



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@franketobeyjones.com

RESIDENT COUNCIL MEETING

Monday, January 9
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

Stan Nyland, MC

NEW STAFF

Joel Torres, Chef— Dining Services

IN REMEMBRANCE

Doralin Burrows, DU

MONDAY, JANUARY 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
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Studying Ancient Mesoamerican Diet	11:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
<i>Wellness: Line Dancing</i>	1:00 pm	Wellness Center
<i>Holistic Wellness: Art Expressions</i>	2:30 pm	Wellness Center
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Do Assistive Devices Keep You Safe?	3:00 pm	BV Bowditch Room
Normanna Male Chorus	6:00 pm	LP Parlor

TUESDAY, JANUARY 10

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
Hilarious Headlines	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
IL Worship Service	11:15 am	BV Bowditch Room
<i>Wellness: Restorative Yoga</i>	12:00 pm	Wellness Center
Monarch Butterflies	1:30 pm	LP Parlor
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: DIY Natural Products</i>	2:00 pm	TJ Craft Room
<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, JANUARY 11

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Penguins of Antactica	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Exploring the Ukulele	10:00 am	BV Bowditch Room
Music with Dave	10:30 am	LP Parlor
SU: Medicare Changes for 2023	11:00 am	Zoom Meeting
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Holistic Wellness: Music for the Heart, Healing for the Soul</i>	1:00 pm	Wellness Center
Feel It Out	1:30 pm	LP Parlor
SU: Intro to Birding at Wapato Lake	2:00 pm	Bus Departs from Bistro at 1:30pm
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
<i>SU/ Holistic Wellness: Healthier & Happier New Year Start with Sleep</i>	4:00 pm	Zoom Meeting

HAPPY BIRTHDAY

January 1

Dorris Martin
Edward Hudson

January 5

Linda McFerran
Carol Rataczyk

January 9

Bev Werschkul

January 13

Marilyn Lindberg

January 14

Jim Cook
James Wilcox

January 15

Robin Leitzinger

January 17

John Brooks
Virginia Kenefick

January 18

Marlys Mitzner

January 19

Al Watters

January 21

Louise Brightwell

January 26

Barbara Lindsay

January 30

Lois Johnson

HAPPY ANNIVERSARY

January 7

John & Jett Brooks

January 21

Hank & Judy Ball

THURSDAY, JANUARY 12

Shut the Box Game	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Random Trivia	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: The Other Side of History	11:00 am	BV Bowditch Room
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Dozen Day	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

FRIDAY, JANUARY 13

<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>
Hidden in Plain Sight	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
SU: Basics of Sign Language	10:00 am	BV Bowditch Room
Short Story– Game Day	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Is It Groovy?	1:30 pm	LP Parlor
SU: Hard Decisions at the End of Life	2:00 pm	BV Bowditch Room
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, JANUARY 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

SUNDAY, JANUARY 15

This Day in History	9:30 am	LP Parlor
Birds of Paradise	10:30 am	LP Parlor
Seated Exercise	1:30 pm	LP Parlor
Fig Newton Day	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Party Bridge Opportunity

Our neighbors up the street, at Solstice, hold a Bridge Group each Thursday in the morning and are looking for more players. If you are interested in learning more or would like to participate in this group, please contact Marcia Winkle at 760-485-1122 and leave a message.

NW Sinfonietta “Land (Wind) Fall”

Saturday, January 28 Bus departs at 6:45 pm.

Sign up by Wednesday January 25. **Cost: Ticket \$40-\$90**

Artistic Partner Mei-Ann Chen conducts this program that begins with Mendelssohn’s great Sinfonia No. 11, and explores the immigration story of of Erich Korngold, a child prodigy hailed in his native Austria as the ‘next Mendelssohn’ who was forced to flee to America due to the rise of the Nazi regime. Korngold’s *Much Ado About Nothing* brings the humor, intrigue and beauty of Shakespeare to this lush score. Nokuthula Ngwenyama’s noble ‘Bishop’s Processional’ and Viet Cuong’s Baroque-meets-marching-band ‘Extra (ordinarily) Fancy’ showcase NW Sinfonietta soloists.

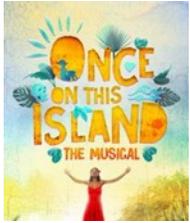


Please sign up at LP Front Desk

Tacoma Musical Playhouse “Once Upon This Island”

Saturday, January 28 Bus departs at 1:20 pm.

