



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, OCTOBER 19

<i>Wellness: Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Duplex Tailgate Happy Hour	3:30 pm	DU

TUESDAY, OCTOBER 20

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
<i>Wellness: Exercise Class Chair Yoga</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Exercise Class</i>	<i>10:45am</i>	<i>Wellness Center</i>
BV Hallway Happy Hour	3:30 pm	BV Hallways
SU: Medicare Basics	4:30 pm	Zoom Meeting

WEDNESDAY, OCTOBER 21

<i>Wellness: Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
SU: Creative Non-Fiction Writing	10:00 am	Zoom Meeting
<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>
SU: AARP Living Longer & Smarter	11:00 am	Zoom Meeting
<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>
SU: Women in Aerospace –Zoom	3:00 pm	Wellness Center
TJ Hallway Happy Hour	3:30 pm	TJ Hallways
SU: Medicare Basics	4:30 pm	Zoom Meeting

THURSDAY, OCTOBER 22

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

FRIDAY, OCTOBER 23

<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, OCTOBER 24

SUNDAY, OCTOBER 25

Seahawks Game	1:05 pm	Resident Rooms
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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

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)

Building Services Department Update

Hello everyone,

Well it looks like winter arrived in a hurry. That means the staff are looking at things like roof drains, gutters, storms drains, etc. If you observe something that needs attention in that regard, please let Vicki know. This is always the quickest way to get things done. Vicki can be reached at 253-756-6293.

As it is getting darker now and wet outside, please be careful as you move around the campus.

Also temperatures are beginning to go lower, so if you feel that your home is not warm enough, please call us right away.

Stay safe!



COVID-19 Update

Last week we implemented our second round of COVID 19 testing for team members as well as residents in assisted living, memory care and skilled nursing. We are happy to report that all staff and residents tested negative. This is fabulous news again.

You may remember prior to the positive test a couple weeks ago, we had started small group activities and communal dining in assisted living. This was due to being in Phase 2 of the Safe Start Plan for Long Term Care which is based on COVID-19 case counts in Pierce County. Over the past two weeks the case counts in Pierce County have escalated to the point that we are now back in Phase 1 of the Safe Start Plan for Long Term Care. Because of this we are currently not allowed to conduct small group activities or communal dining in skilled nursing or assisted living areas.

It's that time of year when the weather is getting unpredictable with intermittent sun and showers. However, we are still open for window visits. Our window visit areas are covered, so if you would still like to visit in the unpredictable weather, please make a reservation with our receptionist at 253-752-6621. If you prefer not to brave the elements, we are still offering virtual visits which you can schedule with your Personal Concierge.

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 things change we will continue to provide updates to keep everyone informed.

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

FLU SHOT CLINIC FOR INDEPENDENT RESIDENTS

Franke Tobey Jones, in partnership with CVS Pharmacy, will be hosting a Flu Vaccine Clinic here at Franke Tobey Jones on **Thursday, October 22, 9:00am-1:00pm**. The Flu Vaccine Clinic will take place in the old HCC building which is the same location as COVID testing back in June. Transportation will be available. CVS Pharmacy will bill your Medicare Insurance for the flu vaccine. This is the flu vaccine designated for people 65 years old and older. You can also receive the shingles vaccine at the same time. Please let Bob know if you would also like the shingles vaccine when you call to reserve your spot.

If you would like to receive the flu or shingles vaccine during the Flu Vaccine Clinic on October 22nd you must do the following by noon on Tuesday, October 20th.

Call or email Bob Beckham at 253-756-6253 or bbeckham@franketobeyjones.com and reserve a time and let me know if you would like the shingles vaccine. If you leave a message please let me know what time you would like to reserve and I will confirm your time with you.

When you call to reserve your time please let me know if you need transportation.

Please call/email Bob Beckham at 253-756-6253 or bbeckham@franketobeyjones.com if you have any questions and to reserve your spot.

