



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, LP Parlor  
For Council Officers ONLY

**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 5**

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

**TUESDAY, OCTOBER 6**

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>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45am	Wellness Center
BV Hallway Happy Hour	3:30 pm	BV Hallways
<b>SU: Medicare Basics</b>	<b>4:30 pm</b>	<b>Zoom Meeting</b>

**WEDNESDAY, OCTOBER 7**

<i>Wellness: Exercise Class</i>	9:00 am	Wellness Center
<b>SU: Creative Non-Fiction Writing</b>	<b>10:00 am</b>	<b>Zoom Meeting</b>
<i>Wellness: Exercise Class</i>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45 am	Wellness Center
<b>SU: Living Longer &amp; Stronger</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	2:00 pm	TJ Solarium
<i>Wellness: Seated Strength</i>	2:30 pm	TJ Solarium
<b>SU: Bermuda Triangle-Fact or Fiction</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
TJ Hallway Happy Hour	3:30 pm	TJ Hallways

**THURSDAY, OCTOBER 8**

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>	10:00 am	Wellness Center
<i>Wellness: Exercise Class</i>	10:45 pm	Wellness Center
GA Hallway Happy Hour	3:30 pm	GA Hallways

**FRIDAY, OCTOBER 9**

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

**SATURDAY, OCTOBER 10**

**SUNDAY, OCTOBER 11**

Seahawks Game	5:20 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

Gerri 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 Clayson

## HAPPY ANNIVERSARY

October 15

Ken & Jan Johnson

October 18

Rusty & Peg Squire

## Covid-19 Update

We are happy to announce that window visitation for Skilled Nursing, Memory Care, Assisted Living and Independent Residents/family members will start October 1<sup>st</sup>. Below are the visiting areas and guidelines.

### **Window Visitation Guidelines for Residents/Families for Assisted Living (LP), Memory care (MC) and Skilled Nursing (SN)**

The Governor's proclamations and CMS certification waivers do not restrict or prohibit window visits. FTJ has designated areas for Residents and Families to visit through the window when the weather is not cooperating for outdoor visits. These areas offer privacy and social distancing. There are some spots covered for Families to stay out of the elements. Please adhere to the guidelines so that this privilege is not taken away. These guidelines and areas are subject to change. We are following the DOH Outdoor/Window Visitation Guidance document.

### **Basic Guidelines:**

- **Families must remain outside the window at all times and the resident must remain inside using an intercom system to communicate.**
- **Use of mask** is required for all visitors and residents.
- **Maintain 6' social distancing at all times.**
- Residents in SN, MC and LP will be allowed visits at **two times per week during the hours of 10:00 to 3:30 Monday through Friday only**. Visits are limited to half hour and dependent upon the times available. You will only be allowed to schedule a week at a time to allow for other visitors.
- **Appointments will only need to be made for SN, MC and LP** so that we can ensure the resident is available. Please call the Front Desk at 253-752-6621 to make an appointment.
- Appointments must be made at least 24 hours in advance.
- **Visitation must be supervised by an FTJ Staff** for SN, MC, and LP to ensure the guidelines are met. Staff will also disinfect the sitting areas between each visit and retrieve the monitors.

### **Locations for Window Visits: Bright Green Signs will be posted:**

- **Skilled Nursing:** Family sitting room located at the North entrance (covered). Family should park next to the Tobey Jones Building in front of the Garden Conservatory.
- **Memory Care:** Family sitting room on the South side facing Vassault Street. Family to park on Bristol Street and follow walkway on the farthest left side.
- **Lillian Pratt:** Old Health Care Center (HCC) Activity Terrace. Family to park in the Bistro parking lot and follow signs towards maintenance to the Activity Terrace patio.

### **Window Visitation Guidelines for Residents and Families for Independent areas - (Bristol View, Duplexes, Garden Apartments and Tobey Jones)**

#### **Basic Guidelines:**

- **Families must remain outside the window at all times and the resident must remain inside using an intercom system to communicate.**
- **Use of mask** is required for all visitors and residents.
- **Maintain 6' social distancing at all times.**

### **Locations for Window Visits: Bright Green Signs will be posted:**

- **Tobey Jones Building:** TJ Parlor. Family to sit outside of French doors.
- **Garden Apartments:** Families will be outside of the South entrance where the stair entrance is by Shirley's office.
- **Bristol View:** Families will be under the Fire Pit covered area
- **Duplexes:** Your own walkway outside of your Duplex.

