



Frankely, we've got it!

News, events and opportunities for our community

FRANKE
TOBEY
JONES

January/February 2018

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Expansion is Full Speed Ahead!



It's been exciting to see the progress on the development of our new Health Care and Memory Care Center. With the dry December we've been making good progress. The forms for the footings have been made, and by the end of December we should have our first cement pour.

We're also in the beginning stages of a capital campaign to support this amazing project. Stay tuned for more information, and check out our website for up-to-date progress at:

<https://www.franketobeyjones.com/watch-us-grow/project-overview/>

Celebration of Life



Franke Tobey Jones' annual Celebration of Life to remember and honor our residents who have passed away in 2017 is scheduled for Saturday, January 20, 2018 at 3:00 p.m. in our

Lillian Pratt Parlor. Residents, family members and friends are welcome to celebrate the life of a loved one they have lost. Attendees will be given an opportunity to write a sentiment or name their deceased loved one on a ribbon and hang it on the Tree of Life. There will also be a time to share heart-felt memories. Everyone is welcome.

How to Choose the Right Assisted Living Community

Choosing a new place to call home can be a challenge in the best of circumstances. When looking for a place that can accommodate particular health and daily living needs, the challenge can become even more daunting. You want a place where you can still be independent and enjoy life while receiving the assistance you need to live well.

Here are some questions you should ask when looking for a superior assisted living community.

1. Do the residents look happy and well cared for?
2. Is the community clean?
3. Does the staff look happy?
4. Are there common areas that help make the community look and feel like a home?
5. Are the grounds well-kept and are there areas for residents to walk and stroll?
6. Does this community provide the services I or my loved one need?
7. What is the ratio of staff to residents?
8. Does the community offer additional services or have a skilled nursing facility on-site should care needs change?
9. What amenities and activities does the community provide?
10. What are the dining options and are special dietary restrictions honored?

At Franke Tobey Jones our residents enjoy the style and comfort of living in a beautiful English Tudor style home. This gracious setting is matched by impeccable care, services and amenities, which include restaurant-style dining, weekly housekeeping, and a wide range of activities, including educational, recreational, and cultural opportunities.

Feature Apartment for January/February 2018 Tobey Jones Building #372 ~ Independent Living with Meals



Our Featured Apartment this month is Tobey Jones Building Apartment #372. This is a spacious, bright one bedroom, two bathroom 625 sq. ft. apartment with a wonderful view of the campus! You'll love the many windows, quartz and stainless kitchenette and ceiling fans. The monthly rent is \$4,570 with no "buy in." The monthly rent includes the following amenities:

- 3 wonderful, chef prepared meals a day
- Cheerful weekly house-keeping
- Transportation to and from doctor appointments and shopping five days a week
- Many fitness classes
- Woodshop and Craft room
- Senior University—life long learning
- More activities, trips and tours than you can imagine!

Your needs are always a priority to us. For more information regarding these apartments, other available apartments, or any other questions you may have regarding retirement living, please call Michelle Matz or Shirley Robbins at 253-752-6621 or visit www.FrankeTobeyJones.com.



Garden Apartment #102 ~ Independent Living—\$3,010/month

This 588 sq. ft. one bedroom/one bathroom apartment with a fireplace and patio with storage, is located on the main floor with close access to everything. The monthly rent includes: continental breakfast 3 days a week, happy hour every Friday, fully equipped kitchen, washer and dryer, housekeeping every other week, maintenance of building exterior, all grounds and common spaces, activities, fitness, FTJ Senior University, trips, tours and more!



Lillian Pratt #321 ~ Assisted Living—\$3,140/month

This studio apartment has a nice view of the FTJ neighborhood. The monthly rent includes: three meals daily in a well appointed dining room, all utilities, cheerful weekly housekeeping, transportation to doctor appointments and shopping, emergency alert features, FTJ Senior University, fitness classes, activities, trips and tours.



Our Place ~ Memory Care

We have a rare opening in "Our Place," a specialized community for seniors with early to mid-stage dementia. Residents enjoy the best view on campus with a lovely secure balcony overlooking Commencement Bay. Our approach to dementia care features a small group of residents who live together in a home-like setting with 24 hour supervision and support.

Meet Residents Bob and Anne Roberts



Bob was born in New Jersey and when he was ten his family moved to California. As a teenager he worked in an ice-cream parlor in

Beverly Hills. One time he was given a \$20 tip (a fortune at that time) and later found out his customer was Mickey Cohen, a famous gangster at that time. After college he went to Europe for three months and during his voyage he met Ernest Hemmingway - one of the highlights of his life. He actually came home with two of his photographs signed by Hemmingway that are now among his most prized possessions. Upon his return home Bob joined the Army and served during the end of the Korean War. After that he attended UCLA earning a degree in Political Science. He had a career in real estate both in CA and WA.

