



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**  
752-6621 or Ext. 0

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL MEETING**

Monday, April 12  
9:30 am, Zoom Meeting

**BISTRO**  
Ext. 1394

Location: LP 1st Floor  
*Next to Wellness Center*  
**Monday - Friday**  
*Simply To Go Delivery:*  
A limited selection of our Bistro items are available for delivery. Simply call the front desk 253-752-6621 before 12:00 PM Monday - Friday to place your order. Daily delivery windows will run between 11:30 & 1:30.

**ON CAMPUS CHECK CASHING**

For your convenience, FTJ can cash a check for up to \$100. Please contact Amy Petschke at ext. 1294 or stop by her office in the Administrative hall in the Lillian Pratt Bldg. If you are not able to get to the Lillian Pratt Bldg. please contact your concierge to make arrangements.

**MONDAY, MARCH 15**

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
<b>SU: Music and Movement</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
<b>SU: Poetry Writing Exploration</b>	<b>4:00 pm</b>	<b>Zoom Meeting</b>

**TUESDAY, MARCH 16**

<i>Wellness: In Person Exercise Class</i>	9:00 am	Wellness Center
What Am I? (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Rummikub Game	10:30 am	LP Resident Rooms
<i>Wellness: In Person Exercise Class</i>	10:00 am	Wellness Center
<i>Wellness: In Person Exercise Class</i>	11:00 am	Wellness Center
Safeway/ Walgreens Shopping Bus DU, BV, GA, TJ Residents only	1:30 pm	Sign up at LP Desk
What Am I? (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits	2:30 pm	LP Resident Rooms
<i>Wellness: Seated Strength</i>	2:30 pm	LP Parlor
<i>Wellness: Seated Strength</i>	3:00 pm	LP Parlor
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

**WEDNESDAY, MARCH 17**

<i>Wellness: Seated Stretch Class</i>	9:00 am	Zoom Meeting
All Things Irish (G2)	9:30 am	LP 3rd Floor Lobby
<i>Wellness: Standing Exercise Class</i>	10:00 am	Zoom Meeting
<b>SU: Musical History of Tacoma</b>	<b>10:00 am</b>	<b>Zoom Meeting</b>
Room Visits– You Be the Judge	10:30 am	LP Resident Rooms
All Things Irish (G3)	1:30 pm	LP 3rd Floor Lobby
<b>SU: Every Penguin in the World Part 1</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	2:00 pm	TJ Solarium
<i>Wellness: Seated Strength</i>	2:30 pm	TJ Solarium
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

**On Campus Psychologist Appointments Available**

Dr. Wain, our psychologist on campus, will be back in person starting on Tuesday. If anyone would like to schedule an appointment with her, please contact Jessica, our Social Worker, for a referral at x1313 or 253-756-6313.

HAPPY BIRTHDAY

March 3

Louis Orrino

March 5

Ken Johnson  
Marilyn Etzold  
Paule Jensen

March 6

Cheiko Takasugi

March 10

Karen Fischer

March 12

Marilynn Thomas

March 13

Phyllis Wire

March 14

Darlene Alfredson

March 15

Joanne Selden

March 16

Lee Fisher

March 18

Kathleen Wilkie

March 19

Helen Osborn

March 23

John Lynn  
Bobby Brown

March 24

Joyce Myhre

March 26

Yvonne Zubalik  
Mary Jane Schulz

March 27

Marcia Winkle

March 28

Jane Williams

March 29

John Kriete  
Betsy Henderson

March 31

Francesca Okerlund

HAPPY ANNIVERSARY

March 6

Kurt & Linda Graff

**THURSDAY, MARCH 18**

<i>Wellness: In Person Exercise Class</i>	<b>9:00 am</b>	<i>Wellness Center</i>
<i>Wellness: In Person Exercise Class</i>	<b>10:00 am</b>	<i>Wellness Center</i>
<b>Room Visits</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<i>Wellness: In Person Exercise Class</i>	<b>11:00 am</b>	<i>Wellness Center</i>
<i>Wellness: Seated Strength</i>	<b>2:30 pm</b>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<b>3:00 pm</b>	<i>LP Parlor</i>
<b>BV/TJ Door to Door Happy Hour</b>	<b>2:30 pm</b>	<b>BV/TJ</b>
<b>DU Grab &amp; Go Happy Hour</b>	<b>2:30 pm</b>	<b>Bistro</b>
<b>SU: Taxing Our Way to a Just Society</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
<b>GA Door to Door Happy Hour</b>	<b>3:00 pm</b>	<b>GA</b>

