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FrankeTobeyJones.com
Facebook.com/
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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Understanding Dementia ~ New Educational Series See Page 3

FTJ Senior University Class Highlights ~ May—June 2019



Tacoma Historical Society Lecture Series: Enduring Homage

Learn about Tacoma's War Memorial Park and the stories behind the monuments from Dr. Dale Wirsing.

May 8, 2:00 pm, Lillian Pratt Parlor

Lessons from the Labyrinth

Labyrinths are found all over the world. This lecture explores why this may be so and what the appeal of the labyrinth is that it draws millions of people from all walks of life to regularly walk one.

May 9, 4:00 pm, Wellness Center

Museum of Glass Lecture Series: Baroque Glass*

The growth of glass across Europe shared visual styles with paintings and sculpture, leading to a wide range of objects both beautiful and useful.

May 13, 11:00 am, Tobey Jones Parlor

Music with Dr. Paul: My Favorite Things

Music is one of life's necessities and a major part of our most precious memories. Dr. Paul will share music from some of his most treasured moments in his career.

May 13, 3:00 pm, Lillian Pratt Parlor



Urban Planning and Urban Space in the Cities of Arabia

In this lecture, UPS Professor Andrew Gardner will describe the history of the modern cities that have arisen on the shores of the Arabian Peninsula. He'll hone in on the politics of segregation that's woven into the urban fabric of these modern cities.

May 14, 2:00 pm, Tobey Jones Parlor

Genetic Testing Workshop: Your DNA, How to Predict & Prepare

This workshop provides friendly, easy-to-understand education and answering of questions about DNA testing and how it can benefit you and your family.

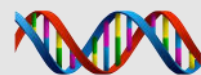
May 16, 11:00 am, Tobey Jones Parlor

Introduction to Meteorology

Why are there clouds? Why does wind blow? Is there a reason why summer is warmer than winter? You will find the answers to these questions and learn the basic principles of the science of weather during this lecture.

May 23, 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/ Note *= Registration Required.



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



May—June 2019

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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
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New Franke Tobey Jones Care Center with Skilled Nursing and Memory Care

New Care Center ~ Suites Are Currently Being Reserved!

Our new Franke Tobey Jones Care Center construction is on the home stretch! This exciting project that broke ground in September 2017 will be opening its doors this summer.

Our contemporary, state-of-the-art Care Center will deliver care in a more homelike environment where people can live in style, comfort and dignity. When complete, this building will be home to 43 skilled nursing residents located on the top floor, and 28 memory care residents located on the lower portion of the building with lovely, secure, open access courtyards. Nearly every room is private with a full/private bathroom. There is also one large two-room suite in skilled nursing.

We are delighted to announce the generous donation of \$1 million from the Whisper Foundation, a legacy of the Gary E. Milgard Family Foundation, to our "*Campaign for Franke Tobey Jones: Historic past ~ Innovative future.*" Thanks to this donation, we are one step closer to reaching the \$5 million campaign goal that will help fund our new Care Center. The Whisper Foundation is committed to supporting the work of organizations that serve our communities. They look for well managed non-profit projects and programs that focus primarily on the health and betterment of Pierce County. Grants are awarded to organizations that work to improve quality of life and impact a positive change.

Suites in our new Care Center are currently being reserved. Now is the time to get on the waiting list! Move in now to guarantee current pricing through 2019! Call us at 253-752-6621 for more information.

Featured Apartment ~ Lillian Pratt Assisted Living Apartment #314 (no buy-in)

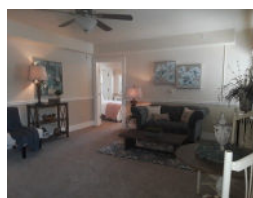


This is the largest studio apartment in our assisted living building, and it's lovely! It is nearly 450 square feet with a walk-in closet, large bathroom and a view of the water feature in the front of the Lillian Pratt building. Lots of light too! This apartment RARELY becomes available. There is no buy-in, and the monthly rent of \$4,200 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 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.

* A Level of Care charge is added to the monthly rent (\$360 - \$2,855). 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 Olafson or Shirley Robbins at 253-752-6621 or visit www.FrankeTobeyJones.com.



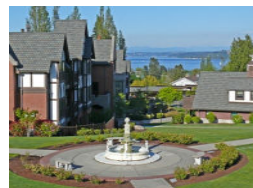
Tobey Jones #375 Independent Living with Meals \$4,475/month (no buy-in)

This 1-bedroom, 1-bathroom apartment with a kitchenette and large bathroom includes three meals daily in a well-appointed dining room, all utilities, weekly housekeeping, transportation, emergency alert features, Senior University, fitness classes, weekly happy hour, activities, trips and tours.



