



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**

752-6621 or Ext. 0

**Work Order Line**

Ext. 1293

**"THE REZ"**

Ext. 1290

Resident Store

Location: LP 1st Floor

Mon. and Thur.

10:00 am—12 Noon

**BISTRO**

Ext. 1394

Location: LP 1st Floor

**Next to Wellness Center**

Monday-Wednesday &

Friday

Closed until further  
notice

**ON CAMPUS**

**BANKING**

Canceled until further  
notice

**RESIDENT COUNCIL**

**MEETING**

Canceled until further  
notice

**COFFEE WITH**

**JUDY**

Canceled until further  
notice

In lieu of listing daily activities, which as you know have been cancelled, we will be sharing information about COVID-19 and other online resources. And, although we take the situation very seriously, we'd also like to share some of the lighter side of the situation that we have found on various websites.

## **Metropolitan Opera, After Shutting Its Doors, Will Offer Free Streams From Live in HD Catalog**

Although the Metropolitan Opera has brought down the curtain at least through the end of the month over COVID-19 concerns, the New York City institution will offer another way for audiences to take in its performances.

Beginning March 16, the Met will stream a title from its Live in HD series each night through the duration of the closure. The performances, originally captured as live broadcasts in movie theatres worldwide, will begin at 7:30 PM from the company's homepage. (The featured performances—and several others—are available via the Met Opera on Demand subscription service, though the videos in the nightly series will be made available for free for 20 hours following the initial stream).

Their website is [www.metopera.org](http://www.metopera.org). Due to high traffic they recommend using the Met Opera on Demand apps.

## **Introduction of Temporary Personal Concierge Service**

Each resident at FTJ will be assigned a Personal Concierge who will be their link to family and outside services if needed. Each Personal Concierge will be responsible for:

- Communicating with resident Families about needs and questions (anything other than clinical). Clinical questions need to be directed to the nursing staff.
- Setting up FaceTime or Skype to help residents stay in communication.
- Deliveries that come to the building from resident families (i.e. groceries or laundry) that are being dropped off at the main desks.
- Doing errands around the campus (i.e. pick up stamps, mail packages, meal pick up)
- Taking walks around campus, if they need to get out and can do so.

This service is provided by FTJ to help our residents stay informed and to help mitigate feelings of isolation that can occur in situations like we are currently in.

## **New Off Leash Dog Park at FTJ**

Monday morning, **March 23rd, at 8am** the new FTJ Off Leash Dog Park will be officially open. It is located in the fenced area behind the old Health Care building. Signs are posted and a cleanup station is provided for your use. This park will be available for all FTJ residents and family members to use and will remain open until future construction plans progress.



## HAPPY BIRTHDAY

### March 3

Rosemary Kay  
Louis Orrino

### March 5

Ken Johnson  
Marilyn Etzold  
Barbara Didis  
Paule Jensen

### March 6

Chieko Takasugi

### March 12

Marilynn Thomas

### March 14

Darlene Alfredson

### March 15

Joanne Selden

### March 16

Lee Fisher

### March 19

Claudia Morgan  
Helen Osborn

### March 23

John Lynn  
Bobby Brown

### March 24

Joyce Myhre

### March 26

Yvonne Zubalik

### March 27

Marcia Winkle

### March 29

John Kriete  
Betsy Henderson

### March 31

Francesca Okerlund

## Feeling Anxious about COVID-19? Here is some advice from Yale Medicine

If you're feeling on edge, you're not alone. The World Health Organization (WHO) has declared COVID-19 a pandemic.

If you find yourself worrying about COVID-19 and potential quarantine, remember that "it is normal to feel anxious," says Yale Medicine's Eli Lebowitz, PhD, a clinical psychologist, who is the director of the Anxiety Disorders Program at Yale Child Study Center.

The key is to try to stay calm. "During this legitimately anxious-making time, it is important to develop a strategy for managing anxiety that works for you," suggests Carolyn Mazure, PhD, a Yale Medicine psychologist.

