid-19 and social distancing practices. If you feel uncomfortable about attending a class in person, but are interested in exercising at home or outside, please contact Sarah or Colin. They will work with you to create a home workout that you can do on your own time at home.

## COVID-19 Update

We want to share updated information regarding the current status of COVID cases at FTJ. After our testing on Wednesday, October 28<sup>th</sup> we have no additional residents who have tested positive for COVID. We still have a total of six skilled nursing residents confirmed with COVID-19. Five of them remain in our COVID isolation unit and one remains in the hospital. All six residents remain stable at this time. This week's testing did identify three staff members that have tested positive for COVID. Two are FTJ team members and one agency staff. One FTJ team member and the agency staff provide direct clinical care and one FTJ team member is non-clinical.

Following the recommendation of Tacoma-Pierce County Health Department, testing will take place November 4 and November 11 for Skilled Nursing and Memory Care residents and staff working in the Care Center building. We thank our team members for all their efforts in following protocols in place.

As you know, we have had to discontinue window visits in skilled nursing and memory care. This situation is currently being evaluated and we hope to have an update early next week.

The question has been raised, "What happens if an independent resident tests positive?" In this case, the resident would isolate in their apartment and contact their doctor. We could also admit them to the COVID unit in our skilled nursing if there was a room available.

We will continue to provide you with periodic updates with as much information as we can regarding our efforts to combat COVID-19. Our team has been diligent in following the protocols set in place, and we are proud of their efforts to keep the case count so low. On behalf of our entire Franke Tobey Jones community, thank you for your continued patience and support.

We fully understand the unpredictability of this ongoing COVID situation. We sincerely appreciate your continued patience as we find our way through these ever-changing guidelines.

As always, if you have questions, please either contact me or Bob Beckham our COO at 253-752-6621 or [jdunn@franketobeyjones.com](mailto:jdunn@franketobeyjones.com) or [bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com).

Sincerely,  
Judy Dunn, President & CEO

## Senior University Lectures via ZOOM

To join a ZOOM lecture, simply load the ZOOM app to your computer or phone and then click the link provided directly before the lecture is scheduled to take place. No registration is required but be sure to load ZOOM to your computer or phone prior to the meeting date and time. You are even welcome to share the links with others who can join as well! If you don't want to run the risk of mistyping the links to the Zoom meetings, please contact [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) to request the links be sent to you via email.

[Wednesday, November 4](#)

### Performing Arts Series: Music - Celebrating Memory, Día de los Muertos

The Mexican holiday of Día de los Muertos – or Day of the Dead – falls close to Halloween on the calendar but is very different. Instead of portraying the dead as spooky it is a time to celebrate loved ones who have passed on – a celebration that bridges life and death. Its roots blend Indigenous and European elements for a uniquely beautiful remembrance full of light and color. We'll learn about the traditional and contemporary expressions of the holiday and take time to honor and celebrate our own loved ones and heroes who have passed away.

Join Antonio Gomez, Associate Director of Education at Tacoma Arts Live, for the second of three Performing Art Series workshops focused on music!

10:00 am, Zoom Presentation

#### Join Zoom Meeting

<https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09>

Meeting ID: 481 600 3295

Passcode: 845170

**TJ PARLOR**

[Thursdays, November 5, November 12, November 19](#)

### The Great Courses: My Favorite Universe

During this 6-week viewing of *My Favorite Universe*, the astrophysicist who directs the nation's most famous planetarium takes you on a spirited and intellectually engaging journey through the cosmos and all its history, from before the Big Bang to the most likely ways in which Earth, and perhaps the entire universe, might end. Clear introductions to essential principles of physics support these lectures, including density, quantum theory, gravity, and the General Theory of Relativity. Professor Neil deGrasse Tyson also includes forays into disciplines such as chemistry and biology as needed to explain events in astronomy.

10:00 am, TJ Parlor (You must RSVP to attend and seating is limited)

**TJ PARLOR**

[Thursdays, November 5, November 12, November 19](#)

### The Great Courses: Optimizing Brain Fitness

During this 6-week viewing of *Optimizing Brain Fitness*, discover the secrets to increasing and expanding your brain's power to meet everyday challenges and enhance the quality of your life with Optimizing Brain Fitness, an engaging 12-lecture course that shows you how to take advantage of the basic principles of brain operation and build the brain you want to live with for the rest of your life. Delivered by Dr. Richard Restak, an award-winning teacher, practicing neurologist, and professor at The George Washington University School of Medicine and Health Sciences, these lectures are packed with vital information and research-based exercises you can perform every day to tap into your hidden mental potential.

3:00 pm, Wellness Center (You must RSVP to attend and seating is limited)

**WELLNESS CENTER**

[Saturday, November 7](#)

### Performing Arts Series: Theatre – Ancient Origins of Drama and Theatre

Explore how medicine, science, architecture, and religion came together to create the foundations of Western theatre as we know it today. Visit the Ancient Theatre at Epidaurus in Greece, explore pageant wagons of Medieval times, and follow the path of the famous William Shakespeare.

Join Marsha Walner, Teaching Artist with Tacoma Arts Live, for the first of three engaging Performing Art Series workshops focused on theatre!

11:00 am, Zoom Presentation

#### Join Zoom Meeting

<https://us02web.zoom.us/j/86210067633?pwd=bnNXNGRqd2MzVkhLNHNuOW9oSTIvQT09>

Meeting ID: 862 1006 7633 Passcode: 328447



### WEEKLY RIDDLE

Brothers and sisters I have none but this man's father  
is my father's son. Who is the man?



