



FRANKE
TOBEY
JONES

Enjoy your age

Parkinson's Conference Invitation

American Parkinson Disease Association and the Health Care Providers Council have teamed up for this one day event. The conference is focused on health, wellness, movement and research. Live Well South Sound provides timely topics related to Parkinson's disease and provides an opportunity to learn, move and connect with others. Registration is now open, see link below. If you need FTJ transportation, please call Carole Velez 253-320-4216 or cvelez@franketobeyjones.com

Friday May 5
10am to 3:30pm

[Live Well South Sound | American Parkinson Disease Association \(apdaparkinson.org\)](#)

The Digital Monitors are up and running in all buildings ~
Thank you Tyler and Melissa 😊

New Monthly Topics

As of April, Tobey Topics is now a monthly publication. The menu will continue to be delivered each week. One side will feature the menu and the other will contain puzzles and/or communications/updates from FTJ. Senior University, Holistic and Wellness Calendars will continue to be published as normal.

Questions or concerns, please contact Heidi White.

Masking Update

This memo updates and supersedes all previous COVID memos, updates, guidance, etc. and is intended to inform all residents and families of COVID restrictions/guidance still in place and those that are no longer in effect. This guidance will be updated as necessary based on new information. This memo is a summary and not intended to include every detail regarding ongoing restrictions or guidance.

Mask Requirements

AL, MC or SN—Masks are encouraged but not required for all residents, visitors and vendors.

BV, DU, GA, TJ—Masks are encouraged but not required for residents, visitors and vendors.

Bistro, Senior University, Wellness—Masks are encouraged but not required for residents, visitors and vendors.

Transportation—Masks are still required for staff, residents and companions during all FTJ provided transportation for medical appointments.

Masks are encouraged but not required during FTJ transportation for outings.

Visitation in AL, MC and SN

There are no longer any restrictions on visitation.

Visitors may be present in the dining room during mealtimes as space permits.

Visitors may be present during activities as space permits.

In the event of a COVID outbreak, visitation is limited to resident rooms only.

Visitation is discouraged but allowed for COVID positive residents.

TJ Dining

Visitors may be present in the dining room during mealtimes as space permits.

Happy Hours/Events

IL residents from different buildings can be mixed for happy hours or other entertainment.

IL residents in AL

IL residents may move through AL as they did pre-pandemic for easier access to Wellness, etc.

MENU**Apr 10th - Apr 16th***Menu subject to change due to supply shortages***BREAKFAST****DINNER****SUPPER**

M	Chilled Fruit	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
O	Orange Juice	Fruit Salad	Beef Mushroom & Barley Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Scrambled Egg	Grilled Salmon	BBQ Chicken Breast
A	Bacon	Roast Beef	Grilled Cheese, Tomato & Bacon
Y	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Beans
	Whole Milk	Roasted Cauliflower	Macaroni Salad
10	Coffee	Devil's Food Cake	Bakers Choice
T	Chilled Fruit	Turkey Rice Soup	Turkey Rice Soup
U	Orange Juice	Cole Slaw	Garden Vegetable Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Fried Large Cage Free Egg	Breaded Pork Cutlet	Chicken Tender Sandwich
D	Grilled Ham	Beef Stew & Cornbread	Farmers Omelet
A	Buttermilk Pancakes	Rice Pilaf	Hash Brown Potato Pattie
Y	Whole Milk	Brussel Sprouts	Potato Chips
11	Coffee	Strawberry Ice Cream	Chocolate Chip Cookies
W	Chilled Fruit	Cauliflower Cheese Soup	Cauliflower Cheese Soup
E	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
D	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Scrambled Egg	Chicken Marsala	BLT Sandwich
S	Sausage Link	Eggplant Parmesan	BBQ Pork Mac & Cheese
D	Apple Cinnamon Muffin	Penne Pasta	Baked Tomato
A	Whole Milk	French Cut Green Beans	Potato Chips
Y	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
12		Cookies and Cream Blondie	
T	Chilled Fruit	Egg Drop Soup	Cream of Chicken Soup
H	Orange Juice	Mixed Green Salad	Tossed Green Salad
U	Cream of Wheat	Fruited Jell-O Salad	Fruited Jell-O Salad
S	Whole Wheat French Toast	Pork Lo Mein	Hot Beef Sandwich
D	Scramble Eggs	Sweet & Sour Chicken	Broccoli Cheddar Quiche
A	Bacon	Steamed Brown Rice	Mixed Vegetables
Y	Whole Milk	Asian Blend Vegetables	Mashed Potatoes
13	Coffee	Bakers Choice	Assorted Desserts
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Carrot Raisin Salad	Tossed Green Salad
I	Old Fashioned Oatmeal	Mixed Green Salad	Carrot Raisin Salad
D	Poached Eggs	Crispy Parmesan Tilapia	Fish & Chip Platter
A	Sausage Patty	Farmers Meatloaf	Beef Stroganoff
Y	Donuts Holes	Mashed Potatoes	Rotini Noodles
	Whole Milk	Peas & Carrots	Grilled Yellow Squash
14	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
S	Chilled Fruit	Spring Pasta Fagioli	Spring Pasta Fagioli
A	Orange Juice	Cottage Cheese	Vegetable Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
U	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
R	Bacon	Stuffed Cabbage Rolls	Grilled Bratwurst & Kraut
D	Coffee Cake	Jasmine Rice & Scallions	Home Fried Potatoes
A	Whole Milk	Sesame Green Beans	California Mixed Vegetables
Y	Coffee	Apple Crumble	Raspberry Yogurt Mousse
15			
S	Chilled Fruit	Vegetarian Lentil & Spinach Soup	Vegetarian Lentil & Spinach Soup
U	Orange Juice	Waldorf Salad	Beef Barley Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
D	Eggs To Order	Fried Shrimp	Beef Pub Wrap
A	Bacon	Beef Tri Tip Roast	Teriyaki Chicken Fried Rice Bowl
Y	Hash Browned Potatoes	Twice Baked Potato	Sautéed Bok Choy
	Cinnamon Rolls	Steamed Broccoli	Banana Split
16	Whole Milk	Lemon Meringue Pie	
	Coffee		