Tobey Jones #367 Independent Living with Meals \$3,265/month (no buy-in)

This very nice 1-bedroom, 1-bathroom apartment has a new quartz and stainless kitchenette, skylights, a view of the new Bristol View Apartment building as well as of the FTJ campus. It's also very light and bright. Same "included" features as Tobey Jones #375 above.



Health Care Center (Skilled Nursing) - Private & Semi Private Rooms \$303-\$375/day

Our private pay Health Care Center boasts a friendly atmosphere and provides our residents and their families with a multitude of amenities. We have 43 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.

Meet Resident Edith Abicht



Edith was born in New York City where she lived for twenty years. After earning her degree as a Registered Nurse, she joined the Air Force to fulfill a strong wish to travel. While in the Air Force, she met another Air Force Officer, Wolfram "Red" Abicht. They met at the Officer's Club in Montgomery, Alabama and were married six months later. Edith received a compassionate transfer to his next assignment in Biloxi, Mississippi on the shore of the Gulf of Mexico. Those wonderful years abruptly ended when Red received transfer orders to Sculthorpe A.F.B. in England. It was highly unlikely that Edith could receive another compassionate transfer, so she took her Honorable Discharge.

The three years in Europe were wonderful. They were able to travel to Scotland, France, Switzerland, Germany and Italy. After their overseas assignment, Red requested a "West Coast" transfer and they ended up in Tacoma where he was stationed at McChord A.F.B. for nine years. All three of their children were born at Madigan Army Hospital, and all three children still live in Pierce County.

Edith was always athletic and soon returned to skiing at Crystal Mountain, and she was also active in golf and bowling. The wonderful mountains had the whole family hiking and climbing as members of The Mountaineers. They also enjoyed the opera and the ballet in Seattle.

After Red's retirement, his career in electronics continued and Edith held various positions in nursing. They bought a house on J Street in Tacoma near St. Patrick's Church where the couple lived for 47 years.

Edith was widowed in 2015 after 62 years of marriage. She does not exactly remember how or why she became active in the Wellness/Fitness programs at Franke Tobey Jones, but she was soon attending the 9:30 a.m. Strength and Balance class. About eight friends from Christ Church were already residents of FTJ at that time. The house was too big for one person, and when Edith heard she could bring her wonderful Welch Terrier, Bandit, to Franke Tobey Jones she decided to move into the Garden Apartments. She feels blessed, and we feel blessed to have Edith as part of our Franke Tobey Jones family.

New Luxury Independent Living Apartments "Bristol View" – 50% Sold Out!



Are you looking for luxury senior independent living? Tour our brand new two-bedroom/two-bathroom apartments where sweeping views of Puget Sound meet the convenience and security of a well-planned retirement community on a lovely 20-acre campus in North Tacoma. Enjoy your privacy with a home-cooked meal or socialize over restaurant-style dining with your new neighbors. No matter which style of living you prefer, you can relax and enjoy the many amenities of Franke Tobey Jones knowing we'll handle all home and yard maintenance.

All apartments include:

- ⇒ Modern floor plans
- ⇒ Spacious living room
- ⇒ Private balcony
- ⇒ Private bathroom with dual sink
- ⇒ Walk-in closet
- ⇒ Gourmet kitchen
- ⇒ Secure underground parking with extra storage

Also included: 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, housekeeping, transportation and more. Should the need arise, our campus also has assisted living, memory care and skilled nursing. Our new state-of-the-art Care Center with skilled nursing and memory care opens this summer.

Entrance fee range: \$195,000 to \$250,000

Monthly fee range: \$4,600 to \$5,000

Square footage range: 1,306 to 1,575

These apartments are selling quickly! Call today for a tour of the Bristol View Apartments: (253) 752-6621 or (253) 756-6251. See floor plans, pricing and view photos at www.franketobeyjones.com/bristolview

Understanding Dementia All New Series



Caring for a loved one with dementia poses many challenges for families and caregivers. People with dementia from conditions such as Alzheimer's and related diseases have a progressive biological *brain* disorder that makes it more and more difficult for them to remember things, think clearly, communicate with others and take care of themselves. In addition, dementia can cause mood swings and even change a person's personality and behavior.

Please join us for one or more in a series of four presentations about Alzheimer's Disease and Dementia. All these topics are new from the series that we presented last year. Our guest speaker will be Jake Gamble, and all of the presentations will be held in the Franke Tobey Jones M. J. Wick's Wellness Center from 2:00 – 3:30p.m.

May 15
Understanding Different Types of Dementia and Specific Difficulties with Each

June 19
Enduring Care: How to ensure your own longevity as a caregiver in order to be present for your loved one through the entire process.

August 7
A Family Effort: Involving additional family/ community members in caring for your loved one is important.

September 11
Safe and Effective Outings for Middle and Late Stage Dementia

Seats are limited! Please contact Carole at cvelez@franketobeyjones.com or at 253-320-4216 by May 12th to reserve your seat at any or all of these classes.