



FRANKE  
TOBEY  
JONES

Enjoy your age

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL  
MEETING**

Monday, April 12  
9:30 am, Zoom Meeting  
Contact Elizabeth  
Alvarez at ext. 1366 for  
an invite to the 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  
12:00 PM 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, APRIL 12		
<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Resident Council	9:30 am	Zoom Meeting
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits– Botanical Drawings	10:30 am	LP Resident Rooms
News Currents (G3)	1:30 pm	LP Parlor
Orange Blossom Cocktail Hallway Social	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
<b>SU: French Art in the 1800s</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
TUESDAY, APRIL 13		
<i>Wellness: In Person Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
Who Am I? (G2)	9:30 am	LP Parlor
Room Visits– Strengthen Your Mind	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: In Person Exercise Class</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ and AL Residents	1:30 pm	Sign up at LP Desk
Who Am I? (G3)	1:30 pm	LP Parlor
Room Visits—Food For Thought	2:30 pm	LP Resident Rooms
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
WEDNESDAY, APRIL 14		
<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Name That Tune (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits– Checkers Game	10:30 am	LP Resident Rooms
<b>SU: The Personal Essay– Food, Family Travel</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
<b>SU: Medicare Basics</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
Jeopardy Trivia Challenge (G3)	1:30 pm	LP Parlor
<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>
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
<b>SU: Napoleon– Life and Times</b>	<b>4:00 pm</b>	<b>Zoom Meeting</b>

Updates to Wellness Center Usage

We are pleased to announce that two residents are now able to use the gym portion of the wellness center at the same time. You still must sign up at a specific time to use the equipment. Please maintain social distancing while you are working out and be sure to wipe down any equipment or machines that you use when you are finished. Please contact Colin or Sarah to reserve your time in the gym.

HAPPY BIRTHDAY

April 9

Steve Didis  
Don Franklin

April 12

Jett Brooks

April 13

Joanne Keller

April 14

Mark Litchman  
George Kenefick

April 17

Tom Reeder

April 20

Ann Martin  
David Baker

April 21

Marcia Kuska

April 23

Marian Athow

April 24

Shirley Cockrill  
Beverly Cook

April 25

Joe Zmora  
Bernie Ekemo

April 26

Barbara Johnson

April 28

Bill Keebler



THURSDAY, APRIL 15

<i>Wellness: In Person Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
<i>Wellness: In Person Exercise Class</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>Room Visits</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<i>Wellness: In Person Exercise Class</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<b>SU: Making an Opera about Local Tacoma History</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
<b>SU: Improv</b>	<b>1:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
<b>BV, TJ Door to Door Happy Hour</b>	<b>2:30 pm</b>	<b>BV &amp; TJ</b>
<b>DU Grab and Go Happy Hour</b>	<b>2:30 pm</b>	<b>Bistro</b>
<b>GA Door to Door Happy Hour</b>	<b>3:00 pm</b>	<b>GA</b>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

FRIDAY, APRIL 16

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
<b>Room Visits</b>	<b>10:00 am</b>	<b>LP Resident Rooms</b>
<b>SU: Book Study– How to Be an Antiracist</b>	<b>10:00 am</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<b>SU: Great Courses– Practicing Mindfulness</b>	<b>2:00 pm</b>	<b>Wellness Center</b>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

SATURDAY, APRIL 17

<b>Travelogue (G2)</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Room Visits– Boggle Game</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>A Meeting of Leon-Artists (G3)</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Room Visits– Hand Scrub Craft</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

SUNDAY, APRIL 18

<b>Food For Thought (G2)</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Room Visits– Jeopardy Trivia</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Botanical Drawings (G3)</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Room Visits– Mind Your Mind</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

Volunteers Needed

The resident store, The Rez, will be opening its doors soon and we need volunteers to run the store, purchase items and help out as needed. If you are interested in donating some of your time, please contact John Lynn at 253-752-4549.

## Covid Update

We've learned that an Assisted Living (non-direct care) staff member has tested positive for COVID-19. This vaccinated employee last worked on Wednesday, 4/7/21, and is quarantined at home. Following guidance from the Pierce County Health Department, we will be testing all assisted living residents and staff next week on April 13.

