



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 Thank you!

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Intergenerational Programs Help Keep Seniors and Young People Connected

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FTJ Senior University Class Highlights ~ March—April 2019



Understanding Classical Music Series: What Does the Conductor Do, Anyway?

The conductor does much more than just wave their hands around, but what? We'll study some conducting patterns, look at scores (the music that the conductor looks at), and explore different styles of conducting. *March 7, 2:00 pm, Tobey Jones Parlor*

Chinese Language and Culture

Lily Li, Chinese instructor at the University of Washington Tacoma, will introduce Chinese characters and an important festival, along with some information about the traditional food for that festival. *March 19, 11:00 am, Lillian Pratt Parlor*



Fraud, What Is It?

There are many types of fraud. But what is a consumer responsible for? What actions do you need to take after fraud has occurred on a credit card, debit card, or a scam has occurred? *March 19, 2:00 pm, Tobey Jones Parlor*

Playing with Pastels

Learn the basic techniques of pastel painting in the 2-week class. This class is great for beginners or artists of any level. *March 22 and 29, 10:00 am – 12 pm, Tobey Jones Craft Room*



Great Decisions Discussion Group - Refugees and Global Migration

Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants? *March 26, 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/

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.**

FRANKELY, WE'VE GOT IT!

news, events, and opportunities for our community



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March-April 2019

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Frankely, We've Got It
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New Health Care / Memory Care Building

New Health Care / Memory Care Building ~ Opening Summer 2019

Our new Health Care / Memory Care building is making major progress. The sheet rock inside the building is nearly complete as is the beautiful brick work and siding outside. Heating and air conditioning were being installed earlier in the year, and the electrical and communication wiring is moving along. The new building is scheduled to be turned over to us in early June at which time it will need to be inspected by the state to receive our Certificate of Occupancy. It's all very exciting!

If you are looking down the road, especially for memory care, now is the time to get on our waiting list for the new building. Call us at 253-752-6621 for more information.



Featured Apartment ~ Tobey Jones Building #375 Independent Living with Meals



This lovely 625 square foot, one-bedroom, one-bathroom apartment has a great upgraded kitchenette and the bathroom is especially nice. The monthly rent of \$4,475 includes:

- 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!

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



Lillian Pratt Assisted Living #328 \$3,235/month

Nice studio apartment with southern exposure, view of fountain and water. There is no buy-in, and the monthly rent includes: three meals daily with waited dining service; all utilities including local phone & basic cable; weekly housekeeping, bed linens and towels laundered and supplied weekly, fitness, activities and more.



Garden Apartment #304~Independent Living, \$4,495/mo.

This two bedroom apartment has a nice kitchen and a sliding door that opens onto a balcony. Included: 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 openings 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

Janet Donaldson



Janet Donaldson was born in Maine and had three siblings. In kindergarten, Janet immediately began to learn French as a second language, and this continued through the eighth grade. All

eight of Janet's grandparents were French-Canadian descendants.

Janet attended an all-girls high school with only 17 in her graduating class. After high school she went to live with her grandmother in New Hampshire where she attended college for two years. She soon joined the Army serving two years as a Cryptographer. After the Army, Janet worked as a bookkeeper for an insurance company in Hartford, Connecticut.

This is where she met her future husband, David Donaldson. At that time, he was attending a nuclear power submarine school. After a short courtship, they were married and soon had two children. Dave served in the Navy for 20 years and went on to college to earn degrees in Electrical and Civil Engineering. After 46 years of marriage, he died of lung cancer caused by Agent Orange.

During their marriage, Janet used her GI bill to earn a degree in accounting. However, because of David's Navy career and moving so much, she was only able to get jobs as a full charge bookkeeper. She volunteered in the public-school system to help children read for over 15 years.

Janet's passion is Genealogy. Her personal genealogy goes all the way back to King Charlemagne also known as Charles the Great. She has published a two-volume book of her family's genealogy that she shared with relatives.

