



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

**RESIDENT COUNCIL
MEETING**

Monday, October 12
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, OCTOBER 12

Wellness: Exercise Class	9:00 am	Wellness Center
Resident Council	9:30 am	Zoom Meeting
Wellness: Exercise Class	10:00 am	Wellness Center
Duplex Tailgate Happy Hour	3:30 pm	DU

TUESDAY, OCTOBER 13

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
Wellness: Exercise Class Chair Yoga	10:00 am	Wellness Center
Wellness: Exercise Class	10:45am	Wellness Center
BV Hallway Happy Hour	3:30 pm	BV Hallways

WEDNESDAY, OCTOBER 14

Wellness: Exercise Class	9:00 am	Wellness Center
SU: Creative Non-Fiction Writing	10:00 am	Zoom Meeting
Wellness: Exercise Class	10:00 am	Wellness Center
Wellness: Exercise Class	10:45 am	Wellness Center
SU: Poets of the Pacific Northwest	11:00 am	Zoom Meeting
Wellness: Seated Strength	2:00 pm	TJ Solarium
Wellness: Seated Strength	2:30 pm	TJ Solarium
SU: AARP Home Fit Workshop	2:00 pm	Zoom Meeting
TJ Hallway Happy Hour	3:30 pm	TJ Hallways

THURSDAY, OCTOBER 15

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents Only	8:00 am	Sign up at LP Desk
Wellness: Exercise Class Chair Yoga	10:00 am	Wellness Center
Wellness: Exercise Class	10:45 pm	Wellness Center
GA Hallway Happy Hour	3:30 pm	GA Hallways

FRIDAY, OCTOBER 16

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

SATURDAY, OCTOBER 17

SUNDAY, OCTOBER 18

Seahawks Game	5:20 pm	Resident Rooms
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FLU SHOT CLINIC FOR INDEPENDENT RESIDENTS

We just learned that due to a technical difficulty Walgreens will not be able to assist with flu shots for independent residents. We are looking at alternative plans and hope to have additional information available soon. Details are still being finalized. As soon as we have a date and time the information will be sent out.

HAPPY BIRTHDAY

October 2

Phillip Phibbs

October 4

Elsa Williams

October 6

Anne Roberts

Ray Mitzner

October 7

Jane Schuneman

October 11

Cora Bock

October 12

Geri Smith

October 14

Nita Floyd

Donna Swenson

Janelle Rucker

October 17

Anne Locascio

Millie Hildebrand

October 21

Thomas Gilchrist

October 24

Florence Sandler

October 26

Niki Minor

October 29

Bob Bryan

Shelby Clayton

HAPPY
ANNIVERSARY

October 15

Ken & Jan Johnson

October 18

Rusty & Peg Squire

CNA Award

**FTJ CNAs Recognized by Health Care Providers Council of
Pierce County**

Health Care Providers Council of Pierce Council hosted it's10th Annual All-Star Caregiver Award in September. Nominations for this award are submitted by family members and residents of skilled nursing, memory care and assisted living communities throughout Pierce County, and this year approximately 100 caregivers were nominated with 10 winners. Typically there is a large dinner hosted for all the nominees and recipients, but this year because of COVID, the dinner was canceled.

However, we couldn't be more thrilled and excited to announce that Franke Tobey Jones' Allisha Navarro was recognized and awarded CNA Of The Year! FTJ CNA Cristy Santos was also one of the distinguished nominees. Allisha has worked at Franke Tobey Jones for eight years and Cristy has worked here for 39 years!

"We have an amazing team of caregivers," says Bob Beckham, FTJ Chief Operating Officer. "It is so wonderful that both Allisha and Cristy have been recognized as Outstanding Caregivers. They both embody a mentality of sincere service to our residents and are both very deserving!"

We couldn't be more proud of Allisha and Cristy. They are shining examples of our FTJ Promise ***"To Make Every Day Meaningful For Our Residents, Team Members and Myself."***

Health Care Providers Council of Pierce County is a non-profit organization that promotes the highest possible standards of service, care, and well-being for older and disabled adults. Since 2000, the Health Care Providers Council of Pierce County has grown to over 200 individuals who represent various organizations committed to providing exceptional services to sen-

It's Time to Vote!!



Attention Residents:

Ballots are being mailed out on October 12, 2020, so you should receive them in your mailboxes shortly after that.

For those Residents who would like assistance with filling out the form or mailing it, we are setting up times in each building so that we can have two staff members assist you with this. Voting pamphlets will

be available for you to make your own decisions located by the mailboxes.

Our Guidelines for Assistance:

Two staff members will be available to witness and assist with filling out the ballot. We can read to you what is written in the pamphlets and assist with the envelopes and mailing the ballot. We cannot answer any questions.

