



FRANKE  
TOBEY  
JONES

*Enjoy your age*

## Grief Group on Wednesday, May 6th @1pm Garden Apartments 2<sup>nd</sup> Floor Lounge

FTJ's campus grief group meets on the first Wednesday of every month. Even if you have not participated so far, you are welcome to join us for a mindfulness exercise and a conversation about legacy. Please note that this is a confidential group that has no particular religious affiliation. To RSVP, contact Adelia Stackler (Campus Spiritual Support) at [astackler@franketobeyjones.com](mailto:astackler@franketobeyjones.com) or 253-756-6278.

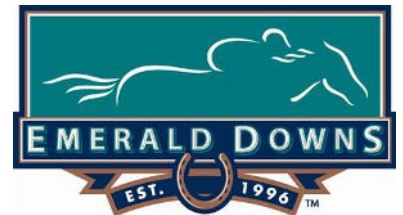
## A Day at the Races!

Franke Tobey Jones is going to the races at Emerald Downs and you're invited! Enjoy an afternoon at the races as you watch multiple live horse races from the Grandstand. One of the races will be named after FTJ and 10 people will have the opportunity to go to the padlocks just before the FTJ race to watch the horses parade and trainers give the jockeys final instructions. Then you'll watch the FTJ race from the Winners Circle, a commemorative photo will be taken. Included in this outing is a box lunch. Trip is capped at 20 people.

Trips and tours policy applies to this trip.

To sign up you must register with Heidi via email or phone at 253-756-6284 or [hwhite@franketobeyjones.com](mailto:hwhite@franketobeyjones.com) **no later than May 15th.**

**Saturday, June 20th, bus departs at 12:30pm**  
**Cost: \$55 (ticket and box lunch included)**



## Raffle Baskets

In the next two weeks Franke Tobey Jones will be holding a raffle for some exciting baskets filled with all kinds of goodies to enjoy. The proceeds will be going to our Franke Tobey Jones clinical department in the care center. Please check your FTJ internal mailbox for dates, location, basket items, and ticket price details.

Thank you for your participation and continued support for our Franke Tobey Jones Staff.



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## **Resident Board Member Process**

The Franke Tobey Jones Board of Directors will have an opening next year for a resident Board member. If you're interested in learning more about the requirements and election process by the FTJ Board, please join the Board and Governance Committee Chairs **on Tuesday, May 19 at 2pm** in the Wellness Center. Current FTJ resident Board members will share their experiences.

RSVP to Melissa Dempsey at [mdempsey@franketobeyjones.com](mailto:mdempsey@franketobeyjones.com) or 253-756-6366.

## **Lunch Bunch "Moctezuma's"**

**Friday, May 8** Bus departs at 11:40 am. **Cost: Meal**

Moctezuma's is Puget Sound's premier dining destination for quality Mexican cuisine. The flavors and aromas truly come alive at their restaurants, with only the freshest ingredients selected for their guests. Well known for their Tequila Flaming Fajitas, Molcajete Mixto and wide variety of Authentic Mexican Tacos made with fresh handmade tortillas! Enjoy time with your fellow residents and some authentic Mexican food. Spots are limited to 11 people. Sign up at LP Front Desk

## **NW Repertory Singers Concert**

FTJ will be attending **the Sunday May 17<sup>th</sup>** performance of the NW Repertory Singers **at 3:00pm**. Look for a flyer in your FTJ internal mailbox with additional details. If you want to ride the bus but purchase your own tickets to the performance, please call the LP front desk to signup and let them know you are purchasing your own ticket. If you want Heidi to purchase your ticket for you, please fill out the flyer and return it to the LP front desk or email her your request for purchasing your ticket. If you have questions reach out via email at [hwhite@franketobeyjones.com](mailto:hwhite@franketobeyjones.com) or phone at 253-756-6284.

