



FRANKE
TOBEY
JONES

Enjoy your age

Main Desk Phone
752-6621 or Ext. 0

Work Order Line
Ext. 1293

RESIDENT COUNCIL MEETING

Monday, November 8
9:30 am, Zoom Meeting
Contact the LP Front Desk for an invite to the meeting.

BISTRO
Ext. 1394

Location: LP 1st Floor
Next to Wellness Center
Monday - Friday
8am—2pm:
The Bistro is now open on a trial basis for a couple of months.

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.

NEW RESIDENTS

Bob & Janet Lordahl LP
Margot Webb SN
Edith Moore SN
Janice Shaw TJ

IN REMEMBRANCE

George Kenefick BV
Darrel Sharrard SN

MONDAY, OCTOBER 25

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
The USS Eldridge	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Boggle	1:30 pm	LP Parlor
Drunken Pumpkin Hallway Social	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Gazebo Group	5:00 pm	DU Large Gazebo

TUESDAY, OCTOBER 26

What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
LP Worship Service	10:30 am	LP Parlor
IL Worship Service	11:30 am	BV Gathering Room
Proctor District Shopping Bus	1:30 pm	Sign up at LP Desk
All About Cider	1:30 pm	LP Parlor
TJ Afternoon Tea	2:00 pm	TJ Hallways
Room Visits	2:30 pm	LP Resident Rooms
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	3:00 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Medicare Basics	3:30 pm	Zoom Meeting

WEDNESDAY, OCTOBER 27

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Tort & Tortellini	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
SU: Outsmart Yourself	10:30 am	LP Parlor
Room Visits	10:30 am	LP Resident Rooms
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Halloween Candy Baskets	1:30 pm	LP Parlor
Hallway Happy Hour	2:30 pm	LP Hallways
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Literary League Book Club	3:00 pm	Zoom Meeting

I visited a monastery and as I walked past the kitchen I saw a man frying chips. I asked him "Are you the friar?" He replied "No, I'm the chip monk..."



HAPPY BIRTHDAY

October 2
Phillip Phibbs

October 4
Elsa Williams

October 5
Jack Meteyer

October 6
Anne Roberts
Ray Mitzner

October 7
Jane Schuneman

October 11
Cora Bock

October 12
Geri Smith

October 14
Donna Swenson
Janelle Rucker

October 17
Millie Hildebrand

October 18
Anne Locascio

October 21
Thomas Gilchrist

October 26
Nicki Minor

October 28
Myron Sharrad
Ruth Shedd

October 29
Bob Bryan
Shelby Clayson

HAPPY ANNIVERSARY

October 1
Tony & Helen Plattner

October 4
John & Kay Hodge

THURSDAY, OCTOBER 28

Knit Wits	9:30 am	TJ Parlor
History of Halloween	9:30 am	Activity Terrace
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Room Visits	10:30 am	LP Resident Rooms
SU: A New Cold War	11:00 am	Zoom Meeting
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Do You Believe in Ghosts?	1:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<i>Wellness: Sit Fit Fun</i>	<i>3:00 pm</i>	<i>LP Parlor</i>
SU: Great Decisions Discussion	3:00 pm	Zoom Meeting
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
GA Happy Hour	3:30 pm	Main Gathering Area
TJ Happy Hour	4:00 pm	TJ Parlor

FRIDAY, OCTOBER 29

<i>Wellness: Seniorcise Gold I</i>	<i>8:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	<i>9:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: Writing Short Stories	11:00 am	Zoom Meeting
SU: The New Jim Crow Book Discussion	1:30 pm	Zoom Meeting
<i>Wellness: Sit, Fit, Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, OCTOBER 30

Movie: Harry Potter and the Deathly Hallows I	2:30 pm	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SUNDAY, OCTOBER 31

Movie: Harry Potter and the Deathly Hallows II	10:00 am	LP Parlor
Seahawks Game	1:05 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Holiday Market

Friday, November 5
10:00 a.m.—3:00 p.m.
M. J. Wicks Wellness Center

Don't miss this opportunity to find some unique and special gifts for your family and friends this holiday season. This year we have new vendors offering different and exciting items along with some of your favorite items from years past. Come check out the Market and jump start your holiday fun!