Anne was born and raised in a small fishing village in Denmark and amazingly enough her next door neighbor was Isak Dinesen (Karen Blixen) the author of Out of Africa. She left Denmark in 1958 to become an au pair in the United States, and her life's career and passion has been weaving, quilting and fabric arts.

Bob and Anne met at a dance, however, just three weeks later Anne's Visa expired and she returned to Denmark. Bob was very smitten with Anne, packed his paperwork and traveled to Denmark to ask Anne to marry him. One month later they were married in a small family wedding in Denmark. Bob and Anne were graced with three children and now have six grandchildren.

Prior to moving to FTJ Bob and Anne sold their home on Whidbey Island where they had lived for 33 years. At FTJ Anne enjoys water-color classes and is always looking for new adventures. Being a gifted writer, Bob is currently participating in our writing classes. They both enjoy our Wellness classes.

As of Dec. 2017, Bob and Anne have been married for 58 years. Their life's motto is "live a positive life!" Bob and Anne feel safe and secure living here and have enjoyed everyone they've met stating the residents are charming and the staff most helpful. They also enjoy taking the trips offered by FTJ. Life is good!

Note: Apartments are modeled for the photos, residents bring their own furniture.

Resident Bobby Brown Honored

In September of 2017, FTJ resident Bobby Brown was honored with a Puget Sound Honor Flight. The Puget Sound Honor Flight mission is to transport Western Washington war veterans to Washington D.C., to visit and reflect at memorials dedicated to honor their service and sacrifices. Bobby was so thrilled to be honored and said, "My patriotism is completely renewed. I am so very thankful to the donors, Alaska Airlines and all the volunteers who helped make the trip possible."

The veterans were greeted at the airport by enthusiastic patriots and also attended an orientation where each received a bag filled with two commemorative t-shirts, a mailbox bag, souvenirs and snacks. Upon boarding the plane they noticed the flight attendants were dressed in 1940's attire which was such an honor for the veterans. As the plane departed, military personnel and airport staff stood in formation to honor the veterans. It was such moving experience.

For two days in Baltimore the veterans were escorted by motorcyclists from the Patriot Guard Riders to Washington DC where they visited the WWII Memorial, Seabee Memorial, Arlington Cemetery where they witnessed the changing of the guard at the Tomb of the Unknown Soldier, Korean Memorial, Vietnam Memorial, Franklin D. Roosevelt Memorial, Navy Memorial and the Airforce Memorial. They were also treated to wonderful food and a Hero's Banquet.



On the return flight the veterans were each given their "Mail Call Bag" filled with current letters from family, school students, patriots and friends. Each letter was written with love and thanks. As another act of respect, Alaska Airlines treated the veterans to their flight meals and beverages.

When landing at SeaTac the veterans were greeted by service members, friends, family and many welcome home signs. It was a glorious and emotional homecoming. Each veteran of Korean services was honored with a medal for their service presented by dignitaries. Bobby was honored to receive the Korean Ambassador For Peace Medal and a plaque from the Republic of South Korea for his service during the Korean War. The Honor Flight was an experience Bobby will hold close to his heart – forever. For more information go to <https://www.honorflight.org/> or <http://pugetsoundhonorflight.org/>.

Enjoy Your Age

Wellness/Fitness Center Member Appreciation Day



L to R: Kathy Grabowski, Carol Bruda and Karina Bernal

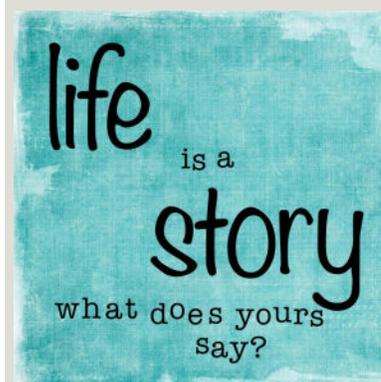
In December we hosted Franke Tobey Jones Wellness/Fitness Center Member Appreciation Day and it was a great celebration!

Congratulations to the three people who attended the most Wellness classes in 2017:

- ◆ Carol Bruda (Resident)- 273 times
- ◆ Kathy Grabowski (Community Member)- 246 times
- ◆ Karina Bernal (Staff)- 167 times

Wellness Appreciation Day is an opportunity for us to thank our wonderful members and show our appreciation! The members inspire us every day with the hard work and dedication towards fitness and healthy living. The morning was filled with fun, games, food, nutritional information and a chance to mix and mingle with other Wellness Center members and the instructors here at the FTJ Wellness Center!

The FTJ Wellness Center is a safe space for people from all different walks of life to come together to work on personal goals to achieve a higher level of fitness and well-being! We aim to provide a supportive social environment that promotes socialization among participants. People who come to the FTJ Wellness Center have great bonds and have become family!



Happy New Year! ENJOY!

"A new year is like a blank book. The pen is in your hands. It is your chance to write a beautiful story for yourself."

