



FRANKE  
TOBEY  
JONES

*Enjoy your age*

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, September 13  
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:*  
This service is currently  
on hold due to a kitchen  
staffing shortage. We will  
inform you when we  
begin this service again.  
Thank you for your pa-  
tience.

**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, AUGUST 16		
Travelogue	9:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
Songs Inspired by the Sea	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
Gazebo Group	5:00 pm	DU Large Gazebo
TUESDAY, AUGUST 17		
Who Am I?	9:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Northern Lights Explained	1:30 pm	LP Parlor
TJ Afternoon Tea	2:00 pm	TJ Hallways
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
WEDNESDAY, AUGUST 18		
This Day in History	9:30 am	LP Parlor
<b>SU: Outsmart Yourself</b>	<b>10:30 am</b>	<b>LP Parlor</b>
You Be the Judge	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
<b>SU: Bringing It All Together– Reflec- tions, Connections &amp; Extensions</b>	<b>4:00 pm</b>	<b>Zoom Meeting</b>

**Chaplain Services to Begin in September**

We are pleased to announce that Franke Tobey Jones has teamed up with Marketplace Chaplains to provide chaplain and worship services on our campus. Marketplace Chaplains provide local chaplains who come on campus to provide non-denominational worship services and visits. These services will begin in September and will occur on **Tuesday mornings**. Everyone is welcome to come to these services and to get to know our two new chaplains serving FTJ.

**Assisted Living**—9 am to 9:30 am in the Lillian Pratt Parlor

**Memory Care**—9:45 am to 10:15 am in the MC Activity Room

**Skilled Nursing**—10:30 am to 11 am in the SN Gathering Corner

**Independent Living**—11:15 am to 12 noon in the BV Gathering Room

We ask that you attend the service that is held in your building for the time being. All Independent residents are welcome to participate in the services held in the Bristol View Gathering Room.

FTJ would like to give a special thank you to our staff for their dedication to our residents and all their hard work. To show our appreciation, we have ordered a food truck, which will be on campus on August 19th to provide a fun meal for our hard working staff.

**HAPPY BIRTHDAY**

August 1

Maureen Drucker  
Kurt Graff

August 2

Robert Wright

August 3

Don Helland

August 4

Lise Wilber

August 7

Lester Reid

August 12

Abbie Watters

August 13

Tony Laverde

August 16

Phyllis Gill

August 18

Elizabet Hildebrant

August 22

Gail Helland

August 24

Kay Bristow

August 25

Jack Locascio

August 26

Mary Brown

August 28

Suzanna Ross

August 29

Fred McBain

August 30

Gregory Briggs  
Robert Duvall

**HAPPY ANNIVERSARY**

August 21

Bob & Joan Garden

August 23

Jim & Beverly Cook

August 25

Norm & Suzie Dicks  
Jack & Ann Locascio

August 26

Eric & Donna Swenson  
Ozzy & Liliane Bender

August 29

Philip & Gwen Phibbs

**THURSDAY, AUGUST 19**

<b>Knit Wits</b>	<b>9:30 am</b>	<b>TJ Parlor</b>
<b>SU: Great Courses- Cooking Across the Ages</b>	<b>10:00 am</b>	<b>BV Gathering Room</b>
<b>Room Visits</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Proctor District Shopping Bus</b>	<b>1:30 pm</b>	<b>Sign up at LP Desk</b>
<b>SU: Marine Mammals of Washington State</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>GA Happy Hour</b>	<b>3:00 pm</b>	<b>Main Gathering Area</b>

**FRIDAY, AUGUST 20**

<b>Room Visits</b>	<b>10:00 am</b>	<b>LP Resident Rooms</b>
<b>BV Ice Cream Social <i>Grab and Go</i></b>	<b>2:30 pm</b>	<b>Outside Firepit Area</b>
<b>DU Ice Cream Social <i>Grab and Go</i></b>	<b>2:30 pm</b>	<b>Duplex Gazebo</b>
<b>TJ Ice Cream Social <i>Grab and Go</i></b>	<b>3:00 pm</b>	<b>Gazebo Between TJ &amp; CC</b>
<b>GA Ice Cream Social <i>Grab and Go</i></b>	<b>3:00 pm</b>	<b>Outside Between Wellness Ctr. &amp; GA</b>
<b>LP Ice Cream Social <i>Grab and Go</i></b>	<b>3:00 pm</b>	<b>LP Front Patio</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