Janet and her husband scanned all the photo albums of not only hers but those of both their ancestors which took a very long time, and she was able to give the gift of photos to her family!

Janet met Bill Gore three years before moving to FTJ and it has evolved into a wonderful friendship. They are enjoying every minute together. They recently returned from a cruise to Alaska where they celebrated Bill's 90th birthday. They had a marvelous time and made wonderful memories together.

Janet and Bill moved to FTJ last year and enjoy living here stating, "The residents and staff are lovely and the food, trips and everything is great."

Intergenerational Programs Help Keep Seniors and Young People Connected

This month residents from throughout the FTJ campus will join forces to tutor first and second graders at DeLong Elementary. These residents will help students advance their reading and comprehension skills once a week for the rest of the academic year. Also, once a month, we host an intergenerational event at FTJ with a local Montessori pre-school class. It is so fun for both our residents and the children!

It used to be more common that multiple generations would share the same household. Now, it's rare to find grandparents and their grandchildren residing under one roof.

Intergenerational programs help bring seniors and children together to form fun and meaningful relationships, and offer an opportunity to bridge the generation gap with numerous benefits for both generations.

According to Generations United, adults who regularly volunteer with children:

- Burn 20% more calories per week.
- Experience fewer falls and are less reliant on canes.
- Perform better on memory tests than their peers.



- Learn new innovations and technologies from these youth.

For seniors, spending time with children and the joy they bring is often the highlight of their day. The elderly are natural nurturers while children bring a lot of positive energy to any room they enter, and seniors are thriving off of that energy.

When children are with older adults:

- They are reinforced with appropriate manners, patience, tolerance, and encouraged to explore their curiosity while learning empathy and important social skills.
- They learn how to interact with people who are much older and may need extra assistance or a gentler approach.
- Children also develop a sense of pride and leadership even as they receive unconditional love and acceptance from seniors.
- In schools where older adults were a regular fixture, children had improved reading scores compared to their peers at other schools.

Even better news, research shows that youth involved in intergenerational mentoring programs are 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol and 52% less likely to skip school.

By sharing time together, seniors are helping children learn and grow while the children help stimulate seniors both mentally and physically.

Content from: <https://elizz.com/caregiver-resources/cool-stuff/benefits-intergenerational-programs-seniors>; <https://www.seniorlifestyle.com/fun-value-intergenerational-programming/>; <https://www.kendalathome.org/blog/benefits-of-intergenerational-programs>

Bristol View Apartments



It's easy to see why our Bristol View Apartments are selling so quickly: **Sweeping views of the Puget Sound, spacious apartments, secure underground parking with extra storage, gourmet kitchens, high-end finishes, private balconies...all of this on our lovely 20-acre campus in North Tacoma.**

In your new Bristol View Apartment, you can enjoy your privacy with a home-cooked meal or socialize over restaurant style dining with your new neighbors, have a relaxing quiet life or enjoy the many amenities Franke Tobey Jones offers, and we'll handle all your home and yard maintenance.

Included in the cost is water, sewer, garbage, cable, property taxes, building insurance, maintenance of all grounds and common areas, maintenance of exterior of home, heating, security systems, fitness center, transportation and more. And, should the need arise for more care, our campus also has assisted living, memory care and skilled nursing (including a brand-new state of the art skilled nursing and memory care to open this summer).

To secure residency at FTJ, place yourself on our Priority List by submitting an application, a fee of \$750 per person and a 10% non-refundable entrance fee deposit.

Entrance Fee:	\$195,000 to \$250,000
Monthly Fee range:	\$4,600 to \$5,000
Square Footage range:	1,306 to 1,575

Pet fee: A \$500 non-refundable pet deposit will be collected upon move-in and appropriate rules will apply.

Call today for a tour and more information. 253-752-6621 or 253-756-6251.

View floor plans, 3D interior images, pricing and photos on line at: www.franketobeyjones.com/bristolview.