



FRANKE  
TOBEY  
JONES

*Enjoy your age*

## Girl Scout Cookies Saturday March 7 from 10:30am Lillian Pratt Lobby

Troup 43153 of University Place & Tacoma will be selling cookies in the Lillian Pratt Lobby. You can preorder cookies online or buy cookies in person the day of the booth. Each Box is \$6 and you can pay with cash or card. It is recommended that you purchase your cookies in advance if you want specific cookies. The girls will bring your pre-purchased order to the booth for you to pick up on March 7th.

COOKIE LINK <http://bit.ly/gstroopcookie>



## The 2026 Resident Handbook Is Here!

We're pleased to announce that the newly updated **2026 Resident Handbook** is now available. This comprehensive edition has been thoughtfully revised to ensure information is clear, current, and easy to navigate.

For your convenience, the handbook can be accessed instantly by scanning the QR code to the right. We encourage all residents to review the updated policies, guidelines, and helpful resources.



## Medical Care for Independent Residents

A reminder to Independent Residents...The nursing staff in Assisted Living or the Care Center are unable to provide any direct medical care to IL residents. The care team is unable to provide wound care, medical advice or any sort of assessments. Franke Tobey Jones does not have any health-related information for IL residents. Other than emergency situations, staff are not authorized to provide care to residents outside of those admitted to Skilled Nursing, Assisted Living or Memory Care.



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## Grief Group

**Wednesday, March 4th at 1pm –  
Garden Apartments 2<sup>nd</sup> Floor Lounge**

FTJ's campus grief group meets on the first Wednesday of every month. Even if you have not participated so far, you are welcome to join us for a mindfulness exercise and reflections on hope amidst grief. Please note that this is a confidential group that has no particular religious affiliation. To RSVP, contact Adelia Stackler (Campus Spiritual Support) at [astackler@franketobeyjones.com](mailto:astackler@franketobeyjones.com) or 253-756-6278.

## Daylight Saving Time Begins

Daylight Saving Time begins on **Sunday March 8<sup>th</sup>**. Don't forget to put your clocks ahead one hour before you go to bed Saturday night.



## Wanted: Grocery Bags

The Food Bank at Mason Methodist Church needs big brown grocery bags or heavy-duty plastic bags in good condition. Please bring your excess bags to the Bascom Library where they will be collected and brought to the Food Bank. Look for a receptacle marked for receiving the bags.



