

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 Thank you!

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Join us for the 2018 Senior Art Show
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FTJ Senior University Class Highlights ~ September—October 2018



Monday, September 10
Music with Dr. Paul: The Healing Power of Music

This class will share examples of how music can heal the human body and mind, inspire youth, accelerate recovery from surgery, remedy depression and make a lasting, positive impression on people which will last a lifetime. *3:00 pm, Lillian Pratt Parlor*

Wednesday, September 12
Tacoma Historical Society Lecture Series: Galloping Gertie & Titlow Tales
Dale Wirsing grew up in the Titlow Beach area and witnessed the collapse of the first Narrows Bridge on his fourth birthday (Nov. 7, 1940). Join us to hear Dale's story of this historic Tacoma event. *2:00 pm, Lillian Pratt Parlor*



Wednesday, September 19
The Pursuit of Happiness: Psychological Techniques for Increasing Well-Being

A whopping 40% of our capacity for happiness can be

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 for a full class schedule.**

influenced and changed! Dr. Wendy Shore will present some of the research and discuss techniques that can make ourselves happier - on a daily basis and for the longer term.

2:00 pm, Lillian Pratt Parlor

Tuesday, October 23
Adventure Science at Spirit Lake, Mount St. Helens National Volcanic Monument

Spirit Lake was changed biologically, chemically and physically by the 1980 eruption of Mount St. Helens and the concurrent landslide that essentially buried the old lake and created a new one in its place. This talk will outline over a decade of work developing a hydrologic and nutrient model for the lake and discuss preliminary work to elucidate the ecological role of the floating logs in Spirit Lake. *11:00 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/

FRANKELY, WE'VE GOT IT!

news, events, and opportunities for our community

September—October 2018

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New Health Care / Memory Care building being constructed

Campaign Donors Tour Construction Site

On Thursday, August 23 lead donors supporting the “The Campaign for Franke Tobey Jones: Historic past ~ Innovative future” got a sneak peek of the new Health Care and Memory Care building. Contributors were welcomed with a morning brunch in the Wellness Center, which was followed by a hard hat tour of the site. This was the first opportunity for capital campaign donors to see how their philanthropic investments are being used. Leading the tour was General Contractor BPCI's President, Michael Cholerton, the Site Superintendent, Tom Sims, and FTJ President & CEO, Mark Gustafson. The tour was a way to recognize those who stepped forward early to support the \$5 Million campaign, which is still underway, and a way for donors to see first-hand the architecture that will make the new innovative care model they are supporting a reality. Kelly Merry, FTJ Director of Philanthropy, was delighted to welcome this group of generous individuals to the site. The building tells half the story of the reason for the campaign, and it is exciting to showcase features of the building that will positively change the way seniors receive care in Tacoma. Gifts have been made in tribute of family members who once resided here or are currently a resident; other contributions have been made by donors who want to support an innovative model of care for the betterment of senior living. We are planning a tour in September for community partners who extend beyond the campaign donors.



Donor Exclusive Hard Hat Tour

Featured Apartment ~ Garden Apartment #111 Independent Living



This one-bedroom/one-bathroom apartment is located on the sunny side of the main floor with close access to everything. The monthly rent of \$3,020 (plus entrance fee) includes:

- Continental breakfast 3 days a week
- Happy hour every Friday
- Fully equipped kitchen
- In-apartment washer and dryer
- Housekeeping twice monthly
- Maintenance of building exterior, all grounds and common spaces
- Activities
- Fitness equipment, classes and personal trainer
- FTJ Senior University,
- Trips, tours and more!

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 Shirley Robbins at 253-752-6621 or visit www.FrankeTobeyJones.com.



Tobey Jones Building #260~ Independent Living with meals, \$3,590/mo.

This charming one-bedroom apartment has a nice kitchenette and view of campus, plus it's on the sunny side of the building. It's close to the dining room, activities and transportation. Included: three meals daily in a well-appointed dining room, all utilities, cheerful weekly housekeeping, transportation, emergency alert features, FTJ Senior University, fitness classes, activities, trips and tours.



Lillian Pratt #222~Assisted Living—\$3,225/mo.

This studio apartment is on the main level and close to dining and activities. The monthly rent includes: three meals daily with waited dining service, selective menu, flexible times, dietician; all utilities including local phone & basic cable; weekly housekeeping, bed linens and towels laundered and supplied weekly, laundry room for personal use; fitness, activities and more.



Tobey Jones Building #335 ~ Independent Living with meals, \$3,365/mo.

