



FRANKE
TOBEY
JONES

Enjoy your age

Look for comment cards in the dining room where you can share messages of appreciation and recognition for our Back-of-House team members.

SEPT. 14TH-18TH

CELEBRATING CHEF LIFE

Stay Inspired

Experiment & Innovate

Ingredients Matter

SCAN ME

CHEF APPRECIATION WEEK

#chefappreciationweek

Teaching
KITCHEN

Superfood- SEEDS

LOCATION:
Wellness Center

DATE:
Wednesday,
September 23rd

TIME: 1:00 pm

LEARN COOK ENJOY

Bistro Hours

Be sure to come between the hours of 9AM – 2PM to enjoy your favorite drink or snack. Closed daily: 11:15-11:45am for staff breaks.



New Check in System in the Wellness Center

At the end of September, the Franke Tobey Jones Wellness Center is switching over to an electronic check in system. This will allow members to sign up for and check into Wellness classes, programs and appointments more efficiently and allow staff to send out announcements that are more easily accessible. By streamlining these processes, it will allow Wellness staff to use their time more efficiently.

All residents who currently use the Wellness Center **must** be set up on this system. The last week of September we will use some of our regular class times to offer assistance to get everyone signed up as well as a drop in day at the end of the week. The times are listed below. If you can't make it during these times, please let Wellness staff know and we can arrange a different time.

You will receive a welcome email prior to these meetings that walks you through the set up process. You are more than welcome to sign up ahead of time. Please bring your phone to the meeting as you may need it for set up. If you have any questions, please let us know and we will do our best to answer. Thank you for your patience and understanding as we navigate this new system.

Monday, Sept. 28th 8:00 am, 9:00 am, 10:00 am, 11:00 am

Tuesday, Sept. 29th 10:00 am

Wednesday, Sept. 30th 8:00 am, 9:00 am, 10:00 am, 11:00 am

Thursday, Oct. 1st 10:00 am

Friday, Oct. 2nd Drop-ins from 8:00 am – 12:00 pm

-FTJ Wellness Team



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Making A Difference Recognition



Charles Njenga – Clinical Services
His jovial personality at end of day is lighthearted and distracting from our situation. (Resident)



Angela Wilcox – Clinical Services
She follows the rules of caregiver training. She enforces the safety rules with all residents “lock your chair.” She feels responsible for her assigned clients. She shows caring and empathy to all patients. (Resident)



Andrew Youn – Clinical
Andrew is always willing to help any resident who makes a request. He has walked many steps with me, indoors and out. He saw a problem with my walker wheel and immediately stopped me. We took the walker to PT and it was repaired immediately. Andrew is always calm and observant and is aware of resident’s needs. (Resident)



Patricia Moore – Activities
Patricia’s compassionate, heartfelt care for our most vulnerable residents is remarkable in itself. But what makes Patricia stand out even more is that she is the kind of person who sees a need and simply steps in. If someone needs help, Patricia is there, not because she has to be, but because that is who she is. We are all blessed by the compassion and kindness she brings to FTJ every single day. (Co-worker)

This award is a shout out to employees for whom doing their job is routinely making every day meaningful. It recognizes Franke Tobey Jones’ employees whose action are noted to exemplify any of the values listed in **“My Team Member Promise: Make Every Day Meaningful.”** These values reflect actions that promote quality of life for each **Resident**, teamwork among our employee **Team** and employee **Self** development!

Vaccine Clinic Save the Date

The annual vaccine clinic at FTJ will be on **Thursday October 22nd**. You can receive the COVID, flu and/or RSV vaccines. More details to follow in the coming weeks.



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Hello! Here is this week's menu. We think you will love it!

