



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 26		
<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
News Currents (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits– Star of the Month	10:30 am	LP Resident Rooms
News Currents (G3)	1:30 pm	LP Parlor
Pomegranate Gin Cocktail Hallway Social	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SU: French Art in the 1800’s	3:00 pm	Zoom Meeting
TUESDAY, APRIL 27		
<i>Wellness: In Person Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
What Am I? (G2)	9:30 am	LP Parlor
Room Visits– Travelogue	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
What Am I? (G3)	1:30 pm	LP Parlor
Room Visits—Shut the Box Game	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
SU: Medicare Basics	3:30 pm	Zoom Meeting
WEDNESDAY, APRIL 28		
<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Mean, Renaissance Man (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
SU: Intro to the Coast Salish Peoples & Culture of the Puget Sound	10:00 am	Zoom Meeting
Room Visits– What Tree Am I?	10:30 am	LP Resident Rooms
SU: The Personal Essay– Food, Family Travel	11:00 am	Zoom Meeting
Random Trivia (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
SU: Literary League Book Club	3:00 pm	Zoom Meeting

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.

HAPPY BIRTHDAY

April 26
Barbara Johnson

April 28
Bill Keebler

May 2
Don Clifford

May 3
Patricia Ducolon

May 8
Orv Harrelson
Jo An Macdonald
Maris Drewfs

May 9
Nadyne Meteyer
Edna Franklin

May 10
John Hodge
Robert Lordahl

May 11
Hazel McIntosh

May 13
Mike Wiese
Liliane Bender

May 14
Peg Squire

May 15
Richard Farner

May 17
Paul Conn

May 21
Freeman Brown

May 22
Patsy Mills

May 23
Eloise Johnson

May 26
Joan Garden
Paul Van Der Voort

May 27
Dick Griffin

May 29
Clemens Plattner

May 30
Jan Johnson

May 31
Phyllis Larsen
Lura Murphy

THURSDAY, APRIL 29

<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>
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Birding 101	2:00 pm	Zoom Meeting
<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>
GA Door to Door Happy Hour	3:00 pm	GA
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

FRIDAY, APRIL 30

<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>
Room Visits	10:00 am	LP Resident Rooms
SU: Coast Salish Peoples— Protecting Native Foods and Habitats	10:00 am	Zoom Meeting
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
SU: Great Courses– Practicing Mindfulness	2:00 pm	Wellness Center
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MAY 1

Travelogue (G2)	9:30 am	LP Parlor
Room Visits– Who Am I?	10:30 am	LP Resident Rooms
Kentucky Derby/ Horse Racing Game (G3)	1:30 pm	LP Parlor
Room Visits– BBQ Cultural Evolution	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SUNDAY, MAY 2

Modern Jeopardy Trivia (G2)	9:30 am	LP Parlor
Room Visits– Name That Tune	10:30 am	LP Resident Rooms
Jeopardy Trivia (G3)	1:30 pm	LP Parlor
Room Visits– Star of the Month	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

Additions to the Bascom Library

Several new Best Sellers are now on the shelves in the Bascom Library and are ready to be checked out.

Be sure to drop by and check out these new arrivals.



Note From Philanthropy

FTJ Employee Scholarship Committee: Investing in our Team Members

Thanks to the go ahead from the Franke Tobey Jones Employee Scholarship Committee, Cheryl Parkinson Hummel was recently able to achieve a personal and professional goal that she had wanted for several years ~ enrolling in a commercial drivers school and getting a commercial driver’s license (CDL). Until now, the cost of school tuition, testing and state licensing fees, combined with time off from work had always been cost prohibitive.



“There were only a limited number of people who had qualifications to drive the FTJ diesel bus,” says Cheryl. “As a driver for the smaller vehicles, I realized that I could be a more valuable employee if I had my CDL. I knew FTJ had an Employee Scholarship Program and I submitted an application this year. I was thrilled when I learned the Employee Scholarship Committee approved my request and funding that covered school tuition, testing and license fees.”

“The Employee Scholarship Committee is committed to helping FTJ employees pursue further education and build on their skill sets,” commented Committee Chair Jack Falskow. “We are very pleased that we could provide this exciting opportunity for Cheryl.”

“I am so grateful to the Scholarship Committee for believing in me and helping me achieve my goal,” added Cheryl. “It was great to feel the support of residents and co-workers. As soon as the covid restrictions lift, I look forward to driving the residents on all sorts of excursions!”



A special thank you to the Committee ~ Chair Jack Falskow, Joan Brown, Shelby Clayson, Orv Harrelson, Gwen Phibbs, and Anne Roberts for their time and encouragement of our FTJ team/students.

Finance Department Update

The finance team has been busy the last several months working with the independent financial auditors from RSM. The year end audit for 2020 has been reviewed by the Finance Committee and will be presented to the Board of Directors at their April Board meeting. The audited financial information for year-end 2020 will be included in the annual report which will be available later this year. The next project is working on the tax return for 2020, again working with RSM tax professionals to complete this.

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. Thank you! Chris Hall

WEEKLY RIDDLE

What goes around and around the wood but never goes into the wood?



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

"

L

L E Y C P D L W N U O B D U R X S M U U G

L L

Y N N L R Y G U A A E P R L J U U T V

L

L N U O B P C P G S U V E P G U R P L Z L J T G

L

P R U X Y V V P G E U A N U R J D U X P K U M S

L

D V Y R M D V E P G P I L O B L R J V E P N U O B D

L L

V E P S Y G P Y N A Y S D N U O B L R J

L L

V E G P P P N Y S R P K U U D N P G

HOW TO SOLVE: Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!

