



FRANKE TOBEY JONES

*Enjoy your age*

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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.

**We have upgraded our database system. If you received this newsletter by mistake or no longer want to receive it, please call us at 253.752.6621 or email [chall@franketobeyjones.com](mailto:chall@franketobeyjones.com) Thank you!**

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**Understanding Dementia Presentation**  
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## FTJ Senior University Class Highlights ~ May—June 2018

Wednesday, May 16

### Outsmart the Financial Scammers

Incidents of fraud are on the rise and scammer's tactics are becoming more complex. This presentation will help give you the information you need to outsmart the scammers. 2:00 pm, Lillian Pratt Parlor



Tuesday, May 22

### Traveling China Through Wine

Wine made in China? Since 2013, Prof. Pierre Ly and his wife Cynthia Howson have spent their summers traveling Chinese wine country to meet the farmers, entrepreneurs and winemakers who are rocking the wine world. Pierre Ly will share his experience traveling China through wine. 11:00 am, Lillian Pratt Parlor

Thursday, May 24

### Design a Scarf Using Alcohol Inks

Local Artist Patty Finnigan will show how to use alcohol inks to create a beautiful scarf to take home. Registration is required and space is limited. 10:00 – Noon, Tobey Jones Craft Room

Friday, June 1

### Five Wishes...and More\*

Many people use "Five Wishes" to address vital questions about their personal hopes and desires in case they are no longer able to make decisions for themselves. Participants will receive a "Five Wishes" workbook and supplementary materials. 10:00 am, Lillian Pratt Parlor



Wednesday, June 6

### Living & Thriving with Parkinson's

Parkinson's is a complex disease that can affect almost every part of the body, ranging from how you move to how you feel to how you think and process. It affects not just those with the disease but their loved ones as well. While Parkinson's affects everyone differently, there are certain things that anyone can do to live well with Parkinson's and actually thrive. 2:00 pm, Wellness Center

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/)

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

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May—June 2018

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*Frankely, We've Got It*  
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## Meet Dorothy Wilhelm While Making A Difference

Franke's Follies, our annual fundraiser, is now a luncheon! Save the date for Thursday, May 17, 2018, 11:30 a.m. to 1:00 p.m. at the Tacoma Yacht Club.

Franke's Follies supports Franke Tobey Jones' community programs which are available for our residents as well as for non-residents – the community at large.

- Wellness – our vibrant fitness program
- Senior University – lifelong learning
- Point Defiance~Ruston Senior Center – serving primarily mid to low income seniors.

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

Dorothy is acknowledged by her editors, readers, fellow broadcasters and audiences nationwide as an expert on finding humor in the most unlikely circumstances. For more than three decades Dorothy Wilhelm has been an acknowledged spokesperson for people enjoying their second fifty years. She has now turned her attention to humor and joyful living for the second fifty years.

Make a donation of \$100 or more and receive Dorothy's exclusive book, just off the press and not available to the general public.

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.

**Please RSVP to Terri at 253.756.6327 or on line at [www.franketobeyjones.com](http://www.franketobeyjones.com) by May 9<sup>th</sup> to attend this fun and very worthwhile lunch/fundraiser.**

## Apartment of the Month ~Tobey Jones Apartment #261 Independent Living with Meals



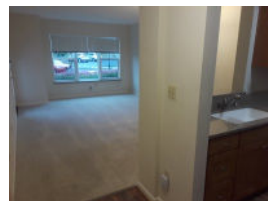
This lovely one bedroom, one bathroom apartment is on the main floor which makes meals and activities easily accessible. It has a nice campus view and plenty of windows. The monthly rent is \$3,720 and includes the following amenities:

- ⇒ **Three meals daily with waited dining service**, a selective menu and flexible eating times
- ⇒ **All utilities** including local phone and basic cable
- ⇒ **Cheerful weekly housekeeping**, bed linens and towels laundered/supplied
- ⇒ **Transportation** to and from doctor appointments and shopping, five days a week
- ⇒ **Many fitness classes**
- ⇒ **Senior University**—lifelong learning
- ⇒ **More activities, trips and tours** than you can imagine!
- ⇒ **Happy Hour Every Friday**

**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).**



**Lillian Pratt Apartment #334 ~ assisted living—\$4,420/mo.** This sunny one bedroom apartment has a very nice kitchenette, and 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.



**Garden Apartment #111 ~ Independent Living—\$3,020/mo.** This 606 sq. ft. one bedroom/one bathroom apartment on the main floor of the sunny side of the building has a patio and extra storage space. 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!



