



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 22

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
<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 23

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

WEDNESDAY, MARCH 24

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Music of Nat King Cole (G2)	9:30 am	LP 3rd Floor Lobby
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits– Taboo Game	10:30 am	LP Resident Rooms
<b>SU: Marine Disease in the Pacific North- west</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
Music of Nat King Cole (G3)	1:30 pm	LP 3rd Floor Lobby
<b>SU: Literary League Book Club</b>	<b>3:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Hallway Happy Hour	2:30 pm	LP Hallways
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

Resident Survey

If you have not yet turned in your Resident Survey please do  
so. We'd really appreciate it. Thank you!



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 25

<i>Wellness: In Person Exercise Class</i>	<i>9:00 am</i>	<i>Wellness Center</i>
<i>Wellness: In Person Exercise Class</i>	<i>10:00 am</i>	<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>	<i>11:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Seated Strength</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
<b>SU: Great Decisions—Persian Gulf Security Issues</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>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

FRIDAY, MARCH 26

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<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>	<i>2:00 pm</i>	<i>TJ Solarium</i>
<b>SU: Understanding French Wine Using Political Economy</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Seated Strength</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<b>Conversation Corner (G1)</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

SATURDAY, MARCH 27

<b>Modern Jeopardy Trivia (G2)</b>	<b>9:30 am</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– War Card Game</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Name That Tool (G3)</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Finish the Phrase</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 28

<b>Truth or Blarney (G2)</b>	<b>9:30 am</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– You Be the Judge</b>	<b>10:30 am</b>	<b>LP Resident Rooms</b>
<b>Star of the Month (G3)</b>	<b>1:30 pm</b>	<b>LP 3rd Floor Lobby</b>
<b>Room Visits– Rummikub 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>

Friendly Reminder

When walking your dog on campus, please be sure to pick up after your dog and dispose of their waste in appropriate waste receptacles.



## **Covid Update**

We are happy to announce that on March 12, 2021, Washington State DSHS and DOH updated the Safe Start for Long Term Care Recommendations and Requirements (Safe Start) for Assisted Living, Memory Care and Skilled Nursing to expand visitor access in all long-term care facilities. Resuming indoor visits is a celebrated step towards doing things we enjoy with others. The complete Visitation Policy is available at the Lillian Pratt and Care Center front desks for review. This Visitation Policy must be signed each time you visit a FTJ resident. The Policy highlights are that either the resident or visitor must be vaccinated, two visitors at a time will now be allowed in our care areas for two hours a day, seven days a week. No appointment is necessary, each person must take the health screen upon arrival, masks and face shields must be worn at all times, visitors must stay in the resident room for the duration of the visit and social distancing rules apply. This policy is effective Monday, March 22<sup>nd</sup>.

Additionally, when residents leave the community, a 14-day quarantine is no longer required for fully vaccinated residents upon return.

Starting Monday, March 22<sup>nd</sup> our Guest Cottages will be available for guests needing to stay overnight. All visitor rules must be followed by guests. You can make reservations at the front desk by calling 253-752-6621.

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

## **Dining Services Update**

A note from Dining to Independent Living .

Currently with the Bistro still unable to reopen, Dining is now sending out a weekly menu of our Meals To Go through the Bistro.

We are offering a scaled back version of our normal items, with the addition of our weekly Mindful Offer that is offered on our main dining menu.

Also keep an eye out for some weekly deals on combo offers and new items.

	/		+		/		4
+		+		-		-	
	/		-		+		9
-		x		/		+	
	-		/		+		20
+		+		-		x	
	-		x		-		-73
14		61		-3		116	

A math challenge is a group of numbers formed in a block filled with addition, subtraction, multiplication and division.

Use the numbers 1 through 16 to complete the equations.

Each number is only used once.

Each row is a math equation. Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

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.

DEAD BODY  
MY

NO NO  
RIGHT

Ci ii

LOOKING  
1111

BBBBBB

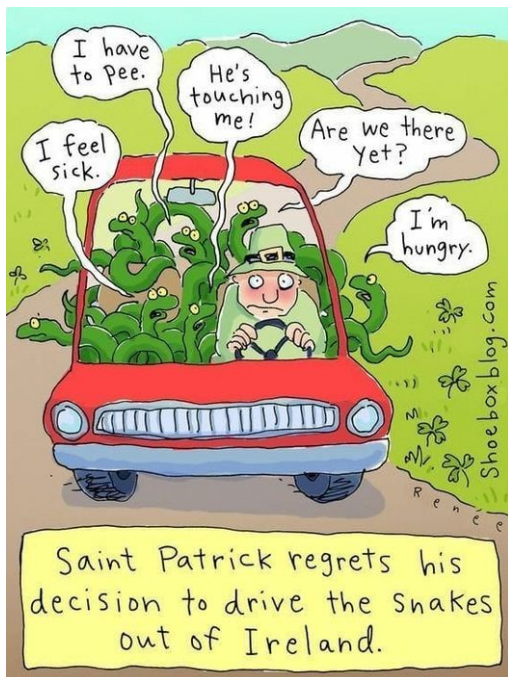
BRAIN  
KIDNEY  
HOME  
HEART

WEEKLY RIDDLE



Two children, who were all tangled up in their reckoning of the days of the week, paused on their way to school to straighten matters out. "When the day after tomorrow is yesterday," said Priscilla, "then 'today' will be as far from Sunday as that day was which was 'today' when the day before yesterday was tomorrow!" On which day of the week did this puzzling prattle occur?





