



FRANKE  
TOBEY  
JONES

*Enjoy your age*

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, May 10  
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 19**

<i>Wellness: Seated Stretch Class</i>	9:00 am	<i>Zoom Meeting</i>
News Currents (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	10:00 am	<i>Zoom Meeting</i>
Room Visits– Finish the Phrase	10:30 am	LP Resident Rooms
News Currents (G3)	1:30 pm	LP Parlor
Root Beer Float Hallway Social	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

**TUESDAY, APRIL 20**

<i>Wellness: In Person Exercise Class</i>	9:00 am	<i>Wellness Center</i>
What Am I? (G2)	9:30 am	LP Parlor
Room Visits– Rummikub Game	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	10:00 am	<i>Wellness Center</i>
<i>Wellness: In Person Exercise Class</i>	11:00 am	<i>Wellness Center</i>
Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ and AL Residents	1:30 pm	Sign up at LP Desk
What Am I? (G3)	1:30 pm	LP Parlor
Room Visits—Mean, Green Mushrooms	2:30 pm	LP Resident Rooms
<i>Wellness: Seated Strength</i>	2:30 pm	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	3:00 pm	<i>LP Parlor</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

**WEDNESDAY, APRIL 21**

<i>Wellness: Seated Stretch Class</i>	9:00 am	<i>Zoom Meeting</i>
Mean, Green Mushrooms (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	10:00 am	<i>Zoom Meeting</i>
Room Visits– Finish the Lyrics	10:30 am	LP Resident Rooms
<b>SU: The Personal Essay– Food, Family Travel</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
Mean, Green Mushrooms (G3)	1:30 pm	LP Parlor
<i>Wellness: Seated Strength</i>	2:00 pm	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	2:30 pm	<i>TJ Solarium</i>
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

**Committee Opportunity**

One of the committees of the Residents' Council is the Grounds Beautification Committee. The new chair, Karen Fischer (Garden Apartments), is looking for a few residents who might be interested in serving on this committee. Its purpose is "to provide helpful suggestions and ideas about the grounds and external appearance of the campus. Staff advisor to this committee is the Director of Building Services, Tony DeMarco." If you are interested, please contact Karen Fischer at [jlpicard79@gmail.com](mailto:jlpicard79@gmail.com) or 253-221-0879.

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 22

<i>Wellness: In Person Exercise Class</i>	9:00 am	Wellness Center
<i>Wellness: In Person Exercise Class</i>	10:00 am	Wellness Center
<b>SU: Native Oysters in Puget Sound</b>	<b>10:00 am</b>	<b>Zoom Meeting</b>
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	11:00 am	Wellness Center
<b>SU: Improv</b>	<b>1:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	2:30 pm	LP Parlor
<i>Wellness: Seated Strength</i>	3:00 pm	LP Parlor
GA Door to Door Happy Hour	3:00 pm	GA
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
<b>SU: Great Decisions Discussion</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>

## FRIDAY, APRIL 23

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

## SATURDAY, APRIL 24

Meeting of Leon Artists (G2)	9:30 am	LP Parlor
Room Visits— Hand Scrub Craft	10:30 am	LP Resident Rooms
Star of the Month (G3)	1:30 pm	LP Parlor
Room Visits— Puzzle Challenges	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

## SUNDAY, APRIL 25

Random Trivia (G2)	9:30 am	LP Parlor
Room Visits— Leonardo Da Vinci Trivia	10:30 am	LP Resident Rooms
Renaissance Man (G3)	1:30 pm	LP Parlor
Room Visits— What Am I?	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

### 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 have great news. Residents and staff in Assisted Living have tested negative for COVID-19 this week, so residents are able to move freely as they were previously. Tomorrow, 4/15, in-person visits can resume for residents in Assisted Living, and salon services will also resume per the salon schedule. Even though residents and staff have been vaccinated, we continue to follow DOH and CDC guidelines regarding COVID-19 including wearing masks, social distancing and washing hands.

As you have most likely heard, Pierce County has been moved back to Phase 2 of the Healthy Washington Roadmap to Recovery. The visitation policy for Independent Living residents has been revised to reflect this change, which includes limiting the number of people you gather with to a max of 5 people outside your household, limit of 2 households. Please refer to the updated policy for further information. Senior University in-person classes will be limited to 5 Independent residents. Wellness classes will continue to have the same limits, and gym use requires a reservation. Activities in the care areas will continue as they have been as these areas are regulated by the Safe Start For Long Term Care guidance.

