



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, MAY 10

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Resident Council Meeting	9:30 am	Zoom Meeting
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Room Visits– What Am I?	10:30 am	LP Resident Rooms
Random Trivia (G3)	1:30 pm	LP Parlor
Champagne Punch Hallway Social	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MAY 11

<i>Wellness: In Person Exercise Class</i>	9:00 am	Wellness Center
What Am I? (G2)	9:30 am	LP Parlor
Room Visits– Random Trivia	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	10:00 am	Wellness Center
<i>Wellness: In Person Exercise Class</i>	11:00 am	Wellness Center
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—Card Game “Uno”	2:30 pm	LP Resident Rooms
TJ Afternoon Tea	2:30 pm	TJ Hallways
<i>Wellness: Seated Strength</i>	2:30 pm	LP Parlor
<i>Wellness: Seated Strength</i>	3:00 pm	LP Parlor
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

WEDNESDAY, MAY 12

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Music of Pete Seeger (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Room Visits– Gardening for Health	10:30 am	LP Resident Rooms
SU: The Personal Essay– Food, Family Travel	11:00 am	Zoom Meeting
SU: Medicare Basics	11:00 am	Zoom Meeting
Lawn Status & In the Weeds (G3)	1:30 pm	LP Parlor
SU: Dispatch Health Presentation	2:00 pm	Zoom Meeting
<i>Wellness: Seated Strength</i>	2:00 pm	TJ Solarium
Hallway Happy Hour	2:30 pm	LP Hallways
<i>Wellness: Seated Strength</i>	2:30 pm	TJ Solarium
<i>Wellness: Seated Strength</i>	3:00 pm	TJ Solarium
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

HAPPY BIRTHDAY

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, MAY 13

<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
SU: Democratic Backsliding in Hungary and Poland	11:00 am	Zoom Meeting
<i>Wellness: In Person Exercise Class</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Going Viral– Disinformation & Misinformation in a Pandemic	2:00 pm	Zoom Meeting
Spring Parade	2:30 pm	FTJ Campus
GA Door to Door Happy Hour	3:00 pm	GA
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

FRIDAY, MAY 14

<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: Beethoven's Ninth Symphony	11:00 am	Zoom Meeting/ LP Parlor
SU: Great Courses– Practicing Mindfulness	2:00 pm	Wellness Center
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>TJ Solarium</i>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MAY 15

Armed Forces Focus(G2)	9:30 am	LP Parlor
Room Visits– Behind the Music	10:30 am	LP Resident Rooms
Armed Forces Focus (G3)	1:30 pm	LP Parlor
Room Visits– Military Slang	2:30 pm	LP Resident Rooms
Movie: The Sting	2:30 pm	LP Parlor
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SUNDAY, MAY 16

History of Shavuot (G2)	9:30 am	LP Parlor
Room Visits– Trivia Challenges	10:30 am	LP Resident Rooms
History of Shavuot (G3)	1:30 pm	LP Parlor
Room Visits–Mind Your Mind	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

Covid Update

Yesterday's COVID testing resulted in one staff member (non-direct care) testing positive for COVID. Based on contact tracing it appears this positive case is unrelated to the previous positive case. This staff member is now isolating at home. Visitation in skilled nursing continues to be suspended until further notice with the exception of Compassionate Care visits. Activities and dining will continue as they have been. No changes are necessary in memory care or assisted living. We will conduct COVID testing for all skilled nursing residents and staff Wednesday of next week. More information will be shared as it becomes available. We apologize for any inconvenience.

As you may have heard, there have been changes to the Safe Start Guidance. These changes would allow us to lighten masking and social distancing requirements in dining and activities. We believe these changes presents additional risks to residents and therefore we are choosing not to change our masking and social distancing guidelines. The dining rooms and salons remain open, and small group activities continue.

One last thing, because of forecasted rain this Thursday, our Springtime Drive Through Parade has been postponed until next Thursday, May 13th at 2:30. Hope to see you there!

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

Reminder of Pet Policy

Pets are allowed on campus, but they must have a completed Pet Policy and proof of immunizations with current Rabies vaccinations. The LP Front Desk keeps the records for Independent and Assisted Living. The Front Desk at the Care Center keeps records for Skilled Nursing and Memory Care. You can pick up a Pet Policy from either Front Desk or email Michelle Olafson for an electronic version. There is a dog park located behind the old Health Care Center is you want to allow your pet to run around without a leash.

NOTES FROM PHILANTHROPY

Did you know that when you shop **Amazon SMILE**, it's an easy and meaningful way to contribute to FTJ?

