Tobey Topics



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 IA	NILLA DAV 11			
MONDAY, JA		7 16 1		
Wellness: Seated Stretch Class	9:00 am	Zoom Meeting		
Resident Council Zoom Meeting	9:30 am	LP Hallways		
Wellness: Standing Exercise Class	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		
Wellness: Seated Exercise Class	10:00 am	Zoom Meeting		
WEDNESDAY, JANUARY 13				
Wellness: Seated Stretch Class	9:00 am	Zoom Meeting		
SU: The Rise of Wine Made in China	11:00 am	Zoom Meeting		
Wellness: Standing Exercise Class	10:00 am	Zoom Meeting		
SU: WWII in the Pacific	2:00 pm	Zoom Meeting		
THURSDAY, JA	ANUARY 14			
Wellness: Seated Exercise Class	10:00 am	Zoom Meeting		
News Currents	10:30 am	LP Hallways		
Wellness: Seated Strength	1:30 pm	LP Hallways		
Wellness: Seated Strength	2:00 pm	LP Hallways		
SU: The Geology & History of Pt. Defiance Park & Surroundings	3:00 pm	Zoom Meeting		
FRIDAY, JA	NUARY 15			
Wellness: Seated Stretch Class	9:00 am	Zoom Meeting		
Wellness: Standing Exercise Class	10:00 am	Zoom Meeting		
Room Visits	10:00 am	LP Hallways		
SU: Great Courses—Peoples & Cultures of the World	10:00 am	BV Lobby		
SU: Great Courses– Music & the Brain	2:00 pm	Wellness Center		
SATURDAY, J	ANUARY 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, JA	NUARY 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		

HAPPY BIRTHDAY

January 1
Dorris Martin

January 5 Linda McFerran

> <u>January 9</u> Kay Parks

January 10
Joe McCaffery

January 12
Daisy Gaines
Doris Brewer

January 14 Jim Cook

January 17 John Brooks

<u>January 18</u> 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

<u>January 26</u> 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. *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 4th 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: o
- o Memory Care Residents
- o Total Residents: o
- o Staff

site.

- o Total Staff: 14 (9 FTJ Staff, 4 Agency Staff, 1 Contract Staff)
- o Staff who have recovered and returned to work: 13
- Staff recovering at home: 1Staff 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 web-

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.

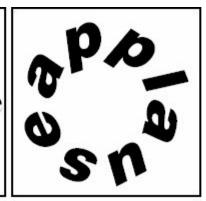
Once again, thank you for your ongoing support as we navigate the many phases of this pandemic. If you have any questions, please do not hesitate to reach out via email to me (jdunn@franketobeyjones.com) or Bob Beckham (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO



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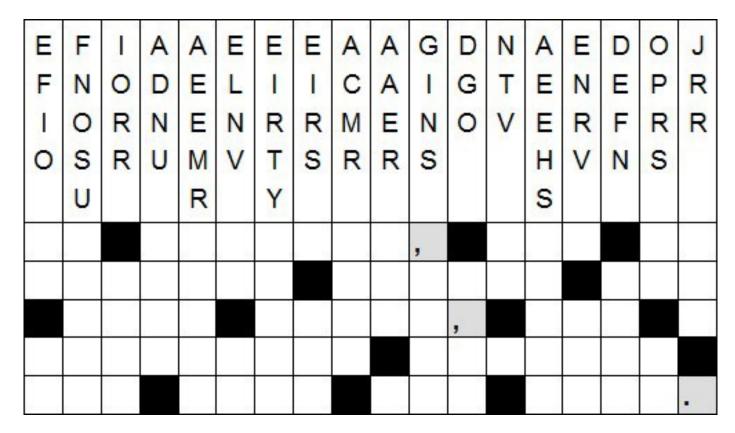




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A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



~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?

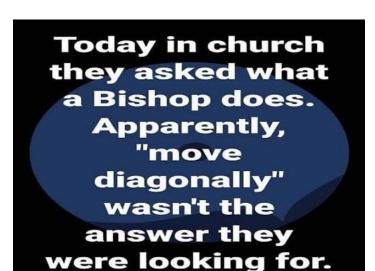
Contact your concierge for help selecting your next movie!

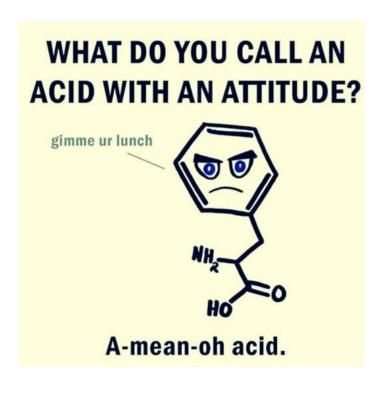


A truck carrying a load of Vicks VapoRub overturned on the highway.

