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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. Expand your knowledge, the opportunities are endless.

If you received this news-letter 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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Pick Now...Move Later Program
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FTJ Senior University Class Highlights ~ July/August 2020

Wednesday, July 8

Medicare Minute: Home Health Care

Presented by Laurie Casas, Only Senior Options
Description: What is home care and under what circumstances will Medicare cover my home health care? How do I start receiving home health care? What about long term care services? At some point you or someone you love may need home health care. This will be a great discussion.

2:00 pm, ZOOM Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/2282895574>

Be sure to load ZOOM to your computer or phone prior to the meeting date and time.

Dial by your location

+1 253 215 8782 US (Tacoma)

Meeting ID: 22 289 5574

All of our in-person classes are on hold until the COVID-19 restrictions are lifted. In the meantime, if you go to the link below you will find many educational videos, entertaining videos and exercise videos for you to enjoy.

<https://www.franketobeyjones.com/pt-defiance-ruston-senior-center/educational-video/>

To get login information emailed to you or to sign up for the Senior University email, contact jwennstrom@franketobeyjones.com.

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



July/August 2020

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Frankely, We've Got It
Editor: Christine Hall

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



Resident, Jeanette, and Caregiver, Gerry, flying kites on a windy day

You might be wondering what our residents are up to during this challenging time. Although all of our classes and events have been cancelled, our residents are out flying kites, gardening, participating in Hallway and Tailgate Happy Hours, Hallway Exercise classes, making music, Facetime and Zooming with family members and loved ones, taking one-on-one walks, participating in small group (no more than four people) craft projects and more. Of course, for these modified programs, all social distancing rules are strictly followed as well as the wearing of masks and gloves. We are all looking forward to the time when we can gather again on and off campus!



Left to Right: Resident Yvonne in the Resident Garden, residents Mike and Londa celebrating during Tailgate Happy Hour, and residents Jane and Eric playing violin and flute in the sunshine.

Featured Apartment ~ Bristol View #14 Independent Living



This is a beautiful, spacious 1,473 square foot, 2 bedroom, 2 bathroom apartment with an open floor plan, gourmet kitchen, fireplace and campus view. The monthly rent of \$4,990 (\$195K buy-in) also includes::

- ◇ Spacious, open living room with private balcony
- ◇ Private master suites with dual sinks and walk-in closet; some with balcony access
- ◇ Full size washer and dryer
- ◇ High-end finishes
- ◇ Secure underground parking (one space per apartment) with extra storage
- ◇ Housekeeping twice monthly
- ◇ Maintenance-free living inside and out
- ◇ Meals are optional but can be arranged for a fee
- ◇ Fitness center and personal trainers upon request
- ◇ Transportation
- ◇ Outdoor patio with BBQ and fire pit

You might also consider....



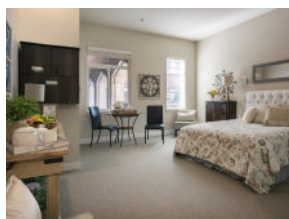
Garden Apartment #212—Independent Living \$5,765 monthly rent (\$90K buy-in)

This two bedroom, two bathroom plus den apartment is wonderful for a couple. It has a great kitchen, beautiful campus views, washer/dryer, housekeeping, continental breakfast M, W, F, Happy Hour once a week, transportation, utilities and more.



Lillian Pratt Assisted Living #221, \$3,220 monthly, no buy-in

This studio apartment has a lovely campus view. Included: three chef prepared meals daily; all utilities including local phone and basic cable; weekly housekeeping, bed linens and towels laundered and supplied weekly; fitness, activities and more.



NEW Care Center - Memory Care #4 \$5,930 monthly

This is a beautiful private room with a private bathroom. Our Memory Care specializes in seniors with Alzheimer's Disease and dementia. Our unique approach to memory care features a small group of residents who live together in a home-like setting with secured outside courtyards and many gathering spaces. 24 hour supervision and support. *It is not necessary to live at FTJ first.*

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.

Meet Resident Paul Carbaugh



Paul was born in Indiana. Two years later his family moved to a nearby farm where they lived until Paul was a junior in high school.

After graduating from the University of Michigan with a degree in Forest Management, he served during the Korean War for two years before beginning his career in forestry working in the Olympics.

Paul met Joanne one Sunday at church. She was in town visiting her aunt. Although Paul and Joanne lived 200 miles apart, they courted and were married in April of 1958. The couple moved to Oregon for Paul's work and then back here to Washington with the Forestry Service helping the Army manage the forest land at Fort Lewis.

