



FRANKE  
TOBEY  
JONES

*Enjoy your age*



## FTJ Umbrellas

It's that rainy time of the year again! If you have a black and white FTJ umbrella in your apartment, please kindly put it in one of the umbrella holders near the front door in your building so we can all use them.



## Understanding Dementia Presentations

Caring for a loved one with dementia poses many challenges for families and caregivers. People with dementia such as Alzheimer's and related diseases have a progressive biological brain disorder that makes it more and more difficult for them to remember things, think clearly, communicate with others and take care of themselves. In addition, dementia can cause mood swings and even change a person's personality and behavior.

Join us for one or more of these Understanding Dementia classes to further understand this disease and the challenges it may be presenting to you or a loved one. Our guest speaker will be the wonderful and compassionate Jake Gamble from Generations Home Care. Also learn about important information you need to know if you're thinking about transitioning to a memory care community. After the presentation, those who are interested can tour our Memory Care and/or Assisted Living. Enjoy beverages and a selection of desserts too. It will be very informative and beneficial.

**SEATS ARE LIMITED! RSVP by March 22nd to Adelia at 253-756-6278 or [anunn@franketobeyjones.com](mailto:anunn@franketobeyjones.com)**

- March 27 **Various Types of Dementia** and how they affect people differently.
- April 10 **Early Onset Dementia**. 10 warning signs, when to get help, how to let go.
- April 24 **How to Address & Cope With Difficult Behaviors**. Also, family dynamics around memory loss, how to resolve issues with out-of-touch family.
- May 8 **How to Visit With a Loved One Who Doesn't Recognize You Any More**

## Shopping Trips for March

On Tuesdays we rotate between the Safeway on Pearl Street and the Proctor District Safeway/Met Market. The bus will depart **at 1:30pm, returning at 3:30pm.**

March 5—Proctor District/ Safeway/ Met Market  
March 12—Safeway and Westgate  
March 19—Proctor District/ Safeway/ Met Market  
March 26—Safeway and Westgate

On Thursdays we rotate between Fred Meyer and Trader Joes. The bus departs at **1:30pm, returning at 3:30pm.**

March 7—Canceled for Monet Exhibition trip  
March 14—Fred Meyer  
March 21—Trader Joe's  
March 28—Fred Meyer

For all of these shopping trips you must sign up by calling the LP Front Desk to reserve your spot on the bus. If no one has signed up by 5pm the day previously, the shopping trip will be canceled. Please do not call drivers directly for the shopping trips.