Residents in assisted living are asked to minimize interactions between residents and continue to wear masks and keep social distance. Residents are allowed to leave campus for essential business, but we strongly encourage everyone staying home if they can. The risk assessment tool will continue to be used to assess the level of risk. In-person visits in assisted living are put on hold until further notice. Window and virtual visits are still allowed. Outdoor visits are allowed, weather permitting. Please call the front desk at 253-752-6621 to schedule. Independent residents and staff are still able to use the Wellness Center.

Even though we are vaccinated, we are not out of the woods. It is still essential for the next few months, or longer, that everyone continues to adhere to guidance that has proven to be most effective in limiting the transmission of the COVID virus:

- Wear your mask **properly** when in any public space

- Maintain 6 feet of social distance at all times

- Wash your hands regularly

- Avoid high-risk situations

We continue to follow the various guidelines set forth to stop the spread of COVID-19 as provided by the Washington Department of Health (DOH), the Centers for Medicare & Medicaid Services (CMS) and Centers for Disease Control and Prevention (CDC). Thank you to our team for their diligence in following all the protocols and we are proud of their efforts to keep the case count so low.

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

Philanthropy Update

Spring Into Action! for the Pt. Defiance ~ Ruston Senior Center

On behalf of Philanthropy and the Pt. Defiance ~ Ruston Senior Center, we want to thank our incredible FTJ Residents for making days brighter for a lot of folks. Truly, we are deeply appreciative at the outpouring of your generosity!

Kate Gray, Director of the Pt. Defiance ~ Ruston Senior Center asked a favor ~ could she get some help with SPRING essential care and cleaning supplies for her participants because home and personal care items are often quite expensive. Kate knew this would be a big boost for deserving seniors but could we “yelp for help” and ask for additional supplies after such a great response to February’s Senior Center Souper Bowl? From the offset, YOU assured us we could, immediately signed on and this fine village of ours ensured a better result than we ever could have imagined!

The thoughtfulness didn’t stop at cleaning supplies. Along with 65 Essential Care Kits containing tissues, socks, toilet paper, laundry detergent, soaps and more, an additional 65 FTJ meal bags were filled with pasta, canned vegetables, fruit, and Easter candy. There was even bagged dog and cat food (please see photo below of Mollie the dog and her reaction)!

Our sincere gratitude to the Resident and Board volunteers who gave their time to create an inventory, separate items, and fill all those bags. You made this effort so seamless!

The joyful result: Participants were greeted by staff and an FTJ resident distributing colorful FTJ bags. Here are just a few of the shared comments: It’s like a party!” said one excited recipient. “...thank you...these are all the things I like...and need.” “I am wearing my new socks to church.” Over and over, we were asked to please thank everyone at Franke Tobey Jones.

“I am overwhelmed by this response of generosity and support, “ said Kate Gray. “When so many people come together to make such a difference in the lives of seniors, it is nothing short of a miracle! When we were open, we had a food bank program, but that went away when we temporarily closed due to Covid-19. So that makes these bags of food and essential items a godsend. I heard one person say, ‘All of this is for us, and it’s free?’ which tells the tale. In a difficult time, there are angels amongst us. Thank you so much to all the angels who made this possible!”



Many thanks for your incredible acts of kindness ~ Shelley Harris, Director of Philanthropy

	+		+		=	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.

WEEKLY RIDDLE

I drift forever with the current. Down these long canals they've made.  
Tame, yet wild, I run elusive. Multitasking to your aid.  
Before I came, the world was darker. Colder, sometimes, rougher, true.  
But though I might make living easy, I'm good at killing people too.





Senior University Update for Lillian Pratt Residents

We will be offering two in person zoom meetings during the month of April for our LP Residents. These meetings will occur in the LP Parlor via Zoom and you must RSVP to attend. This will be the same zoom meeting that is on the Senior University schedule, the difference being that LP residents can gather in the Parlor to watch the Zoom meeting together (socially distanced) and engage in a question and answer period after the zoom class is over. Please RSVP to Jana at 253-765-6219 to reserve your space.

