



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, February 8
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 25

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Morning Stretch	9:30 am	LP Hallways
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
The Funny 40's	10:00 am	LP Hallways
Taboo Game	11:00 am	LP Hallways
Jumpin' Jacks' Place	1:30pm	LP Hallways
Checkers Challenge	2:30 pm	LP Hallways

TUESDAY, JANUARY 26

Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	8:00 am	Sign up at LP Desk
<i>Wellness: Weight Class</i>	9:00 am	Zoom Meeting
Meet & Greet	9:30 am	LP Hallways
Who Am I?	10:00 am	LP Hallways
<i>Wellness: Seated Exercise Class</i>	10:00 am	Zoom Meeting
Farkle Game	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	1:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:00 pm	LP Hallways
You Be the Judge	2:30 pm	LP Hallways

WEDNESDAY, JANUARY 27

Exercise with Lizzy	9:30 am	LP Hallways
Name that Glen Miller Tune	10:00 am	LP Hallways
COVID-19 Vaccine Clinic For Staff & IL Residents	10:00 am– 4:00pm	Wellness Center
SU: Connecting Digitally	11:00 am	Zoom Meeting
Rummikub Game	11:00 am	LP Hallways
Strengthen Your Mind	1:30 pm	LP Hallways
COVID-19 Clinic for AL/SN/MC Residents	4:00pm– 6:00pm	MC/SN/AL Buildings
Hallway Happy Hour	3:00 pm	LP Hallways
SU: Literary League Book Club	3:00 pm	Zoom Meeting

THURSDAY, JANUARY 28

<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
Hot Buttered Rum Social	2:30 pm	LP Hallways
Grab & Go Happy Hour	2:30 pm	BV/DU/TJ
SU: Great Decisions Discussion Kick Off for 2021	3:00 pm	Zoom Meeting
Grab & Go Happy Hour	2:30 pm	GA

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

FRIDAY, JANUARY 29		
<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
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, JANUARY 30		
News & Views	9:30 am	LP Hallways
Would You Rather?	10:00 am	LP Hallways
Category Trivia	11:00 am	LP Hallways
Anagrams	1:30 pm	LP Hallways
Finish the Phrase	2:30 pm	LP Hallways
SUNDAY, JANUARY 31		
Meet & Greet	9:30 am	LP Hallways
Card Game “Uno”	10:00 am	LP Hallways
Hand Massages	11:00 am	LP Hallways
Room Visits	1:30 pm	LP Hallways
Trivia Challenge	2:30 pm	LP Hallways

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 in-house 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!**

Two bins generously filled, two to go and we are on the goal line. Thank you for your incredible support!

IL Vaccine Clinic

Due to scheduling issues with CVS the vaccine clinic scheduled for January 31st has been cancelled. **The new vaccine clinic date is Wednesday, January 27th.** This will be for the first dose of the vaccine. **This is the only date available if you would like to receive the vaccine at FTJ.** The second dose will be approximately 21 days later. The exact date is still to be determined.

The vaccine clinic will take place in the Wellness Center. Please enter through the Bistro entrance or the doors next to ramp in LP that face the Duplexes. Transportation is available if needed. Please contact Michelle Olafson at X1251 or 253-756-6251 by 3pm on Friday, January 22nd. Please leave a message if she does not answer.

Here is the schedule for your vaccine time based on where you live. It is important that we space everyone out appropriately. Please plan to be at the Bistro anytime during your time window. You do not have to be there right at the beginning of your time window.

- Bristol View Residents: 1:30pm – 2:00pm
- Duplex Residents – last names B-G: 2:00pm – 2:30pm
- Duplex Residents – last names J-W: 2:30pm – 3:00pm
- Garden Apartment Residents – last names B-J: 3:00pm – 3:30pm
- Garden Apartment Residents – last names K-W: 3:30pm – 4:00pm
- Tobey Jones Residents – last names A-G: 3:00pm – 3:30pm
- Tobey Jones Residents – last names K-Z: 3:30pm – 4:00pm

As always, you must wear a face mask, maintain social distancing and use hand sanitizer. After your vaccination, please plan to stay in the Wellness Center for 15-30 minutes depending on your history of reactions to vaccines. A nurse will be observing residents post-vaccinations for any sort of reactions. The pharmacy staff will have epi-pens available in the event someone has a severe reaction.

Residents in Assisted Living, Skilled Nursing and Memory Care will also receive their second dose on the 27th, in the same locations where they received their first vaccine.

If you have any questions, please reach out to Bob Beckham at x1393 or 253-756-6253.

Please avoid scheduling any off site appointments on Wednesday the 27th. Our drivers will be focusing on transporting residents to the vaccine clinic.

