



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, June 14
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 17

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Cooking Group “Fruit Pizza” (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Room Visits– Who Am I?	10:30 am	LP Resident Rooms
SU: Champagne in the Global Economy	11:00 am	Zoom Meeting
Cooking Group “Fruit Pizza” (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, MAY 18

<i>Wellness: In Person Exercise Class</i>	9:00 am	Wellness Center
Who Am I? (G2)	9:30 am	LP Parlor
Room Visits– Taboo Game	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
Who Am I? (G3)	1:30 pm	LP Parlor
Room Visits—Rummikub Game	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 19

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
Lawn Status & In the Weeds (G2)	9:30 am	LP Parlor
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
Room Visits– Travelogue	10:30 am	LP Resident Rooms
SU: The Personal Essay– Food, Family Travel	11:00 am	Zoom Meeting
Music of Pete Seeger (G3)	1:30 pm	LP Parlor
SU: Nazi Persecution of Jews	2:00 pm	Zoom Meeting
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

Grounds Beautification Committee Update

The following residents have agreed to serve on the Grounds Beautification Committee: Cora Bock (BV), Ann Martin (DU), Londa Sevier (DU), Mike Wiese (DU) Marcia Winkle (GA) and chair Karen Fischer (GA) We are just getting started and learning about the campus. We will be surveying the residents soon and will try to serve as a resource to answer your questions about FTJ landscaping. Contact any committee member if you have questions. Karen Fischer, Chair

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 20

<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: Principles of Taste, Smell and Flavor	11:00 am	Zoom Meeting
<i>Wellness: In Person Exercise Class</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Great Birdwatching Spots of Washington	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, MAY 21

<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: 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 22

Weeding Trivia (G2)	9:30 am	LP Parlor
Room Visits– Sharpen Your Senses	10:30 am	LP Resident Rooms
Star of the Month (G3)	1:30 pm	LP Parlor
Room Visits– News Currents	2:30 pm	LP Resident Rooms
Movie: The Italian Job	2:30 pm	LP Parlor
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

SUNDAY, MAY 23

BBQ Cultural Revolution (G2)	9:30 am	LP Parlor
Room Visits– Farkle Game	10:30 am	LP Resident Rooms
Modern Jeopardy Trivia (G3)	1:30 pm	LP Parlor
Room Visits–Boggle Game	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

Gazebo Reservations Now Available

The large gazebo near the Duplexes can now be reserved for up to four hours at a time. Please contact Elizabeth Alvarez at 253-756-6366 for more details and to make a reservation.

Covid Update

We have great news. Residents and staff in skilled nursing have tested negative for COVID this week. We will be doing another round of testing next Wednesday. For now, visitation is still restricted in skilled nursing, but the dining room is open, small group activities are continuing and the Salon is open per the salon schedule. We continue to require masks and social distancing for staff, visitors and residents.

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

Future Planning Meeting

The FTJ Board is seeking input from FTJ residents about their visions for the long-term future success of FTJ. A meeting to gather ideas will be held via Zoom on **June 9 from 10:00-11:00 am**. If you would like to attend, please email Elizabeth Alvarez no later than June 2 and she will send the meeting link. (We need to know who is attending so we can break up into small groups for discussions.)

Residents who don't Zoom are encouraged to email/phone Claire Griffin or Pat Mail, Resident Board members. We've already had some great discussions with our neighbors and would be happy to have more.

Dining Services Update

2 Reminders from Dining.

Masks are required for all residents when they enter and exit the dining room. You may remove your mask when you are seated at your table.

Our "Meals To Go" Bistro Lunch delivery is open to all residents in the Garden Apartment, Bristol View Apartment and Duplex units Monday thru Friday. Watch for our weekly specials! And please order before Noon.

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

There is a common English word that is nine letters long. Each time you remove a letter from it, it still remains an English word - from nine letters right down to a single letter.

What is the original word, and what are the words that it becomes after removing one letter at a time?



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

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.