Once again, on behalf of our entire Franke Tobey Jones community, I want to thank each of you for your continued patience and support. It is truly helping to keep us all safe and healthy.

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

## FLU SHOT CLINIC FOR INDEPENDENT RESIDENTS

Details are still being finalized. As soon as we have a date and time the information will be sent out.

## Senior University September 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.

*Tuesdays, October 6 & October 20*

### **Medicare Basics**

Presented by Laurie Casas, Only Senior Options, [laurie@Onlysenioroptions.com](mailto:laurie@Onlysenioroptions.com)

Whether you are new to Medicare, getting ready to turn 65, or already enrolled in a Medicare health plan, you'll need to make important decisions at enrollment time and then during AEP (Annual Enrollment period) each year. Come learn the A,B,C, & D's of Medicare, overview and difference between Medicare supplement insurance and Medicare advantage plans, overview of and what to look for when choosing a prescription drug plans and tips for your first year on Medicare health plan.

*4:30 pm, Zoom Presentation (both dates will be at this time using the link below to register for your preferred date)*

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMsfuCogDspGNQxfJHLKUY8jP-wG7dFvTKW>

After registering, you will receive a confirmation email containing information about joining the meeting.

*Wednesdays, October 7 & October 21*

### **Creative Writing: Creative Nonfiction**

Join Jesi Vega for this 6-week course from September 9 – November 18. In this class, you'll work on one or more pieces of creative nonfiction, combining your own subject matter expertise with personal reflections and learned experience. Class time will consist of reading and discussing passages from select works of creative nonfiction, and discussion of each other's work in a supportive workshop setting. Pre-registration is required.

*10:00 am – 12:00 pm, Zoom Meeting*

*Wednesday, October 7*

### **AARP Living Longer, Living Smarter – Your Health & Your Home and Community**

Learn how your ability to live well is impacted by family health history, lifestyle modifications, and types of health insurance. Also assess whether your home and community can support your changing needs. Pre-registration is required using the link below.

*11:00 am, Zoom Presentation*

Register in advance for this meeting:

<https://aarp.cvent.com/Oct7LLLS>

*Wednesday, October 7, October 14, & October 28*

### **Medicare Basics**

Presented by Laurie Casas, Only Senior Options, [laurie@Onlysenioroptions.com](mailto:laurie@Onlysenioroptions.com)

Whether you are new to Medicare, getting ready to turn 65, or already enrolled in a Medicare health plan, you'll need to make important decisions at enrollment time and then during AEP (Annual Enrollment period) each year. Come learn the A,B,C, & D's of Medicare, overview and difference between Medicare supplement insurance and Medicare advantage plans, overview of and what to look for when choosing a prescription drug plans and tips for your first year on Medicare health plan.

*2:00 pm, Zoom Presentation (all 3 dates will be at this time using the link below to register for your preferred date)*

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZYkcOGocDloEtXgHM25eSGTiKxHhhJDdu3gA>

After registering, you will receive a confirmation email containing information about joining the meeting.



WEEKLY RIDDLE

I am as simple as a circle, worthless as a leader but when I follow a group, their strength increases many fold. What am I?

	+		+		=	15
+		×		÷		
	+		×		=	24
-		-		÷		
	+		-		=	14
=		=		=		
3		12		4		

A math challenge is a group of numbers formed in a block filled with addition, subtraction, multiplication and division.

Use the numbers 1 through 9 to complete the equation.

Each number is only used once. Each row is a math equation. Work from left to right. Each column is a math equation. Work from top to bottom.

<b>1</b>	WALKING <hr/> AIR	EEEEEL
Prison prison prison prison prison.	WO WALK OJ WO WALK OJ WO WALK OJ	BLpigANKpigET

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



## 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, **Wednesdays Oct. 7 and 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

*Wednesdays, October 7 & October 21*  
**Creative Writing: Creative Nonfiction**

Join Jesi Vega for this 6-week course from September 9 – November 18. In this class, you'll work on one or more pieces of creative nonfiction, combining your own subject matter expertise with personal reflections and learned experience. Class time will consist of reading and discussing passages from select works of creative nonfiction, and discussion of each other's work in a supportive workshop setting. Pre-registration is required.