Some of the items that will be available:
Original one of a kind jewelry
Art prints/greeting cards
Glass ornaments
Seahawk jewelry
Hand carved wood art
Beach driftwood & shell art



Symphony Tacoma “Classics II”

Saturday, November 20 Bus departs at 6:45 pm.

Sign up by Wednesday November 17. **Cost: Ticket \$40-\$90**

Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.

Strings and woodwinds are spotlighted in this collection of European classics. A contemporary of Mozart, Bologne is known as the first classical composer of African descent. Principal Flute Mary Jensen takes center stage for Mozart’s Andante & Rondo for Flute & Orchestra and Fauré’s Fantasie for Flute & Chamber Orchestra. Ravel’s *Le Tombeau de Couperin* is a memorial to the composer’s friends who had passed during World War I.



Please sign up at LP Front Desk

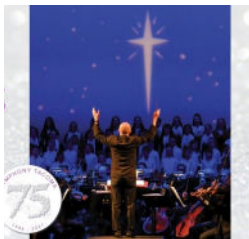
Please contact Heidi at 253-756-6284 if you want to purchase tickets

Symphony Tacoma “Holiday Favorites”

Sunday, December 5 Bus departs at 1:45 pm.

Sign up by Wednesday December 1. **Cost: Ticket \$40-\$90**

Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.



Symphony Tacoma’s annual winter-wonderland of good cheer for kids from 1-92! Join us for an afternoon of music from your favorite holiday shows, a lighting of the menorah, a Christmas sing-along and beautiful music by *your* Symphony Tacoma and Symphony Tacoma Voices that will capture the themes, spirit, and “Sounds of the Season.”

Don your favorite holiday garb or crazy sweaters and come early to join us in a cup of hot cocoa and enjoy our carolers—they will even take requests! **Please sign up at LP Front Desk**

Please contact Heidi at 253-756-6284 if you want to purchase tickets.

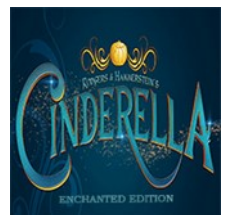
Tacoma Musical Playhouse “Cinderella”

Saturday, December 11 Bus departs at 1:15 pm

Sign up by Wednesday December 8. **Cost: Ticket \$29 for Seniors**

Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.

Rodgers & Hammerstein’s Cinderella is the new Broadway adaptation of the classic musical. This contemporary take on the classic tale features Rodgers & Hammerstein’s most beloved songs, including “In My Own Little Corner,” “Impossible/It’s Possible” and “Ten Minutes Ago,” alongside an up-to-date, hilarious and romantic libretto by Tony Award-nominee Douglas Carter Beane. **Please sign up at LP Front Desk.**



Please contact Heidi at 253-756-6284 if you want to purchase tickets to see this play.

Symphony Tacoma “Messiah”

Friday, December 17 Bus departs at 6:45 pm.

Sign up by Wednesday December 15. **Cost: Ticket \$40-\$90**

Proof of Covid Vaccination will be required to enter the theater. You MUST bring, your vaccine card, or a copy of your vaccine card or a picture of your card on your cell phone. Mask will be required while in the theater.

Handel’s beloved classic—and a tribute to Symphony Tacoma’s first-ever performance in 1946! This holiday classic oratorio is performed by the talented orchestra and vocalists of Symphony Tacoma Voices.

Please sign up at LP Front Desk

Please contact Heidi at 253-756-6284 if you want to purchase tickets.





