



FRANKE
TOBEY
JONES

Enjoy your age

Call to Veterans

Each year on Veterans Day we acknowledge FJT residents who served in the armed forces. If you have moved into the community in the last year, served in the armed forces and would like your name recognized, please reach out to Heidi White at hwhite@franketobeyjones.com or 253-756-6284. Please give your name and the branch of service you were in.

Ballroom Dance Returning

Classes will take place on **Wednesdays**
at 1:00 pm in the Wellness Center
beginning October 21st

Join us for an afternoon of music and movement. Whether you're a seasoned dancer or just want to sway along, we'll enjoy classic ballroom tunes and simple steps together. All fitness levels welcome. Chairs available for those who'd like to sit and enjoy the music instead.



The Grand Cinema Movie Outing

The Movie Bus to Tacoma's beloved Grand Cinema on **Wednesday, October 28**, features **You Can See Everything**. This critically acclaimed, three-hour documentary concerns the disgraced, self-delusional fraudster Elizabeth Holmes, who made billions after she invented a revolutionary blood-testing machine. Both funny and strange, the film explores the difficulty of finding the truth.

The trip is limited to 20 people and will **leave the Bistro entrance at 12:45 p.m.** Register by Tuesday, October 27 by contacting the LP Front Desk and signing up.

Matinee ticket prices are \$10. If you are a member of the Grand, matinee tickets are \$7.50 plus free popcorn.





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Making A Difference Recognition



Tiffany Murphy – Clinical

As a nursing student, I appreciate how helpful she was with me. She balances doing things right with keeping on task and understanding the needs of the residents. She had a great impact on my perspective of LTC. (Student)



Tracy Relic – Clinical

During the summer concert series, Tracy had returned to work each Thursday evening to help bring residents in SN out to the concerts. Her dedication and sacrifices of her personal time is a shining example of the selfless attitude she displays every day. She puts residents first and makes their needs a priority. She is a superstar every day but, on these nights, she really shines. (Co-worker)



Malcolm Nichols– Building Services

Malcolm is a joy for me to have on this campus. He has responsibilities all over the campus and a wide range of tasks. Even so, he is always cheerful and smiling – never too busy to take on an extra task. I enjoy seeing him and interacting with him. (Resident)



Terry Allman– ARR

All the FTJ staff are wonderful, but Terry Allman has a special place of honor in my heart as she was the first FTJ staff who met my mom and I, gave us a tour, and we were immediately hooked. Terry is authentic, caring, compassionate, detail-oriented, and generous in a world that today is very hostile and cruel. It is a comfort to know my mom is surrounded by caring staff like Terry, and such a caring community of warmth and kindness. FTJ is full of people with incredible hearts and spirits like Terry, Thank you. (Resident family member)

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!



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

DATE October 26th – November 1st Week 1

Morrison
LIVING

MONDAY BREAKFAST
Fresh Fruit Cup
Oatmeal
Scrambled Eggs
Sausage Links
Home Fries
Cranberry Muffin

TUESDAY BREAKFAST
Fresh Fruit Cup
Cream of Wheat
Poached Eggs
Applewood Bacon
Plain Bagel

WEDNESDAY BREAKFAST
Fresh Fruit Cup
Grits
Fried Eggs
Corn Beef Hash
Wheat Toast

THURSDAY BREAKFAST
Fresh Fruit Cup
Oatmeal
Scrambled Eggs
Applewood Bacon
Hash Brown Patty
Texas French Toast

FRIDAY BREAKFAST
Fresh Fruit Cup
Cream of Wheat
Fresh Over Egg
Sausage Patty
Buttermilk Pancakes

SATURDAY BREAKFAST
Fresh Fruit Cup
Oatmeal
Denver Scramble
Sausage Links
Chocolate Chip Quick
Bread

SUNDAY BREAKFAST
Fruit Cup
Grits
Eggs Benedict
Applewood Bacon
Cinnamon Rolls
Wheat Toast

MONDAY LUNCH

Turkey Noodle Soup
Garden Salad
Spinach Orange Salad
w/Dressing
Pork Chop w/ Apples
Chicken Etouffee
Vegetable Rice
Edamame Succotash
Sauteed Fresh Spinach
Wheat Roll
Deep Dish Peach Cobbler

TUESDAY LUNCH
Cream of Mushroom Soup
Garden Salad
Cucumber Dill Salad
Parmesan Baked Cod
Manicotti with
Spinach Cream Sauce
Herb Couscous
Green Beans w/ Red Peppers
Sauteed Zucchini
Garlic Bread
Carrot Cake

WEDNESDAY LUNCH
Beef and Rice Soup
Garden Salad
Cranberry Fruit Gelatin
Marinated Flank Steak
Crab Cakes
Whipped Potatoes
Roasted Yellow Squash
Buttered Carrots
Wheat Roll
Black Forest Cake

THURSDAY LUNCH
Broccoli and Cheese Soup
Garden Salad
Carrot Salad
Lamb Curry
Tofu Stir Fry
Jasmine Rice
Curry Roasted Cauliflower
Sauteed Bok Choy
Garlic Bread
Assorted Desserts

FRIDAY LUNCH
New England Clam
Chowder
Garden Salad
Broccoli Coleslaw
Broiled Salmon
Sweet & Sour Pork
Wild Rice Pilaf
Grilled Rainbow Carrots
Braised Greens &Peppers
Cheese Biscuit
Pumpkin Mousse

SATURDAY LUNCH
Chicken Noodle Soup
Garden Salad
Zucchini and Corn Salad
Turkey Meatloaf
Liver and Onions
Whipped Potatoes
Garden Blend Vegetables
Cauliflower & Red Peppers
Dinner Roll
White Raspberry Cake

SUNDAY LUNCH
Butternut & Apple Soup
Garden Salad
Apple Grape Salad
Beef Pot Roast
Tilapia Piccata Style
Scalloped Potatoes
Roasted Root Vegetables
Steamed Peas &
Mushrooms
Wheat Roll
Applesauce Cake

MONDAY DINNER

Scotch Barley Soup
Garden Salad
Tuna Salad Plate with
Biscuit
Turkey Stroganoff
Buttered Egg Noodles
Mushrooms Onions &
Peas
Pineapple Crisp

TUESDAY DINNER
Pasta Fagioli Soup
Garden Salad
Cuban Sandwich
Beef Taco Salad
Black Beans and Rice
Homemade Potato
Chips
Bananas Foster
Pudding

WEDNESDAY DINNER
Navy Bean Soup
Garden Salad
Chicken Jambalaya
Spinach & Tomato
Frittata
Portobella Potato Hash
Wheat Roll
Butterscotch Square

THURSDAY DINNER
Creamy Tomato Soup
Garden Salad
Philly Cheesesteak
Sandwich
Turkey Chef Salad
Roasted Potato Wedges
Broccoli with Garlic
Dutch Apple Pie

FRIDAY DINNER
Clam Chowder Soup
Garden Salad
Chile Relleno Casserole
Shrimp Salad Croissant
Homemade Potato
Chips
Lemon and Oregano
Roasted Zucchini
Garlic Roll
Classic Chocolate Cake

SATURDAY DINNER
Cream of Celery Soup
Garden Salad
Oven-Fried Chicken
Monte Cristo
Macaroni and Cheese
Seasoned Green Beans
Cornbread
Tapioca Pudding

SUNDAY DINNER
Lentil and Ham Soup
Garden Salad
Baked Ziti Sausage and
Mushrooms
Italian Deli Wrap
Fresh Potato Fries
Sauteed Fresh Spinach
Breadstick
Banana Split Sundae