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

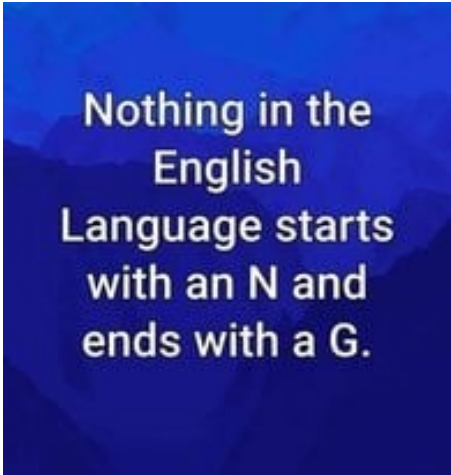
In this lecture, Professor Suzanne Crawford O'Brien will focus on Coast Salish traditional ecological knowledge, and how contemporary communities are working to protect and restore Native foods like salmon, shellfish, huckleberries, and nettles. We will consider some of the central ethical lessons that 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



Operator: 911, what's your emergency?
Man: A guy just got hit by a car, I need an ambulance.
Operator: What's your location?
Man: I'm on Eucalyptus street.
Operator: Can you spell that for me?
Man: (long awkward pause)
Operator: Sir? Are you there?
Man: I'm gonna drag him over to Pine street and call right back.



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

		<i>MENU</i>	
		<i>Apr 26th - May2nd</i>	<i>This Week's Mindful Offer</i>
			<i>Chipotle Chicken Pizzetta</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
	Fresh Fruit in Season	Spring Barley Chicken Soup	Bacon & Corn Chowder
<i>M</i>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Spring Barley Chicken Soup
<i>O</i>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<i>N</i>	Poached Egg	Beef Goulash	Egg Salad Sandwich
<i>D</i>	Sausage Link	Crispy Baked Chicken Breast	Beef Mushroom Meatloaf
<i>A</i>	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
<i>Y</i>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Oatmeal Cookie
<i>26</i>			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<i>T</i>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Scrambled Egg	Maple Glazed Pork Loin	Santa Fe Melt
<i>S</i>	Bacon	Catfish Cakes	Beef Pot Pie
<i>D</i>	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Mixed Vegetables
<i>A</i>	Whole Milk	Green Beans	French Fries
<i>Y</i>	Coffee	Pineapple Upside Down Cake	Chocolate Brownie
<i>27</i>			
<i>W</i>	Fresh Fruit in Season	Italian Wedding Soup	Turkey Noodle Soup
<i>E</i>	Assorted Fruit Juice	Cole Slaw	Italian Wedding Soup
<i>D</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>N</i>	Fried Cage Free Egg	Spaghetti & Meat sauce	Grilled Chicken Caesar Salad
<i>E</i>	Blueberry Pancake	Turkey Scallopini	Cheese Burger
<i>S</i>	Grilled Ham	Pasta	Tatar Tots
<i>D</i>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
<i>A</i>	Coffee	Garlic Bread	Ice Cream Sundae
<i>Y</i>		Raspberry Whoopie Pie	
<i>28</i>			
<i>T</i>	Fresh Fruit in Season	Cream of Tomato Soup	Cream of Tomato Soup
<i>H</i>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Rice Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Belgian Waffles w Peaches	Pot Roast	Herb Polenta & Mushroom Ragout
<i>S</i>	Bacon	Fried Chicken	Italian Sub Sandwich
<i>D</i>	Whole Milk	Mashed Potatoes	Potato Chips
<i>A</i>	Coffee	Creamed Corn	Mango Coconut Parfait
<i>Y</i>		Yellow Cake w Fudge Icing	
<i>29</i>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<i>R</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>I</i>	Whole Wheat Pancakes	Beef Flank Steak	Cheese Pizza
<i>D</i>	Fried Cage Free Egg	Orange Baked Salmon	Tuna Noodle Casserole
<i>A</i>	Bacon	Orzo w Basil	Stewed Tomatoes
<i>Y</i>	Whole Milk	Roasted Zucchini & Eggplant	Applesauce Bar
	Coffee	Spice Cake with Cream Frosting	
<i>30</i>			
<i>S</i>	Fresh Fruit in Season	Hot & Sour Soup	Hot & Sour Soup
<i>A</i>	Assorted Fruit Juice	Bean Salad	Grilled Chicken Tortilla Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<i>U</i>	Scrambled Eggs	Sweet & Sour Meatballs	Hot Ham & Brie Croissant
<i>R</i>	Coffee Cake	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<i>D</i>	Sausage Link	Sticky Rice	Angel Hair
<i>A</i>	Whole Milk	Sesame Shiitake Bok Choy	Grilled Yellow Squash
<i>Y</i>	Coffee	Fresh Broccoli	Asst Cookies
		Coconut Cream Pie	
<i>1</i>			
	Fresh Fruit in Season	Three Sisters Soup	Cheese Burger Chowder
	Assorted Fruit Juice	Deviled Eggs	Three Sisters Soup
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<i>U</i>	Cinnamon Rolls	Chicken Andrea	Harvest Chicken Wrap w Salad
<i>N</i>	Poached Egg	Herbed Crusted Beef	Southern Style Beef Stew
<i>D</i>	Bacon	Roasted Red Potatoes	Buttermilk Biscuit
<i>A</i>	Hash Browns	Sautéed Button Mushrooms	Pasta Salad
<i>Y</i>	Whole Milk	Peas & Onions	Chocolate Peanut Butter Brownie
	Coffee	Pecan Pie	
<i>2</i>		Dinner Roll	