Thursday, April 15

Making an Opera about Local Tacoma History

Composer Gregory Youtz will take you inside his composing process as he works with Chinese poet Zhang Er in creating an opera about the expulsion of the Chinese from Tacoma in 1885.

How does an opera come to be? Who does what? What comes first- the words or the music?

In this case, there are two distinct cultures represented- the Euro-American pioneer West and the immigrant Chinese- many recent workers on America’s railroads. How can these be represented in music? How does a modern composer work? Paper and pencil? Piano? Computer?

Bring your questions and have them answered at this sneak peek inside the process of classical composing.

11:00 am, Zoom

Join Zoom Meeting

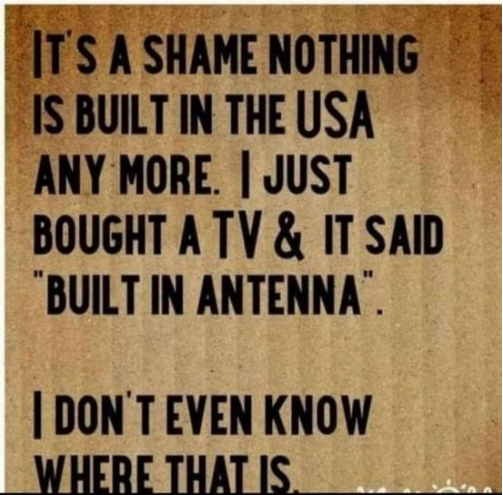
Friday, April 30

Coast Salish Traditional Ecological Knowledge: Protecting Native Foods and Habitats

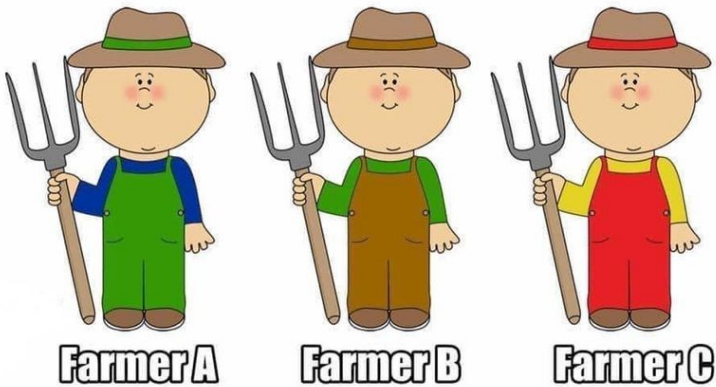
In this lecture, Professor Suzanne Crawford O’Brien will focus on Coast Salish traditional ecological knowledge, and how contemporary communities are working to protect and restore Native foods like salmon, shellfish, huckleberries, and nettles. We will consider some of the central ethical lessons that Coast Salish communities have to teach the broader settler community when it comes to caring for and living in this place.

10:00 am, Zoom Lecture

Join Zoom Meeting



Which farmer is most likely to become a chemist?



Internet Service Transition

There will be planned downtime for internet services as FTJ transitions to a new service provider. This will take place on **4/29 at approximately 12pm and 3pm**, internet services will be unavailable for about 10 minutes. Anyone using FTJ’s internet or guest WIFI will be impacted during these times. Thank you for your patience while we work to improve internet service.

