



FRANKE  
TOBEY  
JONES

*Enjoy your age*

## Celebration of Life Bell Ringing

The Celebration of Life Bell Ringing will be held on October 25th in the TJ Parlor. For residents who have passed in September and October, we will be honoring them **Friday October 25th at 1:30pm in the TJ Parlor.**



## Resident Council Meeting Change

Resident council for October will be held via Zoom. Please join us at **9:30am on Monday October 14 on Zoom.**

If you need the link for the Zoom meeting please reach out to Kelly Maxfield at 253-756-6366 or [kmaxfield@franketobeyjones.com](mailto:kmaxfield@franketobeyjones.com). The link will also be in the agenda sent out next week.

## University of Puget Sound Research Project

My name is Campbell Preston and I am currently enrolled in an Ethnographic Methods class at the University of Puget Sound in which I am conducting a research project on the perception of gender inequality and its effect on voting participation. I am looking to recruit participants, specifically women aged 65 or older, to be interviewed for my research project on gender inequality and voting preferences. Please reach out to me at [cpres-ton@pugetsound.edu](mailto:cpres-ton@pugetsound.edu) if you are interested in participating or have any questions.

## Wellness Week



To celebrate our Wellness Center and all our wonderful members, FTJ is hosting its first ever Wellness Week the week of **October 21-25.**

Please refer to the brochure you received with your Wellness Center calendar for a list of events. Please sign up for the events you are interested in. You can reach the Wellness Center by phone at 253-756-6279 or email at

[cdeck@franketobeyjones.com](mailto:cdeck@franketobeyjones.com).

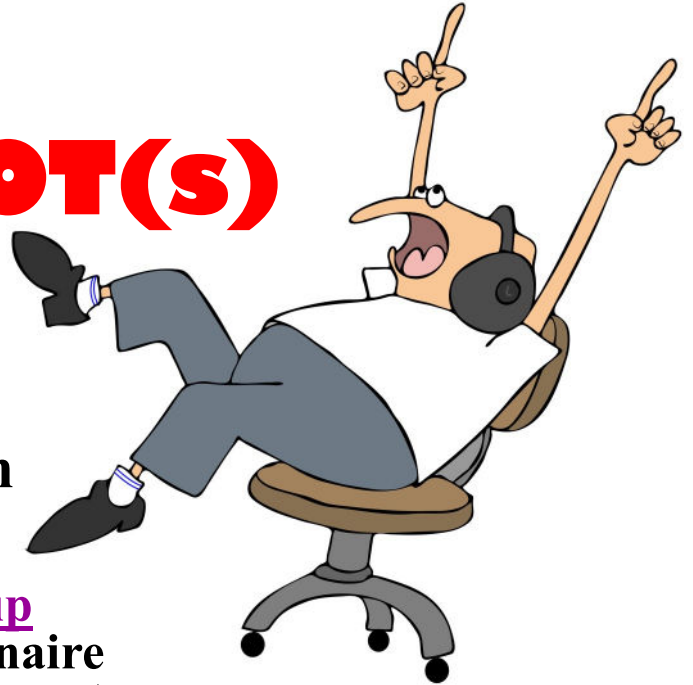
If you have any questions, please contact a Wellness Staff Member.



# GET YOUR BOOSTER SHOT(S)

For COVID, Flu and RSV\*

\* RSV is a one-time shot



Thursday, October 24, 2024  
10:00am—12:00; 1:00—2:00pm  
Care Center Gathering Room

Please RSVP by October 21 to sign up  
We'll fill out the forms and questionnaire with you over the phone, so all you have to do is sign the form at the clinic.

**The vaccination schedule is as follows:**

- ⇒ **Tobey Jones Building** 10:00am—11:00am
- ⇒ **Garden Apartments** 11:00am—12:00pm
- ⇒ **Bristol View & Duplexes** 1:00pm — 2:00pm

⇒ **Skilled Nursing, Memory Care and Assisted Living**—NO RSVP Required  
Vaccinations will happen in resident rooms throughout the day

**Rxpress Pharmacy will be on-site to provide the booster shots**

- ⇒ The booster is not required but it is recommended for anyone at least 65 years of age.
- ⇒ You do not need to have received your COVID vaccine or booster at FTJ to be eligible.
- ⇒ It's free to everyone with insurance.
- ⇒ Michelle Olafson and the Admissions team will be reaching out to you to complete the appropriate forms. **All forms must be completed by October 21.**
- ⇒ If you can't come at the times below for your building, please come anytime between 10:00am - noon or 1:00 - 2:00pm.

