



FRANKE  
TOBEY  
JONES

Enjoy your age

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

**Work Order Line**  
Ext. 1293

**RESIDENT COUNCIL  
MEETING**

Monday, March 8  
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 8

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Resident Council	9:30 am	Zoom Meeting
<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 9

<i>Wellness: Weight Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Who Am I? (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Taboo Game	10:30 am	LP Resident Rooms
<i>Wellness: Seated Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</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

WEDNESDAY, MARCH 10

<i>Wellness: Seated Stretch Class</i>	<i>9:00 am</i>	<i>Zoom Meeting</i>
Name That Tune (G2)	9:30 am	LP 3rd Floor Lobby
<i>Wellness: Standing Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
<b>SU: Women and Death in Film, TV and News</b>	<b>10:00 am</b>	<b>Zoom Meeting</b>
Room Visits– Mandala Art	10:30 am	LP Resident Rooms
<b>SU: Medicare Basics</b>	<b>11:00 am</b>	<b>Zoom Meeting</b>
Random Trivia (G3)	1:30 pm	LP 3rd Floor Lobby
<b>SU: WWII in the Pacific</b>	<b>2:00 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

THURSDAY, MARCH 11

<i>Wellness: Seated Exercise Class</i>	<i>10:00 am</i>	<i>Zoom Meeting</i>
Room Visits	10:30 am	LP Resident Rooms
<b>SU: Assessing the Value of Anthro- pology in Contemporary America</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<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>
GA Door to Door Happy Hour	3:00 pm	GA
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby

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

FRIDAY, MARCH 12		
Wellness: Seated Stretch Class	9:00 am	Zoom Meeting
Wellness: Standing Exercise Class	10:00 am	Zoom Meeting
Room Visits	10:00 am	LP Resident Rooms
SU: Great Courses– Peoples & Cultures of the World	10:00 am	BV Lobby
SU: Great Courses– Music & the Brain	2:00 pm	Wellness Center
Wellness: Seated Strength	2:00 pm	TJ Solarium
Wellness: Seated Strength	2:30 pm	TJ Solarium
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SATURDAY, MARCH 13		
Travelogue (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Uno Card Game	10:30 am	LP Resident Rooms
Harkness House Adventure (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits– You Be the Judge	2:30 pm	LP Resident Rooms
Conversation Corner (G1)	3:00 pm	LP 3rd Floor Lobby
SUNDAY, MARCH 14		
<div><div><div>Daylight Savings Time Begins</div><div></div></div></div>		
Life Hacks (G2)	9:30 am	LP 3rd Floor Lobby
Room Visits– Mind Your Mind	10:30 am	LP Resident Rooms
Stress Management 101 (G3)	1:30 pm	LP 3rd Floor Lobby
Room Visits– War Card Game	2:30 pm	LP Resident Rooms
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.

## Covid Update

The sun is shining and it's feeling more and more like spring. We're all ready! With that said, outdoor visits are still being offered for independent residents, and window and virtual visits for assisted living, skilled nursing and memory care residents.

Next week we are launching an "Essential Support Person" program in assisted living, memory care and skilled nursing where one family member per resident can be designated for indoor visitation. For assisted living and memory care, the visits will happen in a designated area, not in the resident room, and are limited to one visit per week for 45 minutes. In skilled nursing, visits will take place in the resident room and can occur up to three times per week. Face masks and eye protection (face shield or goggles) must be worn at all times and six-foot social distancing guidelines must be adhered to with no physical contact. For more information and to schedule a visit, please call 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.

Other good news, our dining rooms and salons are open and small group activities have also begun, with limits to the number participating to allow for social distancing.

We are still receiving calls regarding if our campus is open now because Pierce County moved to Phase II of the Governor's Healthy Washington-Roadmap to Recovery Safe Start Plan. The answer is no as FTJ continues to follow the DSHS/DOH Safe Start for Long Term Care requirements. And, even though residents and staff have been given their second vaccine dose, we continue to follow DOH and CDC guidelines regarding COVID-19 including wearing masks, social distancing and washing hands. We will keep you updated with any changes regarding campus visitation or activities.

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

## Resident Accommodations Department Update

Happy almost spring! I am so glad that we all got through the vaccination clinics efficiently and with no hiccups. I am proud that approximately 98% of our residents were vaccinated for COVID 19. Thank you for all of your cooperation to make our clinics run so smoothly.