We are planning a springtime drive through parade on Thursday, May 6<sup>th</sup> at 2:30 p.m. (weather permitting) in which we would love you to participate. We will be celebrating Mother's Day, several Daffodil Princesses will be joining in the parade, our new van will be showcased, and the Washington State Birthday Parade Cruise Car Club and a local Mustang car club have been invited to join as well. Hope you can participate too! We'll keep you posted on the details.

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

## **Life Enrichment Update**

As many of you are aware the governor has moved Pierce County back to Phase 2. This will impact our in person Senior University programs by limiting the number of people in these groups to a total of five for our Independent Living residents. For our Assisted Living residents any in person Senior University programs will be limited to your assigned Pod Groups. All other Senior University programming held via Zoom will not be impacted.

Wellness classes will continue as they currently are, as we had not moved out of Phase 2. Gym usage will be limited to two people/households at a time. You must sign up for a time slot by calling Colin or Sarah to reserve a spot or continue to sign up when you come to the gym during your reserved time slot.

Activity groups in all of our care areas will continue as they have been. As always we ask for social distancing and the wearing of face masks during any in person programming.

A commonym is a group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks. These will make you think!

1. Easy - High - Lounge
2. Matchbooks - Magazines - Beds
3. Malls - Bacon - Comic
4. Cuba - Ireland - Japan
5. Mud - Java - Joe
6. Corn - The U.S. Army - Kentucky Fried Chicken
7. Nanny - Kid - Billy
8. Judges - Ruth - Kings
9. Black - Lazy - Bloodshot
10. Body - Crossing - Life

## WEEKLY RIDDLE

I am a rock group that has 4 members, all of whom are dead, one of which was assassinated.  
What am I?



	5	9			6			
			1			7		6
				9	2			
5				4			7	
		2				8		
	4			3				9
			5	1				
8		3			4			
			7			6	1	

### How to Play Sudoku:

Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid.

Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.

## Senior University Update for Lillian Pratt Residents

We will be offering an in person Zoom meeting during the month of April for our LP Residents. This meeting 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.

*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**

## Making A Difference Recognition

We need your help to recognize our team members for the difference they make.

We have many new residents and team members at FTJ, so I thought it would be helpful to provide an introduction to our Making a Difference Recognition. When we rebranded FTJ in 2010, we created our Franke Tobey Jones Promise which is **“To Make Every Day Meaningful. To make a difference in the lives of my residents, my team members and myself.”** You can find the entire Promise in the FTJ Phone Directory and posted around campus.

One of the ways we reward team members for living and breathing the Promise is through our Making A Difference Recognition. This recognition is a shout out to employees for whom doing their job is routinely making every day meaningful. It recognizes Franke Tobey Jones' employees whose actions are noted to exemplify any of the values listed in **“My Team Member Promise.”** These values reflect actions that promote quality of life for each **Resident**, teamwork among our employee **Team** and team member **Self** development.

Both residents and team members can nominate team members by filling out a Making A Difference Recognition Nomination Form which can be found around campus. If you prefer, we can also email you the form. This is an ongoing program, so feel free to submit a Nomination Form any time you experience a team member living our Promise. We read through all the nominations at our quarterly All Staff Meetings. During COVID we have posted the recognized team members on a flyer in the Admin Hallway of the Lillian Pratt building. You can find current and past recipients in the Making A Difference Recognition notebooks in each building as well as on our website.

If you have questions or would like a Nomination Form emailed to you, please contact me at 253-756-6350, or x1350 or at [chall@franketobeyjones.com](mailto:chall@franketobeyjones.com). Thank you! Chris Hall