When you feel anxious, here are steps you can take to put those feelings in perspective:

1. **Information is useful—but too much information can be unhelpful.** Limit news intake to what is actually providing new information, and stick to reliable news sources. There's no benefit to watching the same news over and over.
2. **Take the necessary and recommended precautions, but don't try to "innovate" new ones.** As with all dangers, the trick is to be 'careful enough.' When we try to ensure 100% safety, we get caught up in unhelpful behaviors.
3. **Keep up daily routines, and make changes only when necessary.** Maintaining regular schedules and routines is a good way to keep anxiety at bay and feel normal. Even if some changes need to be made, maintaining the overall routine is helpful.
4. **Don't completely isolate yourself from other people.** Fear of contagion can cause some people to withdraw socially, but maintaining relationships and social support are good ways to combat anxiety. Even if you are in self-quarantine or mandatory quarantine, keep up social interaction using FaceTime/Skype, phone calls, or text messages.
5. **Stay physically active—be outdoors if you can.** Maintaining physical activity and spending time in fresh air can help to keep anxiety down.

**Limit screen time. Too much time on the phone or computer, on social media or websites, can lead to less activity and more anxiety.**

It's normal to feel concern. Talk with friends, be physically active, breathe and relax, and focus on the things you need to get done. If the anxiety is really getting in your way, consider talking with a professional. For example, if you can't sleep, or you can't eat (or can't stop eating), or you can't concentrate on anything else because of fears of illness, you may want to get help from a knowledgeable provider. In some cases, telehealth services may be available, if you're unable to see a mental health provider in person.

"Also, know what sensible actions you can take to address legitimate concerns," says Mazure. Wash your hands, stay away from crowds, if possible, and stay home if you aren't feeling well, adds Dr. Vinetz. "We want to bend the curve to reduce the number of people infected and make sure that those who are sick are well taken care of," he says.



## Upcoming Trips Sign Up at the LP Front Desk

As many of you know all concerts and large group gatherings have been cancelled or postponed across Washington State. Once the proclamation orders, put into place by our governor have been lifted, information regarding the rescheduling of Tacoma Symphony, Tacoma Musical Playhouse and the NW Sinfonietta will be provided.

The NW Repertory Singers have canceled their performance in May and will NOT be rescheduling it.

## Garden Word Search



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



- |           |            |          |             |
|-----------|------------|----------|-------------|
| Apple     | Garden     | Pear     | Spinach     |
| Asparagus | Gate       | Peas     | Stem        |
| Beans     | Greenhouse | Pecans   | Strawberry  |
| Beds      | Harvest    | Pepper   | Sunflower   |
| Bucket    | Herbs      | Potato   | Thyme       |
| Cabbage   | Jalapeno   | Rhubarb  | Tomato      |
| Carrot    | Ladybug    | Roots    | Trowel      |
| Compost   | Leaf       | Rosemary | Vegetable   |
| Corn      | Lettuce    | Sage     | Weeding     |
| Eggplant  | Manure     | Seeds    | Wheelbarrow |
| Fence     | Mulch      | Shed     | Worms       |
| Flower    | Onion      | Shovel   |             |
| Fruit     | Oregano    | Soil     |             |

**FIRST COMMERCIAL FLIGHT**

GD LZDJZSR VWSIH DWDUHUUD MJDFSUF ZDF  
 VGJSHUUD, HMU VWSIH VWTUF XWDC IYMUFJPUF ZWS  
 IUSAWYU KUCZD VSGQ IH. NUHUSIKJSC HG HZQNZ,  
 VPGSWFZ.