This one-bedroom apartment has a nice kitchenette and a beautiful view of "BB's Garden." 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.

Meet Residents

Roger and Barbara Miener



Born in Nevada, Barbara attended the University of the Pacific in Stockton, CA and the University of Utah receiving a degree in English and a teaching certificate. After

graduating, she worked in Salt Lake City at the local CBS television affiliate and then took a civilian job at Hill Air Force Base near Salt Lake City.

Roger was born in Ft Lewis, Washington then moved to Illinois where he attended high school and the University of Illinois. After college he was commissioned in the U. S. Air Force at Hill Air Force Base. A mutual friend introduced Barbara and Roger...and the rest was history. In 2017 they celebrated their 50th wedding anniversary!

While Roger was in the Air Force, Barbara taught high school English. After Roger left the Air Force he was accepted to the Law School at the University of Washington.

While Roger was in law school, Barbara worked at the King County Prosecuting Attorney's Office and then at the U. S. Attorney's Office. After graduation Roger accepted a job at the Federal Trade Commission in Washington, D.C. and Barbara worked as a legal assistant in the Felony Trial Section of the U. S. Attorney's Office.

Roger was interested in trains and after touring AMTRAK's headquarters in Washington, D.C., he accepted a position in their legal department.

Later, Roger accepted a position as a deputy prosecutor in Pierce County. They were pleased to return to the Pacific Northwest where Roger became Assistant Chief Deputy Prosecutor for the Civil Division.

Barbara accepted an executive secretary position for Chief Judge McGovern's office, attended law school at the University of Puget Sound and eventually accepted a position as a law clerk for Judge McGovern in 1981 where she worked for him many years.

All this time they had Maltese dogs that earned many obedience titles. Barbara was a member of the Evergreen Maltese Club and national Maltese club where she served in leadership positions.

The couple who bought their house had moved to Franke Tobey Jones, which is how they learned about this retirement community. Roger and Barbara moved to Franke Tobey Jones in 2017.

2018 Senior Art Show— Join Us!



Franke Tobey Jones is excited to announce the 2018 Senior Art Show. The opening reception, open to the public, will be hosted at Franke Tobey Jones Thursday, October 4 at 5:00 p.m. in the M.J. Wicks Family Wellness Center, and the show will also be open for public viewing noon to 3:00 pm Friday, Saturday and Sunday, October 5-7.

The Senior Art Show show will feature approximately 50 exemplary pieces created by artists age 55 or better.

The show is being curated by Abrian Curington and the Jurors are:

- Heide Fernandez-Llamazares, My Public Art Portal Project Manager for the Washington State Arts Commission
- Allison Hyde, City of Auburn Parks, Arts & Recreation, Arts Coordinator
- Paul Throne, Tacoma Arts Commissioner

Up to 30 entries from the Franke Tobey Jones exhibit will be chosen for a Community Art Show exhibit at Tacoma Art Museum which runs from October 10 – December 27, 2018 with a reception at the Tacoma Art Museum on November 15th.

Understanding Dementia Presentations

Our first two Understanding Dementia presentations (in May and June) were terrific and given to a packed house. If you would like to attend either or both of our final two presentations this fall, make sure to RSVP to Carole at cvelez@franketobeyjones.com or at 253.320.4216. After the presentation we will offer a tour of our assisted living, memory care and/or skilled nursing if you would like to see any of these areas on our campus.

- **September 19 - Communicating with Dementia: Speaking the Language of Your Loved One**
- **October 17 - Loving to the End: Late Stage Dementia Care**

18th Annual Wellness Walk and Fair

September 14th marks the 18th year for our FTJ Wellness Walk and Fair. This fun and free event is open to our residents as well as people that live outside of FTJ.

"We would love for you to join us for this light exercise walk," says Colin Deck, FTJ Wellness Coordinator. "Get to know residents, community members and staff!" Participants will have the option of three courses varying in length, and all are wheelchair and walker friendly. Participants can walk as little as an eighth of a mile or up to three-quarters of a mile...or longer if they wish.

Sign up early so you won't be caught without your t-shirt on walk day. All participants will gather in the duplex cottage gazebo at 10:00 am. and start the walk from there. A light lunch will be served after the walk and numerous vendors will be available at our Wellness Fair.

A big thank you to our sponsor, Sodexo Senior Living, for making this event entirely free to all participants.

For more information on the Wellness Walk or to volunteer to help, please call the Wellness Center at (253) 756-6279.