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

Amazingly, there was no congestion for 8 hours!







	MENU			
		Jan 11th - Jan 17th	Mindful Offer	
	BREAKFAST	DINNER	SUPPER	
	Fresh Fruit in Season	Red Pepper & Basil Soup	Bacon & Corn Chowder	
M	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup	
0	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad	
N	Poached Egg	Beef Goulash	Egg Salad Sandwich	
D A	Sausage Link	Chipotle Cinnamon Turkey Breast Bow Tie Pasta	Beef Mushroom Meatloaf	
Y Y	Chocolate Chip Muffin Whole Milk	Sliced Beets	Lighter Parsnip Whipped Potatoes Baby Carrots & Sugar Snap Peas Medley	
_	Coffee	Key Lime Cake	Oatmeal Cookie	
11				
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup	
7	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup	
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad	
E	Scrambled Egg	Maple Glazed Pork Loin	Chicken, Bacon & Cheese Sandwich	
8	Bacon	Catfish Cakes	Beef Pot Pie	
D	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Mixed Vegetables French Fries	
A	Whole Milk Coffee	Green Beans	Chocolate Brownie	
12	Collee	Pineapple Upside Down Cake	Chocolate brownie	
W	Fresh Fruit in Season	Italian Wedding Soup	Turkey Noodle Soup	
E	Assorted Fruit Juice	Cole Slaw	Italian Wedding Soup	
D	Cream of Wheat	Mixed Green Salad	Cole Slaw	
N	Fried Cage Free Egg	Spaghetti & Meat sauce	Grilled Chicken Caesar Salad	
E	Blueberry Pancake	Turkey Scallopini	Cheese Burger	
S	Grilled Ham	Pasta	Tatar Tots	
D	Whole Milk	Steamed Vegetable Medley	Dinner Roll	
A	Coffee	Garlic Bread	Ice Cream Sundae	
13		Raspberry Whoopie Pie		
7	Fresh Fruit in Season	Cream of Vegetable Soup	Cream of Vegetable Soup	
H	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Ditalini Soup	
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad	
R	Baked Denver Omelet	Pot Roast	Beef & Bean Taco Pie	
S	Bacon	Lemon Sage Chicken Breast	Roasted Vegetable Quesadilla	
D	Whole Milk	Oven Roasted Potato Wedges	Brown Rice w Black Beans	
A	Coffee	Braised Red Cabbage	Mango Coconut Parfait	
Y		Yellow Cake w Fudge Icing		
14	For the Foreign in Consense	Name Familia de Clara Chamadan	Name Familia de Chambre	
F	Fresh Fruit in Season Assorted Fruit Juice	New England Clam Chowder Hummus Plate	New England Clam Chowder Minestrone Soup	
R	Cream of Wheat	Mixed Green Salad	Hummus Plate	
	Whole Wheat Pancakes	Lamb & Beef Meatballs	Philly Cheesesteak Sandwich	
D	Fried Cage Free Egg	Orange Salmon with Olives & Almonds	Tuna Noodle Casserole	
A	Bacon	Orzo w Basil	Stewed Tomatoes	
Y	Whole Milk	Roasted Zucchini & Eggplant	French Fries	
	Coffee	Spice Cake with Cream Frosting	Applesauce Bar	
15	F 15 % 6	T	T	
S	Fresh Fruit in Season Assorted Fruit Juice	Tomato Soup	Tomato Soup	
A T	Old Fashioned Oatmeal	Orange Jicama Salad Mixed Green Salad	Grilled Chicken Tortilla Soup Orange Jicama Salad	
U	Scrambled Eggs	Shepherd's Pie	Hot Ham & Brie Croissant	
R	Waffles	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore	
D	Sausage Link	Sticky Rice	Angel Hair	
A	Whole Milk	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté	
Y	Coffee	Fresh Broccoli	Cherry Dark Chocolate Cookie	
16		Mixed Berry Apple Crisp		
	Fresh Fruit in Season	Three Sisters Soup	Chicken Noodle Soup	
	Assorted Fruit Juice Old Fashioned Oatmeal	Deviled Eggs	Three Sisters Soup	
•	. un eschioned Datmes	Mixed Green Salad	Deviled Eggs Harvest Chicken Wrap	
S		Classed Uses		
U	Cinnamon Rolls	Glazed Ham	-	
U N	Cinnamon Rolls Poached Egg	Herbed Crusted Beef	Southern Style Beef Stew	
U	Cinnamon Rolls		-	
U N D	Cinnamon Rolls Poached Egg Bacon	Herbed Crusted Beef Roasted Red Potatoes	Southern Style Beef Stew Buttermilk Biscuit	