**HOW TO SOLVE:** Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!



**WEEKLY RIDDLE**

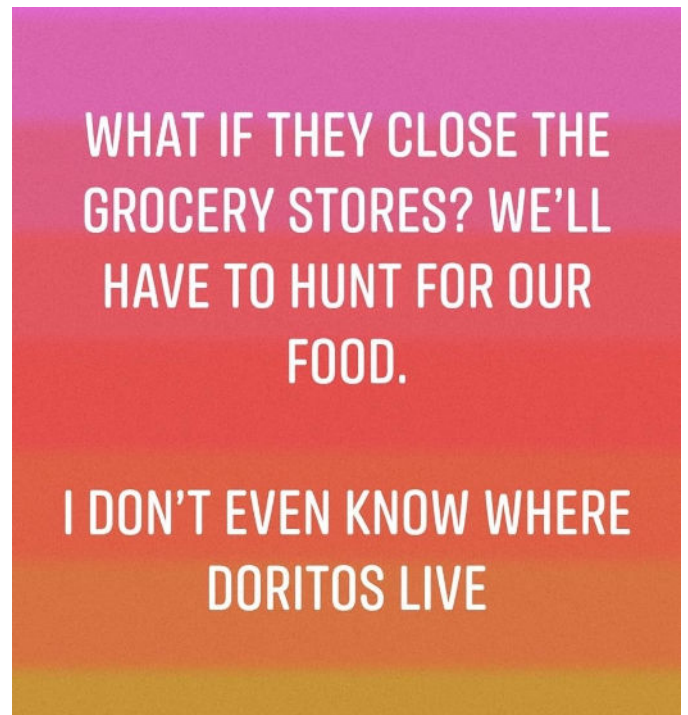
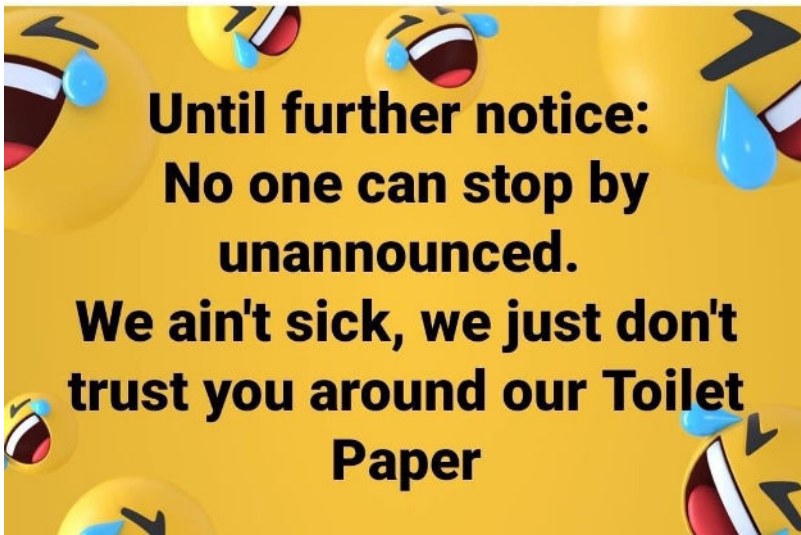
What do you throw out when you want to use it, but take in when you don't want to use it?

<p><b>PLAY</b> WORDS</p>	<p>SHGETAPE</p>	<p>MONKEY RUOY</p>
<p><b>DR.</b> DO</p>	<p>FOO G N I N G</p>	<p><b>BU</b>kick<b>T</b></p>

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

**Thank you to our FTJ Team Members**

We would like to take this opportunity to once again thank all our hard-working staff for being so dedicated in helping to keep Franke Tobey Jones safe. Everyone is doing a great job!



### **COVID-19 ~ What can we do as a community?**

We understand the COVID-19 situation is a burden to our residents and families. Please help us keep our residents and team members healthy. We recognize how difficult this will be, yet limiting residents to potential exposure is a crucial element of containment. While this is a significant change to the operating practices of Franke Tobey Jones, we are dedicated to making the adjustments needed to prioritize and protect the needs of our residents and the staff who care for them.

What we can do to help prevent the spread of illnesses like the flu and coronavirus? Please continue to follow CDC guidelines:

- Residents are strongly encouraged to not leave the Franke Tobey Jones campus. For physician appointments or other urgent needs, please call our front desk at 253-752-6621 for assisted living, and 253-756-6234 for the Care Center.
- Wash hands frequently with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if water is not available.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Staff and residents should stay home if they feel sick. Call your healthcare provider before going to a clinic, urgent care or ER.
- Avoid contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay six feet away from anyone you see

We encourage alternate ways of residents visiting with loved ones, such as phone, face time, email, and skype. Ask your Personal Concierge to set up a face time with your family.