**Bristol View residents, Duplex residents and Tobey Jones residents:**  
RSVP to Michelle at 253-756-6251 or molafson@franketobeyjones.com

**Note: Michelle will be off campus October 11-16. Please leave a message for her.**

**Garden Apartment residents:**  
RSVP to Adelia at 253-756-6278 or anunn@franketobeyjones.com

### **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 Carol Bruda will collect them and bring them to the Food Bank. Look for a receptacle marked for receiving the bags. If you have any questions please contact Carol Bruda at 253-353-7121.

		<b>MENU</b>	
<i>Menu subject to change due to supply shortages</i>		<b>Oct- 14 To Oct- 20</b>	
<b>BREAKFAST</b>		<b>DINNER</b>	
		<b>SUPPER</b>	
	<b>Chilled Fruit</b>	<b>Cream of Fresh Broccoli Soup</b>	<b>Cream of Fresh Broccoli Soup</b>
<b>M</b>	<b>Assorted Fruit Juice</b>	<b>Fruit Salad</b>	<b>Beef Vegetable Soup</b>
<b>O</b>	<b>Old Fashioned Oatmeal</b>	<b>Mixed Green Salad</b>	<b>Fruit Salad</b>
<b>N</b>	<b>Scrambled Egg</b>	<b>Lemon Sage Chicken</b>	<b>Philly Steak Sandwich</b>
<b>D</b>	<b>Bacon</b>	<b>Beef Ramen Noodle Bowl</b>	<b>Cheese Enchilada Casserole</b>
<b>A</b>	Egg, Sausage & Cheese Burrito	<b>Yakisoba Noodle</b>	<b>Refried Black Beans</b>
<b>Y</b>	<b>Whole Milk</b>	<b>Steamed Carrots</b>	<b>Potato Chips</b>
	<b>Coffee</b>	<b>Harvard Beets</b>	<b>Steamed Vegetable Medley</b>
<b>14</b>		<b>Spice Cake</b>	<b>Vanilla Pudding Cup</b>
<b>T</b>	<b>Chilled Fruit</b>	<b>Italian Wedding Soup</b>	<b>Italian Wedding Soup</b>
<b>U</b>	<b>Assorted Fruit Juice</b>	<b>Hummus Plate</b>	<b>Butternut Squash Bisque</b>
<b>E</b>	<b>Cream of Wheat</b>	<b>Mixed Green Salad</b>	<b>Hummus Plate</b>
<b>S</b>	<b>Fried Cage Free Egg</b>	<b>Vegetables &amp; beans Quesadilla</b>	<b>Cranberry Turkey Wrap</b>
<b>D</b>	<b>Biscuits &amp; Gravy</b>	Bean,porkKielbasa & Chicken Casserole	<b>Spinach Mushroom Strata</b>
<b>A</b>	<b>Sausage Patty</b>	<b>Rice pilaf</b>	<b>Steamed Vegetable Medley</b>
<b>Y</b>	<b>Whole Milk</b>	<b>Grilled Broccoli &amp; Cauliflower</b>	<b>Sweet Potato Fries</b>
	<b>Coffee</b>	<b>Spumoni Ice Cream</b>	<b>Maple Bacon Cookie</b>
<b>15</b>			
<b>W</b>	<b>Chilled Fruit</b>	<b>Cream Of Zucchini Soup</b>	<b>Cream Of Zucchini Soup</b>
<b>E</b>	<b>Assorted Fruit Juice</b>	<b>Mixed Green Salad</b>	<b>Chicken Ditalini Soup</b>
<b>D</b>	<b>Old Fashioned Oatmeal</b>	<b>Cucumber Sour Cream Salad</b>	<b>Cucumber Sour Cream Salad</b>
<b>N</b>	<b>Raisin Muffin</b>	<b>Santa Maria Roast Salmon</b>	<b>Apple, Parmesan Arugula Salad</b>
<b>E</b>	<b>Eggs to Order</b>	<b>Balsamic Grilled Flank Steak</b>	<b>Meatball Sandwich</b>
<b>S</b>	<b>Bacon</b>	<b>Garlic Mashed Potatoes</b>	<b>French Cut Green Beans</b>
<b>D</b>	<b>Whole Milk</b>	<b>Glazed Carrots</b>	<b>Potato Chips</b>
<b>A</b>	<b>Coffee</b>	<b>Roasted Asparagus</b>	<b>Asst Dessert</b>
