



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, May 9
9:30 am, Zoom Meeting
Contact Kelly Maxfield,
Executive Assistant for
an invite to the meeting.

BISTRO
Ext. 1394

Location: LP 1st Floor
Next to Wellness Center
Monday - Friday
8am—2pm

The Bistro now open.

NEW RESIDENTS
Millie McNeary LP
Barbara Hill TJ

NEW STAFF
Andre Atwater, Activities
Tayler Sanders, Clinical
Johnetta Tolbert, Clinical
Joe Wood, Dining
Molly Beckner, Dining
Adnan Ahmed, Dining

IN REMEMBRANCE
Gwen Phibbs MC
David Baker BV

MONDAY, MAY 9

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Resident Council	9:30 am	Zoom Meeting
Udderly Amazing Cows	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Room Visits	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Mountain Dice Game	1:30 pm	LP Parlor
<i>Holistic Wellness: Art Expressions</i>	2:00 pm	Wellness Center
Root Beer Float Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Chat with Councilman John Hines	4:00 pm	Wellness Center

TUESDAY, MAY 10

<i>Wellness: Restorative Yoga</i>	9:00 am	Wellness Center
Who Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
AL Worship Service	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
IL Worship Service	11:30 am	BV Gathering Room
Folk Song Sing Along	1:30 pm	LP Parlor
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Better Sleep</i>	2:00 pm	Wellness Center
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

WEDNESDAY, MAY 11

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Acrylic Painting Project	9:30 am	Activity Terrace
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Acrylic Painting Project	10:30 am	Activity Terrace
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
SU: How to Avoid Medicare Excess Charges	11:00 am	Zoom Meeting
Mother of Science Fiction	1:30 pm	LP Parlor
Happy Hour	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

HAPPY BIRTHDAY

May 2

Don Clifford
Sandra Driskell

May 3

Ann Crawford
Patricia Ducolon

May 4

Virginia Dalley

May 8

Jo An MacDonald
Joy Drewfs

May 9

Nadyne Meteyer
Edna Franklin
Pierrette Bodman

May 10

Janice Hanson
John Hodge
Robert Lordahl

May 11

Hazel McIntosh
Dale Hale

May 12

Richard Driskell

May 13

Mike Wiese
Lillian 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
Nancy Wallrof

May 26

Joan Garden
Paul Van Der Voort

May 27

Dick Griffin

May 29

Clemens Plattner

May 30

Jan Johnson

May 31

Phyllis Larsen
Catherine McIntyre
Faye Warren
Lura Murphy

THURSDAY, MAY 12

<i>Wellness: Tai Chi DVD</i>	9:00 am	Wellness Center
Virtual Visit to Charleston	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
Nutty Trivia	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
SU: Choreographers: Bob Fosse, Debbie Allen, Michael Peters	11:00 am	BV Gathering Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Shut the Box Game	1:30 pm	LP Parlor
SU: Civil Wars in Central America for Beginners	2:00 pm	Zoom Meeting
Knit Wits	2:30 pm	TJ Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
GA Happy Hour	3:30 pm	GA Living Room
TJ Happy Hour	3:30 pm	TJ Parlor

FRIDAY, MAY 13

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Seafaring, Sea Gods, Sea Monsters & Mermaids	10:00 am	BV Gathering Room
Catholic Mass	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
SU: The Species Maker Book Discussion	2:00 pm	BV Gathering Room
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MAY 14

Morning Movie	9:30 am	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Symphony Tacoma	6:45 pm	Sign up at LP Desk

SUNDAY, MAY 15

Morning Movie	9:30 am	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

From the Maintenance Desk

The two entrance awnings at TJ and LP are being replaced. Before the awning covers arrive, maintenance staff will be cleaning the front of the buildings and re painting the metal frames. We hope to have the new awnings in about 6 weeks.



NW Sinfonietta “In Place and Time”

Saturday, May 21 Bus departs at 6:45 pm.

