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FrankeTobeyJones.com  
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FrankeTobeyJones

From the minute you step foot on our beautiful campus, you'll feel at home. Our vibrant senior community is a place where close friends and memories are made. Exercise your mind with a **Senior University** enrichment course. Join us for a **Tai Chi** class. Enjoy coffee at the **Bistro Café** with friends.

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**Life's More Fun Without  
Cleaning Toilets!**  
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## FTJ Senior University Class Highlights ~ March—April 2018

### Irish Fiddle: A Musical History

Join Randal Bays, a self-taught US-born musician who's been playing Irish fiddle for more than thirty years, as he provides a history of Irish fiddle with some tunes to get you in the mood for St. Patrick's Day. *March 16, 10:00 am, Lillian Pratt Parlor*

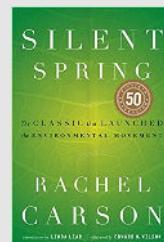


### Dialing in, the three A's of Aging\*

This workshop led by Linda Henry invites us to be in the now, focused on who we are and what we can do today. This highly interactive workshop with large and small group participation challenges commonly held ageist beliefs, explores passion and purpose at any age, examines how to make meaningful transitions and offers tools to create a personal aging roadmap. *April 4, 2:00 pm, Wellness Center*

### Rachel Carson - A Living History Performance by Debbie Dimitre

Rachel Carson was an American scientist, marine biologist, and author of *SILENT SPRING*, the book that many believe started the environmental movement. *April 27, 10:30 am, Lillian Pratt Parlor*



Call Jana Wennstrom at 253-752-6621 for more information. Or for a full class schedule go to [www.franketobeyjones.com/upcoming-events/program-calendars/](http://www.franketobeyjones.com/upcoming-events/program-calendars/)



### Collage Workshop\*

Fumiko Kimura will be teaching a simple and enjoyable mixed media collage class with all materials supplied. *March 22, 10:00 – Noon, Tobey Jones Craft Room. \*Must Register*

### Power Plan: Assigning an Executor\*

Mountain View Memorial Park & Funeral Home presents an innovative new workshop designed to provide peace of mind to families and reduce the financial and emotional stress they face when a death occurs. Participants will receive practical information about choosing an Executor and learn the simple things they can do now to make it easier for their Executor later.

*March 28, 1:30 pm, Lillian Pratt Parlor. \*Must Register*

Senior University at FTJ provides a wealth of programs for lifelong learning and many opportunities to build skills, explore new subjects, and enjoy the learning process for people 55 and better—both those residing on campus and in the surrounding community. Lecturers and instructors are experts in their fields hailing from local colleges and universities, businesses, nonprofits and cultural organizations along with others who have retired with rich career experiences. Most classes are offered free. **Go to [www.FrankeTobeyJones.com](http://www.FrankeTobeyJones.com) for a full class schedule.**

# FRANKELY, WE'VE GOT IT!

*news, events, and opportunities for our community*



**FRANKE TOBEY JONES**  
*Enjoy your age*

March—April 2018

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*Frankely, We've Got It*  
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If you would like your name removed from our mailing list, please call our main reception desk at (253) 752-6621



### Bristol View Apartments ~ Breaking Ground This Spring!

We will be starting the Bristol View Apartments very soon! This is our brand new 16 apartment-home building which should be complete in spring of 2019. The construction fencing will go up shortly, then the excavators will begin clearing the land, getting it ready for construction to start. Our two-story building with views of the Puget Sound will have all the conveniences and security of being in a well-planned retirement community. Bristol View Apartment residents will receive all the benefits of Franke Tobey Jones residency. Enjoy a private life or a social one, home cooking or restaurant-style dining—it's your choice. We'll handle the entire home and yard maintenance and watch your home when you're away.

The living area in each of the 16 Bristol View Apartments ranges from 1,390 to 1,690 square feet. Some of the many features and benefits include: maintenance-free living inside and outside; all have two bedrooms and two bathrooms; ten apartments have views of the Puget Sound, six have a campus view ; some master suites include balcony access. All include private bath with dual sinks and a large walk-in closet; open floor plans, with balcony access is open to the gourmet kitchen with breakfast bar; fully equipped kitchen with built-in microwave oven, dishwasher and garbage disposal, beautiful wood

*Continued Page 3*

## Apartment of the Month Lillian Pratt Assisted Living Apartment #338



This large apartment is on the third floor and has a nice size living room, one bedroom, 1.5 bathrooms, a large kitchenette and a washer/dryer. The monthly rent of \$5,625\* includes:

- ◆ Three meals daily with waited dining service, a selective menu, flexible eating times and dietician planned meals;

- ◆ All utilities including local phone and basic cable;
- ◆ Weekly housekeeping, bed linens and towels laundered/supplied;
- ◆ Transportation to medical appointments and activities 5 days/week;
- ◆ Scheduled shopping, banking, grocery—weekly;
- ◆ Emergency alert features; front desk concierge; window coverings;
- ◆ Depending on your level of care, you chose what services including: Medication administration, supervision and other nursing services;
- ◆ Access to a dental hygienist, podiatrist, audiologist, physical therapist and occupational therapist.
- ◆ If more care is needed, close access to care in the Health Care Center offers peace of mind for residents and family members.