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
Outdoor			
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
Indoor			
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed

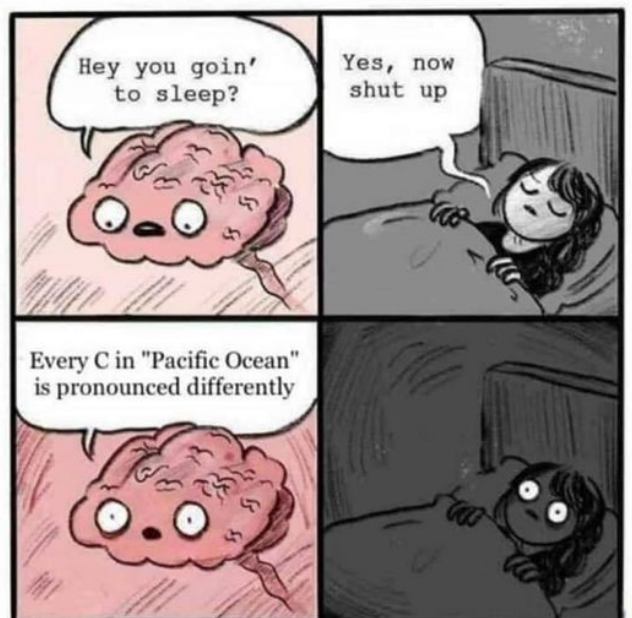


Take prevention measures

Fully vaccinated people: wear a mask
 Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

On HGTV, people can flip a whole house in a month. Meanwhile, I've been "getting ready to vacuum" for a week now.



MENU			
May 17th - May 23rd			This Week's Mindful Offer
			Ripe Tomato Pizzetta
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
M	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
O	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
N	French Toast	Chicken Fried Steak	Grilled Cheese & Bacon Sandwich
D	Western Scrambled Eggs	Crisp Parmesan Tilapia	Baked Chicken & Noodles
A	Bacon	Mashed Potatoes	Potato Chips
Y	Whole Milk	Simply Steamed Sugar Snap Peas	Old Fashion Molasses Cookie
17	Coffee	Chocolate Raspberry Parfait	
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
T	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Spaghetti & Meatballs	Classic Club Wrap/w Mac Salad
S	Sausage Patty	Apple Maple Roast Turkey	Broccoli Cheddar Quiche
D	Mushroom, Ham & Swiss Frittata	Oven Brown Potatoes	Mixed Vegetables
A	Whole Milk	Baked Butternut Squash	Apple Streusel Parfit
Y	Coffee	Garlic Bread	
18		Lemon Pudding Cake with Lemon Sauce	
W			
E	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
D	Assorted Fruit Juices	Cole Slaw	Tomato Soup
N	Cream of Wheat	Mixed Green Salad	Cole Slaw
E	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
S	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
D	Eggs To Order	Brown Rice	Potatoes Anna
A	Whole Milk	Fresh Asparagus	Sautéed Spinach
Y	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
19			
T	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
H	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
U	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
R	Fried Cage Free Egg	Braised Mediterranean Chicken	Napa Valley Chicken Salad
S	Bacon	Wild Mushroom Scampi	Open Face Beef Sandwich
D	Coffee Cake	Bow Tie Pasta	Mashed Potatoes
A	Whole Milk	Broccoli w Lemon & Garlic	Fresh Baked Rolls
Y	Coffee	Peach Crisp	Asst Desserts
20			
	Fresh Fruit in Season	New England Clam Chowder	Red Bean, Coconut Beef Soup
F	Assorted Fruit Juices	Fruited Jell-O Salad	New England Clam Chowder
R	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
I	Sausage Link	Grilled Cod Cakes	Bacon Spinach Alfredo Pizza
D	Scrambled Eggs	Grilled Pineapple Ham Steak	Classic Tuna Melt
A	Eggs Benedict	Au gratin Potatoes	Homemade Potato Chips
Y	Whole Milk	French Cut Green Beans w Mushrooms	Chocolate Peanut Butter Brownie
21	Coffee	Carrot Cake	
S	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
A	Assorted Fruit Juices	Orange Jicama Salad	Canadian Cheese Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
U	Bacon	Pepper Steak	Turkey & Swiss Melt
R	Fried Cage Free Egg	Herb Baked Chicken	Home Style Meatloaf
D	Bacon, Egg & Cheese Snacker	Rice Pilaf	Oven Roasted Potato Wedges
A	Whole Milk	Baked Tomato	Buttered Corn
Y	Coffee	Bread Pudding	Grasshopper Mousse
22			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Chili Con Carne
S	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Braised Pot Roast	Deviled Eggs
N	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Penne & Chipotle Alfredo
D	Bacon	Smashed Red Potatoes	Cheese Burger
A	Cinnamon Roll	Vegetable Blend	French Fries
Y	Whole Milk	Dinner Roll	Garlic Knot
23	Coffee	Lemon Meringue Pie	Snickerdoodle Cookies