



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 9

<i>Wellness: Exercise Class</i>	9:00 am	Wellness Center
Resident Council via Zoom	9:30 am	Zoom Meeting
<i>Wellness: Exercise Class</i>	10:00 am	Wellness Center
Bridge Trivia	11:00 am	LP Hallways
Room Craft: Greeting Cards	1:30 pm	LP Hallways
Taboo Game	2:30 pm	LP Hallways
Duplex Tailgate Happy Hour	3:30 pm	DU

TUESDAY, NOVEMBER 10

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
Morning Chat	9:30 am	LP Hallways
Who 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
Room Craft: Greeting Cards	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
Finish the Phrase	2:30 pm	LP Hallways
BV Hallway Happy Hour	3:30 pm	BV Hallways
SU: Medicare Basics	4:30 pm	Zoom Meeting

WEDNESDAY, NOVEMBER 11

<i>Wellness: Exercise Class</i>	9:00 am	Wellness Center
Exercise with Lizzy	9:30 am	LP Hallways
Star of the Month	10:00 am	LP Hallways
<i>Wellness: Exercise Class</i>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45 am	Wellness Center
SU: How I Wrote That Tune— Tin Pan Alley	11:00 am	Zoom Meeting/ TJ Parlor
Sharpen Your Senses	11:00 am	LP Hallways
Famous Veterans: Who Am I?	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	TJ Solarium
SU: Performing Arts—The History of Ballet	2:00 pm	Zoom Meeting/ Wellness Center
<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

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 12

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents Only	8:00 am	Sign up at LP Desk
SU: Great Courses– My Universe	10:00 am	Zoom Meeting/ TJ Parlor
<i>Wellness: Exercise Class Chair Yoga</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Craft: Greeting Cards	10:30 am	LP Hallways
<i>Wellness: Exercise Class</i>	<i>10:45 pm</i>	<i>Wellness Center</i>
<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>
History of the Brooklyn Bridge	2:30 pm	LP Hallways
SU: Great Courses- Optimizing Brain Health	3:00 pm	Zoom Meeting/ Wellness Center
GA Hallway Happy Hour	3:30 pm	GA Hallways

FRIDAY, NOVEMBER 13

News Currents	10:00 am	LP Hallways
<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>
Room Visits	2:00 pm	LP Hallways
<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 14

Meet & Greet	9:30 am	LP Hallways
Lucky Dice	10:00 am	LP Hallways
This Day in History	11:00 am	LP Hallways
SU: Performing Art Series– Eastern Theater Traditions	11:00 am	Zoom Meeting
Trivia of the 50's	1:30 pm	LP Hallways
Strengthen Your Mind	2:30 pm	LP Hallways

SUNDAY, NOVEMBER 15

Morning Chats	9:30 am	LP Hallways
Farkel Game	10:00 am	LP Hallways
Random Trivia	11:00 am	LP Hallways
Seahawks Game	1:25 pm	Resident Rooms
Room Visits	1:30 pm	LP Hallways
Jeopardy Trivia	2:30 pm	LP Hallways

Annual Employee Appreciation Fund

Employees at FTJ do not accept gratuities for the services they provide throughout the year. Therefore, the residents hold an Annual Employee Appreciation Fund drive to collect money which will be divided up and distributed to the FTJ employees (except for the senior administrative staff) in December.

This is a completely voluntary, non-tax deductible contribution. If you would like to contribute this year please use the envelope you received towards the end of October and return it **NO LATER than Friday November 20th**. Any money received after the 20th of November will be held in deposit for 2021.

COVID-19 Update

This week's COVID testing took place on November 4, with two additional positive cases: one resident and one non-direct care staff member, both in Skilled Nursing. The resident is being moved into the COVID unit. We are happy to report that one resident is able to transition out of the COVID unit and back to their room. All other COVID positive residents remain stable at this time. Staff members who tested positive continue to self-quarantine at home and follow CDC guidance for return to work.

Testing will continue, following the recommendation of Tacoma-Pierce County Health Department, and will take place November 11 and November 18 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.

Window visits for Skilled Nursing and Memory Care residents have resumed on a limited basis. The location for Skilled Nursing has changed and is now by the dining room courtyard; please follow the signs. We know how important these visits are to both families and residents and appreciate your patience during these changing times.