## 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

As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"



## acyrologia

An incorrect use of words - particularly replacing one word with another word that sounds similar but has a diffident meaning - possibly fuelled by a deep-seeded desire to sound more educated, which results in an attempt to pawn off an incorrect word in place of a correct one. In academia, such flaunting of common social morays is seen as almost sorted and might result in the offender becoming a piranha, in the Monday world, after all is set and done, such a miner era will often leave normal people unphased. This is just as well sense people of that ilk are unlikely to tow the line irregardless of any attempt to better educate them. A small percentage, however, suffer from severe acyrologiaphobia, and it is their upmost desire to see English used properly. Exposure may cause them symptoms that may resemble post-dramatic stress disorder and, eventually, descend into whole-scale outrage as they go star-craving mad. Eventually, they will succumb to the stings and arrows of such a barrage, and suffer a complete metal breakdown, leaving them curled up in the feeble position.

They say every piece of chocolate you eat shortens your life by two minutes.

I've done the maths. Seems I died in 1537.





		<b>MENU</b>	
		<b>Mar 22nd-Mar 28th</b>	<b>This Week's Mindful Offer</b>
			<i>Chinese Tofu &amp; Broccoli Pizzetta</i>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Red Pepper & Basil Soup	Bacon & Corn Chowder
<b>M</b>	Assorted Fruit Juice	Cottage Cheese & Tomato Salad	Red Pepper & Basil Soup
<b>O</b>	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomato Salad
<b>N</b>	Poached Egg	Beef Goulash	Egg Salad Sandwich
<b>D</b>	Sausage Link	Chipotle Cinnamon Turkey Breast	Beef Mushroom Meatloaf
<b>A</b>	Chocolate Chip Muffin	Bow Tie Pasta	Lighter Parsnip Whipped Potatoes
<b>Y</b>	Whole Milk	Sliced Beets	Baby Carrots & Sugar Snap Peas Medley
	Coffee	Key Lime Cake	Oatmeal Cookie
<b>22</b>			
	Fresh Fruit in Season	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>T</b>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Scrambled Egg	Maple Glazed Pork Loin	<i>Love Of Food Special</i>
<b>S</b>	Bacon	Catfish Cakes	<i>Senegalese Lemon Chicken Sandwich</i>
<b>D</b>	Egg, Sausage & Cheese Burrito	Scalloped Potatoes	Beef Pot Pie
<b>A</b>	Whole Milk	Green Beans	Mixed Vegetables
<b>Y</b>	Coffee	Pineapple Upside Down Cake	French Fries
<b>23</b>			Chocolate Brownie
<b>W</b>	Fresh Fruit in Season	Italian Wedding Soup	Turkey Noodle Soup
<b>E</b>	Assorted Fruit Juice	Cole Slaw	Italian Wedding Soup
<b>D</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>N</b>	Fried Cage Free Egg	Spaghetti & Meat sauce	Grilled Chicken Caesar Salad
<b>E</b>	Blueberry Pancake	Turkey Scallopini	Cheese Burger
<b>S</b>	Grilled Ham	Pasta	Tatar Tots
<b>D</b>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
<b>A</b>	Coffee	Garlic Bread	Ice Cream Sundae
<b>Y</b>		Raspberry Whoopie Pie	
<b>24</b>			
<b>T</b>	Fresh Fruit in Season	Cream of Tomato Soup	Cream of Tomato Soup
<b>H</b>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Chicken Rice Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<b>R</b>	Belgian Waffles w Peaches	Pot Roast	Herb Polenta & Mushroom Ragout
<b>S</b>	Bacon	Fried Chicken	Grilled Turkey & Swiss Sandwich
<b>D</b>	Whole Milk	Mashed Potatoes	Dinner Roll
<b>A</b>	Coffee	Creamed Corn	Potato Chips
<b>Y</b>		Yellow Cake w Fudge Icing	Mango Coconut Parfait
<b>25</b>			
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juice	Hummus Plate	Minestrone Soup
<b>R</b>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<b>I</b>	Whole Wheat Pancakes	Lamb & Beef Meatballs	Cheese Pizza
<b>D</b>	Fried Cage Free Egg	Orange Baked Salmon	Tuna Noodle Casserole
<b>A</b>	Bacon	Orzo w Basil	Stewed Tomatoes
<b>Y</b>	Whole Milk	Roasted Zucchini & Eggplant	Applesauce Bar
	Coffee	Spice Cake with Cream Frosting	
<b>26</b>			
<b>S</b>	Fresh Fruit in Season	Cream Of Vegetable Soup	Cream Of Vegetable Soup
<b>A</b>	Assorted Fruit Juice	Bean Salad	Grilled Chicken Tortilla Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
<b>U</b>	Scrambled Eggs	Shepherd's Pie	Hot Ham & Brie Croissant
<b>R</b>	Coffee Cake	Panko Crusted Cod w Asian Sauce	Chicken Thigh Cacciatore
<b>D</b>	Sausage Link	Sticky Rice	Angel Hair
<b>A</b>	Whole Milk	Sesame Shiitake Bok Choy	Yellow Squash, Red Pepper & Peas Sauté
<b>Y</b>	Coffee	Fresh Broccoli	Asst Cookies
		Mixed Berry Apple Crisp	
<b>27</b>			
	Fresh Fruit in Season	Three Sisters Soup	Chicken Noodle Soup
	Assorted Fruit Juice	Deviled Eggs	Three Sisters Soup
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Deviled Eggs
<b>U</b>	Cinnamon Rolls	Chicken Andrea	Harvest Chicken Wrap w Salad
<b>N</b>	Poached Egg	Herbed Crusted Beef	Southern Style Beef Stew
<b>D</b>	Bacon	Roasted Red Potatoes	Buttermilk Biscuit
<b>A</b>	Hash Browns	Sautéed Button Mushrooms	Pasta Salad
<b>Y</b>	Whole Milk	Peas & Onions	Chocolate Peanut Butter Brownie
	Coffee	Pecan Pie	
<b>28</b>		Dinner Roll	