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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. Expand your knowledge, the opportunities are endless.

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!

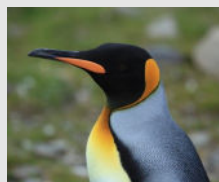
FTJ Senior University Class Highlights ~ March/April 2021

Musical History of Tacoma

Kim Davenport, who has been researching Tacoma's musical history for many years, will share some of her favorite stories and musical examples. March 17, 10:00 am, Zoom class at <https://washington.zoom.us/j/92060954985>

Every Penguin in the World – Part 1

After a life-changing encounter with a king penguin on South Georgia Island, Charles and his wife committed to see all 18 species of the world's penguins in the wild. Part 1 (March 17) will tell the story of how this passion for penguins began and the relation between penguins and adventure. Part 2 (March 31), will tell the story of penguin conservation and how our quest became a spiritual journey, a pilgrimage for penguins. March 17, 3:00 pm, Zoom class at <https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09>
Meeting ID: 481 600 3295, Passcode: 845170



Great Decisions Discussion: Persian Gulf Security Issues

The Persian Gulf remains tense as the rivalry between the

regional powers of Saudi Arabia and Iran continues. What role should the United States play? Is using military force a viable foreign policy option for 2021 and beyond? Must register with Jana at 253-756-6219. March 25, 3:00 pm, Zoom discussion at <https://us02web.zoom.us/j/83715944172?pwd=RHFVTmNuQWFJdnRIZ2NobTZpMUtVdz09>
Meeting ID: 837 1594 4172, Passcode: 845170

Understanding French Wine Using Political Economy

At the University of Puget Sound, Pierre Ly teaches students to think about wine through the lens of political economy. In this presentation, Pierre will discuss how political economy can help us understand French wine, French wine labels and more. March 26, 2:00 pm, Zoom meeting at <https://pugetsound-edu.zoom.us/j/94242757663>, Meeting ID: 942 4275 7663



There are many more classes posted on the Franke Tobey Jones website at <https://www.franketobeyjones.com/lifestyle/senior-university/online-learning-opportunities/>

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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We Are Vaccinated!
See Cover Story

FRANKELY, WE'VE GOT IT!

news, events, and opportunities for our community



March/April 2021

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Frankely, We've Got It
Editor: Christine Hall

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CVS Vaccinator and resident Eric Swenson receiving vaccine. An exciting day for everyone!

We Are Vaccinated!

We are excited to report that all residents and team members (who consented to receive the vaccine) have been vaccinated. This is such positive news! The partnership with CVS Pharmacy that has been administering the Pfizer vaccine was wonderful. We appreciate and are grateful for their professional staff and smooth-running program.

Our residents were thrilled at the ease of the vaccination process. As we see national headlines of the difficulty of getting appointments, waiting in long lines for hours to receive vaccines and the fear of vaccine doses running out, at FTJ our resident and staff proactively filled out paperwork ahead of time, showed up at the scheduled time and received their vaccine. It was quick and easy!

We continue to follow DOH and Tacoma-Pierce County Health Department guidelines regarding visitations, dining, activities, etc. Our dining rooms have re-opened and small group activities have also restarted. In addition, we are still offering door to door happy hours, hallway exercise, window visits, virtual visits as well as virtual doctor's appointments. All efforts are made to keep our residents involved and healthy.



All thumbs up from FTJ team Members

Featured Apartment ~ Tobey Jones #460 Independent Living with Services



This large, 1,000 sq. ft. one-bedroom, one-bathroom apartment has a peek-a-boo view of Puget Sound as well as a view of the FTJ campus! It has a quartz and stainless kitchenette, lots of storage and unique roof lines.

The monthly rent of \$5,795 (no buy-in) includes:

- Three meals daily with waited dining service, a selective menu and flexible eating times
- All utilities including local phone and basic cable
- Meticulous 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!

You might also consider....



Lillian Pratt Assisted Living #336, \$5,150/mo. (no buy-in)

This one bedroom, 536 sq. ft. apartment has nice size rooms including a living room and bedroom plus a kitchenette with quartz and stainless steel. Included: meals, transportation, housekeeping, fitness, lifelong learning classes and more!

Bristol View #14—Sophisticated Independent Living \$5,190/mo. (\$195K buy-in)

This beautiful, spacious 1,473 sq. ft. 2 bedroom, 2 bathroom apartment has an open floor plan, gourmet kitchen, fireplace and campus view. Includes: secure underground parking, fireplace, high-end finishes, housekeeping, maintenance free living, fitness and more.