Sign up by Wednesday May 18. **Cost: Ticket \$40-\$90**

Masks are strongly suggested while in the theater.

Guest conductor Mei-Ann Chen and flautist Demarre McGill transport us to far-off lands with these three evocative works by Spanish composer Joaquín Rodrigo, W.A. Mozart, and current Seattle Symphony Composer-in-Residence Reena Esmail.

Please sign up at LP Front Desk

Please contact Heidi at 253-756-6284 if you want to purchase tickets.

NW Repertory Singers “This Shall Be For Music”

Sunday, May 22 Bus departs at 2:10 pm.

Sign up by Wednesday May 18. **Cost: Ticket \$30**

Masks are strongly suggested while in the theater.

Northwest Repertory Singers returns this spring with a celebration of the power of song to connect us and to uplift the human spirit. Their concert features the stunning *Requiem* by Gabriel Fauré and works by Donna Gartman Schultz, Norman Dello Joio, Morten Lauridsen, Leonard Bernstein, and NW Repertory’s own Tom Walworth.

Please sign up at LP Front Desk

Please contact Heidi at 253-756-6284 if you want to purchase tickets.

Tacoma Musical Playhouse “In the Heights”

Saturday, May 28 Bus departs at 1:15 pm.

Sign up by Monday May 23. **Cost: Ticket \$29**

Proof of Covid Vaccination will be required to enter the theater. You MUST have a copy of your vaccine card, and photo ID. Masks will be required while in the theater.

In the Heights, is a story set over the course of three days, involving characters in the largely Dominican neighborhood of Washington Heights in Upper Manhattan, New York City. In Washington Heights, community is everything, and we see how each of these individuals struggles to survive and how these same individuals come together as a community to mourn their losses and rejoice in their triumphs

Please sign up at LP Front Desk

Please contact Heidi at 253-756-6284 if you want to purchase tickets.



New Wellness Class Offering: Restorative Yoga

Katie is offering a Restorative Yoga class beginning in May. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props like bolsters and blankets. The class will be held on Tuesdays at 9:00 am and is 45 minutes in length. If you have any questions about the class, please contact Katie at 253-756-3241 or via email at klodge@franketobeyjones.com.

Covid Update

We have received the results from the testing on Monday, May 2nd of residents and staff in Memory Care and Skilled Nursing. Unfortunately, four additional residents and two additional staff have tested positive in Memory Care. This brings the total to 18 residents and 6 staff that have tested positive in this current outbreak in Memory Care. On a positive note, there were no additional residents or staff in Skilled Nursing that tested positive so there is still just the one staff member that tested positive last week. There is one additional non-direct care staff that tested positive over the weekend and is unrelated to this current outbreak. No visitors are allowed at this time in Memory Care, but visitation can continue in Skilled Nursing.

There is one independent resident in the Garden Apartments who has tested positive for COVID. Close contacts of this resident have been notified. These are the guidelines for any independent resident testing positive:

- Day 0 is the first day of symptoms or a positive viral test.
- Day 1 is the first full day after your symptoms developed or your test specimen was collected.
- If you have COVID or have symptoms, stay at home/apartment and isolate from others for at least five days. Wear a well-fitting mask if you must be around others in your home/apartment.
- End isolation after five full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- You may end isolation if you did NOT have symptoms after at least five full days after your positive test.

If you got very sick from COVID or have a weakened immune system, you should isolate for at least 10 days, then consult your doctor before ending isolation.

As we all know, COVID has not gone away. We recommend that you have a rapid test on hand so if you are feeling symptomatic you can test yourself. Don't assume you just have a cold or it's just allergies. Free rapid test kits are still available from both Washington State and the federal government and very easy to obtain.

- Federal program: covid.gov/test
State program: sayyescovidhometest.org

Having an outbreak at work is incredibly difficult on our residents, our staff and our families. I assure you, we are doing everything we can to control the spread between staff and residents. We thank you for your continued support as we all work through this together.