**SATURDAY, AUGUST 21**

<b>Movie: Princess Bride</b>	<b>2:30 pm</b>	<b>LP Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

**SUNDAY, AUGUST 22**

<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>
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**The Rez**

The Resident Store is ready to re-open if, enough people will volunteer to staff, twice weekly, in 2-hour shifts. Training will take place ahead of time, so all are familiar with the Cash Register, and order forms. In the past a staff member has coordinated the training and oversees the operations.

We have a few volunteers at this time, which include: Suzie Dicks, Nancy Cook, Rita Copp, Mame Matteson, Karen Flamoe and Joy Drewfs.

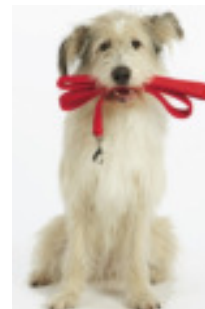
It is an opportunity to meet other residents, and help those who have a need for what is sold in The Rez store. In order to open, we would ideally need 12 to 16 volunteers a month.

If you are interested in volunteering your time, please feel free to contact John Lynn via email at [slynn1687@aol.com](mailto:slynn1687@aol.com), or via phone at 253-752-4549.

Thank you.  
John Lynn, Resident (GA)

**Friendly Reminder**

When walking your dog on campus, please be sure to pick up after your dog and dispose of their waste in appropriate waste receptacles.





**Tacoma Rainier’s Baseball Game**

**Tuesday, August 17** Bus departs at 6:00 pm.

**Cost: \$16 plus any food you purchase**

Join us for a baseball game at Cheney Stadium with the Tacoma Rainiers. They are going up against Las Vegas for a 7:05 pm game and Franke Tobey Jones will be there! Join us to cheer on the Rainiers while you enjoy ball park favorites and the company of other baseball minded people. If you request a ticket after the 30th of July we will get you as close to the group as we can, but you are not guaranteed to be able to sit with the main group. Stairs must be climbed to reach our seats.

**Please call Heidi at 253-756-6284 to reserve a ticket.**

**Washington State Fair (aka. Puyallup Fair )**

**Thursday, September 9** Bus departs at 10:00am

**Sign up by Tuesday September 7. Cost: \$12 Senior Ticket, Meal & any souvenirs**

The Washington State Fair, commonly referred to as the Puyallup Fair, is the largest single attraction held annually in the state of Washington. The fair continually ranks in the top ten largest fairs in the United States. FTJ will be going to the fair and you are invited. We will leave at 10:00am for the fair and will depart from the fair grounds at 2:30pm.

**Please sign up at LP Front Desk.**



**Flu Vaccination Clinic  
Save the Date**

CVS Pharmacy will be on-site to provide flu vaccinations to all staff and residents that want the flu vaccine. They will be here **Wednesday, September 29<sup>th</sup>**.

Exact times and locations will be determined once we get closer to that date. They will provide the senior dose for those that need it and they will bill your insurance. If you do not have insurance you can still get the flu vaccine free of charge. If you have any questions you can contact Bob Beckham at 253-756-6253 or [bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com).

**Pick Up Times For Outings**

In order for us to make sure that you arrive in time for scheduled outings and concerts, here is our pick up schedule. We will begin picking people up 15 minutes prior to our departure time in the following order:

- Bristol View** —Pick up 15 minutes prior to departure time
- Garden Apartments**—Pick up 12 minutes prior to departure time
- Tobey Jones**—Pick up 10 minutes prior to departure time
- Lillian Pratt**—Pick up 5 minutes prior to departure time
- Duplexes**—Pick up at Lillian Pratt 5 minutes prior to departure time

If you have any questions or concerns, please contact Heidi at 253-756-6284.