**Health Care Center—Private & Semi Private Rooms \$291-\$361/day**  
Our Health Care Center boasts a friendly atmosphere and provides our residents and their families with a multitude of amenities. We are a private pay Licensed Nursing Home with 38 beds and a 24-hour staff of RNs, LPNs and Certified Nursing Assistants (CNAs). Some supplies and/or therapy services may be billed through Medicare B. We also take private pay/private insurance referrals. It is not necessary to live at FTJ first to be a resident in our Health Care Center.

### Meet Residents

## Ron & Jeanette Adkins



Jeanette's career in education included 19 years as a senior English teacher and 15 years as a middle-school librarian in Huntington, West Virginia. She met Ron's mother through a shared interest in genealogy; Mrs. Adkins was an accomplished genealogist in Huntington. She introduced Jeanette to her son, Ron, from Tacoma, Washington, on one of his visits to his mother. It was a perfect match and the couple married in 2003.

In 1956, Ron left Huntington to work for the FBI in their clerical division while attending George Washington University at night. After getting his B.A. from GWU, he returned to Huntington and finished graduate school at Marshall University with a M.A. in History. He taught History at Huron College in South Dakota and later at the University of Denver before moving to WA to work in administration at the University of Puget Sound. After ten years at UPS, Ron became a personal financial advisor and Certified Financial Planner for 20 years before he retired.

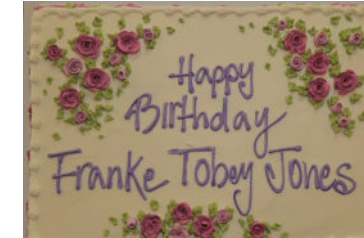
Ron and Jeanette's interests include attending Tacoma Rainiers baseball games, reading, and book discussions. Jeanette is on the FTJ Library Committee. Ron initiated a monthly Foreign Policy Association discussion group "Great Decisions" through Franke Tobey Jones' Senior University. The discussions are popular among FTJ residents and the community.

Ron and Jeanette moved into Franke Tobey Jones' Assisted Living in 2016 with their cat Rusty, who has trained Jeanette to respond with a treat when he gives her a high-five.

Ron and Jeanette both enjoy life at Franke Tobey Jones. They find great comfort in knowing they are living in a continuing care retirement community.

## 94th Annual Spring Tea Celebration

We will be celebrating Mrs. Franke Tobey Jones Birthday on May 23rd at our 94th Annual Spring Tea in the historic Tobey Jones Building Solarium. Mrs. Franke Tobey Jones was an incredible visionary, humanitarian and philanthropist. In 1930, Franke was recognized by Tacoma Chamber of Commerce as "having rendered distinguished service in the community and set an example of citizenship which, if followed by others, would make Tacoma a better city." It wasn't recognition, though, that Franke sought. Franke Tobey Jones was described by a friend as, "The biggest heart ever found in such a small body." Happy Birthday Franke!



## Understanding Dementia Presentation



This year we will be hosting a series of presentations on the topic of dementia.

Please join us for the first presentation to be held on May 2nd with the theme Understanding Dementia. This presentation will be held in the

Franke Tobey Jones Wellness Center from 2:00 p.m. to 3:30 p.m. and will include a tour of our memory care and assisted living areas if you choose. Beverages and dessert will be served as well. Seating is limited, so **please RSVP today to Carole at 253.320.4216.**

Our guest speaker will be Jake Gamble who is the owner and administrator of Generations Home Care, a locally owned business in Tacoma. He has been involved in caring for seniors in some capacity for the last seven years, spending the first portion of that time working in memory care and doing training with the Alzheimer's Association. Jake's passion for training families, quality care and understanding the disease stem from his time loving and serving the families that have walked through Alzheimer's and other dementias. Please mark your calendar for all four upcoming dates:

- ⇒ May 2 - Understanding Dementia
  - ⇒ June 13 - Caregiver Tips and Training: Caring for Dementia
  - ⇒ September 19 - Communicating with Dementia: Speaking the Language of Your Loved One
  - ⇒ October 17 - Loving to the End: Late Stage Dementia Care
- If you have any questions, please call Carole, Michelle or Shirley at 253.752.6621.

### Progress On Our

## Campus Expansion



Our expansion is moving right along. All of the foundation walls of our new Health Care / Memory Care building have been poured, and many loads of gravel and soil are being brought in to backfill the foundation walls and to begin leveling the North end of the building's footprint.

Also, our new 16 unit apartment building called Bristol View is underway as well. Great progress is being made in clearing the site, and with this rainy weather some holding ponds were dug to accommodate the spring rainfall.

### Progress On Our

## Campus Refresh



Our memory care and skilled nursing areas are now refurbished with new paint, carpet, furniture and fixtures...and look wonderful! Currently we are working on refurbishing our assisted living building, Lillian Pratt. The painting of the common areas is nearly complete, and next, white paneled doors will be installed on all resident apartments. The last steps will be the installation of new carpet, new furniture and new fixtures.