**FRIDAY, MARCH 19**

<i>Wellness: Seated Stretch Class</i>	<b>9:00 am</b>	<i>Zoom Meeting</i>
<i>Wellness: Standing Exercise Class</i>	<b>10:00 am</b>	<i>Zoom Meeting</i>
<b>Room Visits</b>	<b>10:00 am</b>	<b>LP Resident Rooms</b>
<b>SU: Great Courses– Peoples &amp; Cultures of the World</b>	<b>10:00 am</b>	<b>BV Lobby</b>
<i>Wellness: Seated Strength</i>	<b>2:00 pm</b>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<b>2:30 pm</b>	<i>TJ Solarium</i>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

**SATURDAY, MARCH 20**

<b>Name The Tool(G2)</b>	<b>9:30 am</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Finish the Phrase</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Travelogue (G3)</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Farkel Game</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

**SUNDAY, MARCH 21**

<b>Star of the Month (G2)</b>	<b>9:30 am</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Mandala Art</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Life Hacks(G3)</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Mind Your Mind</b>	<b>2:30 pm</b>	<b>LP Resident Rooms</b>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

**LP Is Opening Back Up**

We are happy to announce that all of our test results came back negative for covid. This means that we will be able to resume our dining and activity programs as they were the first week of March.

Dining service will begin again Friday morning, March 12th. Your dining times are the same as last week. Small group activities will begin again on Saturday morning March 13th. Activity group times and assignments remain the same. Wellness classes will resume on Tuesday March 16th.

## **Covid Update**

We have great news. Residents and staff in assisted living have tested negative for COVID this week, so residents are able to move freely as they were previously. Tomorrow, 3/12, the dining room will open in the morning and ESP visits will resume. ESP visits require an appointment and remember to bring a face shield and mask. To make an ESP appointment, please contact Jessica Rueber at 253-756-6313 Monday through Friday 8am-5pm. After hours and on weekends please call the LP front desk at 253-752-6621. Small group activities will resume Saturday. Salon services will also resume per the salon schedule. Even though residents and staff are being vaccinated, we continue to follow DOH and CDC guidelines regarding COVID-19 including wearing masks, social distancing and washing hands.

As you may have heard in the news, CMS and CDC have announced updated COVID guidance. We are aware of this new guidance and are awaiting updated information from the Washington DOH and DSHS. The Safe Start guidance we follow is more stringent than the updated CMS/CDC guidance and therefore we are obligated to follow the state guidance. This means that visitation rules for assisted living, skilled nursing and memory care have not changed. However, independent living residents may have up to five visitors in their apartment from one other household. We ask that each person take the health screen and sign into the visitor log book.

We've had inquiries regarding the Guest Cottage opening. At this time, the Guest Cottage remains closed except for unique situations such as family staying at FTJ for end-of-life visits.

Once again, thank you for your ongoing support as we navigate the many phases of this pandemic. If you have any questions, please do not hesitate to reach out via email to me ([jdunn@franketobeyjones.com](mailto:jdunn@franketobeyjones.com)) or Bob Beckham ([bbeckham@franketobeyjones.com](mailto:bbeckham@franketobeyjones.com)) or by phone at 253-752-6621.

Thank you,

Judy Dunn, President and CEO

**March Word Search**

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

**Birds**  
**Blossom**  
**Butterflies**  
**Daffodils**  
**Fortune**  
**Gardening**  
**Green**  
**Ides**

**Parade**  
**Rainboots**  
**Rainbow**  
**Spring**  
**Snakes**  
**St. Patrick's Day**  
**Tulips**  
**Umbrella**

**Bonus Challenge:**  
**Find 3 spring flowers starting**  
**with the letter 'P'**  
 1.  
 2.  
 3.

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**WEEKLY RIDDLE**

You walk into a room with a match, a kerosene lamp, a candle, and a fireplace.  
 Which do you light first?



### Wellness Zoom Classes

The login information for all classes is listed below. If you have any questions about our new offerings or anything else pertaining to the classes, please do not hesitate to contact the Wellness Staff at 235-756-6279.

Meeting ID: 325 226 4711

Meeting Passcode: wellness20



i hate the key of e minor. it gives me the e-b-g-b's.



I asked my daughter to give me the phone book. She laughed at me, called me a dinosaur and lent me her iPhone. So the spider is dead, the iPhone is broken and my daughter is furious!



