



FRANKE  
TOBEY  
JONES

*Enjoy your age*

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, January 11  
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, JANUARY 11**

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Resident Council Zoom Meeting	9:30 am	LP Hallways
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting

**TUESDAY, JANUARY 12**

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting

**WEDNESDAY, JANUARY 13**

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
<b>SU: The Rise of Wine Made in China</b>	11:00 am	Zoom Meeting
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
<b>SU: WWII in the Pacific</b>	2:00 pm	Zoom Meeting

**THURSDAY, JANUARY 14**

<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting
News Currents	10:30 am	LP Hallways
<i>Wellness: Seated Strength</i>	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	LP Hallways
<b>SU: The Geology &amp; History of Pt. Defiance Park &amp; Surroundings</b>	3:00 pm	Zoom Meeting

**FRIDAY, JANUARY 15**

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Room Visits	10:00 am	LP Hallways
<b>SU: Great Courses– Peoples &amp; Cultures of the World</b>	10:00 am	BV Lobby
<b>SU: Great Courses– Music &amp; the Brain</b>	2:00 pm	Wellness Center

**SATURDAY, JANUARY 16**

News & Views	9:30 am	LP Hallways
Picture It– Double Exposure	10:00 am	LP Hallways
Hand Massages	11:00 am	LP Hallways
This Day In History	1:30 pm	LP Hallways
Lucky Dice Game	2:30 pm	LP Hallways

**SUNDAY, JANUARY 17**

Meet & Greet	9:30 am	LP Hallways
Food For Thought– Candies of the 40's	10:00 am	LP Hallways
Finish the Lyrics	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
Jeopardy Trivia	2:30 pm	LP Hallways

## HAPPY BIRTHDAY

January 1

Dorris Martin

January 5

Linda McFerran

January 9

Kay Parks

January 10

Joe McCaffery

January 12

Daisy Gaines

Doris Brewer

January 14

Jim Cook

January 17

John Brooks

January 18

Marlys Mitzner

January 19

Al Watters

January 20

Terry Stuver

January 21

Mary Bill

Louise Brightwell

January 22

Mary Beil

January 25

Yu Mei Yeh

January 26

Barbara Lindsay

## New Wellness Zoom Classes

The structure of the Zoom Wellness classes has changed slightly. Wellness Staff will now offer a Standing exercise class on Mondays, Wednesdays and Fridays at 10:00 am and a Seated exercise class on Tuesdays and Thursdays at 10:00 am. The classes will focus on a wide variety of fitness including strength, range of motion, cardio and balance. In addition, a stretching class will be offered on Mondays, Wednesdays and Fridays at 9:00 am. The stretching class will be mostly seated. The Meeting ID and Passcode are below and are the same for all classes. If you have any questions about the classes or need help accessing Zoom, please contact the Wellness Staff at 253-756-6279.

Meeting ID: 325 226 4711

Meeting Passcode: wellness20

## January is SOUPER BOWL month!

PLEASE help us tackle local hunger for our senior community by being part of the **Souper Bowl Team!**

The Pt. Defiance ~ Ruston Senior Center inhouse grocery rescue program which had always provided much-needed food was suspended due to Covid 19. To ensure there are nourishing and warm bowls of soup for seniors in need, Philanthropy is collecting cans of soup and toppings (crackers, goldfish, etc.).

Bins are located in the Bistro. For Independent Living, the Philanthropy Office will also gladly pick up!

Every food item helps ~ soup and other groceries will be distributed the first week of February. "Food donations for the cold winter are greatly-needed to support our seniors and we really appreciate your help," says Kate Gray, Senior Center Director.

If you would like to help fill the bins, please contact Shelley in Philanthropy at 253.756.6297 or by email at [sharris@franketobeyjones.com](mailto:sharris@franketobeyjones.com).  
***Together, let's fill the bins for a win!***

## Lillian Pratt Programing on Hold

Hallway programs, hallway exercise classes and One on One visits in LP are on hold until at least Thursday depending on test results from the Monday January 11th COVID-19 testing. If there are no further positive tests, activity programing and hallway exercise classes will resume on Thursday January 14th.

