



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Call or email Vicki for any
maintenance needs at
253-756-6293 or
vweaver@franketobey
jones.com

RESIDENT COUNCIL MEETING

Monday, September 12
9:30 am, Zoom Meeting
Contact Kelly Maxfield,
Executive Assistant for
an invite to the meeting
or if you want a copy of
the meeting minutes.

BISTRO
Ext. 1394

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

NEW RESIDENTS

Lila Kirchheim LP
Peter Darling SN

NEW STAFF

Francesca Thomas,
Philanthropy Coordinator
Sam Goll, Clinical
Kolbee Sadler, Dining

IN REMEMBRANCE

MONDAY, AUGUST 29		
<i>Wellness: Seniorcise Gold I & II</i>	9:00 am	Wellness Center
Jeopardy Trivia	9:30 am	Paused
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Ingrid Bergman	10:30 am	Paused
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
Google Earth Exploration	1:30 pm	Paused
Champagne Punch Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
TUESDAY, AUGUST 30		
<i>Wellness: Restorative Yoga</i>	9:00 am	Wellness Center
Lilac Paintings	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 Bowditch Room
Uno Card Game	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Hacking Healthcare</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
Rainier Game	6:15 pm	Contact Heidi
WEDNESDAY, AUGUST 31		
<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
More Trivia	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Great Courses—Lifelong Health	10:00 am	TJ Parlor
The Write Word Game	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Button Flower Craft	1:30 pm	LP Parlor
SU: WA State History Museum Trip	1:30 pm	Departs from Bistro
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

Bistro Closure
The Bistro will close on September 16th and will reopen on
September 26th.



HAPPY BIRTHDAY

September 1

Jerry Winkle

September 5

Joan Bannister

September 6

Londa Sevier

September 8

Al Chaffee

September 11

John Van Buren

September 17

Rita Copp

September 18

Kathleen Farner

September 19

Doretha Dones

September 20

Beryl Bucklin

September 21

Doris Larsen

Eldon Kenney

September 23

Liz Gilbert

September 26

Patricia Smith

September 28

Raeann DeBoer

Linda Graff

September 30

Marge Hoffman

HAPPY ANNIVERSARY

September 29

Jack & Nadyne Meteyer

THURSDAY, SEPTEMBER 1

Baking Group– Fruit Pizzas	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Boggle Game	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Great Courses– The Vikings	11:00 am	BV Bowditch Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
About Oktoberfest	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Nutrition for Healthy Aging	3:00 pm	Zoom Meeting
GA Happy Hour	3:30 pm	GA Living Room
TJ Happy Hour	3:30 pm	TJ Parlor

FRIDAY, SEPTEMBER 2

<i>Wellness: Seniorcise Gold I</i>	<i>8:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	<i>9:00 am</i>	<i>Wellness Center</i>
Golden Trivia	9:30 am	LP Parlor
SU: Writing Forever Letters	10:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Food For Thought	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Star of the Month	1:30 pm	LP Parlor
SU: Seabirds of the Salish Sea	2:00 pm	Wellness Center
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
All Campus Ice Cream Social	3:00 pm	LP Front Patio
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, SEPTEMBER 3

Morning Movie	9:30 am	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, SEPTEMBER 4

Double Dip	9:30 am	LP Parlor
Short Story	10:30 am	LP Parlor
Seated Exercises	1:30 pm	LP Parlor
National Wildlife Day	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Programing in Assisted Living is contingent on current Covid case counts and can change with little notice.



Tacoma Rainiers Baseball Game

Tuesday, August 30 Bus departs at 6:15 pm.

Sign up by Friday August 19 Cost: \$20 plus any food you purchase

Join us for a baseball game at Cheney Stadium with the Tacoma Rainiers. They are going up against Sacramento 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 19th of August 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. Some stairs must be climbed to reach the main group of seats. There is also ADA seating available close to where our group is. If you need ADA seating, please let Heidi know when you reserve your ticket. Once purchased, tickets are non-refundable. **Please call or email Heidi at 253-756-6284, hwhite@franketobeyjones.com to reserve a ticket.**

Washington State Fair (aka. Puyallup Fair)

Thursday, September 8 Bus departs at 11:30am

Sign up by Tuesday September 6. Cost: 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 11:30am** for the fair and will depart from the fair grounds at 4pm. Thanks to a generous donation we have **several free admission passes to the fair** so the first 15 people who sign up for this outing will have free admission to the fair.

