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**FOR IMMEDIATE RELEASE**

***Transitions* classes scheduled for Mondays in April**

Senior University is hosting a series of classes for people for whom retirement is still around the corner or already a pleasant reality. Experts from area organizations will share basic information about subjects from reasons to stay in present living situations to the legal papers that should be in place.

All four core classes will be from 6 to 7:30 p.m. in the MJ Wicks Family Wellness Center at Franke Tobey Jones Retirement Estates. The schedule is as follows:

- April 5 – How Do I Know When It Is Time To Make A Change?
- April 12 – What Are My Lifestyle Options?
- April 19 – How Much Might That Cost?
- April 26 – What Paperwork Should I Have In Place?

In addition to these core classes, Senior University is offering several follow-up sessions on specific topics. These include:

- Tuesday, April 20, 4 p.m. – War Veterans Benefit Seminar by the American Association for Wartime Veterans
- Monday, May 3, 6:30 p.m. – *Parenting Your Grown Children ... Without Meddling* by Dr. Betty Frain, co-author of *Becoming A Wise Parent For Your Grown Child*

- Friday, May 7, 4 p.m. – Social Security 101 by the Social Security Administration
- Friday, May 14, 2 p.m. – Financial Instruments 101: Definitions from reverse mortgages to annuities by staff of Bankers Life and Casualty

Registration is requested, but the workshops are free to both community members and Franke Tobey Jones residents. Registration can be through [www.franketobeyjones.com](http://www.franketobeyjones.com), by phone at 253-756-6219 or by e-mail at [cwilliams@franketobeyjones.com](mailto:cwilliams@franketobeyjones.com).

**For additional descriptions of the *Transitions* classes, see following page.**

*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.

## *Senior University*

### **Transitions Class Descriptions**

**Monday, April 5, 6 – 7:30 p.m.**

How do I know when it is time to make a change?

Dr. Charles Emlet, UWT, geriatric researcher

You're independent and proud of it. But you know that may not last. How do you determine that fine line between your independence and being safe? Between pride and needing to call for a little help? Dr. Charles Emlet of University of Washington Tacoma has done extensive study in evaluation. He'll help you sort out some of the signs that you may want to make some changes and some of the changes you may not need to worry about. Among the areas to evaluate are:

- Doctor comments/health status
- Energy for caring for household
- Changes in partner's health
- Changes in support systems
- Self-assessment on cognitive condition
- Realistic look at abilities/situation

There are also emotions that may surprise you even when you are just thinking about making some changes in your life, whether you are looking forward to a new situation or not. Get a "heads up" on what to watch for.

**Monday, April 12, 6 – 7:30 p.m.**

What are my options?

Bob Riler, Pierce County Aging and Long Term Care

If you are thinking you might want to change your living situation or need to get some additional help there are so many options you may feel overwhelmed by the range of choices and the new set of terms. Bob Riler, one of the resource folks from Pierce County Aging and Long Term Care will walk you through some definitions such as assisted living vs. skilled care. He'll talk about the many options for in-home help but also give information on what to look for in a new residence. A sampling of material includes definitions for aging in place, palliative care, and residential care homes as well as living options and how to evaluate them.

**Monday, April 19, 6 – 7:30 p.m.**

How much will it cost? What is involved in moving?

Michelle Matz,FTJ

Senior Real Estate Specialists (Hankwitz and Jaffe)

To move or not to move – that is the question. It can be a real dilemma to assess your assets and try to determine what might be your best option. Michelle Matz, senior director of resident accommodations, will walk through the process of looking at what many options cost from aging in place to moving into a retirement center. Senior Real Estate Specialists Sharon Jaffe and

Victoria Hankwitz will bring their professional knowledge about the process of selling your real estate and moving should that be part of your plan.

*Note: At 4 p.m. Tuesday, April 20, there will be an informational session on war veteran benefits at Franke Tobey Jones.*

## Monday, April 26, 6 – 7:30 p.m.

What paperwork should I have in place?

Susan McNally Jones, Vandenberg, Johnson & Gandara, LLP

Tom McKee, Tuell-McKee Funeral Services

Whether you have decided to stay your current course, get some help or move, there are some documents that will make your next few years easier for both you and your family and friends. Putting it on paper, from medical directives and powers of attorney to wills and final wishes, is yet another step in the planning process. Susan McNally Jones of Vandenberg, Johnson & Gandara, LLP, will share some of the considerations in compiling the legal documents. For instance, you will need to gather your thoughts about your ultimate intent for your assets – ideas about nonprofits that may benefit from your gifts as well as your heirs. Tom McKee of Tuell-McKee will help you think through some of the considerations for your final arrangements, such as pre-payment and interment, that will be a true gift to your family and friends.

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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