Sign up by Wednesday January 25. **Cost: Ticket \$32**



Once Upon This Island, is a coming-of-age one-act stage musical with a book and lyrics by Lynn Ahrens and music by Stephen Flaherty. It is based on the 1985 novel *My Love, My Love; or, The Peasant Girl* by Rosa Guy, a Caribbean-set retelling of Hans Christian Andersen's fairy tale *The Little Mermaid*. It concerns a peasant girl in the French Antilles who falls in love with a rich boy and makes a deal with the gods to save his life.

Please sign up at LP Front Desk

The Secret to a Healthier & Happier New Year Starts with Sleep

In our first collaboration between Senior University and Holistic Wellness, we’ll learn more about the secret to health that many have forgotten and the science supporting this rediscovery. Mag Secretario will share tips and simple practices that will help you create your own (spi)rituals to help you get quality, restorative sleep. We’ll learn about a new way of thinking that can change how you look at your life and your own health.

Wednesday, January 11
4:00 pm, Zoom Meeting

Join Zoom Meeting

Meeting ID: 481 600 3295
Passcode: 845170

Covid Update

Happy New Year to you and your loved ones. We wanted to provide another update on the COVID outbreak in Assisted Living. The good news is this week there are no new COVID positive residents. Since testing last week, there are two new positive direct-care staff. All other Assisted Living residents and staff have tested negative. We are restarting group activities this week. The dining room will remain open as well. Visitation can continue but all visits must be in the resident room. Also a reminder that masks are still required for visitors throughout the building, even in resident rooms. We will continue regular testing until we go two weeks with no new positive results.

Thank you for everything you have done and continue to do to protect FTJ residents and staff. As always, if you have any questions, please do not hesitate to reach out via email to me (jdunn@franketobeyjones.com) or to Bob Beckham (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

We are sending you and your family warmest thoughts and best wishes for a Happy New Year. May peace, love and prosperity follow you always.

Thank you,

Judy Dunn, President and CEO

Mass Communication System

Over the last month or so many of you have completed a form related to a new Mass Communication System FTJ is implementing. This new communication system will allow us to communicate urgent or emergent issues to residents throughout campus. Examples might include things like “Dining Room in TJ is closed,” or, “Water will be shut off from 1-2pm in GA for emergency repairs.”

We do not expect these to be frequent communications but having a way to communicate to all or some residents in a timely manner is important and something we have not had up until now. There will be test message sent next Tuesday, January 10th, at approximately 12:00pm. The message will be sent to all IL residents via email, text and phone to whichever contact information you provided.

If you have any questions about this system please contact Bob Beckham at bbeckham@franketobeyjones.com or 253-756-6253.

Bob Beckham
Administrator and Chief Operating Officer

Silver Cloud Hotel Discount

Franke Tobey Jones has a corporate rate agreement with the Silver Cloud Hotel at Point Ruston for residents or their families. If you are interested in booking a room at a discounted rate please contact Michelle Olafson in Resident Relations.

Assessment Week in January

From **January 16-20** the Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n’ Flex or Strong n’ Stable classes. It is also a great opportunity for those who have been thinking about taking a fitness class to get assessed to figure out which class is best.

A sign up sheet with times will be posted in the Wellness Center later in the month. Classes will not be in session during these dates. Assessments are not required but highly encouraged. If you have any questions or would like to sign up, please contact the Wellness Team at 253-756-6279.

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.

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

Tacoma Community Ukulele Project: Exploring the Ukulele

The ukulele is an instrument that you can learn chords & songs on with no prior musical training, so please join us regardless of your previous musical experience and leave with the tools to keep learning on your own. Contact Jana at 253-756-6219 to register for this class.



**Wednesdays, January 11, 18, 25
10:00 am, BV Bowditch Room**

DIY Natural Products

Once a month we gather together to create D.I.Y. Natural Products. Why D.I.Y. you may ask? You can save money, learn what really works for you, avoid harmful chemicals, get creative, stream line your routine, plus they make great gifts! This month we will be launching our new class with soap making! We provide ingredients and tools. No previous experience needed. Contact Sarah at 253-756-3241 to register for this class.

**Tuesday, January 10
2:00 pm, TJ Craft Room**

Tortillas, Tamales, and Chocolate: Studying the Ancient Mesoamerican Diet

This class aims at summarizing the current state of knowledge regarding ancient diets in Mesoamerica and thus provides a deep-time perspective on foodstuffs that continue to make our mouths water. Contact Jana at 253-756-6219 to register for this class.