<b>MENU</b>			
<b>Mar 23rd - Mar 29th</b>			
			<i>Mindful Offer</i>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
<i>M</i>	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
<i>O</i>	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
<i>N</i>	French Toast	Chicken Fried Steak	Margherita Pizza Flat'wich
<i>D</i>	Western Scrambled Eggs	Citrus Herb Cod	Spanish Rice Stuffed Chicken Breast
<i>A</i>	Bacon	Mashed Potatoes	Fresh Broccoli
<i>Y</i>	Whole Milk	Simply Steamed Sugar Snap Peas	Maple Bacon Cookie
	Coffee	Chocolate Raspberry Parfait	
<i>23</i>			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
<i>T</i>	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>E</i>	Poached Eggs	Rigatoni with Roasted Tomatoes	Quiche Lorraine
<i>S</i>	Sausage Patty	Roasted Turkey Breast	Chopped Beef Steak with Onions
<i>D</i>	Mushroom, Ham & Swiss Frittata	Mashed Sweet Potato	Mashed Potatoes
<i>A</i>	Whole Milk	Sautéed Spinach	Sliced Beets
<i>Y</i>	Coffee	Crisp Baguette	Butterscotch Pudding
<i>24</i>		Lemon Pudding Cake with Lemon Sauce	
<i>W</i>			
<i>E</i>	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
<i>D</i>	Assorted Fruit Juices	Cole Slaw	Tomato Soup
<i>N</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>E</i>	Buttermilk Pancakes	Pork Pernil	Italian Caesar Salad
<i>S</i>	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
<i>D</i>	Eggs To Order	Brown Rice	Potatoes Anna
<i>A</i>	Whole Milk	Sliced Carrots	Garlic Roast Green Beans
<i>Y</i>	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
<i>25</i>			
<i>T</i>	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
<i>H</i>	Assorted Fruit Juices	Cucumber Sour Cream Salad	Cream Of Mushroom Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>R</i>	Fried Cage Free Egg	Wild Mushroom Scampi	Cuban Panini Sandwich
<i>S</i>	Bacon	Braised Mediterranean Chicken	Seafood Newburg with Shrimp & Fish
<i>D</i>	Hash Browned Potatoes	Penne Pasta	Steamed White Rice
<i>A</i>	Coffee Cake	Broccoli with Garlic & Lemon	Mixed Vegetables
<i>Y</i>	Whole Milk	Cannoli	Country-Style Dijon Red Potato Salad
<i>26</i>	Coffee		Orange Sprinkle Cookie
	Fresh Fruit in Season	New England Clam Chowder	Mexican Corn Soup
<i>F</i>	Assorted Fruit Juices	Hummus Plate	New England Clam Chowder
<i>R</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>I</i>	Sausage Link	Lemon Dill Flounder	Grilled Vegetable Fajita Quesadilla
<i>D</i>	Scrambled Eggs	Beef Enchiladas	Herb Baked Chicken
<i>A</i>	Sunrise Breakfast Casserole	Baked Mexican Rice	Brown Rice & Barley Pilaf
<i>Y</i>	Blueberry Muffins	Roasted Potato	Roasted Beets with Thyme
<i>27</i>	Whole Milk	Simply Grilled Tricolor Peppers	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
<i>S</i>	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<i>A</i>	Assorted Fruit Juices	Orange Jicama Salad	Chili Verde
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<i>U</i>	Bacon	Italian Sausage with Onion & Peppers	Turkey Reuben Sub
<i>R</i>	Fried Cage Free Egg	Beef Stew	Roast Beef
<i>D</i>	Hash Browned Potatoes	Orzo with Lemon & Herbs	Oven Roasted Potato Wedges
<i>A</i>	Whole Milk	Peas & Carrots	Corn O Brien
<i>Y</i>	Coffee	Bread Pudding	Grasshopper Mousse
<i>28</i>			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Potato Leek Soup
<i>S</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>U</i>	Scrambled Egg	Braised Pot Roast	Deviled Eggs
<i>N</i>	Hash Browned Potatoes	Maple Peach Glazed Smoked Pit Ham	Gnocchi Bolognese
<i>D</i>	Bacon	Baked Sweet Potato	Cheese Burger
<i>A</i>	Cinnamon Roll	Summer Squash & Carrot Medley	French Fries
<i>Y</i>	Whole Milk	Creamed Spinach	Garlic Knot
<i>29</i>	Coffee	Apple Pie	Banana Fosters