		<b>MENU</b>	
<i>Menu subject to change due to supply shortages</i>		<b>Mar-02 To Mar-08</b>	<b>Savory Portobello French Dip</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
<b>M</b>	Chilled Fruit	Chicken Gumbo	Split Pea Soup with Ham
<b>O</b>	Orange Juice	Pickle Beet Salad	Mixed Green Salad
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Spinach Quiche
<b>D</b>	Belgian Waffles	Pot Roast	Hot Open Face Turkey Breast Sandwich
<b>A</b>	Scramble Eggs	Stuffed Chicken Breast	Mashed Sweet Potato
<b>Y</b>	Grilled Ham	Orzo with Lemon & Herbs	Green Peas
	Whole Milk	Summer Squash & Carrot Medley	Bakers Choice
<b>02</b>	Coffee	Italian Vegetable Blend	
		Cherry Coconut Bars	
<b>T</b>	Chilled Fruit	Chicken Mulligatawny Soup	Turkey and Rice Soup
<b>U</b>	Orange Juice	Minty Cucumber Salad	Mixed Green Salad
<b>E</b>	Cream of Wheat	Mixed Green Salad	Soft Carne Asada Tacos
<b>S</b>	Apple Cinnamon Muffin	General Tso's Shimp	Chicken Pesto Panini
<b>D</b>	Fried Egg	Baked Pork Chop	Refried Pinto Beans
<b>A</b>	Bacon	Garlic Roasted Potato Wedges	Mexican Rice
<b>Y</b>	Whole Milk	Asparagus with Lemon Garlic Vinaigrette	Potato Chips
<b>03</b>	Coffee	Roasted Cauliflower	Pumpkin Cheesecake Bar
		Yellow Cake with Fudge Icing	
<b>W</b>			
<b>E</b>	Chilled Fruit	Thai Pea Soup	Potato Leek Soup
<b>D</b>	Orange Juice	Asian Pineapple Slaw	Mixed Green Salad
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Santa Fe Patty Melt
<b>E</b>	Café Mocha Muffin	Ginger Orange Chicken	Roasted Portobello Cobb Salad with Pita
<b>S</b>	Scramble Eggs	Garlic Beef and broccoli	Capri Mixed vegetables
<b>D</b>	Sausage Patty	Asian Noodles	French Fries
<b>A</b>	Whole Milk	Sesame Garlic Stir Fried Vegetables	Chocolate Brownie
<b>Y</b>	Coffee	Spice Cake with Cream Frosting	
<b>04</b>			
<b>T</b>	Chilled Fruit	Hearty Beef Vegetable Soup	Vegetable Chili
<b>H</b>	Orange Juice	Fruit Jello Salad	Mixed Green Salad
<b>U</b>	Cream of Wheat	Mixed Green Salad	Mushroom & Spinach Lasagna
<b>R</b>	Eggs to Order	Shepherds Pie	Ham & Swiss Croissant
<b>S</b>	Whole Wheat French Toast	Baked Tilapia with Lemon Butter Sauce	French Fries
<b>D</b>	Bacon	Mashed Potato	Grilled Marinated Zucchini
<b>A</b>	Whole Milk	Baja Roasted Vegetables	Irish Cream Bar
<b>Y</b>	Coffee	Crispy Brussels Sprouts	
<b>05</b>		Apple Crisp	
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Mixed Green Salad	Mixed Green Salad
<b>I</b>	Old Fashioned Oatmeal	Carrot Raisin Salad	Penne Pasta With Grilled Shrimp
<b>D</b>	Scramble Eggs	BBQ Glazed Salmon	Sausage Pizza
<b>A</b>	Sausage Link	Beef Brisket	Garlic Bread
<b>Y</b>	Blueberry Pancakes	Oven Roasted Home Fries	Mixed Vegetables
	Whole Milk	Broccoli & Cauliflower	Bakers Choice
<b>06</b>	Coffee	Herb Roasted Carrots	
		Fruit of the Forest Pie	
<b>S</b>			
<b>A</b>	Chilled Fruit	French Onion Soup	Cream of Vegetable Soup
<b>T</b>	Orange Juice	Cottage Cheese & Tomato	Mixed Green Salad
<b>U</b>	Classic Grits	Mixed Green Salad	Open Faced Roast Beef Sandwich
<b>R</b>	Scrambled Egg	Chopped Beef Steak with Onions	Cheese Tortellini in Marinara Sauce
<b>D</b>	Turkey Sausage Link	Roasted Chicken	Mashed Potatoes
<b>A</b>	Whole Milk	Rice and Peas	Green Beans with Oregano
<b>Y</b>	Coffee	Grilled Asparagus	Vanilla Pudding
<b>07</b>		Cauliflower Florets	
		Angel Food Cake with Strawberry Sauce	
<b>S</b>	Chilled Fruit	Chicken Ditalini Soup	Tomato Basil Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>N</b>	One Poached Egg	Carolina Chopped Slaw	Penne Carbonara with Chicken
<b>D</b>	Bacon	Grilled Cod	Grilled Cheese
<b>A</b>	Hash Browned Potatoes	Korean Grilled Pork Loin	Steamed Broccoli and Red Peppers
<b>Y</b>	Whole Milk	Steamed Jasmine Rice	Sweet Potato Fries
	Coffee	Asian Vegetables	Asst Dessert
<b>08</b>		Baby Bok Choy	
		Rocky Road Ice Cream	