This is only for residents who may need assistance for sight impairment or if you have difficulty with your hands. You can choose to mail the ballot yourself or we will be happy to place in the mail for you.

Date for Assistance: Wed, October 21st

Please call to make an appointment at 253-756-6251

* 10:00-12:00 in LP in LP Parlor for AL (Elle and Jessica) and

* 1:00-4:00 in TJ side office Conference room (Michelle and Shirley) for Independent residents (BV, DU, GA, TJ)

COVID-19 Update

This is an update to our last COVID update in which we reported a team member testing positive for COVID.

Last Wednesday and Thursday we tested all staff and residents in Assisted Living, Memory Care and Skilled Nursing for COVID-19, and we want to report that all results came back **negative**.

This is phenomenal news and a direct result of everyone's hard work and attention to mask wear- ing, hand washing and social distancing. We sincerely thank all of our staff and family members for their continued hard work and diligence in protecting our residents as well as yourselves, your coworkers and your families.

We have all heard the term “COVID fatigue.” We have been at this for a long time and it can be easy to get lazy with social distancing or mask wearing. We want to stress the continued im- portance of these measures. They do make a difference.

We will repeat testing this Wednesday and Thursday for all staff and residents in Assisted Living, Memory Care and Skilled Nursing.

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

Resident’s Council via ZOOM!

We are going to try something new for our Resident’s Council meeting on Monday, October 12...and that is to do it via ZOOM!

Join By Computer or Mobile Device

- * You will need an email address.
- * You can join by desktop computer, laptop computer, tablet or phone.
- * If you want to ask questions, you will need a mic and camera.
- * If you just want to listen, you do not need a mic and camera.

If your email is listed in our FTJ Phone Directory, we will send you a ZOOM link so you can join the meeting and won’t have to type in the URL above.
If your email is not listed in the FTJ Phone Directory and you would like to join, please contact your Personal Concierge by this Friday at noon so we can get your email and send you the link.

Join Zoom Meeting:

[https://us02web.zoom.us/j/8087020663?](https://us02web.zoom.us/j/8087020663?pwd=N0xhQ1JGR3VvdIFkUC9uUTZCdmsvdz09)
[pwd=N0xhQ1JGR3VvdIFkUC9uUTZCdmsvdz09](https://us02web.zoom.us/j/8087020663?pwd=N0xhQ1JGR3VvdIFkUC9uUTZCdmsvdz09)
Meeting ID: 808 702 0663

Join By Phone Only

Dial (253) 215-8782
Meeting ID: 808 702 0663
Passcode: 776971
There will be a voice prompt.





WEEKLY RIDDLE

A woman is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?

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

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.

A	H	D	S	H	A	E	D	C	E	A	A	I	E	N	O
C	K	E		I	H	H	E	D	N	A	D	I	N	R	R
T	L	E		T	T	N			R	H	T	L	O	Y	
U	N	S			T	S			T	S	T	T			
															.

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.

Changes Coming to Senior University Zoom Classes

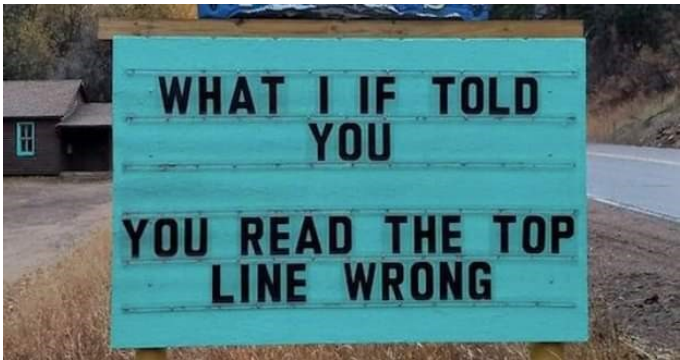
Beginning in October two special Zoom classes each will be offered to independent living residents and assisted living residents.

For our independent residents, these Zoom classes will be offered in the **Wellness Center**. Each class is limited to ten people each, you must sign up with Jana prior to arriving at the class and you must wear a mask throughout the Zoom presentation. The dates for these classes are, **Wednesday 21 at 3:00pm**.

For our assisted living residents, these Zoom classes will be offered in the **Lillian Pratt Parlor**. Each class is limited to ten people each, you must sign up with Jana prior to arriving at the class and you must wear a mask throughout the Zoom presentation. The dates for these classes are, **Wednesdays Oct. 14 and 28 at 11:00am**.

In addition plans are in motion to begin limited, resident only, in person lectures in November. This is contingent upon what happens with COVID and we will be monitoring the situation closely. Look for further details as November comes closer.

If you have any questions, please contact Jana at 253-756-6219.