## 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>MENU</b>	
		<b>Apr 19th - Apr 25th</b>	
		<b>This Week's Mindful Offer</b>	
		<b>Salmon Barley &amp; Lentil Salad</b>	
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Cabbage White Bean Soup	Cabbage White Bean Soup
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato	Cream of Chicken Soup
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
<b>N</b>	Fried Cage Free Egg	Salisbury Steak	Aunt Millie Grilled Cheese
<b>D</b>	Bacon	Chicken Thigh Osso Buco Style	Turkey Pot Pie
<b>A</b>	Banana Yogurt Coffee Cake	Mashed Potatoes	Steamed Vegetables
<b>Y</b>	Whole Milk	Broccoli & Cauliflower	Sweet Potato Fries
	Coffee	Angel Food Cake with Strawberry Sauce	Chewy Chocolate Rice Krispy Bar
<b>19</b>			
	Fresh Fruit in Season	Beef, Barley & Mushroom Soup	Beef, Barley & Mushroom Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Sweet Potato and Black Bean Chili
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Poached Cage Free Egg	Cod w Tomato Caper Sauce	Muffuletta Sandwich
<b>S</b>	Turkey Sausage Link	Breaded Pork Chops	<i>"Love of Food Special"</i>
<b>D</b>	Blueberry Muffin	Mashed Potatoes	Mediterranean Herb Chicken Plate
<b>A</b>	Whole Milk	Sugar Snap Peas and Carrots	Linguine
<b>Y</b>	Coffee	Peach Cobbler Trifle	Vanilla Pudding Cup
<b>20</b>			
<b>W</b>			
<b>E</b>	Fresh Fruit in Season	Cream of Asparagus Soup	Cream of Asparagus Soup
<b>D</b>	Assorted Fruit Juice	Mixed Green Salad	Tomato Basil Soup
<b>N</b>	Cream of Wheat	Coleslaw	Coleslaw
<b>E</b>	Buttermilk Pancakes	Smokehouse Beef Brisket	Grilled Ham & Cheese Sandwich
<b>S</b>	Grilled Ham	Baked Red Snapper	Brunswick Stew
<b>D</b>	Whole Milk	Italian Vegetable Blend	Cornbread
<b>A</b>	Coffee	Home Fried Potatoes	French Fries
<b>Y</b>		Pound Cake	Monster Cookie
<b>21</b>			
<b>T</b>	Fresh Fruit in Season	Turkey Vegetable Soup	Turkey Vegetable Soup
<b>H</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Western Scrambled Eggs	Santa Maria Salmon	Tuna Salad Sandwich
<b>S</b>	Bacon	Cumin Roast Turkey Breast	Nilla Nella Omelet
<b>D</b>	Hash Browned Potatoes	Barley Pilaf with Carrots and Lemon	Potato Chips
<b>A</b>	Whole Milk	Corn O'Brien with Peppers	Linzi Bars
<b>Y</b>	Coffee	Cherry Cobbler with Biscuit Topping	
<b>22</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Fruited Jell-O Salad	Vegetarian Lentil & Spinach Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>I</b>	French Toast	Fried Oysters	Italian Sausage Wheat Pizzetta
<b>D</b>	Sausage Link	Java Molasses Pork Tenderloin	Broccoli Macaroni & Cheese
<b>A</b>	Whole Milk	Egg Noodles	Stewed Tomatoes
<b>Y</b>	Coffee	Yellow Squash, Red Pepper & Peas Sauté	Raspberry Yogurt Mousse
<b>23</b>		Ice Cream Sundae	
	Fresh Fruit in Season	Steak & Potato Soup	Steak & Potato Soup
<b>S</b>	Assorted Fruit Juice	Bean Salad	Thai Chicken & Rice Soup
<b>A</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>T</b>	Scrambled Egg	Spaghetti w Meat sauce	Quiche Lorraine
<b>U</b>	Bacon Slices	Grilled Balsamic Chicken	French Dip Sandwich
<b>R</b>	Apple Cinnamon Muffin	Oven Brown Potatoes	Steak Cut French Fries
<b>D</b>	Whole Milk	Fresh Broccoli	Peas & Carrots
<b>A</b>	Coffee	Garlic Bread	Rice Custard
<b>Y</b>		Lemon Blueberry Cake	
<b>24</b>			
	Fresh Fruit in Season	Lobster Bisque	Lobster Bisque
	Assorted Fruit Juice	Waldorf Salad	Split Pea w Ham
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<b>U</b>	Fried Cage Free Egg	Balsamic Flank Steak	Turkey Tetrazzini
<b>N</b>	Sausage Patties	Fried Shrimp	Swedish Meatball Plate
<b>D</b>	Hash Browned Potatoes	Wild Rice Pilaf	Potato Wedge
<b>A</b>	Cinnamon Roll	Green Bean Almondine	Roasted Brussel Sprouts
<b>Y</b>	Whole Milk	Dinner Roll	Carmelita Bar
<b>25</b>	Coffee	Strawberry Cream Pie	