We will continue to provide you with periodic updates with as much information as we can regarding our efforts to combat COVID-19. We thank our team members for their efforts in following the protocols set in place. On behalf of our entire Franke Tobey Jones community, thank you for your continued patience and support.

As always, if you have questions, please either contact me or Bob Beckham our COO at 253-752-6621 or jdunn@franketobeyjones.com or 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. You are 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 to request the links be sent to you via email.

Thursdays, 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 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

Wednesday, November 11

How I Wrote That Tune: The Secrets of Songwriting - Tin Pan Alley

In this introduction, we'll look at the beginning of American popular songwriting, including early Tin Pan Alley hits like "After the Ball," "Give My Regards to Broadway," and "Lovesick Blues." How are these songs constructed and why did they become so popular?

11:00 am, Zoom Presentation

Join Zoom Meeting

<https://plu-edu.zoom.us/j/98667325023>

TJ PARLOR

Wednesday, November 11

Performing Arts Series: Dance - Exploring the History and Evolution of Ballet

We begin by exploring the origins of Ballet, looking at Italian, French and Russian histories of the art form, and move through some of the art form's most famous choreographers and dancers including Sergei Diaghilev, George Balanchine, Anna Pavlova and today's American Prima Ballerina, Misty Copeland. Learn fun factoids about how some of your favorite ballet steps were invented and even explore some of the basic movements and postures right from your chair!

Join Katie Lappier, Director of Education at Tacoma Arts Live, for the first of three Performing Art Series workshops focused on dance!

2:00 pm, Zoom Presentation

Join Zoom Meeting

<https://us02web.zoom.us/j/86082241314?pwd=UEx3VC9KcWZ2TINEWi85Rk03NVV2Zz09>

Meeting ID: 860 8224 1314

Passcode: 845170

WELLNESS CENTER

Saturday, November 14

Performing Arts Series: Theatre – Eastern Theatre Traditions

Discover the rich history, colorful presentation, and incredible artistry of Eastern theatre traditions such as epic Kabuki and reverent Noh styles from Japan, spectacular Chinese Opera, and charming Indonesian shadow puppets. We will also discover the connection between storytelling and yoga in India.

Join Marsha Walner, Teaching Artist with Tacoma Arts Live, for the second 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

Honoring All Veterans on Veterans Day

Today we honor those who gave everything of themselves to protect their fellow soldiers, their country and the everyday citizens they will never meet. We honor those who sacrificed more than we will ever understand in the line of duty. We recognize the devotion and gallantry of our veterans who served their nation. They are the champions and heroes of a noble cause. No amount of appreciation is sufficient enough to honor them.

We thank you for your service and sacrifices. We are forever grateful.

Al Watters—Air Force
David Baker—Navy
Bobby Brown—Navy
Sybil Mercer—Army
Paul Vandervoort—Army
Rusty Squire—Navy
John Kriete—Navy
Robert Bryan—Army
Ken Johnson—Air Force
Don Helland—Army
Orv Harrelson—Navy

Ed Ransom—Coast Guard
Bill Keebler—Army
Dick Griffin—Navy
Steve Didis—Navy
John Martin—RC Air Force
Ray Mitzner—Army
Bob Skidmore—Navy
Mike Matteson—Army
Kent Gilchrist—Army
Bob Kohn—Air Force
Terry Stuver—Marines

Joe McCaffery—Army
Ozzy Bender—Air Force
Mark Litchman—Navy
Joe Zmora—Air Force
Don Clifford—Army
John VanBuren—Army
Don Franklin—Army
Jack Locascio—Army
Bob Duvall—Air Force
John Brooks—Air Force
Jerry McKain—Army

If we missed your name and you served in the military we would like to thank you for your service. We also gratefully acknowledge the sacrifices of spouses and family members of our veterans, thank you for supporting your veteran while they were in the military and afterwards.

Admissions and Resident Accommodations Department Update

Thank you all for your patience and diligence in keeping our community safe from the virus. The fall and winter months will be challenging times for all of us with more time spent indoors and the flu season upon us.