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|-----------|------------|--------------|----------|
| APPLES | COSTUMES | HARVEST | PUMPKIN |
| AUTUMN | GHOSTS | HAUNTED | SQUIRREL |
| BLACK CAT | GHOULS | HAYRIDE | TREAT |
| CANDY | GRAVEYARD | JACKOLANTERN | TRICK |
| CIDER | HALLOWEEN | LEAVES | WITCHES |
| CORNMAZE | HALLOWSEVE | MASKS | ZOMBIES |

WEEKLY RIDDLE

What goes up and never comes down?



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.

LOUD		
<p>DANCE DANCE DANCE --->DANCE</p>	<p>CRYING CRYING CRYING CRYING</p>	<p>groPOOLund</p>
<p>ABCD EFGH a week IJKLM a week NOPQ a week RS_U a week -WXY Z</p>	FREQUENCY	<p>T T T I I I S S S</p>

Congratulations To Two Outstanding FTJ Clinical Team Members

The Allstar Caregiver Award ceremony, sponsored by Health Care Providers Council of Pierce County, and hosted at the Weatherly Inn, was held on September 15. There were nearly 100 nominations from Retirement Communities, Adult Family Homes and Care agencies. Franke Tobey Jones is proud to announce that the winner was from Franke Tobey Jones! Congratulations to **George Ngugi** who has worked at FTJ for only a few months, but has made quite a positive impression on many people.



The nomination read “George is an all-star care giver for my father who resides in FTJ skilled nursing. My dad has only lived there six weeks. As a new resident, George was the first care giver my father met. He was welcoming, helpful, friendly and made my dad feel welcomed from the moment he moved in. George is a patient and steady support, engaging and encouraging. He provides personal care while honoring my father’s dignity in very undignified situations. Every time I visit, George welcomes me and my family. He genuinely cares for not just my dad, but for us a well. He does not race through his care, he takes time to converse with my father and my father is NEVER made to feel he is a burden. George, from the first hour of my father’s arrival, demonstrated great respect, attention and honor to my father. I will be forever grateful for all George has done for my father.”

Elvira Peterson, a CNA at Franke Tobey Jones in our Lillian Pratt assisted living building, was also nominated and recognized for her outstanding care giving as well.



Congratulation to both George and Elvira who consistently live our FTJ Promise, “To make every day meaningful for my residents, my team members and myself.” We are proud to have you on our FTJ Clinical team!

Covid Booster Shots Coming to FTJ

We are happy to announce that Franke Tobey Jones is partnering with Rxpress Pharmacy to provide the COVID booster shot to residents and staff. The COVID booster is available to all residents and all staff that are at least 18 years old. The booster is not required but it is recommended. The booster is only available to individuals who have received the Pfizer COVID vaccine at least 6 months ago. You do not need to have received your COVID vaccine at FTJ to be eligible but you must bring your COVID vaccination card to show proof of your vaccination and the date you received it. If you received your COVID vaccination at FTJ and cannot find your card please let Michelle know.

The COVID booster clinic will be on Wednesday, October 27th, 2021 starting at 10:00am. We will provide more details as we get a little closer to the date. We do have forms to be completed prior to the date. Michelle Olafson and her team will work on distributing the forms. **Independent residents, please contact Michelle Olafson at x1251 or 253-756-6251 if you would like to receive the booster. AL residents, please contact Holly Elton.** The pharmacy does require a photocopy of your Medicare or private insurance card. Michelle and her team will let you know if they do not already have a copy or your cards. We will need completed forms and photocopies of insurance cards by Friday, October 22nd.

The pharmacy can also administer the flu vaccine if you missed the clinic on September 29th. Please let Michelle and her team know that you would also like the flu vaccine at the same time.

If you have any questions please contact Bob Beckham at bbeckham@franketobeyjones.com or 253-756-6253.