In less than a year, Amazon has donated approximately \$200, i.e. 0.5% of eligible purchases that were made on **Amazon SMILE** to *Where Need Is Greatest*.

If you haven't already, please consider signing up. It only takes a minute, and you still place the same Amazon orders - it's just that it's on **Amazon SMILE**.

In your web browser, type in **smile.amazon.com**.

Smile Amazon/Amazon will ask for your email address and password. You will be asked to select a charity.

Type in **Franke Tobey Jones** and that's it! Do your shopping through **Amazon SMILE** and Amazon gives back.

Many thanks to everyone who remembers FTJ in their online shopping through **Amazon SMILE** – we are off to a great start with one more program that supports our organization!

WEEKLY RIDDLE

What is light as a feather,
but even the world's strongest man couldn't hold it for more than 3 minutes?



1. Furniture - Mustaches - Skis
2. Golf Course - A Coffee Shop - A Quart
3. He - She - They
4. Jupiter - Alaska - The Blue Whale
5. Wood Tick - Leech - Mosquito
6. Yawning - Laughter - Influenza
7. Improper - Unit - Mixed
8. Marigold - Mustard - Canary
9. Snake - Cavity - Bottomless
10. Kidney - String - Black

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.

Quotefall 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.

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

Senior University Update for Lillian Pratt Residents

We will be offering an in person Zoom meeting during the month of May 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.

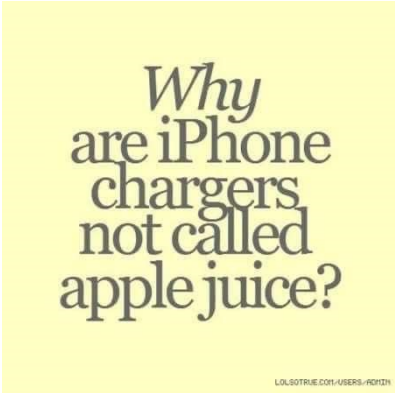
Friday, May 14

Four Ways of Looking at Beethoven’s Ninth Symphony

“Beethoven’s Ninth” or even just “The Ninth” has been a monument in classical music since it premiered in 1824. No other symphony has its aura or its popularity- the “Ode to Joy” is the “European Anthem” and the symphony has been part of end-of-year rituals around the globe from Germany to Japan for a hundred years. In preparation for the broadcast of Symphony Tacoma’s online performance the following evening, we will consider this famous symphony through the lenses of history, theory, performance, and ethnomusicology. Why has this piece been studied, performed and idealized for nearly 200 years all over the world? How might Beethoven have thought about it as he composed it? How does it “work” so powerfully? In what ways was it a milestone in the development of the symphony as a genre? What functions does a piece like this have in society that have caused it to be so meaningful to so many for so long?

11:00 am, Zoom

Join Zoom Meeting



SON: What’s in that fancy beer mug on the mantel?
ME: Well, that’s your uncle Frank. That’s where he wanted his remains. It was his favorite beer stein. He always said it would be funny. Never got why.
SON: Maybe it’s so he could be Frank in Stein?

This is wrong on so many levels



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

		MENU	
		May 10th - May 16th	This Week's Mindful Offer
		Szechuan Salmon Wrap	
		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
10			
	Fresh Fruit in Season	Potato Bacon Soup	Potato Bacon 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
11			
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	Italian Chicken Bowl
S	Bacon	Oven Brown Potatoes	Steamed Vegetables
D	Whole Milk	Lima Beans	Chocolate Chip Cookie
A	Coffee	Yellow Cake with Fudge Icing	
Y			
12			
T	Fresh Fruit in Season	Chicken Gumbo	Chicken Gumbo
H	Orange Juice	Cucumber Sour Cream Salad	Sweet Potato & Amaranth Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Baked Denver Omelet	Crispy Baked Cod	Ham Salad Sandwich
S	Hash Browned Potatoes	Swedish Meatballs	Macaroni & Cheese
D	Sausage Patty	Buttered Noodles	Stewed Tomatoes
A	Whole Milk	Roasted Zucchini	Chocolate Brownie
Y	Coffee	Apple Caramel Bread Pudding	
13			
F	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Fruited Jell-O Salad	Fruited Jell-O
I	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
D	Eggs to Order	Pork Scaloppini	Swiss Char & Gruyere Tart
A	Hash browns	Catch of the Day	Fish Sandwich
Y	Bacon	Rotini Pasta	French Fries
14	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Steamed Vegetable Medley
	Coffee	Strawberry Basil Cheese Cake	Cookies & Cream Cupcake
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
15			
	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	Asparagus & Shitake Mushroom Frittata
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
16	Coffee	Cherry Pie	