Transportation is available to the wellness center to get your vaccine if needed. Please contact Michelle Olafson at X1251 or 253-756-6251 **by 3pm on Friday, January 22nd.** Please leave a message if she does not answer.

Salon Services for IL Residents

The Tobey Jones salon will reopen next week for Independent Residents. Please reach out to Trudy (253-752-8055) or Larry (253-564-9445) directly via phone to schedule your salon appointment.

At this time salon services in LP and the Care Center are still on hold as well as all nail services.

Tablets Available for Checkout

COVID times are calling for all of us to rely on technology for life circumstance more than we ever thought before! That being said, FTJ has purchased three tablets that are available for Assisted Living residents to check out. We hope that you use them for connecting with loved ones (Zoom, Google Duo, etc.), games, music, and more.

Please contact Heidi White at (253) 756-6284 (1284 from your room) or email at hwhite@franketobeyjones.com. If you are unable to reach Heidi, please feel free to contact Jessica Rueber at (253) 756-6313 (1313 from your room) or email at jrueber@franketobeyjones.com.

Until we can better predict the demand to use the tablets, we would like to limit check outs to 4 hours at a time. Please keep in mind that Heidi works Monday-Friday so tablets will only be available during those days for now.

Marketing Update

New inquiries really slowed down in November and December, and we saw a significant drop in digital leads as well. However, this month we're seeing an uptick, so that's good news. We ended 2020 with 332 new inquiries and 43,800 visitors to our website...most being new visits. We are implementing some new digital targeting strategies and further exploring our ad copy which we adjust often. This month we are focusing on new audiences and getting more engagement and traffic to our website.

Marketing Pivot

- Roobrik:** In December we spent time working with Roobrik, a company that is supplying an excellent survey that website visitors can take to determine where they might fit into senior living. It's designed to help the prospect (or family members) get to the next step quicker. This was launched this month and has also been connected to the backend of our website so all leads will go directly into our CRM database. We hope it will not only be an excellent tool for prospects and family members, but also for our Admissions Team to help connect with prospects and more fully understand their needs before we even engage with them for the first time.
- DocuSign:** In December we contracted with DocuSign to convert all paper Admissions contracts to digital DocuSign forms. Michelle worked hard to create all the FTJ DocuSign forms which was much appreciated!
- Pick Now...Move Later:** No new apartment videos were added in December, but our Pick Now Move Later section on the website continues to see activity, and we have "sold" many of the apartments shown on these videos.
- Website:** We added a COVID Vaccination tab on the home page to keep visitors updated on the status of the vaccination.
- Events:** Our biggest effort in December was the Merriment program where we delivered "Merriment" to every resident and every team member on campus for two weeks (360 people). It was extremely well received by both residents and team members, and we believe lifted spirits during a month that we knew was going to be very difficult and challenging for everyone. In January we made a plan to implement monthly themed happy hours for our independent residents, and Life Enrichment is implementing happy hours in assisted living and our Care Center.
- Video:** Since residents could not go building to building this holiday season to see our beautiful holiday decorations, and family members couldn't come on campus either, we produced a 5-minute video to showcase all the gorgeous holiday trees, the Merriment program and outside lights. It turned out great and is posted on our website. This month I am working on a big video project to produce several one to two minutes videos on various topics like Friends and Neighbors; FTJ Fitness; Enjoying Nature; FTJ A Not For Profit Community; Safe and Secure; and more. Thank you to the numerous residents who have agreed to be on video! Much appreciated!!
- Reputation Management:** We continue to get excellent reviews (all 5 stars) which are being added to our website "Reviews" tab as we receive them. Starting in 2021 we will make another big push to obtain more reviews. Thank you to all of you who have reviewed us! It really helps us in the Google search world.



Wellness Zoom Classes Canceled on Wednesday

Wellness Zoom classes will be canceled **on Wednesday the 27th** to allow the Covid-19 vaccine clinic to be held in the Wellness Center. Classes will remain the same the rest of the week. Access to gym equipment will not be available on Wednesday. If you have a scheduled gym time on the 27th, wellness staff members will contact you to cancel and reschedule your time.