Please sign up at LP Desk.



Northwest Trek

Thursday, September 15 Bus departs at 9:30am

Sign up by Monday September 12 Cost: Ticket \$20, \$12 for Wild Drive Tour, Meal

Enjoy a wildlife filled visit to Northwest Trek. We will be exploring the park via Animal Walking Paths and a possible Wild Drive Tour that is currently taking the place of their Tram Tours. You'll be able to see fascinating animals like moose, Roosevelt elk, bison, reindeer, as well as bears, forest animals, wetland animals and wild cats. With several nature trails to explore, there will be plenty to see and enjoy. Once purchased, tickets are non-refundable.

Please sign up at the LP front desk.



Save the Date

Bliss Ice Cream will be here on September 7th, 2-4pm for resident and employee appreciation. More details will come.



Covid Update

This week we completed another round of testing for AL residents as well as all staff. There are no new resident cases to report from testing this week but there was one additional AL resident who tested positive late last week. Of the 11 Assisted Living residents who have tested positive, seven have recovered and have been taken off isolation precautions. Group activities and group dining continue to be on hold in Assisted Living. We will continue testing in Assisted Living until we go 14 days without a new case or new exposure.

For staff, there are two non-direct care staff members who tested positive, one late last week and one early this week. Both appear to be unrelated to the outbreak in Assisted Living.

Visitation is still open and residents are able to leave campus. Please remember that visitors in Assisted Living, Skilled Nursing and Memory Care are required to wear a mask at all times including inside resident rooms. This is a state mandate. We are seeing an increasing number of visitors leaving resident rooms in Assisted Living, Skilled Nursing and Memory Care without their masks on. Visitors to our independent areas of campus are encouraged to wear masks but it is not mandated. **We ask that all visitors prioritize the health and wellness of all FTJ residents and comply with the mask mandate.**

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 kind of coat is always wet when you put it on?

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

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.

Conservation and Natural History of the Seabirds of the Salish Sea

Moving between islands, seascapes, and species of the waters of Washington, Peter Hodum will share stories about a collaborative research program focused on advancing our understanding and conservation of species such as the Tufted Puffin and Marbled Murrelet. Contact Jana at 253-756-6219 to register for this class.

Friday, September 2
2:00 pm, Wellness Center

All Campus Ice Cream Social

You are invited to join us at the Care Center Porte Cochere from **3:00pm to 3:45pm on Friday Aug. 26th** for our All Campus Ice Cream Social.

Enjoy some delicious ice cream as you cool off from the heat. This is a grab and go event for this week. **BV, DU, GA, TJ & AL** residents are invited to attend. See you there.



Holland Windmills, Waterways & Tulips River Cruise

The Ruston Senior Center is offering a 10 day trip to Holland beginning April 26th 2023. This trip includes round trip airfare from Seattle, 1 night hotel in Amsterdam, 7 night cruise and 21 meals. Prices range from \$4,795 per person to \$6,195.

If you want more information or wish to sign up for this cruise, please contact Kate Gray at kgray@franketobeyjones.com or via phone 253-756-0601.



French Speaking Group

Cat McIntrye in the Garden Apartments would like to start a French speaking group for those who are interested in learning French or wanting to practice their rusty French. Please contact Cat for more information at 360-671-1986.

Greenhouse & Garden Plots

Now that we have a brand new greenhouse, Karen Fischer is recruiting three residents to serve on a Garden Committee. The greenhouse is available to all residents who want to use it, not just those assigned garden plots. The Committee will develop guidelines for using the greenhouse and garden plots.

If you are interested in being on this committee, even if you don't currently have a garden plot or are only interested in using the greenhouse, please contact Karen Fischer in writing by Sept. 1st. Include your name, building and phone number.

Great Courses: The Vikings

As explorers and traders, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of Western Europe. In this course, you will study the Vikings not only as warriors, but also in other roles for which they were equally extraordinary: merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas. Contact Jana at 253-756-6219 to register for this class.

Thursday, September 1
11:00 am, BV Bowditch Room

Tidbits from Dining about Food Cost

Did you know last year we paid \$3.09 a gallon for milk, this year it's \$4.14. Salmon was \$9.45 per pound and it's \$11.17 per pound this year!