I hope you all have the opportunity to get outside and walk in the beautiful weather that we are having this week and keep your eyes open for Tacoma's Monkey Shine orbs. If you don't know, there are approximately 2000 pieces of hand blown glass and medallions scattered all around Tacoma. A couple of people have found them on FTJ grounds in the last couple of weeks. The Tacoma Hot Shops do this in honor of the Lunar New Year and to commemorate the Year of the Ox. If you want to learn more about them, just google them. It is a pretty interesting story.

We have started doing some in-person touring for only our very serious prospects. This has helped us to move people in all around campus. We follow all the guidelines and make sure that we are keeping everyone safe from the virus. We have some new faces around campus so please welcome them into our FTJ Family.

Please welcome our new residents onto campus since January.

- Hank Ball SN
- Bob & Jane Williams LP
- Richard LaPlant DU
- George & Virginia Kenefick BV
- Robert Wright TJ
- Braxton & Emily Butler GA
- Dave & Mimi Schweinler GA

Please continue to use the precautions (mask, sanitizer and social distancing), so that we can all remain safe and healthy.

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Quotefalls!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

A	A	E	H	E	E	A	E	N	C	E	A	C	A	H	A	I	A
C	M	F	I	G	I	R	E	R	H	F	N	D	D	N	I	P	E
I	V	L	L	H	U	R	F	T	I	O	N	I	E	N	T	V	H
Y		T		M	Y	T	L		T			N	S				
										,							
								"								.	"

~Lauren Bacall

## WEEKLY RIDDLE

I make two people out of one. What am I?



8			7	1	5			4
		5	3		6	7		
3		6	4		8	9		1
	6			5			4	
			8		7			
	5			4			9	
6		9	5		3	4		2
		4	9		2	5		
5			1	6	4			9

**How to Play Sudoku:** Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid.

Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.



**In Person Wellness Classes**

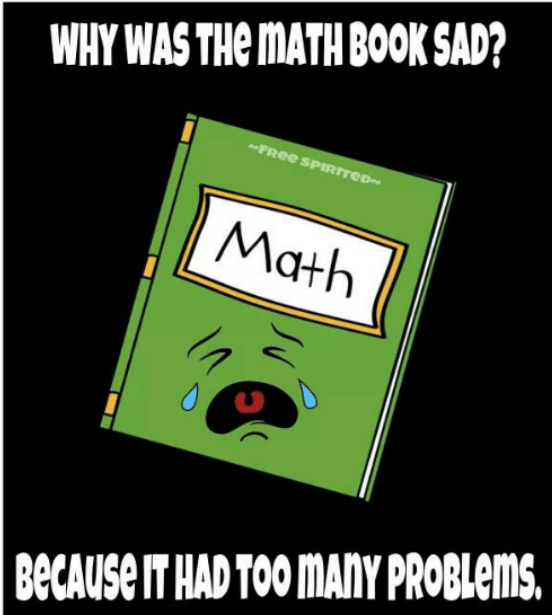
There is still time to sign up for in-person exercise classes in the Wellness Center. If you live in Garden Apartments, Bristol View or Duplexes and would like to participate in classes, please notify the Wellness Center at 253-756-6279 no later than Friday, March 12<sup>th</sup>. Wellness Staff needs to know how many are interested in order to plan the proper amount of classes. We will continue to offer classes for Tobey Jones and Lillian Pratt residents in their respective buildings.

**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



NP Amms  
@thatgirl409

So we just letting March come back after the way it acted last year?



**What's the difference between a northern fairy tale and a southern fairy tale?**  
**A northern fairy tale begins with: "Once upon a time..."**  
**A southern fairy tale begins with: "Y'all ain't gonna believe this..."**