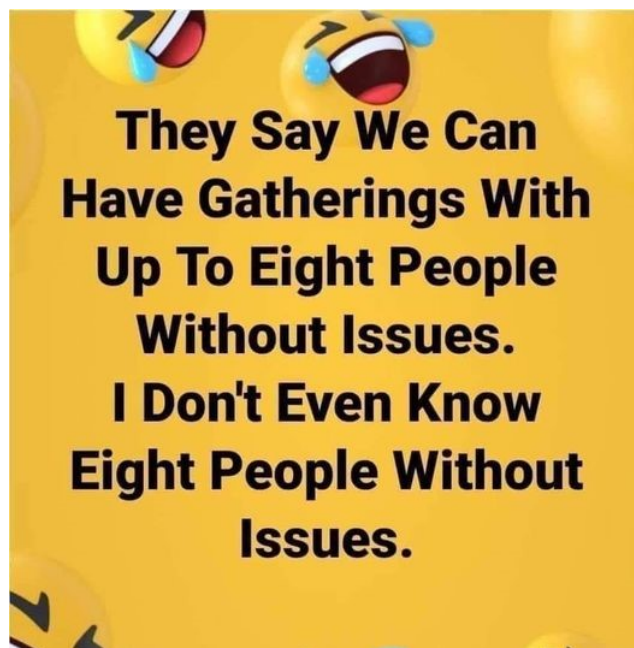
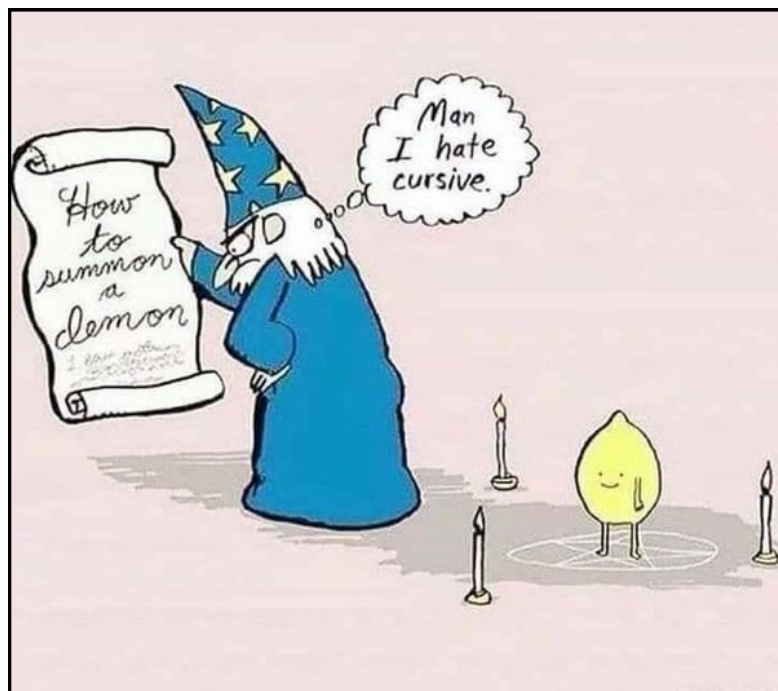
The login information for all classes is listed below. If you have any questions about our new offerings or anything else pertaining to the classes, please do not hesitate to contact the Wellness Staff at 235-756-6279.

Meeting ID: 325 226 4711

Meeting Passcode: wellness20

2020 is finally over. That was the craziest year ever.

2021:



		MENU	
		Jan 25th - Jan 31st	This Week's Mindful Offer
		Sweet Eggplant Parm Pizzetta	
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
25		Mindful Offer	Mindful Offer
	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
26		Mindful Offer	Mindful Offer
W	Fresh Fruit in Season	Split Pea Soup w Ham	Split Pea Soup w Ham
E	Orange Juice	Cole Slaw	Carbonado Soup
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	Oven Brown Potatoes	Steamed Vegetables
D	Whole Milk	Lima Beans	Chocolate Chip Cookie
A	Coffee	Yellow Cake with Fudge Icing	Mindful Offer
Y		Mindful Offer	
27			
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	Swedish Meatballs	Macaroni & Cheese
D	Sausage Patty	Buttered Noodles	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Chocolate Brownie
Y	Coffee	Mix Berry Apple Crisp	Mindful Offer
28		Mindful Offer	
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Orange Juice	Fruited Jell-O Salad	Fruited Jell-O
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Eggs to Order	Pork Scaloppini	Swiss Char & Gruyere Tart
D	Hash browns	Shrimp Alfredo	Hot Turkey Sandwich
A	Bacon	Rotini Pasta	Mashed Potatoes
Y	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Steamed Vegetable Medley
	Coffee	Strawberry Basil Cheese Cake	Cookies & Cream Cupcake
29		Mindful Offer	Mindful Offer
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 & Breadstick
D	Mixed Berry Wheat Pancakes	Mashed Potatoes	Grilled Hot Dogs
A	Whole Milk	Creamed Corn	Baked Beans
Y	Coffee	Banana Split	Pound Cake
30		Mindful Offer	Mindful Offer
	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	Roasted Yukon Potatoes	Mashed Sweet Potatoes
A	Cinnamon Roll	French Cut Green Beans	Succotash
Y	Whole Milk	Dinner Roll	Butterscotch Pudding
31	Coffee	Cherry Pie	Mindful Offer
		Mindful Offer	