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
							C																		

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 Q H D X S P C S T L H X W

**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!

**WEEKLY RIDDLE**

Other than being colors, what do the words orange, silver and purple have in common?



**Walk to End Alzheimer's - Join TEAM FTJ!!**

- Sunday, September 26 at Noon
- Dune Peninsula Park, 5361 Yacht Club Road, Tacoma
- There is no fee to register or to walk, though you can choose to raise money for the cause.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

Residents/Family Members RSVP to Carole Velez 253-320-4216 or [cvelez@franketobeyjones.com](mailto:cvelez@franketobeyjones.com)

Team Members RSVP at the LP Front Desk or call the front desk at 253-756-6621.

When you register, please give us your t-shirt size.

Also, you can add your name to the TEAM FTJ online at [www.act.alz.org](http://www.act.alz.org).

Every dollar you raise benefits those affected by Alzheimer's disease in our community, and FTJ Casual For A Cause will match the funds that we raise!

Where do the funds go?

- Provides care and support to all those facing Alzheimer's including online message boards, support groups, connecting those facing the disease with a network of help in our community
- A free nationwide 24/7 Helpline offering information and referrals.
- Drives research toward treatment, prevention and, ultimately, a cure.

Speaks up for the needs and rights of people affected by Alzheimer's such as helping to pass landmark legislation, drives bipartisan support for federal Alzheimer's and dementia research funding, and ensures that individuals living with dementia, regardless of age, have access to critical care and support services through legislation such as the Older Americans Act.

### Wellness Center Updates

The Wellness Staff is in the process of reopening the Wellness Center to the community and to expand upon class programming currently offered. In order to do this effectively, several things will need to happen over the next few weeks.

All residents who attend the Wellness Center will need to schedule a time to meet with Wellness Staff. If you want to use the Wellness Center for equipment use or for personal training, you will need to fill out a health history questionnaire and a waiver and release of liability form as well as proof of your Covid-19 vaccine. If you are planning to attend classes, you must additionally go through a brief physical assessment. This is to ensure we are providing the most safe and appropriate class for each person’s fitness level.

Assessments will take place from **August 11<sup>th</sup> to August 27<sup>th</sup>**. Please contact Wellness Staff at 253-756-6279 to set up your assessment appointment. During this assessment period there will be no classes or personal training appointments. If you have any questions, please do not hesitate to contact the Wellness Center.

### Mobile Audiologist at FTJ

We have a new mobile audiologist who will be coming on campus every 3<sup>rd</sup> Wednesday of the month in the afternoon. If you want to be seen, you can receive a copy of the intake/admission paperwork from Jessica Rueber, our Social Worker, or from the Lillian Pratt front desk. The paperwork needs to be turned in to Jessica. Once the provider receives your information, they will call you to schedule your appointment.

Questions? Contact Jessica at 253-756-6313

Do they allow loud laughing in Hawaii, or just a low ha?

### Gazebo Group

The Gazebo group is an informal, no-host happy hour and conversation group. We meet at the big Gazebo by the Duplexes during the late spring, summer, and early fall. Everyone is welcome, especially if it’s your first time. Since this is an informal group, it is BYOC (Bring Your Own Cup).

Come and enjoy this chance to socialize with your fellow residents. Everyone is welcome!



Gazebo Group will occur at **5:00pm Monday Evenings**



### All Campus Ice Cream Socials



You are invited to join us on Fridays for our All Campus Ice Cream Socials.

**At 2:30pm**

**BV residents** can pick up their ice cream at the Outside Firepit Area.

**DU residents** can pick up their ice cream at the DU Gazebo.

**At 3:00pm**

**GA residents** can pick up their ice cream outside between the Wellness Center & GA.

**TJ residents** can pick up their ice cream at the Gazebo between TJ and the Care Center.

**LP residents** can pick up their ice cream at the LP front patio.

Enjoy some delicious ice cream as you cool off from the heat and visit with your fellow residents.

This is not a door to door social. If you want ice cream, you must go to your location to pick it up.