Video at <https://youtu.be/-0xc3rsHP7g>

NEW Care Center - Skilled Nursing, starts at \$380/day

In our NEW private pay Care Center, all the rooms are private with full private bathrooms. Your care is our highest priority with a 24-hour staff of RNs, LPNs and CNAs. Some supplies and/or therapy services may be billed through Medicare B. We can assist with long term care insurance.

It is not necessary to live at FTJ first. We are not a designated COVID skilled nursing facility. Video at https://www.youtube.com/watch?v=iU-hXF_ZLmA&t=1s

Your needs are always a priority to us. For more information regarding these apartments, other living/residential options, available apartments, or any other questions you may have regarding retirement living, please call Michelle Olafson or Terry Allman at 253-752-6621 or visit www.FrankeTobeyJones.com.

Meet Resident Kent Gilchrist



Kent was born in Tacoma, graduated from Stadium High School and attended Chico State College in California at which time he met Sharon. They dated for five years, most of the time while Kent was out of the country.

Kent was drafted into the Korean War with a specialty of military intelligence. Staying overseas after the war, he worked as a civilian employee for the State Department. In 1955 Kent returned home, married Sharon, they had four children and remained inseparable during their 61 years of marriage. Sadly, Sharon passed away in February 2017.

Kent continued his education at the University of Puget Sound earning a degree in Business Administration and was soon hired by The Readers Digest as a Regional Sales Manager. This position required that he move to New York. After two years he was promoted to National Sales Development Manager for Southeast Asia as well as for the Chinese and Far East editions. However, they never adjusted to living and working in New York, so he left The Reader's Digest and moved back to Tacoma.

Next he created and operated car and heavy duty truck dealerships for a few years before selling them. He and Sharon then decided to start an Import Export business with offices in the Philippines and Russia. Twelve years later they sold the company to a national corporation. Kent earned his commercial real estate and business brokerage license for the purpose of acquiring commercial real estate and businesses for his personal portfolio.

Always an athlete, for the past 36 years he has been an avid racquetball player, winning the state Senior 80+ championship for two years.

In May of 2017, Kent's children recommended he move to Franke Tobey Jones. Kent said "It turned out to be one of the best decisions of my life. Thank you Franke Tobey Jones."

Souper Bowl



From left to right: Shelley Harris, FTJ Director of Philanthropy; Kate Gray, Point Defiance ~ Ruston Senior Center Director; and Nalani Brown, FTJ Philanthropy Coordinator.

When Kate Gray, Director of the Pt. Defiance ~ Ruston Senior Center, was asked what FTJ could do for the Senior Center, she immediately said "We need food to help our senior neighbors!" Before the Senior Center closure due to Covid-19, participants who often came for lunch, relied on the Senior Center as an additional resource for supplies. With the pandemic, their food bank also closed.

The FTJ Philanthropy Department designated January as "Souper Bowl" month and in just four short weeks, the formidable team of FTJ residents and staff, tackled local hunger for a BIG win!

More than five extra large bins were filled to overflowing capacity with soups and crackers and Super Bowl meal kits were distributed to Pt Defiance ~ Ruston Senior Center participants who needed a little help from the sidelines. On so many levels, our gratitude to everyone who contributed could not be overstated.

For many of the seniors who drive to the Senior Center to pick up a drive-through lunch, it is often their only nutritious meal of the day. The community outreach and collaboration on the FTJ campus ensured there would be a few extra warm meals.

When seeing the overwhelming results, an enthusiastic Kate Gray, said "Never did I imagine in such a short time we would gather enough soup and crackers to provide several meals for our folks in need. Thank you, thank you to everyone – this amazing FTJ Family - for giving comfort and warmth to our senior community."



Free Tax Prep Assistance

Schedule An Appointment Now

Many people have wondered whether AARP Tax Preparation will be back this year. The answer is yes; however, it will be handled much differently due to COVID. Appointments began on January 15th, but DO NOT contact the Senior Center. Call (253) 693-8731 for appointments. Tax preparation began February 1st.

The following guidelines must be followed:

1. Make your appointment
2. Understand that you will not be allowed into any other area of the building
3. Only two people may come into the building, including you
4. Wear a mask when you come to the appointment
5. DO NOT come to the front door. You will enter through the side door into the dining room
6. Your temperature will be taken and you will sign off on symptoms
7. Bring all your documents to be scanned. Return at your following appointment when your documents will be reviewed.

Fitness Zoom Classes Taught By FTJ Fitness Pros



Sarah Doerner, Wellness Instructor and Colin Deck, Wellness Coordinator

The FTJ Wellness Staff is offering free virtual exercise classes via Zoom. Standing and seated classes are currently being offered. Join us!

For more information, please contact the FTJ Wellness Center at 253-756-6279.