## **From the Maintenance Desk**

It is time for the Annual window washing. Window washers will be on campus during the month of May. They will start on May 11<sup>th</sup> and finish on May 15<sup>th</sup>.

If you have any questions, please contact the work order line at ext. 1293 or 253-756-6293



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## Making A Difference Recognition

### Linda Tonjann and Carole Velez – ARR

Linda has gone above and beyond once again for the staff and residents of FTJ! All week she has been getting us ready for the Super Bowl using her own time and money. Linda is amazing and has a heart of gold. We love her. (Residents and Staff)

Huge shout out to Linda Tonjann who purchased and made Seahawks bling for the residents. Linda and Carole plan to come in on their day off and set up a Super Bowl party. Thank you both for making a big deal out of a big deal for our residents and staff! (Co-worker)

I would like to recognize Linda for her extraordinary dedication to making both holiday and everyday moments meaningful for our AL residents. She goes above and beyond to create experiences that foster joy, connection, and a true sense of home at Franke Tobey Jones. A recent example of her exceptional commitment was her leadership around Super Bowl Sunday. Linda coordinated a super bowl photo opportunity, decorated walkers, transformed the lobby and infused the entire day with enthusiasm and celebrations. I would like to recognize Linda together with Carole for their dedication in coming in on Super Bowl Sunday to completely decorate the LP lobby. Their willingness to give their personal time to ensure the space felt festive and welcoming is a true example of going above and beyond the call of duty. Because of this our residents experienced more than a themed event: they felt celebrated, included, and cared for. Their efforts exemplify the spirit of FTJ, and the profound impact thoughtful, resident-centered care can have on everyday life. (Co-worker)

### Tsega Ghebru – Dining

Whenever she is working in the dining room, before she starts her shift, you'll find her socializing with the residents. She has bonded with them, sharing family photos, making sure their needs are truly met, always smiling. Even when she has a headache, she brings joy to them. (Co-worker)

***This award is a shout out to employees for whom doing their job is routinely making every day meaningful.*** It recognizes Franke Tobey Jones' employees whose actions are noted to exemplify any of the values listed in **"My Team Member Promise: Make Every Day Meaningful."** These values reflect actions that promote quality of life for each **Resident**, teamwork among our employee **Team** and employee **Self** development!



# Hello! Here is this week's menu. We think you will love it!

DATE **May 4th – May 10th**



**MONDAY BREAKFAST**  
Fruit Cup  
Cream of Rice  
Scrambled Eggs w/  
Cheese and Chives  
Belgian Waffle  
Applewood Bacon

**TUESDAY BREAKFAST**  
Fruit Cup  
Oatmeal  
Scrambled Eggs  
French Toast  
Breakfast Ham

**WEDNESDAY BREAKFAST**  
Fruit Cup  
Cream of Rice  
Ranchero Scrambled Eggs  
Sausage Links  
Zucchini Bread

**THURSDAY BREAKFAST**  
Fruit Cup  
Oatmeal  
Fresh Over Egg  
Applewood Bacon  
Potato Pancake

**FRIDAY BREAKFAST**  
Fruit Cup  
Cream of Rice  
Poached Egg  
Breakfast Ham  
Apple Muffin

**SATURDAY BREAKFAST**  
Fruit Cup  
Oatmeal  
Spanish Scrambled Eggs  
Sausage Links  
Lemon Poppy Seed  
Muffin

**SUNDAY BREAKFAST**  
Fruit Cup  
Cream of Rice  
Scrambled Eggs  
Applewood Bacon  
Cinnamon Roll

**MONDAY LUNCH**  
Garden Salad  
Spinach Strawberry Salad  
Turkey Rice Soup  
Beef Stew  
Peperonata Pollock  
Mashed Potatoes  
Steamed Corn  
Green Beans  
Wheat Roll  
Peach Cobbler Cake