**MENU**  
**Aug 16th - Aug 22nd**

	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Beef Barley Soup	Beef Barley Soup
<b>M</b>	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
<b>N</b>	Scrambled Egg	Stuffed Shells	Chef Salad
<b>D</b>	Sausage Link	Fried Trout	Chicken Fried Steak
<b>A</b>	Whole Wheat Pancakes	Oven Brown Potato	Caramelized Leek Mashed Potatoes
<b>Y</b>	Whole Milk	Sliced Carrots	Buttered Corn
	Coffee	Garlic Bread	Rice Pudding w Raisins
<b>16</b>		Ice Cream Sundae	
	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<b>T</b>	Orange Juice	Fruit Salad	Pork Chile Verde
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Poached Eggs	Crispy Baked Flounder	Taco Salad
<b>S</b>	Bacon	Braised Pork Shoulder	Chicken Sandwich
<b>D</b>	Blueberry Muffin	Horseradish Yukon Mashed Potatoes	Potato Chips
<b>A</b>	Whole Milk	Brussels Sprouts w/ Bacon	Chocolate Chip Cookie
<b>Y</b>	Coffee	Baked Apples	
<b>17</b>			
	Fresh Fruit in Season	Chicken Mulligatawny Soup	Garden Vegetable Soup
<b>E</b>	Orange Juice	Cole Slaw	Chicken Mulligatawny Soup
<b>D</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>N</b>	Fried Large Cage Free Egg	Catch of the Day	Sloppy Joe Sandwich
<b>E</b>	Grilled Ham	Beef Enchiladas	Mac & Cheese
<b>S</b>	French Toast	Black Beans & Rice	Steamed Vegetables
<b>D</b>	Whole Milk	Mexican Street Corn	Potato Chips
<b>A</b>	Coffee	Lemon Panna Cotta	Pound Cake w Fresh Strawberries
<b>Y</b>			
<b>18</b>			
	Fresh Fruit in Season	Cauliflower Cheese Soup	Cauliflower Cheese Soup
<b>T</b>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<b>H</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>U</b>	Scrambled Egg	Chicken Scaloppini Marsala	Wedge Salad
<b>R</b>	Bacon	Eggplant Parmesan	Roasted Turkey Breast
<b>S</b>	Apple Cinnamon Muffin	Penne	Mashed Sweet Potato
<b>D</b>	Whole Milk	French Cut Green Beans	Fresh Broccoli
<b>A</b>	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
<b>Y</b>		Cookies and Cream Blondie	
<b>19</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>I</b>	Spinach & Pesto Scrambled Eggs	Tropical Seared Salmon	Pepperoni Pizza
<b>D</b>	Scramble Eggs	Sweet and Sour Pork	Turkey Blue Cheese Burger
<b>A</b>	Bacon	Fried Rice	French Fries
<b>Y</b>	Whole Milk	Asian Blend Vegetables	Orange Sparkler Cookie
	Coffee	Pina Colada Cake	
<b>20</b>			
	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
<b>S</b>	Orange Juice	Bean Salad	Sweet Potato and Black Bean Chili
<b>A</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>T</b>	Poached Eggs	Crispy Parmesan Tilapia	Tuna Salad Cold Plate
<b>U</b>	Sausage Patty	Salisbury Steak	Beef Stroganoff
<b>R</b>	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
<b>D</b>	Whole Milk	Peas & Carrots	Grilled Yellow Squash
<b>A</b>	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
<b>Y</b>			
<b>21</b>			
	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
<b>S</b>	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>N</b>	Fried Cage Free Egg	Baked Ham	Grilled Cheese Quesadilla
<b>D</b>	Hash Browned Potatoes	Fried Shrimp	BBQ Turkey Steak
<b>A</b>	Bacon	Rice Pilaf	Home Fried Potatoes
<b>Y</b>	Cinnamon Rolls	Fresh Asparagus	California Mixed Vegetables
	Whole Milk	Lemon Meringue Pie	Raspberry Yogurt Mousse
<b>22</b>	Coffee		