*10:00 am – 12:00 pm, Zoom Meeting*

What the... 🤔 Never mind I forgot, it's 2020 🤔



		<b>MENU</b>	
		<b>Oct 5th - Oct 11th</b>	<b>Mindful Offer</b>
		<b>BREAKFAST</b>	<b>DINNER</b>
		<b>BREAKFAST</b>	<b>DINNER</b>
		<b>BREAKFAST</b>	<b>SUPPER</b>
<b>M</b>	Fresh Fruit in Season	Mexican Corn Soup	Mexican Corn Soup
<b>O</b>	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
<b>N</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
<b>D</b>	Scrambled Egg	Chicken & Dumplings	Classic Chef Salad
<b>A</b>	Sausage Link	Fried Trout	Chicken Fried Steak
<b>Y</b>	Whole Wheat Pancakes	Rice Pilaf	Caramelized Leek Mashed Potatoes
<b>5</b>	Whole Milk	Baby Carrots w Sage	Buttered Corn
	Coffee	Yellow Cake w Peanut butter Frosting	Rice Pudding w Raisins
<b>T</b>	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<b>U</b>	Orange Juice	Fruit Salad	Pork Chile Verde
<b>E</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>S</b>	Poached Eggs	BBQ Glazed Flounder	Grilled Turkey Melt
<b>D</b>	Bacon	Maple Glazed Pork Loin	Roast Beef
<b>A</b>	Blueberry Muffin	Mashed Sweet Potatoes	Baked Potato
<b>Y</b>	Whole Milk	Green Beans Oregano	Creamed Spinach
<b>6</b>	Coffee	Peach Crisp	Double Chocolate Cookies
<b>W</b>			
<b>E</b>	Fresh Fruit in Season	Potato Leek Soup	Garden Vegetable Soup
<b>D</b>	Orange Juice	Cole Slaw	Potato Leek Soup
<b>N</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>E</b>	Fried Large Cage Free Egg	Rotini & Meat Sauce	Grilled Blackened Tuna & Salsa Sandwich
<b>S</b>	Grilled Ham	Brazilian Pork with Chimichurri	Stuffed Chicken Breast
<b>D</b>	French Toast	White Rice	Roasted Carrots
<b>A</b>	Whole Milk	Capri Mixed Vegetables	House Made Potato Chips
<b>Y</b>	Coffee	Carrot Cake	Blondie Bar
<b>7</b>			
<b>T</b>	Fresh Fruit in Season	Cream of Mushroom Soup	Cream of Mushroom Soup
<b>H</b>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Scrambled Egg	Chicken Scaloppini Marsala	Bratwurst Sandwich w Sauerkraut
<b>S</b>	Bacon	Eggplant Sausage Napoleon	Roasted Turkey Breast
<b>D</b>	Apple Cinnamon Muffin	Penne	Roasted Sweet Potato
<b>A</b>	Whole Milk	French Cut Green Beans	Fresh Broccoli
<b>Y</b>	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
<b>8</b>		Cookies and Cream Blondie	
<b>F</b>	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
<b>I</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Spinach & Pesto Scrambled Eggs	Tropical Seared Salmon	Shrimp Tortellini Alfredo
<b>A</b>	Hash Browned Potatoes	Sweet and Sour Pork	Turkey Blue Cheese Burger
<b>Y</b>	Bacon	Fried Rice	French Fries
<b>9</b>	Whole Milk	Asian Blend Vegetables	Bread Stick
	Coffee	Chocolate Cobbler	Pumpkin Cheesecake Bar
<b>S</b>			
<b>A</b>	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
<b>T</b>	Orange Juice	Orange Jicama Salad	Sweet Potato and Black Bean Chili
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<b>R</b>	Poached Eggs	Crispy Parmesan Tilapia	Chicken Parmesan Flatbread
<b>D</b>	Sausage Patty	Salisbury Steak	Beef Stroganoff
<b>A</b>	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
<b>Y</b>	Whole Milk	Ginger Sesame Sugar Snap Peas	Grilled Yellow Squash
<b>10</b>	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
<b>S</b>	Fresh Fruit in Season	Spring Pasta Faggioli	Turkey Vegetable Soup
<b>U</b>	Orange Juice	Waldorf Salad	Spring Pasta Faggioli
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
<b>A</b>	Hash Browned Potatoes	Fried Shrimp	BBQ Pork Cutlet
<b>Y</b>	Bacon	Rice Pilaf	Home Fried Potatoes
<b>11</b>	Cinnamon Rolls	Sautéed Spinach	California Mixed Vegetables
	Whole Milk	Apple Pie	Raspberry Yogurt Mousse
	Coffee		