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



WEEKLY RIDDLE

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

Chat with Councilman John Hines

Join Councilman Hines to hear about what’s happening in the City of Tacoma and to bring specific concerns to the Councilman’s attention. Contact Jana at 253-756-6219 to register for this class.

Monday, May 9
4:00 pm, Wellness Center

Civil Wars in Central America for Beginners

This lecture is intended to provide a point of departure for a better understanding of the historical situation of three Central American countries; Guatemala, El Salvador and Nicaragua.

Thursday, May 12
2:00 pm, Zoom Meeting
Meeting ID: 481 600 3295
Passcode: 845170

**GET YOUR
COVID BOOSTER SHOT!**

Tuesday, May 10th
10:00am-12:00pm; 12:30pm-3:30pm
Old HCC Building

Rxpress Pharmacy will be on-site to provide COVID-19 Booster Shots.

- * You can receive your first or second booster shot
- * The booster is not required but it is recommended
- * The second booster shot is available to anyone who received their first booster at least four months ago (if you received your booster at FTJ, it was on 10/27/21)
- * You do not need to have received your COVID vaccine or booster at FTJ to be eligible
- * **You must bring your COVID vaccination card** to show proof of your vaccination and booster and the date you received it
- * If you received your COVID vaccination at FTJ and cannot find your card please let Bob know
- * Michelle Olafson and the Admissions team will be reaching out to you to complete the appropriate forms. **All forms must be completed by April 29th.**
- * The COVID booster shot is free for everyone whether you have insurance or not
- * If you can’t come at the times below for your building, please come anytime between 10:00am-12:00pm or 12:30pm-3:30pm

The schedule is as follows:

- Tobey Jones – 10:00am-11:00am**
- Garden Apartments – 11:00am-12:00pm**
- Bristol View – 12:30pm-1:30pm**
- Duplexes – 1:30pm-2:30pm**
- Lillian Pratt – 2:30pm-3:30pm**
- Skilled Nursing and Memory Care vaccinations will happen in resident rooms throughout the day**

Tobey Jones Building Refresh Project

The Tobey Jones building will be getting a “refresh” this year, for residents to enjoy and to remain competitive. Franke Tobey Jones is working with the same interior design team that upgraded the Lillian Pratt interior. Common areas will be painted (estimated to be complete by end of May). Lighting, furniture and artwork will also be changed, timing will depend on product availability and scheduling. Some existing pieces will be incorporated into the design.

Choreographers: Bob Fosse, Debbie Allen, Michael Peters

Get an inside peak into their processes when creating such hit Broadway shows such as “Chicago”, “Dreamgirls” and “Sweet Charity”. Contact Jana at 253-756-6219 to register for this class.

Thursday, May 12, & May 19
11:00 am, Bristol View Gathering Room

Seafaring, Sea Gods, Sea Monsters, and Mermaids

We return to a time when the sea was just beginning to be explored and discover why we have always been drawn to the sea to understand ourselves and our world. Contact Jana at 253-756-6219 to register for this class.

Friday, May 13
10:00 am, Bristol View Gathering Room

Holistic Wellness Class "Sleep Better" with Dr. Michael Breus

Discover a wide variety of courses for living your life with intention, purpose & fulfillment. Pre-recorded courses led by world class teachers, facilitated by Sarah. Inspiring you to live a vibrant life of well-being & promote positive change. Contact Sarah at 253-756-3241 to register for this class.

Tuesday, May 10
2:00 pm, Wellness Center

Full Moon Sound Bath

Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 60 minute journey to relax the body, calm the mind, and activate the body's natural healing systems. Contact Sarah at 253-756-3241 to register for this class.

