



**FRANKE  
TOBEY  
JONES**

*Enjoy your age*

**From the Maintenance Desk**

If you need something repaired in your apartment, or you need to report a maintenance issue on the FTJ campus, or if you need someone from maintenance for other reasons, please call the work order desk at 253-756-6293. If no one answers please leave a message and someone from maintenance will follow up with you.

Thank you.

**Electric Lift Assist**

FTJ has purchased three lift assist devices from the generous donations given to the Annual Fund by our Residents, Families and Team Members. These devices will be in each IL building (TJ, GA, BV) where they can charge, and anyone; including residents, can use to help someone get up off the floor.

The resident who has fallen must be able to shimmy themselves onto the lift chair in the low position. **If the person cannot move or is in too much pain to scoot, you will need to call 911 for them.** If they are not in pain and can scoot onto the lift, once securely seated, press the up/down arrows to assist and lift yourself off the floor. You will be able to stand up from a seated position.

Once used, lower it and place back on the rolling cart. Return device to the storage space and be sure to plug the remote back into the wall charger. The device needs to be wiped down and folded down on the rolling cart. The remote is rechargeable and needs to be charging when not in use.

TJ will store in the 1<sup>st</sup> floor exercise room.  
GA will store in the A level storage room by the desk area.  
BV will store in the 1<sup>st</sup> floor chair storage area around the corner from the kitchen



TRAINING CLASSES: TUESDAY FEBRUARY 11<sup>TH</sup> AT 10:30 IN TJ PARLOR; 12:00 IN BV BOWDITCH ROOM; 1:00 GA GATHERING RM. ANYONE CAN USE THIS DEVICE. IF YOU HAVE QUESTIONS, PLEASE CALL MICHELLE.

**About this item**

Platinum Health Phoenix Floor Lift: An easy-to-use, battery-powered lift designed to safely raise Individuals from the floor to a seated position.

Foldable and portable design with a maximum weight capacity of 300 lbs., making it suitable for elderly or disabled users.

Constructed with a polycarbonate frame, foam-filled polyurethane seat, and powder-coated finish for durability and easy maintenance.

Includes a hand controller and rechargeable battery pack for convenient operation.



**New Offerings at the Bistro**

If you haven't been to the Bistro for awhile, we are offering two new items, hot sandwiches and flat bread. They are yummy! Salads are back too. Stop by and give it a try! Monday – Friday, 9:00 am to 2:00 pm.





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**Cards at the LP Front Desk**

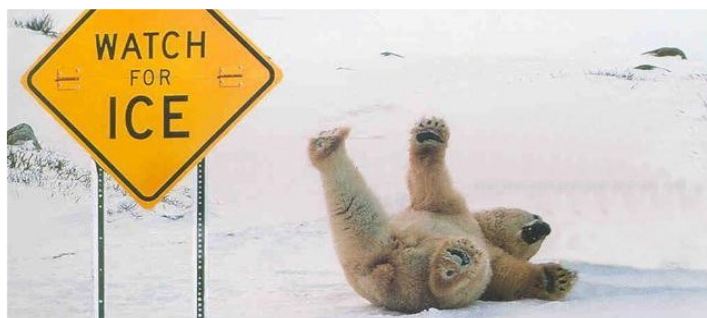
There are a variety of handmade cards available at the LP front desk that are available for donation. All donations for the cards will go to the "Where Need is Greatest" fund to be used for various projects at FTJ.

- |               |             |          |            |
|---------------|-------------|----------|------------|
| archaeopteryx | duck        | nene     | rhea       |
| bill          | emu         | nest     | roadrunner |
| birds         | falcon      | oriole   | robin      |
| bluebird      | goldfinch   | ostrich  | sparrow    |
| canary        | flamingo    | owl      | swan       |
| cassowary     | goose       | parakeet | tern       |
| chicks        | gull        | parrot   | toucan     |
| cockatoo      | hawk        | pigeon   | turkey     |
| crane         | hen         | plover   | vulture    |
| crow          | hummingbird | puffin   | xenops     |
| dodo          | ibis        | quail    | wings      |
| dove          | kakapo      | quetzal  | woodpecker |

R E N A R C D R I B G N I M M U H  
 O Q U E T Z A L P U F F I N E O H  
 A U C A N A R Y R A W O S S A C A  
 D A X B I R D S P A R R O W D D G  
 R I B L U E B I R D K H F G O F G  
 U L C O C K A T O O C O E V W J O  
 N C M N O C L A F I U H E A L D L  
 N G O O S E T E R N D Z I H A G D  
 E V C S Z P I T O R R A P C R F F  
 R B K K R D S K W A H T H X K F I  
 A P I G E O N K U A S V A E D S N  
 S W N C R O W A O E C C N E N E C  
 O I G L I W I K N O D A Y R K Y H  
 G N B B D L J A Y D K E M U T U V  
 N G I W S T C P Y O U A S T E L B  
 I S R S P U F O G D G N B L L I B  
 M W D U O R I O L E L Q J U N C O  
 A A I T N K P L O V E R G V R B B  
 L N H T E E K A R A P N I B O R R  
 F X F K X Y R E T P O E A H C R A

**Be Careful Out There!**

Watch your step on the slippery walks and parking lots during this winter season. With the low temperatures expected this week, please limit your adventures to the outdoors. FTJ is prepared to deal with any ice or snowfall we get but, despite our best efforts the roads and sidewalks will be slippery.