		<b>MENU</b>	
		<b>Mar 8th - Mar 14th</b>	<b>This Week's Mindful Offer</b>
			<b>Cracked Wheat &amp; Chic Pea Wrap</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
	Fresh Fruit in Season	Chicken Ditalini Soup	Cream of Vegetable Soup
<b>M</b>	Assorted Fruit Juices	Mixed Green Salad	Chicken Ditalini Soup
<b>O</b>	Cream of Wheat	Cottage Cheese & Tomato	Cottage Cheese & Tomato
<b>N</b>	French Toast	Chicken Fried Steak	Grilled Cheese & Bacon Sandwich
<b>D</b>	Western Scrambled Eggs	Crisp Parmesan Tilapia	Baked Chicken & Noodles
<b>A</b>	Bacon	Mashed Potatoes	Fresh Baked Rolls
<b>Y</b>	Whole Milk	Simply Steamed Sugar Snap Peas	Old Fashion Molasses Cookie
	Coffee	Chocolate Raspberry Parfait	
<b>8</b>			
	Fresh Fruit in Season	Minestrone Soup	Minestrone Soup
<b>T</b>	Assorted Fruit Juices	Fruit Salad	Turkey Black Bean Chili
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>E</b>	Poached Eggs	Spaghetti & Meatballs	Classic Club Wrap/w Mac Salad
<b>S</b>	Sausage Patty	Apple Maple Roast Turkey	Broccoli Cheddar Quiche
<b>D</b>	Mushroom, Ham & Swiss Frittata	Oven Brown Potatoes	Mixed Vegetables
<b>A</b>	Whole Milk	Baked Butternut Squash	Apple Streusel Parfit
<b>Y</b>	Coffee	Garlic Bread	
<b>9</b>		Lemon Pudding Cake with Lemon Sauce	
<b>W</b>			
<b>E</b>	Fresh Fruit in Season	Grilled Chicken Tortilla Soup	Grilled Chicken Tortilla Soup
<b>D</b>	Assorted Fruit Juices	Cole Slaw	Tomato Soup
<b>N</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>E</b>	Buttermilk Pancakes	Pork Pernil	Crispy Chicken Sandwich
<b>S</b>	Grilled Ham	Grilled Wild Salmon	Top Round London Broil
<b>D</b>	Eggs To Order	Brown Rice	Potatoes Anna
<b>A</b>	Whole Milk	Peas & Carrots	Sautéed Spinach
<b>Y</b>	Coffee	Mint Chocolate Chip Whoopie Pie	Applesauce Bar
<b>10</b>			
<b>T</b>	Fresh Fruit in Season	Roasted Onion Soup	Roasted Onion Soup
<b>H</b>	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
<b>U</b>	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
<b>R</b>	Fried Cage Free Egg	Braised Mediterranean Chicken	Cuban Panini Sandwich
<b>S</b>	Bacon	Wild Mushroom Scampi	Open Face Beef Sandwich
<b>D</b>	Coffee Cake	Bow Tie Pasta	Mashed Potatoes
<b>A</b>	Whole Milk	Broccoli w Lemon & Garlic	French Fries
<b>Y</b>	Coffee	Peach Crisp	Asst Desserts
<b>11</b>			
	Fresh Fruit in Season	New England Clam Chowder	Red Bean, Coconut Beef Soup
<b>F</b>	Assorted Fruit Juices	Fruited Jell-O Salad	New England Clam Chowder
<b>R</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>I</b>	Sausage Link	Grilled Cod Cakes	Bacon Spinach Alfredo Pizza
<b>D</b>	Scrambled Eggs	Grilled Pineapple Ham Steak	Classic Tuna Melt
<b>A</b>	Sunrise Breakfast Casserole	Au gratin Potatoes	Homemade Potato Chips
<b>Y</b>	Whole Milk	French Cut Green Beans w Mushrooms	Chocolate Peanut Butter Brownie
	Coffee	Carrot Cake	
<b>12</b>			
<b>S</b>	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
<b>A</b>	Assorted Fruit Juices	Orange Jicama Salad	Canadian Cheese Soup
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Orange Jicama Salad
<b>U</b>	Bacon	Pepper Steak	Turkey & Swiss Melt
<b>R</b>	Fried Cage Free Egg	Herb Baked Chicken	Home Style Meatloaf
<b>D</b>	Bacon, Egg & Cheese Snacker	Rice Pilaf	Oven Roasted Potato Wedges
<b>A</b>	Whole Milk	Baked Tomato	Buttered Corn
<b>Y</b>	Coffee	Bread Pudding	Grasshopper Mousse
<b>13</b>			
	Fresh Fruit in Season	Chicken Vegetable Soup	Chicken Vegetable Soup
	Assorted Fruit Juices	Deviled Eggs	Chili Con Carne
<b>S</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>U</b>	Scrambled Egg	Braised Pot Roast	Deviled Eggs
<b>N</b>	Hash Browned Potatoes	Pork Chop w Sauerkraut	Chicken Penne & Chipotle Alfredo
<b>D</b>	Bacon	Smashed Red Potatoes	Cheese Burger
<b>A</b>	Cinnamon Roll	Vegetable Blend	French Fries
<b>Y</b>	Whole Milk	Dinner Roll	Garlic Knot
	Coffee	Lemon Meringue Pie	Snowball Cupcake
<b>14</b>			