<b>Y</b>		<b>Chocolate Pudding</b>	
<b>16</b>			
<b>T</b>	<b>Chilled Fruit</b>	<b>Minestrone Soup</b>	<b>Minestrone Soup</b>
<b>H</b>	<b>Assorted Fruit Juice</b>	<b>Cole Slaw</b>	<b>Beef &amp; Red Bean Chili</b>
<b>U</b>	<b>Cream of Wheat</b>	<b>Mixed Green Salad</b>	<b>Cole Slaw</b>
<b>R</b>	<b>Donuts</b>	<b>Chicken Spinach Casserole</b>	<b>Mixed Green Salad</b>
<b>S</b>	<b>Fried Cage Free Egg</b>	<b>Bacon Wrapped Pork Tenderloin</b>	<b>Fish Taco</b>
<b>D</b>	<b>Grilled Ham</b>	<b>Baked Sweet Potato</b>	<b>Turkey Bistro Burger</b>
<b>A</b>	<b>Hashbrowns</b>	<b>Cauliflower Au Gratin</b>	<b>California Vegetable Medley</b>
<b>Y</b>	<b>Whole Milk</b>	<b>Grilled Zucchini</b>	<b>French Fries</b>
<b>17</b>	<b>Coffee</b>	<b>Strawberry Shortcake</b>	<b>Coconut Cream Pie</b>
	<b>Chilled Fruit</b>	<b>New England Clam Chowder</b>	<b>New England Clam Chowder</b>
<b>F</b>	<b>Assorted Fruit Juice</b>	<b>Carrot Raisin Salad</b>	<b>Carrot Raisin Salad</b>
<b>R</b>	<b>Old Fashioned Oatmeal</b>	<b>Mixed Green Salad</b>	<b>Mixed Green Salad</b>
<b>I</b>	<b>Omelet</b>	<b>General Tso's Cauliflower Stir Fry</b>	<b>Horseradish Beef &amp; Cheddar Sub</b>
<b>D</b>	<b>Blueberry Muffin</b>	<b>Garlic Orange Chili Shrimp</b>	<b>Roasted Vegetable Lasagna</b>
<b>A</b>	<b>Sausage Link</b>	<b>Steamed Brown Rice</b>	<b>Peas &amp; Carrots</b>
<b>Y</b>	<b>Whole Milk</b>	<b>Steamed Asian Vegetables</b>	<b>Sweet Potato Waffle Fries</b>
	<b>Coffee</b>	<b>Blueberry Cobbler</b>	<b>Asst Cookies</b>
<b>18</b>			
<b>S</b>	<b>Chilled Fruit</b>	<b>Loaded Potato Chowder</b>	<b>Loaded Potato Chowder</b>
<b>A</b>	<b>Assorted Fruit Juice</b>	<b>Cottage Cheese</b>	<b>Mushroom &amp; Roasted garlic Soup</b>
<b>T</b>	<b>Old Fashioned Oatmeal</b>	<b>Mixed Green Salad</b>	<b>Cottage Cheese</b>
<b>U</b>	<b>French Toast</b>	<b>Herb Roasted Turkey Breast</b>	<b>Chicken Fajita Wrap</b>
<b>R</b>	<b>Poached Egg</b>	<b>Apple Cider Pork Loin</b>	<b>Popcorn Shrimp</b>
<b>D</b>	<b>Bacon</b>	<b>Roasted Red Potato</b>	<b>Steamed Vegetable Medley</b>
<b>A</b>	<b>Whole Milk</b>	<b>Sautéed Spinach</b>	<b>Potato Chips</b>
<b>Y</b>	<b>Coffee</b>	<b>Glazed Carrots</b>	<b>Pound Cake w Strawberry Sauce</b>
<b>19</b>		<b>Ice Cream Sundae</b>	
<b>S</b>	<b>Chilled Fruit</b>	<b>Turkey and Rice Soup</b>	<b>Turkey And Rice Soup</b>
<b>U</b>	<b>Orange Juice</b>	<b>Deviled Eggs</b>	<b>Garden Vegetable Soup</b>
<b>N</b>	<b>Cream of Wheat</b>	<b>Mixed Green Salad</b>	<b>Deviled Eggs</b>
<b>D</b>	<b>Scrambled Egg</b>	<b>Swiss Steak</b>	<b>Quiche Lorraine</b>
<b>A</b>	<b>Sausage Link</b>	<b>Crispy Parmesan Baked Cod</b>	<b>Country Fried Steak</b>
<b>Y</b>	<b>Cinnamon Rolls</b>	<b>Mashed Potato</b>	<b>Home Fries</b>
	<b>Whole Milk</b>	<b>Steamed Cauliflower</b>	<b>Roasted Brussels Sprouts</b>
	<b>Coffee</b>	<b>Roasted Marinated Vegetables</b>	<b>Tapioca Cream pudding</b>
<b>20</b>		<b>Lemon Cake</b>	