During this time, Joanne was diagnosed with Cushing's disease which meant she had to have both adrenal glands removed. They were told that she would certainly miscarry if she ever became pregnant. However, a few years later Joanne was the first woman in the world, with both adrenal glands surgically removed, to carry a baby to full-term. A miracle baby!

Paul and Joanne were both raised as Christians as was their daughter. They attended Life Center Church in Tacoma where Paul continues to worship and volunteer.

After Joanne's passing, Paul was invited to be a volunteer in our FTJ Wellness Center. He did such an amazing job, he was hired to teach wellness classes for our skilled nursing and memory care residents. Every day he shared tidbits from his joke books. They are his daily dose of medicine. "Laughter is the best medicine and has no bad side effects!" Paul says. He believes in loving life and enjoying it while you have it!

In 2018 Paul retired for the last time and moved to Franke Tobey Jones. He is very happy here and still exercises in our Wellness Center. He especially loves not having to cook and enjoys the FTJ food.

Paul lives each day to the fullest, one day at a time, taking things as they come. He is a happy and fulfilled man, and we're glad he's here!

Personal Concierge Connection



In March when visiting restrictions were put into place, the question was "How do we prevent feelings of isolation and reassure residents and families that they could still stay connected?" Our FTJ response was the creation of a Personal Concierge Program. Twelve team members were assigned specific residents, and families were notified that their new "Liaison" would be available to answer questions, send updates, run errands, arrange FaceTime

calls, organize flowers for a resident's birthday and so much more.

This program has been such a success! We hear every day how residents and team members are enriching each other's lives as we continue to make every day meaningful for all of us. Elizabeth Alvarez, our Executive Assistant, jumped at the chance to serve as a Personal Concierge, and is serving nine residents and their family members, on top of her regular job. Although it's been more work, she has really enjoyed it! "Tony is one of the residents I serve," comments Elizabeth. "After two years of working at FTJ, I never knew that Tony is originally from Columbia. How happy I am that he is on my Personal Concierge list. What a treat it is to speak with him, in our native tongue and answer questions for him as things come up. We always have a lovely visit, I get to dust off my Spanish and am thrilled to have helped him with paperwork, family connections and so much more. What fun this has been!!"

Thank you Elizabeth, and all our Personal Concierge team members, for making such wonderful connections with our residents and serving them during this challenging time.

Sharing A Lot of Good News

Every day we are privileged to see acts of kindness and compassion from our residents, colleagues and the community ~ meals that are lovingly sent to our caregivers by residents' families; flowers and chocolates sent to staff; thank you cards and messages that arrive on a regular basis. Each week more heartwarming stories come to light about how days are brightened for many. A thoughtful donor whose mother had lived at FTJ purchased CD players, audiobooks, and an array of hummingbird feeders for our Care Center. She wanted to make sure the residents, especially while isolated, had additional opportunities for activities.

Recently, when several residents heard of a fundraiser for our Senior Center, they contacted the Director of Philanthropy and suddenly the fundraising goal was exceeded, ensuring even more people would be helped! Supermarket gift cards were purchased and seniors who drove to the Senior Center for a daily lunch were greeted with a little extra towards groceries and other needed supplies. As one very happy and surprised recipient said, *"Under the circumstances on planet earth, I am truly grateful for the gift cards I just received. They will be used to help my family get through these times."*

There are a multitude of ways we can make a difference to the seniors in our community. "In a time when we face a new set of challenges, generous hearts are coming to us from all directions," said Shelley Harris, FTJ Director of Philanthropy. "I am humbled and inspired by these unforgettable examples of caring for others."

Pick Now...Move Later

You may be ready to move into Franke Tobey Jones now or simply thinking about moving in the near future, but the COVID restrictions and touring restrictions has made it a bit more challenging. To help ease the process, we have put together a Pick Now ...Move Later Program. It's very easy! We have availability in all areas of our campus.

Go to our website:

<https://www.franketobeyjones.com>

◆ Click on Availability on the home page and choose independent living, assisted living, memory care or skilled nursing.

◆ View the available apartment videos and choose which apartment you would like to reserve.

◆ Download the Application and fill it out.

◆ Mail it to Franke Tobey Jones with a \$750 per person deposit check.

◆ You can move in now if you are ready, or we will hold this apartment for you until you are ready to move, or until someone wants to move into that particular apartment right away. If you are still not ready, you can choose a different apartment. If you are ready to move in now, you are able to tour the room you selected in-person to make your final decision. (Note: You must have a COVID negative test 48 hours prior to moving in).



Also, check out our new videos:

Campus Tour: <https://franketobeyjones.com>

Other Virtual Tours:

<https://www.franketobeyjones.com/community/tours/virtual-tours/>

For more information, please call 253-752-6621.