## COVID-19 Update

Happy New Year. We hope you had a happy and safe celebration. The good news is that skilled nursing and memory care residents and staff are COVID free. However, the latest COVID test results from January 4<sup>th</sup> of assisted living residents and staff resulted in one direct care agency staff member testing positive. This team member works only for Franke Tobey Jones, had not worked here for more than 48 hours prior to the positive test result and is currently isolating at home. Our next testing will be on January 11. As a reminder, the location for assisted living window visits has moved to the front of the Lillian Pratt building by the parlor.

Since the beginning of the COVID-19 pandemic we have had a total of 23 cases of COVID-19 residents and staff on campus. Cumulative numbers as of today (including the new positive agency staff member above) are:

- Total: 23 cases - 9 Residents; 14 staff
  
- Skilled Nursing Residents
  - o Total Residents: 8
  - o Residents who have recovered: 7
  - o Residents who have passed away: 1
  
- o Assisted Living Residents
  - o Total Residents: 1
  - o Residents currently recovering: 1
  - o Residents who have passed away: 0
  
- o Memory Care Residents
  - o Total Residents: 0
  
- o Staff
  - o Total Staff: 14 (9 FTJ Staff, 4 Agency Staff, 1 Contract Staff)
  - o Staff who have recovered and returned to work: 13
  - o Staff recovering at home: 1
  - o Staff who have passed away: 0

We are looking forward to our residents and staff being vaccinated. The upcoming vaccine dates for assisted living, memory care and skilled nursing residents will be January 10 and January 31 or January 31 and February 21. Vaccine dates for staff are either January 20 and February 10, or February 10 and March 3. CVS Pharmacy will be administering the Pfizer vaccine, which requires two doses 21 days apart. For additional vaccine updates, please check the homepage of our website.

We have received information that our independent residents will also be able to receive the vaccine. The dates for vaccination for IL residents will be January 31st and February 21st. Letters and consent forms will be in the mail this week providing further information.

Once again, thank you for your ongoing support as we navigate the many phases of this pandemic. If you have any questions, please do not hesitate to reach out via email to me ([jdunn@franketobeyjones.com](mailto:jdunn@franketobeyjones.com)) or Bob Beckham ([bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com)) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO

<p>A v A v</p> <p>R n I R</p>	<p>drawn scale scale</p>	<p>e a p p l e s n e l</p>
<p>MY SKIN He's getting</p>	<p>MIN MIN MIN MIN MIN</p> <p>BACK</p> <p>UTES UTES UTES UTES UTES</p>	<p>KNEE LIGHTS</p>

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.

E	F	I	A	A	E	E	E	A	A	G	D	N	A	E	D	O	J
F	N	O	D	E	L	I	I	C	A	I	G	T	E	N	E	P	R
I	O	R	N	E	N	R	R	M	E	N	O	V	E	R	F	R	R
O	S	R	U	M	V	T	S	R	R	S			H	V	N	S	
										,							
																	.

~Oscar Wilde

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **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.

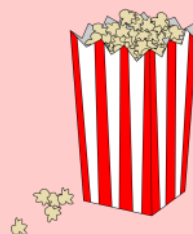
WEEKLY RIDDLE

I am taken from a mine, and shut up in a wooden case,  
from which I am never released,  
and yet I am used by almost everybody.



Did you know that movies are available for "rental" in the LP Activities office?

Contact your concierge for help selecting your next movie!



A truck carrying a load of Vicks VapoRub overturned on the highway.



The Officer told everyone to relax and take a deep breath.

Amazingly, there was no congestion for 8 hours! 😄

Today in church they asked what a Bishop does. Apparently, "move diagonally" wasn't the answer they were looking for.

WHAT DO YOU CALL AN ACID WITH AN ATTITUDE?

gimme ur lunch



A-mean-oh acid.