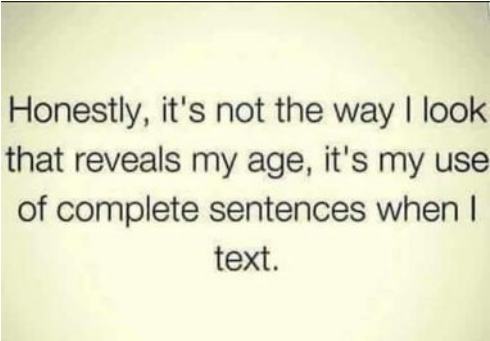
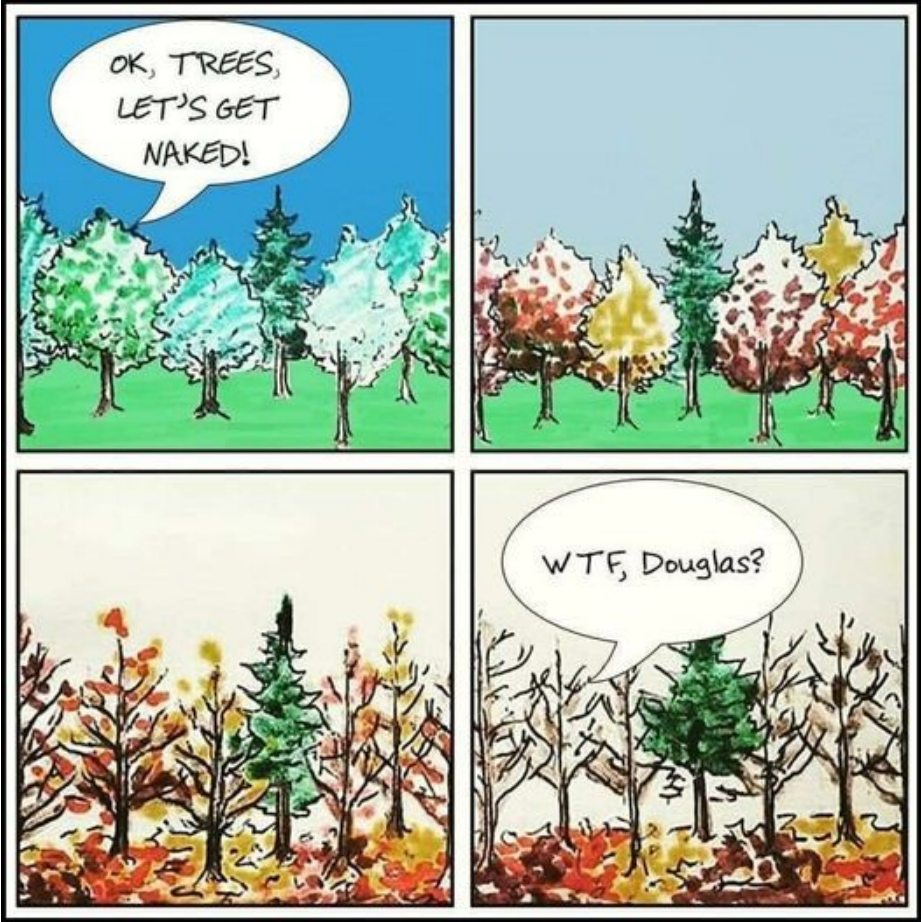


WEEKLY RIDDLE

A couple sharing five a piece. Stretching, spreading, loudly meet.
We are known to often calm. And yet we're better known to harm.
To help and build, our team of ten. Connects us to the minds of men.
What are we?

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

- Animal Crackers
Churros
Fried Chicken
Ice Cream
Nuggets
Pudding
Snowballs
- Beef Jerkey
Cotton Candy
Fritos
Kit Kats
Nutter Butters
Ring Dings
Soda
- Caramel Corn
Ding Dongs
Fruit Pies
Lollipops
Oreos
Shaved Ice
Starbursts
- Cheetos
Dorritos
Funnel Cake
Marshmallows
Popsicles
Smores
Twinkies
- Chips
French Fries
Ho Hos
Nachos
Pork Rinds
Snickers
Zingers



In March: Friday the 13th, Full moon, turned clocks ahead, all in one weekend.
October 31: Halloween on a Saturday, Full moon, Turn clocks back an hour.
Maybe this will return us to factory settings?

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

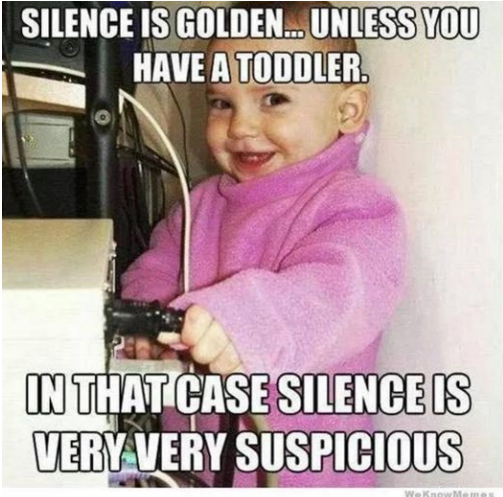
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If you want to attend this meeting in person in the Wellness Center, please contact Jana to reserve your spot. Space is limited to 9 people.