Bob Beckham

MENU			
Oct 25th - Oct 31st			
<i>Menu subject to change due to supply shortages</i>			
	BREAKFAST	DINNER	SUPPER
	Fresh Fruit in Season	Beef Barley Soup	Beef Barley Soup
M	Orange Juice	Cottage Cheese & Tomatoes	Navy Bean Soup
O	Cream of Wheat	Mixed Green Salad	Cottage Cheese & Tomatoes
N	Scrambled Egg	Stuffed Shells	Chef Salad
D	Sausage Link	Fried Trout	Chicken Fried Steak
A	Whole Wheat Pancakes	Oven Brown Potato	Caramelized Leek Mashed Potatoes
Y	Whole Milk	Sliced Carrots	Buttered Corn
	Coffee	Garlic Bread	Rice Pudding w Raisins
25		Ice Cream Sundae	
	Fresh Fruit in Season	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
T	Orange Juice	Fruit Salad	Pork Chile Verde
U	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
E	Poached Eggs	Crispy Baked Flounder	Grilled Flank Steak
S	Bacon	Braised Pork Shoulder	Chicken Sandwich
D	Blueberry Muffin	Horseradish Yukon Mashed Potatoes	Baked Potato
A	Whole Milk	Brussels Sprouts w/ Bacon	Creamed Spinach
Y	Coffee	Baked Apples	Chocolate Chip Cookie
26			
W	Fresh Fruit in Season	Chicken Mulligatawny Soup	Garden Vegetable Soup
E	Orange Juice	Cole Slaw	Chicken Mulligatawny Soup
D	Cream of Wheat	Mixed Green Salad	Cole Slaw
N	Fried Large Cage Free Egg	Catch of the Day	Sloppy Joe Sandwich
E	Grilled Ham	Beef Enchiladas	Mac & Cheese
S	French Toast	Black Beans & Rice	Steamed Vegetables
D	Whole Milk	Mexican Street Corn	Potato Chips
A	Coffee	Lemon Panna Cotta	Pound Cake w Fresh Strawberries
Y			
27			
T	Fresh Fruit in Season	Cauliflower Cheese Soup	Cauliflower Cheese Soup
H	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
U	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
R	Scrambled Egg	Chicken Scaloppini Marsala	Wedge Salad
S	Bacon	Eggplant Parmesan	Roasted Turkey Breast
D	Apple Cinnamon Muffin	Penne	Mashed Sweet Potato
A	Whole Milk	French Cut Green Beans	Fresh Broccoli
Y	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
28		Cookies and Cream Blondie	
	Fresh Fruit in Season	New England Clam Chowder	New England Clam Chowder
F	Orange Juice	Fruited Jell-O Salad	Tomato Basil Soup
R	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
I	Spinach & Pesto Scrambled Eggs	Tropical Seared Salmon	Pepperoni Pizza
D	Scramble Eggs	Sweet and Sour Pork	Turkey Blue Cheese Burger
A	Bacon	Fried Rice	French Fries
Y	Whole Milk	Asian Blend Vegetables	Orange Sparkler Cookie
29	Coffee	Pina Colada Cake	
S	Fresh Fruit in Season	Sweet Potato and Black Bean Chili	Mushroom & Roasted Garlic Soup
A	Orange Juice	Bean Salad	Sweet Potato and Black Bean Chili
U	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
R	Poached Eggs	Crispy Parmesan Tilapia	Grilled Tuna Melt Sandwich
D	Sausage Patty	Salisbury Steak	Beef Stroganoff
A	Ham & Spinach Frittata	Mashed Potatoes	Rotini Noodles
Y	Whole Milk	Peas & Carrots	Grilled Yellow Squash
30	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
	Fresh Fruit in Season	Spring Pasta Fagioli	Turkey Vegetable Soup
S	Orange Juice	Waldorf Salad	Spring Pasta Fagioli
U	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
N	Fried Cage Free Egg	Baked Ham	Grilled Cheese Quesadilla
D	Hash Browned Potatoes	Fried Shrimp	BBQ Turkey Steak
A	Bacon	Rice Pilaf	Home Fried Potatoes
Y	Cinnamon Rolls	Green Beans	California Mixed Vegetables
	Whole Milk	Lemon Meringue Pie	Raspberry Yogurt Mousse
21	Coffee		