Monday, May 16
1:30pm Wellness Center

MENU			
May 9th - May 15th			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Minestrone Soup	Minestrone Soup
O	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Poached Eggs	Chopped Beef Steak w Onions	Classic Club Wrap/w Mac Salad
A	Sausage Patty	Apple Maple Roast Turkey	Quiche Lorraine
Y	Mushroom, Ham & Swiss Frittata	Mashed Potatoes	Mixed Vegetables
9	Whole Milk	Baked Butternut Squash	Bakers Choice
	Coffee	Lemon Pudding Cake with Lemon Sauce	
T	Chilled Fruit	Cream of Chicken Soup	Cream of Chicken Soup
U	Assorted Fruit Juices	Cole Slaw	Tomato Basil Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Apple Cinnamon Muffin	Pork Perial	Italian Caesar Salad Plate
D	Grilled Ham	Grilled Wild Salmon	Chicken Fried Steak
A	Eggs To Order	Brown Rice	Potatoes Anna
Y	Whole Milk	Beets	Sautéed Spinach
10	Coffee	Mint Chocolate Chip Whoopie Pie	Bread Stick
			Applesauce Bar
W			
E	Chilled Fruit	Roasted Onion Soup	Roasted Onion Soup
D	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
N	Old Fashioned Oatmeal	Marinated Cucumber Salad	Marinated Cucumber Salad
E	Fried Cage Free Egg	Braised Mediterranean Chicken	Seafood Newburg w Rice
S	Bacon	Wild Mushroom Scampi	Grilled Ham & Cheese Sandwich
D	Coffee Cake	Bow Tie Pasta	Potato Chips
A	Whole Milk	Broccoli w Lemon & Garlic	Asst Desserts
Y	Coffee	Bakers Choice	
11			
T	Chilled Fruit	Bean Soup	Bean Soup
H	Assorted Fruit Juices	Fruited Jell-O Salad	Grilled Chicken Tortilla Soup
U	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
R	Sausage Link	Lemon Dill Flounder	Grilled Vegetable Quesadilla
S	Scrambled Eggs	Farmers Style Meatloaf	Beef Enchilada
D	Buttermilk Pancakes	Au gratin Potatoes	Refried Beans
A	Whole Milk	French Cut Green Beans	Corn & Tomatoes
Y	Coffee	Carrot Cake	Chocolate Peanut Butter Brownie
12			
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
F	Assorted Fruit Juices	Jicama Cabbage Slaw	Jicama Cabbage Slaw
R	Old Fashioned Oatmeal	Mixed Green Salad	Meat Lasagna
I	Bacon	Sausage & Peppers	Pulled Pork Sandwich
D	Fried Cage Free Egg	Herb Baked Chicken Breast	Ranch Dusted Potato Chips
A	Bacon, Egg & Cheese Snacker	Orzo w Lemon & Herbs	Grilled Rustic Bread
Y	Whole Milk	Peas & Carrots	Grasshopper Mousse
13	Coffee	Bread Pudding	
S	Chilled Fruit	Chicken Vegetable Soup	Chicken Vegetable Soup
A	Assorted Fruit Juices	Cottage Cheese & Tomato	Chili Con Carne
T	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
U	Scrambled Egg	Mango Crusted Tilapia	Cottage Cheese & Tomato
R	Hash Browned Potatoes	Breaded Pork Chop	Chicken Alfredo
D	Sausage Patty	Rice Pilaf	Bacon Cheese Burger
A	Asst Danish	Carpi Vegetable Blend	French Fries
Y	Whole Milk	Banana Pudding Pie Cup	Garlic Knot
14	Coffee		Sugar Cookies
	Chilled Fruit	Cabbage White Bean Soup	Cabbage White Bean Soup
S	Assorted Fruit Juice	Deviled Eggs	Cream of Potato Soup
U	Cream of Wheat	Mixed Green Salad	Deviled Eggs
N	Fried Cage Free Egg	Pot Roast	Garden Vegetable Penne Pesto
D	Bacon	Fried Chicken	Turkey Pot Pie
A	Cinnamon Roll	Mashed Yukon Potatoes	Mixed Vegetables
Y	Whole Milk	Buttered Corn	Bread Sticks
15	Coffee	Lemon Meringue Pie	Angel Food Cake with Strawberry Sauce