During this time, we are doing virtual tours for new prospects and when they are at the final stage of picking an apartment, we are allowing 2 people to come in and look at that apartment. We are not doing community wide tours or even touring the common areas in an effort to limit exposure. Please know that anyone coming into the buildings are screening, temp taken and mandatory mask wearing.

All our new Residents have either chosen to self-isolate or get a COVID test before they move. Walgreens is still offering free drive up testing, but an appointment is necessary. The results are sometimes given that same day.

Please welcome our new residents onto campus since June.

- Jett & John Brooks BV 27
- Richard & Kathleen Farner DU 2A
- Karen Fischer GA 302
- JoAnn McDonald MC
- Patricia Smith MC
- Peter and Kathy Wilkie BV 13
- Nancy Toal MC
- James & Beverly Cook DU 7B
- Raean deBoar LP 221
- Mary Jane Schulz LP 316
- David & Pamela Baker BV 19
- Don & Gail Hellend BV 15
- Kristie Langlow & Robert Kohn BV 22

Please continue to use the precautions (mask, sanitizer and social distancing), so that we can all remain safe and healthy.

MENU
Nov 9th- Nov 15th

Mindful Offer

	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Mexican Corn Soup	Mexican Corn Soup
M	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
N	Scrambled Egg	Chicken & Dumplings	Classic Chef Salad
D	Sausage Link	Fried Trout	Chicken Fried Steak
A	Whole Wheat Pancakes	Rice Pilaf	Caramelized Leek Mashed Potatoes
Y	Whole Milk	Baby Carrots w Sage	Buttered Corn
	Coffee	Yellow Cake w Peanut butter Frosting	Rice Pudding w Raisins
9			
	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
T	Orange Juice	Fruit Salad	Pork Chile Verde
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Crispy Baked Flounder	Grilled Turkey Melt
S	Bacon	Maple Glazed Pork Loin	Roast Beef
D	Blueberry Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
A	Whole Milk	Brussel Sprouts w/ Bacon	Creamed Spinach
Y	Coffee	Ginger Pear Crisp	Double Chocolate Cookies
10			
W			
E	Fresh Fruit in Season	Potato Leek Soup	Garden Vegetable Soup
D	Orange Juice	Cole Slaw	Potato Leek Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Fried Large Cage Free Egg	Rotini & Meat Sauce	Grilled Blackened Tuna & Salsa Sandwich
S	Grilled Ham	Brazilian Pork with Chimichurri	Stuffed Chicken Breast
D	French Toast	Brown Rice	Roasted Carrots
A	Whole Milk	Capri Mixed Vegetables	House Made Potato Chips
Y	Coffee	Carrot Cake	Blondie Bar
11			
T	Fresh Fruit in Season	Cream of Mushroom Soup	Cream of Mushroom Soup
H	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Scrambled Egg	Chicken Scaloppini Marsala	Bratwurst Sandwich w Sauerkraut
S	Bacon	Eggplant Parmesan	Roasted Turkey Breast
D	Apple Cinnamon Muffin	Penne	Roasted Sweet Potato
A	Whole Milk	French Cut Green Beans	Fresh Broccoli
Y	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
12		Cookies and Cream Blondie	
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Spinach & Pesto Scrambled Eggs	Tropical Seared Salmon	Shrimp Tortellini Alfredo
D	Hash Browned Potatoes	Sweet and Sour Pork	Turkey Blue Cheese Burger
A	Bacon	Fried Rice	French Fries
Y	Whole Milk	Asian Blend Vegetables	Bread Stick
	Coffee	Chocolate Cobbler	Pumpkin Cheesecake Bar
13			
S			
A	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
T	Orange Juice	Orange Jicama Salad	Sweet Potato and Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
R	Poached Eggs	Crispy Parmesan Tilapia	Chicken Parmesan Flatbread
D	Sausage Patty	Salisbury Steak	Beef Stroganoff
A	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
Y	Whole Milk	Ginger Sesame Sugar Snap Peas	Grilled Yellow Squash
	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
14			
S	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
U	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
N	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
D	Hash Browned Potatoes	Fried Shrimp	Carolina Pulled Pork
A	Bacon	Rice Pilaf	Home Fried Potatoes
Y	Cinnamon Rolls	Sautéed Spinach	California Mixed Vegetables
	Whole Milk	Apple Pie	Raspberry Yogurt Mousse
15	Coffee		