Senior University Zoom Lecture

Wednesday, October 21

Women in Aerospace

This is a presentation developed by Museum of Flight Docents Jon Fehrenbach and Marva Semet describing some of the pioneering women who have played an influential role in aviation and aerospace history, from Katherine Wright through NASA’s current astronaut class.

3:00 pm, Zoom Presentation

Join Zoom Meeting

<https://us02web.zoom.us/j/89319099401>

Meeting ID: 893 1909 9401

Passcode: 823408

BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on “Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment.”

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife’s supervision.

sun-gazing.com
INFINITY

Stepped on my scale this morning and it said: Please use social distancing, one person at a time.

		MENU	
		Oct 12th - Oct 18th	Mindful Offer
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Vegetarian Lentil & Spinach Soup	Beef Barley Soup
M	Orange Juice	Cottage Cheese & Tomato	Vegetarian Lentil & Spinach Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
N	Eggs To Order	Spinach Lasagna with Marinara Sauce	South American Tuna Salad & Avocado Wrap
D	Bacon	Farmer's Meatloaf	Teriyaki Chicken Breast
A	Blueberry Yogurt Coffee Cake	Roasted Red Potatoes	Sticky Rice
Y	Whole Milk	Corn O'Brien with Peppers	Sautéed Bok Choy
	Coffee	Peach Crisp	Carrot Cake
12			
	Fresh Fruit in Season	Potato Leek Soup	Potato Leek Soup
T	Orange Juice	Fruit Salad	Thai Chicken & Rice Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Belgian Waffles	Cajun Roast Salmon	Three Cheese Quiche
S	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Chipotle & Onion Cheesesteak
D	Grilled Ham	Brown Rice Pilaf	Steak Cut French Fries
A	Whole Milk	Summer Squash & Carrot Medley	Broccoli Cuts
Y	Coffee	Coconut Cream Pie	Apricot Bars
13			
W	Fresh Fruit in Season	Vegetarian Split Pea Soup	Vegetarian Split Pea Soup
E	Orange Juice	Cole Slaw	Chili con Carne
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Whole Wheat Pancakes	Pinto Bean & Potato Cheddar Quesadilla	Monte Cristo Sandwich
E	Fried Cage Free Egg	Balsamic Flank Steak	Chicken Pot Pie
S	Bacon	Buttered Noodles	Steamed Vegetables
D	Whole Milk	Lima Beans	Fruit Skewer
A	Coffee	Yellow Cake with Fudge Icing	Chocolate Chip Cookie
Y			
14			
T	Fresh Fruit in Season	Red Pepper & Basil Soup	Chicken Gumbo
H	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Baked Denver Omelet	Crispy Baked Cod	Roast Beef & Blue Cheese Panni
S	Hash Browned Potatoes	Shepherds Pie	Macaroni & Cheese
D	Sausage Patty	Rice and Orzo Pilaf	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Chocolate Brownie
Y	Coffee	Mix Berry Apple Crisp	
15			
	Fresh Fruit in Season	New England Clam Chowder	Hearty Beef Vegetable Soup
F	Orange Juice	Fruited Jell-O Salad	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Poached Eggs	Shrimp Alfredo	Oven Roasted Fish Sandwich
D	Whole Wheat French Toast	Pork Scaloppini & Mushroom Ragout	Supreme Pizza
A	Bacon	Rotini Pasta	Home Made Potato Chips
Y	Whole Milk	Yellow Squash, Red Pepper & Peas Sauté	Mint Chocolate Ice Cream
	Coffee	Strawberry Basil Cheesecake Bar	
16			
S	Fresh Fruit in Season	Roast Turkey & Rice Soup	Cream Of Mushroom
A	Orange Juice	Macaroni Salad	Roast Turkey & Rice Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Fried Cage Free Egg	Fried Chicken	Macaroni Salad
R	Bacon	Braised Swiss Steak	Penne w Pesto Vegetables
D	Mixed Berry Wheat Pancakes	Mashed Potatoes	Grilled Hot Dogs
A	Whole Milk	Creamed Corn	Baked Beans
Y	Coffee	Banana Split	Bread Stick
17			Pound Cake
	Fresh Fruit in Season	Carrot & Ginger Soup	Carrot & Ginger Soup
	Orange Juice	Deviled Eggs	Corn Chowder
S	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
U	Scrambled Egg	Montreal Rotisserie Tri Tip	Basil Lemon Chicken w Couscous
N	Hash Browned Potatoes	Tuscan-Style Turkey Breast	Pork Roast
D	Sausage Link	Savory Cornbread Stuffing	Mashed Sweet Potatoes
A	Cinnamon Roll	Garlic Mashed Potatoes	Mixed Vegetables
Y	Whole Milk	Green Beans, Tomato, Garlic & Shallots	Butterscotch Pudding
18	Coffee	Cherry Pie	