### Veterans Day

As many of you are aware, Veterans Day is fast approaching. Due to current Covid restrictions we are unable to hold our annual Veterans Day celebration. However, we would like to be able to acknowledge our veterans here at Franke Tobey Jones. If you would like to be acknowledged on Veterans Day, please contact Heidi White at 253-756-6284. Tell her which military branch you served in and any other pertinent information you want her to know related to your military service. On Wednesday November 11th we will honor our veterans.

### Senior University Zoom Classes

During the month of November we are offering several Zoom classes in the Wellness Center and the TJ Parlor. If you are a resident living in the BV, DU, or GA buildings you are welcome to attend zoom classes in person in the wellness center.

You must call Jana at 253-756-6219 to RSVP for a space in the class. You must wear a mask, practice social distancing and have a temperature check prior to entering the class. Classes are limited to 9 people at a time .

In order to attend the zoom classes offered in the TJ Parlor you must be a resident of TJ and you must also RSVP with Jana at 253-756-6219. Again, masks must be worn, social distancing observed and temperature checks completed. Space is limited, so sign up quickly for the classes you wish to attend in person. You are always welcome to attend virtually from the security of your apartment via the Zoom link.

I go to KFC to get the kids something to eat. They wanted the kids meal with a leg so I said "kids meal with the leg" and the lady says "which side?"

Me- \*complete silence as I heavily contemplate such an odd decision\* 🤔🤔

"I guess the right side, I don't know what the difference is."

After several moments of laughter she says "no hunny which side would you like to go with the leg? "Mashed Potatoes or wedges"

Jesus take the wheel.

It's been a long day. 🙄



<b>MENU</b>			
<b>Nov 2nd - Nov 8th</b>			<b>Mindful Offer</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Red Pepper & Basil Soup	Bacon & Corn Chowder
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<b>N</b>	Poached Egg	Beef Goulash	Egg Salad Sandwich
<b>D</b>	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
<b>A</b>	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
<b>Y</b>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Oatmeal Cookie
<b>2</b>			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Scrambled Egg	Maple Glazed Pork Loin	Chicken, Bacon & Cheese Sandwich
<b>S</b>	Bacon	Catfish Cakes	Beef Pot Pie
<b>D</b>	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Mixed Vegetables
<b>A</b>	Whole Milk	Green Beans	French Fries
<b>Y</b>	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
<b>3</b>			
<b>W</b>	Fresh Fruit in Season	Carrot & Ginger Soup	Turkey Noodle Soup
<b>E</b>	Assorted Fruit Juice	Cole Slaw	Carrot & Ginger Soup
<b>D</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>N</b>	Fried Cage Free Egg	Spaghetti & Meat sauce	Grilled Chicken Caesar Salad
<b>E</b>	Blueberry Pancake	Turkey Scallopini	Cheese Burger
<b>S</b>	Grilled Ham	Pasta	Tatar Tots
<b>D</b>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
<b>A</b>	Coffee	Garlic Bread	Ice Cream Sundae
<b>Y</b>		Raspberry Whoopie Pie	
<b>4</b>			
<b>T</b>	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup
<b>H</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Ditalini Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Baked Denver Omelet	Pot Roast	Beef & Bean Taco Pie
<b>S</b>	Bacon	Lemon Sage Chicken Breast	Roasted Vegetable Quesadilla
<b>D</b>	Banana Yogurt Coffee Cake	Oven Roasted Potato Wedges	Brown Rice w Black Beans
<b>A</b>	Whole Milk	Braised Red Cabbage	Mango Coconut Parfait
<b>Y</b>	Coffee	Yellow Cake w Fudge Icing	
<b>5</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<b>I</b>	Whole Wheat Pancakes	Lamb & Beef Meatballs	Philly Cheesesteak Sandwich
<b>D</b>	Fried Cage Free Egg	Orange Salmon with Olives & Almonds	Tuna Noodle Casserole
<b>A</b>	Bacon	Orzo w Basil	Stewed Tomatoes
<b>Y</b>	Whole Milk	Roasted Zucchini & Eggplant	French Fries
	Coffee	Spice Cake with Cream Frosting	Applesauce Bar
<b>6</b>			
<b>S</b>	Fresh Fruit in Season	Tomato Soup	Tomato Soup
<b>A</b>	Assorted Fruit Juice	Orange Jicama Salad	Grilled Chicken Tortilla Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<b>U</b>	Scrambled Eggs	Shepherd's Pie	Hot Ham & Brie Croissant
<b>R</b>	Waffles	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<b>D</b>	Sausage Link	Sticky Rice	Angel Hair
<b>A</b>	Hash browns	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
<b>Y</b>	Whole Milk	Fresh Broccoli	Cherry Dark Chocolate Cookie
	Coffee	Mixed Berry Apple Crisp	
<b>7</b>			
	Fresh Fruit in Season	Roasted Onion Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Roasted Onion Soup
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<b>U</b>	Cinnamon Rolls	Glazed Ham	Harvest Chicken Wrap
<b>N</b>	Poached Egg	Herbed Crusted Beef	Southern Style Beef Stew
<b>D</b>	Bacon	Roasted Red Potatoes	Buttermilk Biscuit
<b>A</b>	Whole Milk	Sautéed Button Mushrooms	House Potato Chips
<b>Y</b>	Coffee	Peas & Onions	Chocolate Peanut Butter Brownie
		Strawberry Cream Pie	
<b>8</b>			