		<i><b>MENU</b></i>	
	<i>Menu subject to change due to supply shortages</i>	<i><b>Feb - 26 To Mar - 3</b></i>	<i><b>Roasted Portobello &amp; Chard Panini</b></i>
	<i><b>BREAKFAST</b></i>	<i><b>DINNER</b></i>	<i><b>SUPPER</b></i>
<i><b>M</b></i>	Chilled Fruit	Roasted Beef Fennel Soup	Roasted Tomato Tortilla Soup
<i><b>O</b></i>	Orange Juice	Fruit Salad	Roasted Beef Fennel Soup
<i><b>N</b></i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i><b>D</b></i>	Belgian Waffles	Sauté Trout With Almondine Sauce	Fruit Salad
<i><b>A</b></i>	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Three Cheese Quiche
<i><b>Y</b></i>	Grilled Ham	Brown Rice & Barley Pilaf	Turkey & Bacon Panini
	Whole Milk	Summer Squash	Sweet Potato Fries
<i><b>26</b></i>	Coffee	Steamed Cauliflower	California Mixed Vegetables
		Cranberry Apple Strudel	Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
<i><b>T</b></i>	Orange Juice	Cole Slaw	Cabbage & White Bean Soup
<i><b>U</b></i>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<i><b>E</b></i>	Apple Cinnamon Muffin	Ground Beef Quesadilla	Cole Slaw
<i><b>S</b></i>	Fried Cage Free Egg	Braised Pork w Sauerkraut	Shrimp Spaghetti ala Genovese
<i><b>D</b></i>	Bacon	Oven Brown Potatoes	Pastrami & Swiss on Rye
<i><b>A</b></i>	Whole Milk	Peas w Onions	Potato Chips
<i><b>Y</b></i>	Coffee	Sauteed Zucchini	Steam Broccoli & Carrots
<i><b>27</b></i>		Yellow Cake with Fudge Icing	Garlic Bread
			Chocolate Chip Cookie
<i><b>W</b></i>			
<i><b>E</b></i>	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
<i><b>D</b></i>	Orange Juice	Cucumber Sour Cream Salad	Potato Leek Soup
<i><b>N</b></i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i><b>E</b></i>	Blueberry Coffee Cake	Roasted Cod With Tomato Chutney	Cucumber Sour Cream Salad
<i><b>S</b></i>	Scramble Eggs	Chili Cumin Beef And Bean Casserole	Chicken Patty Sandwich
<i><b>D</b></i>	Sausage Patty	Brown Rice	Chef Salad
<i><b>A</b></i>	Whole Milk	Roasted Butternut Squash	California Mixed Vegetables
<i><b>Y</b></i>	Coffee	Roasted Cauliflower	Shoestring French Fries
<i><b>28</b></i>		Bread Pudding	Chocolate Brownie
<i><b>T</b></i>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<i><b>H</b></i>	Orange Juice	Fruited Jello Salad	Mexican Street Corn Chowder
<i><b>U</b></i>	Cream of Wheat	Mixed Green Salad	Fruited Jello Salad
<i><b>R</b></i>	Eggs to Order	Pork & Wild Mushroom Ragout	Mixed Green Salad
<i><b>S</b></i>	Whole Wheat French Toast	Chicken Cacciatore	Classic Beef Crispy Taco
<i><b>D</b></i>	Bacon	Rotini Pasta	Tomato Mozzarella Panini
<i><b>A</b></i>	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Refried Beans
<i><b>Y</b></i>	Coffee	Steamed Brussels Sprouts	Potato Chips
		Bakers Choice	Grilled Yellow Squash
<i><b>29</b></i>			Cookies & Cream Cupcake
<i><b>F</b></i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i><b>R</b></i>	Orange Juice	Mixed Green Salad	Carrot Raisin Salad
<i><b>I</b></i>	Old Fashioned Oatmeal	Carrot Raisin Salad	Mixed Green Salad
<i><b>D</b></i>	Fried Cage Free Egg	Brazilian Steak Chimichurri	Cheese Pizza
<i><b>A</b></i>	Sausage Link	Tuscan Herb Tilapia	Hot Turkey Sandwich
<i><b>Y</b></i>	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Mashed Potato
	Whole Milk	Steamed Cauliflower	Roasted Mix Vegetables
<i><b>01</b></i>	Coffee	Peas & Carrots	Pound Cake
		Chocolate Cake	
<i><b>S</b></i>			
<i><b>A</b></i>	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
<i><b>T</b></i>	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
<i><b>U</b></i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i><b>R</b></i>	Scrambled Egg	Farmers Pot Roast With Vegetables	Cottage Cheese & Tomato
<i><b>D</b></i>	Bacon	Buttermilk Fried Chicken Thighs	Tuna Mushroom Casserole
<i><b>A</b></i>	Whole Milk	Smashed Yukon Potatoes	Patty Melt Sandwich
<i><b>Y</b></i>	Coffee	Corn O'Brien	Roasted Asparagus
<i><b>02</b></i>		Steamed Vegetable Medley	French Fries
		Angel Food Cake w Orange Sauce	Butterscotch Pudding
<i><b>S</b></i>	Chilled Fruit	Bacon & Corn Chowder	Bacon & Corn Chowder
<i><b>U</b></i>	Old Fashioned Oatmeal	Mixed Green Salad	Tomato Basil Soup
<i><b>N</b></i>	Eggs To Order	Deviled Eggs	Deviled Eggs
<i><b>D</b></i>	Sausage Link	Santa Maria Salmon	Mixed Green Salad
<i><b>A</b></i>	Hash Browned Potatoes	Rosemary Grilled Pork Chop	Thai shrimp Napa Noodle Bowl
<i><b>Y</b></i>	Cinnamon Roll	Wild Rice Pilaf	Classic Gilled Cheese Sandwich
	Whole Milk	Peas & Onions	Steamed Broccoli
<i><b>03</b></i>	Coffee	Sauteed Spinach	Sweet potato Fries
		Cherry Pie	Oatmeal Raisin Cookie