Kristin
@FeralCrone

When I told my parents over the phone that my husband has the flu, my dad said “Have you tried euthanasia?” and in the background my mom yelled “For the last time, it’s echinacea!”



		<i>MENU</i>	
		<i>Oct 19th - Oct 25th</i>	<i>Mindful Offer</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
<i>M</i>	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
<i>O</i>	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
<i>N</i>	French Toast	Chicken Fried Steak	Margherita Pizza Flat'wich
<i>D</i>	Western Scrambled Eggs	Citrus Herb Cod	Baked Chicken & Noodles
<i>A</i>	Bacon	Mashed Potatoes	Fresh Baked Rolls
<i>Y</i>	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
	Coffee	Chocolate Raspberry Parfait	
<i>19</i>			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
<i>T</i>	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Poached Eggs	Rigatoni with Roasted Tomatoes	Classic Club Wrap/w Mac Salad
<i>S</i>	Sausage Patty	Seasoned Turkey Cutlet w Gravy	Chopped Beef Steak with Onions
<i>D</i>	Mushroom, Ham & Swiss Frittata	Mashed Sweet Potato	Mashed Potatoes
<i>A</i>	Whole Milk	Sautéed Spinach	Sliced Beets
<i>Y</i>	Coffee	Crisp Baguette	Roasted Spiced Apples
<i>20</i>		Lemon Pudding Cake with Lemon Sauce	
<i>W</i>			
<i>E</i>	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
<i>D</i>	Assorted Fruit Juices	Cole Slaw	Tomato Soup
<i>N</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>E</i>	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
<i>S</i>	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
<i>D</i>	Eggs To Order	Brown Rice	Potatoes Anna
<i>A</i>	Whole Milk	Peas & Carrots	Roast Green Beans
<i>Y</i>	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
<i>21</i>			
<i>T</i>	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
<i>H</i>	Assorted Fruit Juices	Cucumber Sour Cream Salad	Cream Of Mushroom Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Fried Cage Free Egg	Wild Mushroom Scampi	Cuban Panini Sandwich
<i>S</i>	Bacon	Braised Mediterranean Chicken	Spaghetti w Meat sauce
<i>D</i>	Hash Browned Potatoes	Penne Pasta	Garlic Bread
<i>A</i>	Coffee Cake	Broccoli with Garlic & Lemon	Country-Style Dijon Red Potato Salad
<i>Y</i>	Whole Milk	Key Lime Pie	Orange Sprinkle Cookie
	Coffee		
<i>22</i>			
	Fresh Fruit in Season	New England Clam Chowder	Red Bean, Coconut Beef Soup
<i>F</i>	Assorted Fruit Juices	Fruited Jell-O Salad	New England Clam Chowder
<i>R</i>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<i>I</i>	Sausage Link	Lemon Dill Flounder	Bacon Spinach Alfredo Pizza
<i>D</i>	Scrambled Eggs	Beef Enchiladas	Classic Tuna Melt
<i>A</i>	Sunrise Breakfast Casserole	Baked Mexican Rice	Homemade Potato Chips
<i>Y</i>	Blueberry Muffins	Roasted Potato	Chocolate Peanut Butter Brownie
	Whole Milk	Simply Grilled Tricolor Peppers	
	Coffee	Carrot Cake	
<i>23</i>			
<i>S</i>	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<i>A</i>	Assorted Fruit Juices	Orange Jicama Salad	Chili Verde
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>U</i>	Bacon	Italian Sausage with Onion & Peppers	Turkey Reuben Sub
<i>R</i>	Fried Cage Free Egg	Herb Baked Chicken	Home Style Meatloaf
<i>D</i>	Hash Browned Potatoes	Orzo with Lemon & Herbs	Oven Roasted Potato Wedges
<i>A</i>	Whole Milk	Baked Tomato	Buttered Corn
<i>Y</i>	Coffee	Bread Pudding	Grasshopper Mousse
<i>24</i>			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Potato Leek Soup
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>U</i>	Scrambled Egg	Braised Pot Roast	Deviled Eggs
<i>N</i>	Hash Browned Potatoes	Maple Peach Glazed Smoked Pit Ham	Chicken Penne & Chipotle Alfredo
<i>D</i>	Bacon	Baked Sweet Potato	Cheese Burger
<i>A</i>	Cinnamon Roll	Summer Squash & Carrot Medley	French Fries
<i>Y</i>	Whole Milk	Creamed Spinach	Garlic Knot
	Coffee	Apple Pie	Banana Fosters
<i>25</i>			