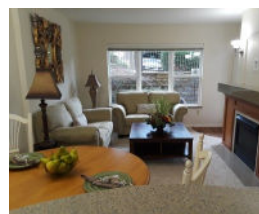
\* A Level of Care charge is added to the monthly rent (\$345—\$2,745). With this level of care charge you have access to RNs or LPNs on the premises 24 hours a day in addition to Certified Nursing Assistants.

**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](http://www.FrankeTobeyJones.com).**



### Tobey Jones Building Apartment #254 Independent Living with meals—\$3,140/month rent

This 375 sq. ft. one bedroom apartment is on the main floor close to everything! It has a quartz and stainless kitchenette and the monthly rent includes three meals per day, transportation M-F, weekly housekeeping, fitness classes, lifelong learning classes and more!



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

This 588 sq. ft. one bedroom/one bathroom apartment has a lovely walk-out patio perfect for container gardening. It is located on the main floor close to activities. 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!



### 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 Resident

## Kent Gilchrist



Kent was born in Tacoma, graduated from Stadium High School and attended Chico State College in California at which time he met Sharon. They dated for five years, most of the time while Kent was out of the country.

Kent was drafted into the Korean War with a specialty of military intelligence. Staying overseas after the war he worked as a civilian employee for the State Department. In 1955 Kent returned home, married Sharon, they had four children and remained inseparable during their 61 years of marriage. Sadly, Sharon passed away in February 2017.

Kent continued his education at the University of Puget Sound earning a degree in Business Administration and was soon hired by The Readers Digest as a Regional Sales Manager which required that he move to New York. After two years he was promoted to National Sales Development Manager for Southeast Asia as well as for the Chinese and the Far East editions. However, they never adjusted to living and working in New York, so he left The Reader's Digest and moved back to Tacoma.

Next he created and operated car and heavy duty truck dealerships for a few years before selling them. He and Sharon then decided to start an Import Export business with offices in the Philippines and Russia. Twelve years later they sold the company to a national corporation. Next Kent earned his commercial real estate and business brokerage license for the purpose of acquiring commercial real estate and businesses for his personal portfolio.

Always an athlete, for the past 36 years he has been an avid racquetball player, winning the state Senior 80+ championship for two years.

In May of 2017, Kent's children recommended he move to Franke Tobey Jones. Kent said "It turned out to be one of the best decisions of my life. Thank you Franke Tobey Jones."

## Bristol View Apartments (Cont'd.)

cabinetry, quartz countertops; upgraded finishes, gas fireplace, full size washer and dryer, technology equipped; patio/deck; security call system/emergency services monitored off site for fire and burglary; small pets are welcome; well-appointed common spaces including community/entertainment area with outdoor patio; secure underground parking and extra storage; housekeeping and meals are optional but can be arranged for on a fee-for-service basis; and so much more!

Does this beautiful new apartment-home building interest you? We'd love to talk to you about it and have you join our Franke Tobey Jones Family! To learn more, please call Michelle Matz or Shirley Robbins at 253-752-6621. We look forward to talking with you!

## Life's More Fun Without Cleaning Toilets!



So many of us conjure up images from when we might have visited our mom or grandmother in a nursing home, but senior living has changed significantly over the past few years. Communities today are simply not our "mother's nursing home."

Most are beautiful, homelike, comfortable and like an all-inclusive luxury resort or cruise ship.

Residents living in "independent living" basically live active, totally autonomously but have the reassurance knowing that assistance and even care is available if needed. Residents who live independently in a retirement community generally live in their own cottage or apartment, drive their own cars, cook their own meals, can participate in community activities and have as much privacy or independence as desired.

Most seniors who have moved to independent senior living communities say they prefer life at their new home more than living alone and here are some reasons why:

- New friendships and social connections
- No yard work or home maintenance
- Moving into a retirement community can be economical
- Wonderful food
- Lifelong Learning and staying fit with people your own age
- Safety and peace of mind
- Freedom to come and go as you please and to make your own decisions and choices. You can focus on what's most important to you, rather than being weighed down by the anchor of daily chores

To learn more, please call Michelle Matz or Shirley Robbins at 253-752-6621. We look forward to talking with you!

### Meet Dorothy Wilhelm

## While Giving

Franke's Follies is now a luncheon! SAVE THE DATE for **Thursday, May 17, 2018, 11:30 a.m. to 1:30 p.m.** at the Tacoma Yacht Club.

Enjoy a lovely lunch with guest speaker and columnist, Dorothy Wilhelm, as she shares humorous life stories and prepares us for "The Golden Years."

The luncheon will also include raffle items. You can purchase tickets for items such as a 12-day cruise for two on Holland America Cruise Lines, Tacoma package, Dinner and Movie for 4 with two local gourmet chefs, and more.

This event supports Franke Tobey Jones' community programs: Wellness, Senior University and our Point Defiance~Ruston Senior Center – serving primarily mid- to low-income seniors. RSVP to (253) 756.6327.



### Progress On Our New

## Health Care/Memory Care Building



Despite the winter weather, rain, rain and more rain, we are making progress on our new Health Care/Memory Care building. When complete in spring 2019 we will have a state-of-the-art skilled nursing and memory care building like none other in the State of Washington. Very exciting!