		<b>MENU</b>	
<i>Menu subject to change due to supply shortages</i>		<b>Feb- 10 To Feb- 16</b>	<b>Portobello French Dip</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
<b>M</b>	Chilled Fruit	Cream of Chicken with Wild Rice Soup	Roasted Red Pepper & Basil Soup
<b>O</b>	Orange Juice	Fruit Salad	Mixed Green Salad
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>D</b>	Belgian Waffles	Ancho Mango BBQ Glazed Chicken Breast	Quiche Lorraine
<b>A</b>	Scramble Eggs	Pork Chop with Sauerkraut	Thai Shrimp Napa Noodle Bowl
<b>Y</b>	Grilled Ham	Brown Rice & Barley Pilaf	Sweet Potato Fries
	Whole Milk	Squash & Carrot Medley	Grilled Eggplant
<b>10</b>	Coffee	Coconut Cream Pie	Bakers Choice
	Chilled Fruit	Split Pea Soup with Ham	Split Pea Soup with Ham
<b>T</b>	Orange Juice	Cole Slaw	Turkey and Rice Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Apple Cinnamon Muffin	Horseradish Crusted Trout	Cole Slaw
<b>S</b>	Fried Cage Free Egg	Vegetable & Black Bean Quesadilla	Roasted Butternut & Farro Salad
<b>D</b>	Bacon	Garlic Roasted Potato Wedges	Cuban Sandwich
<b>A</b>	Whole Milk	Peas & Onions	Potato Chips
<b>Y</b>	Coffee	Roasted Cauliflower	California Mixed Vegetables
<b>11</b>		Yellow Cake with Fudge Icing	Boston Cream Pie
<b>W</b>			
<b>E</b>	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
<b>D</b>	Orange Juice	Cucumber Sour Cream Salad	Potato Leek Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Blueberry Coffee Cake	Asian Roast pork Loin	Cucumber Sour Cream Salad
<b>S</b>	Scramble Eggs	Garlic Beef and Broccoli	Fried Chicken patty Sandwich
<b>D</b>	Sausage Patty	Asian Noodle	Baked Pasta Carbonara
<b>A</b>	Whole Milk	Sesame Garlic Stir Fried Vegetables	Capri Mixed vegetables
<b>Y</b>	Coffee	Bread Pudding	French Fries
<b>12</b>			Chocolate Brownie
<b>T</b>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>H</b>	Orange Juice	Fruited Jello Salad	Cream of Fresh Broccoli Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Fruited Jello Salad
<b>R</b>	Eggs to Order	Baked Cod with Lemon Butter Sauce	Mixed Green Salad
<b>S</b>	Whole Wheat French Toast	Chicken Alfredo	Cheese Enchiladas
<b>D</b>	Bacon	Linguine	Ham & Swiss Croissant
<b>A</b>	Whole Milk	Baja Roasted Vegetables	Cilantro Lime Rice Brown
<b>Y</b>	Coffee	Crispy Brussels Sprouts	Roasted Corn
<b>13</b>		Bakers Choice	Cookies & Cream Cupcake
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Mixed Green Salad	Carrot Raisin Salad
<b>I</b>	Old Fashioned Oatmeal	Carrot Raisin Salad	Mixed Green Salad
<b>D</b>	Fried Cage Free Egg	B.B.Q Glazed Salmon	Cheese Pizza
<b>A</b>	Sausage Link	Beef Tri-Tip Roast	Zesty Basil Tuna Sandwich
<b>Y</b>	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Potato Chips
	Whole Milk	Broccoli & Cauliflower	Mixed Vegetables
<b>14</b>	Coffee	Herb Roasted Carrots	Pound Cake
		Devil's Food Cake with Fudge Icing	
<b>S</b>			
<b>A</b>	Chilled Fruit	French Onion Soup	Loaded Baked Potato Soup
<b>T</b>	Orange Juice	Cottage Cheese & Tomato	Sweet Potato and Black Bean Chili
<b>U</b>	Cream Of Wheat	Mixed Green Salad	Mixed Green Salad
<b>R</b>	Scrambled Egg	Mediterranean Braised Lamb	Cottage Cheese & Tomato
<b>D</b>	Bacon	Buttermilk Fried Chicken Thighs	Cheese Tortellini in Marinara Sauce
<b>A</b>	Whole Milk	Smashed Yukon Potatoes	Open Faced Roast Beef Sandwich
<b>Y</b>	Coffee	Green Beans Almondine	Mashed Potato
<b>15</b>		California Mixed Vegetables	Fresh Grilled Zucchini
		Angel Food Cake with Strawberry Sauce	Vanilla Pudding
<b>S</b>	Chilled Fruit	Chicken Ditalini Soup	Tomato Basil Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Carolina Chopped Slaw
<b>N</b>	Poached egg	Carolina Chopped Slaw	Mixed Green Salad
<b>D</b>	Turkey Sausage Patty	Roasted Turkey Breast	Veggie Burrito Bowl
<b>A</b>	Hash Browned Potatoes	Korean Grilled Pork Loin	Classic Grilled Cheese Sandwich
<b>Y</b>	Cinnamon Roll	Wild Rice Pilaf	Steamed Broccoli and Red Peppers
	Whole Milk	Steamed Green Peas	Sweet potato Fries
<b>16</b>	Coffee	Mixed Vegetables	Oatmeal Raisin Cookie
		Coffee Ice Cream	