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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. Thank you!

FTJ Senior University Class Highlights ~ November—December 2018



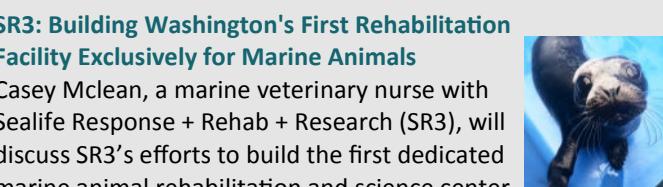
WWI Uniforms and Stories

Collector Alice Miller will share uniforms, memorabilia and stories of the role of women in WWI.

November 1, 3:00 pm, Wellness Center

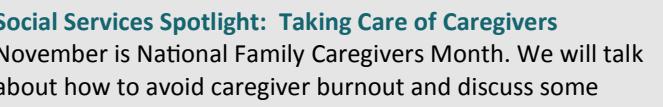
How to Prevent Internet Fraud

The Attorney General's Office wants to prevent you from becoming a victim of internet fraud. Come to this presentation to receive accurate and relevant information to assist you in identifying and accessing Consumer Protection's program services. November 6, 11:00 am, Lillian Pratt Parlor



SR3: Building Washington's First Rehabilitation Facility Exclusively for Marine Animals

Casey Mclean, a marine veterinary nurse with Sealife Response + Rehab + Research (SR3), will discuss SR3's efforts to build the first dedicated marine animal rehabilitation and science center in Washington State. November 7, 1:00 pm, Wellness Center



Social Services Spotlight: Taking Care of Caregivers

November is National Family Caregivers Month. We will talk about how to avoid caregiver burnout and discuss some

helpful resources. November 8, 3:00 pm, Wellness Center

A Morning with First Lady Eleanor Roosevelt: A Living History Performance by Debbie Dimitre

Meet First Lady Eleanor Roosevelt, one of the first delegates to the U.N. in 1945 and a peaceful warrior for Human Rights. November 16, 11:00 am, Lillian Pratt Parlor

Our Future in Space

The first two decades of the 21st Century has seen a dramatic resurgence of space exploration. The exploration of space is now a global phenomenon, with many new players, both nation-states and private industry participating. This talk will be an overview of some of the exciting findings of the last few years and a hint of what is to come. November 29, 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/

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.

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New Bristol View Apartments—Are you Interested? See Cover Story

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news, events, and opportunities for our community



FRANKE TOBEY JONES
Enjoy your age

November—December 2018

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Editor: Christine Hall

If you would like your name removed from our mailing list, please call our main reception desk at (253) 752-6621



New Bristol View Apartment Rendering

New Bristol View Apartments—Are You Interested?

We are excited about the progress of our new Bristol View independent living apartment building which is scheduled to open in late spring next year. This two-story building with views of Puget Sound will have all the conveniences and security of a well-planned retirement community. Enjoy a private life or a social one, home cooking or restaurant-style dining—it's your choice. We'll handle all of the home and yard maintenance and watch your home when you're away.

There will be 16 two bedroom/two bathroom apartments, ten with views of Puget Sound and six with campus views. Each apartment will have an open living room with balcony access and will be open to the kitchen with breakfast bar. Some master suites includes balcony access. All include private bath with dual sinks and a large walk-in closet, upgraded finishes, gourmet kitchens, outdoor patio, secure underground parking with extra storage, technology equipped and maintenance-free living inside and out. The building will include well-appointed common spaces including a community/entertainment area with outdoor patio. Small pets will be allowed.

Also included: water, sewer, garbage, cable television, property taxes, building insurance; maintenance of all ground and common areas; maintenance of exterior of home, heating, ventilation, plumbing, electrical, and security systems and grounds; transportation, Wellness / Fitness Center, activities and access to much more.

If you are interested in learning more, please call Chris Hall-Werner at 253-752-6621.

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Featured Apartment ~ Lillian Pratt Assisted Living #338



This is a one bedroom/ one and one-half bathroom apartment that includes air conditioning and a washer and dryer! The monthly rent is \$5,625* and includes the following amenities:

- ◆ **Three meals daily with waited dining service**, a selective menu, flexible eating times and dietitian planned meals;
- ◆ **All utilities** including air conditioning, 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 choose your services including: Medication administration, supervision and other nursing services;
- ◆ **If more care is needed**, close access to care in the Health Care Center offers peace of mind for residents and family members.

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 #265~ Independent Living , \$3,365/mo.
This one bedroom apartment is on the main floor, located close to the dining room and activities. Included: three meals daily in a well-appointed dining room, all utilities, cheerful weekly housekeeping, transportation, emergency alert features, FTJ Senior University, fitness classes, weekly happy hour, activities, trips and tours.



Garden Apartment #111~independent living, \$3,021/mo.
A lovely one bedroom apartment on the main floor of the sunny side of the building. The monthly rent includes: a fully equipped kitchen; washer and dryer; fire, burglary, emergency services monitored on-site; electricity (including A/C), gas, water, sewer, garbage, cable television, property taxes, building insurance; housekeeping twice monthly; activities, fitness, "Sr. U," transportation, trips 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.