MENU			
Aug 29th - Sept 4th			
<i>Menu subject to change due to supply shortages</i>			
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Beef, Barley & Mushroom Soup	Beef, Barley & Mushroom Soup
O	Assorted Fruit Juice	Fruit Salad	Tomato Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Poached Cage Free Egg	Braised Beef Goulash	Chef Salad Plate
A	Turkey Sausage Link	Ham & Potato Frittata	Muffuletta Sandwich
Y	Blueberry Muffin	Buttered Egg Noodles	French Fries
	Whole Milk	Sugar Snap Peas and Carrots	Dinner Roll
29	Coffee	Pound Cake w/ Berries	Bakers Choice
T	Chilled Fruit	Sweet Potato and Black Bean Chili	Sweet Potato and Black Bean Chili
U	Assorted Fruit Juice	Mixed Green Salad	Mushroom Garlic Soup
E	Cream of Wheat	Coleslaw	Mixed Green Salad
S	Scrambled Eggs	Herbed Roast Beef	Grilled Cheese & Tomato Sandwich
D	Buttermilk Pancakes	Lemon Dill Tilapia	Chicken Croquettes
A	Grilled Ham	Stewed Tomatoes	Steamed Vegetables
Y	Whole Milk	Baked Potato	Potato Chips
30	Coffee	White Cake	Monster Cookie
W			
E	Chilled Fruit	Turkey Vegetable Soup	Turkey Vegetable Soup
D	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
E	Western Scrambled Eggs	Fried Oysters	Bayou Inspired Pollock Sandwich
S	Bacon	Cumin Roast Turkey Breast	Baked Pasta Carbonara
D	Coffee Cake	Barley Pilaf with Carrots and Lemon	Grilled Italian Bread
A	Whole Milk	Corn O'Brien with Peppers	Potato Chips
Y	Coffee	Cherry Cobbler	Linzi Bars
31			
T			
H	Chilled Fruit	Vegetarian Lentil Soup	Vegetarian Lentil Soup
U	Assorted Fruit Juice	Mixed Green Salad	Chicken Orzo Soup
R	Cream of Wheat	Fruited Jell-O	Mixed Green Salad
S	French Toast	Sweet & Sour Meatballs	Cheese Ravioli
D	Eggs to Order	Java Molasses Pork Tenderloin	Greek Turkey Burger
A	Sausage Link	Jasmine Rice	Sweet Potato Fries
Y	Whole Milk	Yellow Squash, Red Pepper & Pea	Garlic Breadstick
1	Coffee	Bakers Choice	Raspberry Yogurt Mousse
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
I	Old Fashioned Oatmeal	Bean Salad	Seafood Louie Salad Plate
D	Scrambled Egg	Shrimp Scampi	French Dip Sandwich
A	Bacon	Spaghetti & Meat sauce	Steak Cut Fries
Y	Apple Cinnamon Muffin	Spaghetti w Parsley	Dinner Roll
2	Whole Milk	Broccoli	Truffle Brownie Bits
	Coffee	Garlic Bread	
		Lemon Blueberry Cake	
S	Chilled Fruit	Split Pea Soup	Split Pea Soup
A	Assorted Fruit Juice	Mixed Green Salad	Chili con Carne
T	Old Fashioned Oatmeal	Cottage Cheese	Mixed Green Salad
U	Fried Cage Free Egg	Fried Chicken	Turkey Tetrazzini
R	Eggs Benedict	Salisbury Steak	Black Bean Burger w Side Salad
D	Sausage Patties	Mashed Potatoes	Sauteed Zucchini
A	Whole Milk	Green Beans w Tomatoes	Vanilla Pudding Cup
Y	Coffee	Banana Split	
3			
	Chilled Fruit	Cream of Tomato Soup	Cream of Tomato Soup
	Assorted Fruit Juice	Waldorf Salad	Bacon & Corn Chowder
S	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
U	Poached Egg	Coq Au Vin	Italian Sub Sandwich w Pasta Salad
N	Bacon	Maple Peach Glazed Ham	Quiche Lorraine
D	Cinnamon Roll	Scalloped Potatoes	Sugar Snap Peas
A	Whole Milk	Lemon Buttered Asparagus	Oatmeal Cookie
Y	Coffee	Strawberry Cream Pie	
4			