**CINCO DE MAYO**  
Garden Salad  
Street Corn Salad  
Chicken Tortilla Soup  
Pulled Pork Carnitas  
Cilantro Lime  
Chicken Thighs  
Borracho Beans  
Mexican Rice  
Sautéed Chayote  
Flour Tortilla  
Churros w/ Caramel  
Sauce

**WEDNESDAY LUNCH**  
Garden Salad  
Sweet Potato Kale Salad  
Sausage Vegetable Orzo Soup  
Sweet and Sour Chicken  
Baked Cod  
Miso Ginger Marinade  
Asian Fried Rice  
Moroccan Carrots  
Cabbage and Bok Choy  
Wheat Roll  
Red Velvet Cake

**THURSDAY LUNCH**  
Garden Salad  
Watermelon Feta Salad  
Avgolemono Chicken  
Soup  
Honey Glazed Pork  
Tenderloin  
Baked Chicken  
Yukon Smashed Potatoes  
Steamed Green Peas  
Au Gratin Cauliflower  
Breadstick  
Nutty Brownie

**FRIDAY LUNCH**  
Garden Salad  
Zucchini and Corn Salad  
New England Clam Chowder  
Stuffed Bell Pepper  
Blackened Shrimp  
California Vegetable Mix  
Roasted Lemon Garlic Broccoli  
Cornbread  
Chocolate Raspberry Cake

**SATURDAY LUNCH**  
Garden Salad  
Spring Parmesan Pea Salad  
Creamy Tomato Soup  
Honey Ginger Chicken  
Thighs  
Swiss Steak  
Jasmine Rice  
Yellow Squash and Red  
Onions  
Okra & Tomatoes  
Wheat Roll  
Lemon Blueberry Pound  
Cake

**MOTHER'S DAY**  
Garden Salad  
Spinach Peach Salad  
Shrimp Cocktail  
Cream of Asparagus  
Soup  
Salmon Piccata  
Braised Beef Brisket  
Parmesan Potatoes  
Glazed Carrots  
Maple Brussel Sprouts  
and Squash  
Ciabatta Roll  
Strawberry Cheesecake

**MONDAY DINNER**  
Garden Salad  
Pasta Fagioli Soup  
Chicken Salad on Croissant  
Grilled Shrimp Caesar Salad  
Dill Potato Salad  
Roasted Zucchini &  
Tomatoes  
Wheat Roll  
Snickerdoodle Cookie

**TUESDAY DINNER**  
Garden Salad  
Pistou Garbanzo Soup  
Tortellini Pesto Pasta  
Beef Patty Melt  
Macaroni Salad  
Grilled Squash &  
Zucchini  
Parmesan Breadstick  
Grasshopper Pie

**WEDNESDAY DINNER**  
Garden Salad  
Chicken & Sausage  
Gumbo Soup  
Herb Chicken Patty  
Burger  
Steak Caesar Salad  
Potato Wedges  
Sweet & Sour Beets  
Wheat Roll  
Blueberry Bread  
Pudding

**THURSDAY DINNER**  
Garden Salad  
Cream of Mushroom  
Soup  
Vegetable Fajitas  
Corned Beef Reuban  
Sandwich  
Cilantro Rice  
Mexican Corn  
Flan

**FRIDAY DINNER**  
Garden Salad  
New England Clam  
Chowder  
Italian Hoagie  
Spinach Feta Pie  
Homemade Potato Chips  
Seasoned Green Beans  
Wheat Roll  
Raspberry Fruit Braid

**SATURDAY DINNER**  
Garden Salad  
Chunky Vegetable Soup  
Tuna Melt on Wheat  
BLT Salad  
Rosemary Potato Wedges  
Pesto Root Vegetables  
Wheat Roll  
Cheesecake Pina Colada  
Mousse

**SUNDAY DINNER**  
Garden Salad  
Beef Barley Soup  
Fish Sandwich  
Turkey Tetrazzini  
Baked Potato Waffle Fries  
Seasoned Peas and  
Carrots  
Multigrain Roll  
Banana Split Sundae