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Meet Resident

Yvonne Zubalik



Yvonne was born in Tacoma and attended school at Sheridan, McKinley, Gault and Lincoln. Not long after high school she married M/Sgt Stanley Zubalik, USAF, and began to enjoy traveling. Their first daughter was born on Guam,

where they lived for a year before they moved to Merced AF Base, CA. where they had three more daughters and a son.

They boarded a ship to France for a three-year stay at Chambley Air Force base in France. It was an idyllic time when they were able to see much of Europe. They lived in a country home, sharing a yard with an Italian woman and her children, and Yvonne bought beautiful French yarns and knitted sweaters for the family.

On returning to Tacoma, Yvonne went as a freshman to Pacific Lutheran University majoring in French and English. She taught at Bethel High School and during the next seven years as her children were growing up, she earned an MA at the University of Puget Sound in Comparative Literature. Following this she taught almost two years in an International school in Iran, then returned to Bethel High School to continue teaching until her retirement in 1986.

Yvonne and Stanley built a solar heated house on ten acres, and she was able to indulge in another interest - gardening. In 1998 when keeping up a big house and yard began to be too much they moved to a smaller home in the Proctor District. Yvonne had always been active in her church and in Associated Ministries and continues to be involved.

Quilting is another one of Yvonne's passions. She has handcrafted quilts for her twelve grandchildren, and spent seven years on a quilt project—a white on white quilt worked by hand for her son's wedding.

Yvonne was widowed in 2001. The thought of an easier life at Franke Tobey Jones with more time for her leisure activities excited her. She reads and listens to her Great Courses tapes; tends a small garden plot; and enjoys music and plays, attends classes, especially music, genealogy, writing, and Tai Chi. Life is good.

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Happy Holidays !



We want to wish the very happiest of holidays to you and your family from our home to yours!

Each year our Building Services team finds the perfect tree, cuts it down and brings it into the Solarium of our historic Tobey Jones building. They also string the lights and decorate it. The tree pictured to the left is the Solarium tree from last Christmas. As usual, it was spectacular!

2018 Senior Art Show Moves to TAM

Once again, the Senior Art Show brought in some beautiful art work! We had 66 artists submit 167 artworks and 50 were chosen to be hung in the Senior Art Show. The Opening Reception was held on October 4th at Franke Tobey Jones. Congratulations to all the artists who were chosen to be hung in the show. The winners were:

- ⇒ First Place Winner: Lucia Harrison for Beneath the Forest Floor II
- ⇒ Winner: Becky Knold for Urban Growth
- ⇒ Third Place Winner: Mike Ferguson for Hillroll
- ⇒ Curator's Honorable Mention: Peter Serko for Tree in the Fog No 1
- ⇒ Curator's Honorable Mention: Stephen Henry for Two Swans
- ⇒ Curator's Honorable Mention: Patricia Walker for Skagit Valley Daffodils Under a Big Sky
- ⇒ People's Choice Award: Eric Newman for Broken Promises

Approximately 30 of the pieces moved to the Tacoma Art Museum to be displayed from October 10th to December 27th. Please join us on November 15th from 5:00 to 8:00 p.m. for a reception featuring selected artworks from the Franke Tobey Jones 2018 Senior Art Show at the Tacoma Art Museum's Community Art Show. This is a free Third Thursday event. These selections were chosen for their best fit with the theme of *Interpreting the Northwest*.

Holiday Market—Shop! Shop! Shop!

Don't miss our Holiday Market on November 2nd from 10:00 a.m. to 3:00 p.m. in the Franke Tobey Jones M.J. Wicks Family Wellness/Fitness Center. It's a great opportunity to find unique and special gifts for your family and friends this holiday season. When you drive onto our campus, just follow the signs to the Bistro Café. Some of the items that will be available are:

- | | |
|--------------------------------|----------------------|
| Original one of a kind jewelry | Teas and candy |
| Art prints/greeting cards | Glass ornaments |
| Seahawk items | Hand carved wood art |
| Scarves and purses | Baked goods |

November-December 2018

New Health Care/Memory Care Building



Construction on campus continues to swiftly move along. The view changes almost daily as walls rise and new beams are put in place. In August and September, Capital Campaign donors and other community partners were treated to a behind the scenes tour of our new health care and memory care building site. All were very impressed. The opening is expected to be late spring 2019.

This will not be your "grandmother's nursing home." The 43 health care center rooms and 28 memory care rooms are designed in small "pod" arrangements with clusters of rooms around open living spaces where residents and family can enjoy quality time together. Nearly all the rooms will be private with private bathroom/shower, and each resident room will house a locked cabinet where the resident's medications will be kept. Nurses, CNAs and other staff will be free to engage with residents throughout the day in the various living rooms, dining rooms, activity rooms and other gathering spaces. Meals will be prepared on-site and served in lovely dining rooms. There will also be outdoor patios, lots of windows and plants to provide a home-like feel. The memory care community will also provide secure, open-access outdoor courtyards where residents will be free to enjoy the sunshine, fresh air, gardening beds and more.