**Monday, January 9
11:00 am, BV Bowditch Room**

Nature around Tacoma Series: Introduction to Birding at Wapato Lake

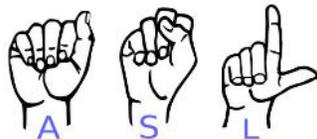
Learn from Tacoma Nature Center staff what to look for to identify birds and how to use binoculars. January is a great time to spot wintering waterfowl at Wapato Lake. This will be a paved walk. Contact Jana at 253-756-6219 to register for this class.

**Wednesday, January 11
2:00 pm, Field Trip to Wapato Park (bus departs Bistro at 1:30 pm)**

Basics of Sign Language

Join this “voice off” 6-week class to learn the basics of American sign language (ASL). Contact Jana at 253-756-6219 to register for this class.

**Fridays, 13, 20, 27
10:00 am, BV Bowditch Room**



Hard Decisions at the End of Life

The ethics of healthcare at the end of life have evolved. We now give patients the option of refusing treatment when there are no reasonable prospects for getting better. What’s more, many states give patients the option of self-administering a lethal dose of medication should they meet certain conditions. However, these changes in practice have not really clarified the ethical principles behind the practices. If this practice ends the patient’s life, what is the difference, morally speaking, between palliative sedation and active euthanasia?

**Friday, January 13
2:00 pm, BV Bowditch Room**

Do Assistive Devices Keep You Safe?

This class will teach you how a Physical Therapist decides what type of gait assistive device a person needs. There will also be a brief review of balance as it relates to gait and the choice of an assistive device. Appropriate for adults who may or may not currently use an assistive device, family members with aging parents, and anyone interested in learning about maintaining safe mobility. Contact Jana at 253-756-6219 to register for this class.

**Monday, January 9
3:00 pm, BV Bowditch Room**

Music for the Heart, Healing for the Soul

Cheryl Zabel has been working as a full-time Certified Music Practitioner since 2010, serving in hospitals, MultiCare Hospice, skilled nursing, memory care, assisted living and adult family group homes. Join us for an hour of healing music and rejuvenation for the mind, body, and soul! Contact Sarah at 253-756-3241 to register for this class.

**Wednesday, January 11
1:00 pm, Wellness Center**

		MENU	
		Jan 9th - Jan 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	Split Pea, Potato & Sausage Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Poached Eggs	Chopped Beef Steak w Onions	Fruit Salad
A	Sausage Patty	Baked Cod w Tomato Caper Sauce	Open Faced Beef Sandwich
Y	Toast	Mashed Potatoes	Quiche Lorraine
9	Whole Milk	Baked Butternut Squash	Mixed Vegetables
	Coffee	Lemon Pudding Cake with Lemon Sauce	Mashed Potatoes
			Bakers Choice
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	Dijon Pork Tenderloin	Gnocchi Bolognese
D	Grilled Ham	Braised Swiss Steak	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	Mixed Green Salad
E	Fried Cage Free Egg	Braised Mediterranean Chicken	Marinated Cucumber Salad
S	Bacon	Salmon Scampi	Spicy Shrimp Stir Fry Meal
D	Coffee Cake	Bow Tie Pasta	Grilled Ham & Cheese Sandwich
A	Whole Milk	Broccoli w Lemon & Garlic	Potato Chips
Y	Coffee	Bakers Choice	Asst Desserts
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	Stuffed Sole	Mixed Green Salad
S	Scrambled Eggs	Farmers Style Meatloaf	Grilled Vegetable Quesadilla
D	Buttermilk Pancakes	Au gratin Potatoes	Beef Pot Pie
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	Mixed Green Salad
I	Bacon	Grilled Salmon Cakes	Vegetable Pizza
D	Fried Cage Free Egg	Herb Baked Chicken Breast	Hot Meatball Sandwich
A	Asian Breakfast Taco	Orzo w Lemon & Herbs	Potato Chips
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	Baked Ham & Potato Casserole
D	Sausage Patty	Rice Pilaf	Bacon Cheese Burger
A	Whole Milk	Steamed Cauliflower	French Fries
Y	Coffee	Banana Pudding Pie Cup	Sauteed Kale
14			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	Beef Tri Tip	Mixed Green Salad
D	Bacon	Fried Chicken	Garden Vegetable Penne Pesto
A	Cinnamon Roll	Mashed Yukon Potatoes	Stuffed Bell Peppers
Y	Whole Milk	Braised Red Cabbage	Bread Sticks
15	Coffee	Lemon Meringue Pie	Angel Food Cake with Strawberry Sauce