Wellness Zoom Classes

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

		<b><i>MENU</i></b>	
		<b><i>Apr 12th - Apr 18th</i></b>	<b><i>This Week's Mindful Offer</i></b>
			<b><i>Mozzarella &amp; Red Pepper Rollup</i></b>
	<b><i>BREAKFAST</i></b>	<b><i>DINNER</i></b>	<b><i>SUPPER</i></b>
<b><i>M</i></b>	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
<b><i>O</i></b>	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
<b><i>N</i></b>	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
<b><i>D</i></b>	French Toast	Chicken Fried Steak	Grilled Cheese & Bacon Sandwich
<b><i>A</i></b>	Western Scrambled Eggs	Crisp Parmesan Tilapia	Baked Chicken & Noodles
<b><i>Y</i></b>	Bacon	Mashed Potatoes	Potato Chips
	Whole Milk	Simply Steamed Sugar Snap Peas	Old Fashion Molasses Cookie
	Coffee	Chocolate Raspberry Parfait	
<b><i>12</i></b>			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
<b><i>T</i></b>	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
<b><i>U</i></b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b><i>E</i></b>	Poached Eggs	Spaghetti & Meatballs	Classic Club Wrap/w Mac Salad
<b><i>S</i></b>	Sausage Patty	Apple Maple Roast Turkey	Broccoli Cheddar Quiche
<b><i>D</i></b>	Mushroom, Ham & Swiss Frittata	Oven Brown Potatoes	Mixed Vegetables
<b><i>A</i></b>	Whole Milk	Baked Butternut Squash	Apple Streusel Parfit
<b><i>Y</i></b>	Coffee	Garlic Bread	
<b><i>13</i></b>		Lemon Pudding Cake with Lemon Sauce	
<b><i>W</i></b>			
<b><i>E</i></b>	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
<b><i>D</i></b>	Assorted Fruit Juices	Cole Slaw	Tomato Soup
<b><i>N</i></b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b><i>E</i></b>	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
<b><i>S</i></b>	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
<b><i>D</i></b>	Eggs To Order	Brown Rice	Potatoes Anna
<b><i>A</i></b>	Whole Milk	Fresh Asparagus	Sautéed Spinach
<b><i>Y</i></b>	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
<b><i>14</i></b>			
<b><i>T</i></b>	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
<b><i>H</i></b>	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
<b><i>U</i></b>	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
<b><i>R</i></b>	Fried Cage Free Egg	Braised Mediterranean Chicken	Napa Valley Chicken Salad
<b><i>S</i></b>	Bacon	Wild Mushroom Scampi	Open Face Beef Sandwich
<b><i>D</i></b>	Coffee Cake	Bow Tie Pasta	Mashed Potatoes
<b><i>A</i></b>	Whole Milk	Broccoli w Lemon & Garlic	Fresh Baked Rolls
<b><i>Y</i></b>	Coffee	Peach Crisp	Asst Desserts
<b><i>15</i></b>			
	Fresh Fruit in Season	New England Clam Chowder	Red Bean, Coconut Beef Soup
<b><i>F</i></b>	Assorted Fruit Juices	Fruited Jell-O Salad	New England Clam Chowder
<b><i>R</i></b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b><i>I</i></b>	Sausage Link	Grilled Cod Cakes	Bacon Spinach Alfredo Pizza
<b><i>D</i></b>	Scrambled Eggs	Grilled Pineapple Ham Steak	Classic Tuna Melt
<b><i>A</i></b>	Eggs Benedict	Au gratin Potatoes	Homemade Potato Chips
<b><i>Y</i></b>	Whole Milk	French Cut Green Beans w Mushrooms	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
<b><i>16</i></b>			
<b><i>S</i></b>	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<b><i>A</i></b>	Assorted Fruit Juices	Orange Jicama Salad	Canadian Cheese Soup
<b><i>T</i></b>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<b><i>U</i></b>	Bacon	Pepper Steak	Turkey & Swiss Melt
<b><i>R</i></b>	Fried Cage Free Egg	Herb Baked Chicken	Home Style Meatloaf
<b><i>D</i></b>	Bacon, Egg & Cheese Snacker	Rice Pilaf	Oven Roasted Potato Wedges
<b><i>A</i></b>	Whole Milk	Baked Tomato	Buttered Corn
<b><i>Y</i></b>	Coffee	Bread Pudding	Grasshopper Mousse
<b><i>17</i></b>			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Chili Con Carne
<b><i>S</i></b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b><i>U</i></b>	Scrambled Egg	Braised Pot Roast	Deviled Eggs
<b><i>N</i></b>	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Penne & Chipotle Alfredo
<b><i>D</i></b>	Bacon	Smashed Red Potatoes	Cheese Burger
<b><i>A</i></b>	Cinnamon Roll	Vegetable Blend	French Fries
<b><i>Y</i></b>	Whole Milk	Dinner Roll	Garlic Knot
	Coffee	Lemon Meringue Pie	Snickerdoodle Cookies
<b><i>18</i></b>			