<b>MENU</b>			
<b>Mar 15th - Mar 21st</b>			<b>This Week's Mindful Offer</b>
			<b>Portobello Rustico Sandwich</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Cabbage White Bean Soup	Cabbage White Bean Soup
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato	Cream of Chicken Soup
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato
<b>N</b>	Fried Cage Free Egg	Salisbury Steak	Aunt Millie Grilled Cheese
<b>D</b>	Bacon	Sweet & Sour Chicken	Turkey Pot Pie
<b>A</b>	Banana Yogurt Coffee Cake	Sticky Rice	Steamed Vegetables
<b>Y</b>	Whole Milk	Mashed Potatoes	Sweet Potato Fries
	Coffee	Broccoli & Cauliflower	Pumpkin Walnut Bar
<b>15</b>		Angel Food Cake with Strawberry Sauce	
	Fresh Fruit in Season	Beef, Barley & Mushroom Soup	Beef, Barley & Mushroom Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Sweet Potato and Black Bean Chili
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Poached Cage Free Egg	Salmon Cake	Muffuletta Sandwich
<b>S</b>	Turkey Sausage Link	Smothered Pork Chops	Chicken & Waffles
<b>D</b>	Blueberry Muffin	Mashed Potatoes	Fresh Baked Roll
<b>A</b>	Whole Milk	Sugar Snap Peas and Carrots	Vanilla Pudding Cup
<b>Y</b>	Coffee	Peach Cobbler Trifle	
<b>16</b>			
<b>W</b>		<i>St Patrick's Day</i>	
<b>E</b>	Fresh Fruit in Season	Potato & Leek Soup	Potato & Leek Soup
<b>D</b>	Assorted Fruit Juice	Mixed Green Salad	Tomato Basil Soup
<b>N</b>	Cream of Wheat	Corned Beef Brisket	Coleslaw
<b>E</b>	Buttermilk Pancakes	Baked Red Snapper	Grilled Ham & Cheese Sandwich
<b>S</b>	Grilled Ham	Glazed Carrots	Brunswick Stew
<b>D</b>	Whole Milk	Steamed Cabbage	Cornbread
<b>A</b>	Coffee	Parsley Potatoes	French Fries
<b>Y</b>		Irish Soda Bread	Monster Cookie
<b>17</b>		Guinness Stout Cake	
	Fresh Fruit in Season	Turkey Vegetable Soup	Turkey Vegetable Soup
<b>T</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
<b>H</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>U</b>	Western Scrambled Eggs	Santa Maria Salmon	Tuna Salad Sandwich
<b>S</b>	Bacon	Cumin Roast Turkey Breast	Nilla Nella Omelet
<b>D</b>	Hash Browned Potatoes	Barley Pilaf with Carrots and Lemon	Potato Chips
<b>A</b>	Whole Milk	Corn O'Brien with Peppers	Linzi Bars
<b>Y</b>	Coffee	Cherry Cobbler with Biscuit Topping	
<b>18</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Fruited Jell-O Salad	Vegetarian Lentil & Spinach Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>I</b>	French Toast	Fried Oysters	Italian Sausage Wheat Pizzetta
<b>D</b>	Sausage Link	Java Molasses Pork Tenderloin	Broccoli Macaroni & Cheese
<b>A</b>	Whole Milk	Egg Noodles	Stewed Tomatoes
<b>Y</b>	Coffee	Yellow Squash, Red Pepper & Peas Sauté	Raspberry Yogurt Mousse
<b>19</b>		Ice Cream Sundae	
	Fresh Fruit in Season	Steak & Potato Soup	Steak & Potato Soup
<b>S</b>	Assorted Fruit Juice	Bean Salad	Thai Chicken & Rice Soup
<b>A</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>T</b>	Scrambled Egg	Baked Cheese Manicotti With Marinara	Quiche Lorraine
<b>U</b>	Bacon Slices	Grilled Balsamic Chicken	French Dip Sandwich
<b>R</b>	Apple Cinnamon Muffin	Oven Brown Potatoes	Steak Cut French Fries
<b>D</b>	Whole Milk	Fresh Broccoli	Peas & Carrots
<b>A</b>	Coffee	Lemon Blueberry Cake	Bread Pudding
<b>Y</b>			
<b>20</b>			
	Fresh Fruit in Season	Lobster Bisque	Lobster Bisque
	Assorted Fruit Juice	Waldorf Salad	Split Pea w Ham
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<b>U</b>	Fried Cage Free Egg	Balsamic Flank Steak	Turkey Tetrazzini
<b>N</b>	Sausage Patties	Fried Shrimp	Swedish Meatball Plate
<b>D</b>	Hash Browned Potatoes	Wild Rice Pilaf	Potato Wedge
<b>A</b>	Cinnamon Roll	Green Bean Almondine	Roasted Brussel Sprouts
<b>Y</b>	Whole Milk	Dinner Roll	Carmelita Bar
<b>21</b>	Coffee	Strawberry Cream Pie	