

Contact Information
Cherilyn Williams, APR
Senior University Director
(253) 756-6219
cwilliams@franketobeyjones.com

OR Christine Bachman, MIRM, CSP, CMD, ATM
Sr. Director of Marketing and Public Relations
(253) 752-6621
cbachman@franketobeyjones.com
Franke Tobey Jones
5340 North Bristol
Tacoma, WA 98407

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FOR IMMEDIATE RELEASE

Lecture on May 3: *Parenting Your Grown Children ... Without Meddling*

Betty Frain, PhD, knows that parents of children 25 or older have a challenge to hit the right balance between welcome advice and too much interfering. On Monday evening, May 3, Frain will share strategies based on her studies with co-author Eileen Clegg for their book *Becoming a Wise Parent For Your Grown Child* (Trafford Publishing). The 6:30 p.m. *Senior University* program will be in the MJ Wicks Family Wellness Center at Franke Tobey Jones Retirement Estates. Anyone with grown children is welcome to attend.

Frain says, "Grown or not, they're still your kids--and sometimes you think they need your help, even though they don't want you to act like a parent anymore. Other times, they want something from you--but you want them to stop acting like children and get on with their lives."

Frain is a marriage and family therapist based in California and also a columnist for 50fabulous.com.

Senior University is a community service of Franke Tobey Jones offering classes for individuals 55 or better from the surrounding community as well as those who live on the FTJ campus. Most classes are free of charge.

The Wellness Center is located in the Lillian Pratt Building, Franke Tobey Jones Retirement Estates, 5340 N. Bristol St. (corner of North Park Way and North Vassault Street) in Tacoma near Point Defiance Park.

Established in 1924, Franke Tobey Jones is a non-profit organization and public charity. Tudor-style residences are located on 20 acres of beautifully landscaped grounds adjacent to 700-acre Pt. Defiance Park in Tacoma's historic North End. As a Continuing Care Retirement Community, Franke Tobey Jones offers multiple Independent residences for active retirees, with the peace of mind of lovely Assisted Living, 24-hour Health Care and Memory Care facilities steps away. The 6,000 sq. ft. Wellness Center, Bistro Café, Beauty Shops, engaging activity calendar, putting green and Senior University round out the picture of gracious and energetic retirement living.

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