DATE September 14th – September 20th Week 3

Morrison
LIVING

MONDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Scramble Eggs
Sausage Links
Home Fries
Blueberry Pancake

TUESDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Cheese Omelet
Breakfast Ham
Banana Bran Muffin

WEDNESDAY BREAKFAST

Fresh Fruit Cup
Grits
Beef Corned Hash
Fresh Over Egg
Wheat Toast

THURSDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Scrambled Egg
Applewood Bacon
Sweet Potato Home Fries
Plain Bagel

FRIDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Cheese Strata
Sausage Patty
Glorious Morning Muffin

SATURDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Eggs Benedict
Applewood Bacon
Home Fries
Texas French Toast

SUNDAY BREAKFAST

Fruit Cup
Grits
Scrambled Egg
Sausage Links
Cinnamon Roll

MONDAY LUNCH

Spanish Lentil Vegetable
Soup
Waldorf Salad
Garden Salad
Teriyaki Chicken
Orange Beef and Broccoli
Brown Rice
Asian Snap Peas
Sautéed Bok Choy
Wheat Roll
Frosted Orange Cake

TUESDAY LUNCH

Chicken and Sausage
Gumbo Soup
Confetti Coleslaw
Garden Salad
Spaghetti and Meat Sauce
Crispy Baked Cod
Dijonnaise Red Potatoes
Sautéed Swiss Chard
Roasted Herb Baby Carrots
Garlic Bread
Blueberry Buckle

WEDNESDAY LUNCH

Tomato Florentine Soup
Corn Salad
Garden Salad
Mojo Braised Pork
Chicken Piccata
Spanish Rice
Au Gratin Cauliflower
Roasted Tomatoes with
Herbs
Dinner Roll
Frosted Banana Cupcake

THURSDAY LUNCH

Elote Corn Soup
Arugula Honeydew Salad
Beef Stroganoff
Shrimp Scampi
Egg Noodles
Spicy and Crispy Green
Beans
Fresh Yellow Squash
Wheat Roll
Assorted Desserts

FRIDAY LUNCH

New England Clam
Chowder
Pea and Cheese Salad
Garden Salad
Cranberry Pork Loin
Turkey Pot Pie
Baked Potato
Fresh Steamed Broccoli
Roasted Cauliflower
Wheat Roll
Macaroon Bar

SATURDAY LUNCH

Chicken & Wild Rice Soup
Carrot Salad
Garden Salad
BBQ Tomato Beef
Meatloaf
Italian Baked Pollock
Mashed Potatoes
Buttered Carrots
Zucchini and Mushrooms
Parmesan Breadstick
Ginger Pear Cake

SUNDAY LUNCH

Barley Mushroom Soup
Thai Cucumber Pickle
Chicken Coq Au Vin
Salisbury Swiss Steak
Roasted Red Potatoes
Steamed Green Peas
Sautéed Kale
Wheat Roll
Pecan Pie

MONDAY DINNER

Cream of Cauliflower
Garden Salad
Turkey Swiss Melt on
Wheat
Tuna Noodle Casserole
Fresh Baked Sweet
Potato Fries
Oven-Roasted Brussel
Sprouts
Breadstick
Lemon Bar

TUESDAY DINNER

Sweet Potato Bisque
Garden Salad
Pastrami & Swiss
Sandwich on Rye
Spinach & Mushroom
Quiche
Fresh Potato Fries
Basil Roasted Zucchini
Caramel Apple Bread
Pudding

WEDNESDAY DINNER

French Onion Soup
Garden salad
Crispy Sesame Chicken
Ham Potato & Cheese
Casserole
Noodle Soba
Orange Ginger Carrots
Dinner Roll
Pear Cobbler

THURSDAY DINNER

Homemade Chunky
Vegetable Soup
Garden Salad
Stuffed Pepper with Brown
Rice
Bratwurst on Bun
Warm German Potato Salad
Steamed Peas and Pearl
Onions
Red Cabbage Salad
Frosted Vanilla Cupcake

FRIDAY DINNER

Clam Chowder Soup
Garden Salad
White Florentine Pizza
Beef Patty Melt
Fresh Potato Fries
Sautéed Spinach with
Red Onions
Wheat Roll
Cappuccino Pudding

SATURDAY DINNER

Italian Wedding Soup
Garden Salad
Acapulco Chicken
Seafood Louis Plate
Herbed Couscous
Artichoke Hearts and
Peppers
Hawaiian Roll
Mango Sorbet

SUNDAY DINNER

Tomato Rice Soup
Garden Salad
French Dip Sandwich
Baja Fish Taco
Parmesan Roasted
Potato Wedges
Sautéed Onions and
Mushrooms
Black Beans and Rice
Coconut Brownie