

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!

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Yoga Is Back!!
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FTJ Senior University Class Highlights ~ January—February 2022

Great Courses—Food: A Cultural Culinary History

Award-winning Professor Ken Albala of the University of the Pacific puts this extraordinary subject on the table with an enthralling journey into the human relationship to food. You'll travel the world discovering fascinating food lore and culture of all regions and eras. These 36 colorful lectures take you through the entire spectrum of food history, from the cuisine of ancient Egypt to the great flowering of European cookery in the Middle Ages, and from the celebrity chefs of 18th-century France to our own Zagat-and Michelin-rated restaurant culture. *Fridays, January 7, 14, 21 and 28. 10:00 am, Bristol View 1st Floor Gathering Room*



Beloved Moments from Beethoven's Immortal String Quartet Legacy

Geoffrey Block is a musicologist and author of *Experiencing Beethoven: A Listener's Companion*. He will present an overview of Beethoven's sixteen string quartets, which traversed the breadth of his entire compositional life. *Wednesday, January 12. 2:00 pm, MJ Wicks Wellness Center*

Prehistoric Use of the Mt Rainier Area: A Seasonal Paradise in the High Country

This talk will examine some of the evidence for the prehistoric use of Mt Rainier. Of particular interest is defining how different sites were used and the range of resources that drew these early peoples to the high country. *Wednesday, February 16, 2:00 pm, MJ Wicks Wellness Center*

A History of Steelband in Trinidad and Tobago

The twin-island nation of Trinidad and Tobago, is the birthplace of "pan" as it is called. The steelband is an out-growth of the struggles of African and Indian heritage people against the oppressions, slavery, indentureship, racism, and colonialism. Thus, this happiest of musics, associated by tourists with beaches and hotel swimming pools, is actually a musical revolution. *Thursday, February 17, 3:00 pm, Bristol View 1st Floor.*



For all these classes you must register with Jana at 253-756-6219 or 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

January/February 2022

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What is Your Next Chapter?

As the new year begins it's a good time to assess our living situation and surroundings and consider "What is my next chapter?" If you are tired of taking care of your home and yard, shopping for and unloading groceries and possibly even cooking, maybe senior living would be a great next chapter for you. Our independent living duplex cottages and apartments are lovely and maintenance free. They give you time to do all those things you enjoy but don't now have the time or energy for after all the house and yard work is done. Enjoy trips, drives, parties, gardening, Senior University life-long learning classes, fitness classes and so much more! Do the things you love to do without having to take care of a home and yard.

Or are you needing more assistance in your activities of daily living? Assisted Living allows you the opportunity to live in a beautiful apartment where safety, security and social activities are the top priority, all while getting the care you need whether that is help with your medications, dressing, bathing or escorting. Enjoy chef-prepared meals, housekeeping, camaraderie, fitness classes and more.

Does your loved one have difficulty with day-to-day functions, need support most of the time or seems afraid and lonely while living at home? Possibly Memory Care is the next chapter. Our Memory Care provides greater supervision, specialized nursing care and services, and an abundance of personalized activities all in a wonderful home-like atmosphere.

We offer all these options for your next chapter, as well as Skilled Nursing. We'd love to show you our beautiful campus and our lovely apartments. Because so many people are moving to senior living communities, we have a waiting list, as do most senior communities. It's never a bad time to just look, and if you find a community you love, get on a wait list for peace of mind. Franke Tobey Jones just might be your next chapter.

Featured Apartment ~ Tobey Jones #363 Independent Living with Services



This spacious corner apartment offers 880 sq. feet of living space... plenty of room for a couple. It features lots of windows, a large kitchenette with eating bar, open floor plan and large bathroom. It also has a beautiful view of our campus. The monthly rent of \$6,620 (no buy-in) includes the following:

- ✦ Three wonderful, chef prepared meals a day
- ✦ Weekly housekeeping
- ✦ Transportation to and from doctor appointments and shopping
- ✦ Fitness classes and a 6,000 square foot Fitness Center
- ✦ Woodshop and Craft room
- ✦ Senior University with lifelong learning
- ✦ Kitchenettes with microwave and refrigerator
- ✦ Emergency call alert system
- ✦ Library, game room
- ✦ Secure entrances with easy call system for visitors
- ✦ Free reserved parking and extra storage when available

You might also consider....



Garden Apartment #207 \$5,215/mo (\$90K buy in)

This beautiful 916 square foot, two-bedroom, two bathroom apartment has a kitchen, washer/dryer, fireplace, balcony and extra storage. Rent includes continental breakfast three days a week, weekly happy hour, housekeeping twice monthly, fitness classes, Senior University, transportation, activities and more.



Tobey Jones Building Apt #452 \$6,520/mo. (no buy in)

This one bedroom, 865 square foot apartment has a good size living room, bedroom and kitchenette plus a walk-in closet. The monthly rent includes: 3 wonderful, chef prepared meals a day; weekly housekeeping; transportation; fitness classes; Senior University; emergency call alert system; secure entrances with easy access; free reserved parking and more.



NEW Care Center - Skilled Nursing, starts at \$399/day

In our private pay Care Center, all 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.

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 Joan Bannister



Joan was born in Mexico City, Mexico in 1928 and lived there until she was 15. Her parents, being from England, wanted their children to speak proper English, so Joan attended The Barstow School for Girls in

Kansas City, Missouri and continued her education at the Lindwood College for Women in Missouri where she earned a BA in Liberal Arts. For recreation she enjoyed field hockey, other outdoor sports and all types of music.

After graduation in 1950, Joan returned to Mexico City where she married an American and they had three daughters. Joan became a Naturalized American Citizen in 1952, and her husband's position as a Foreign Service Officer took the family to three posts in Chile and Italy before returning to work in Mexico City. Her husband later was posted in Lima, Peru and Joan remained in Mexico City.

In Mexico City, Joan worked for the U.S. Embassy. In 1966 she transferred to the Drug Enforcement Administration where she worked for 24 years in both Mexico City and San Diego, California.

In 1967, Joan married her childhood sweetheart, Ken. They were married for 40 years before Ken passed away in 2007. They enjoyed sailing their boat, traveling to Europe and visiting extended family. Together they enjoyed their blended family of 7 children.

Joan retired in 2006 and moved to Tacoma in 2011, and FTJ has been her home for the past eight years. "My life is so much easier at FTJ," says Joan. "I don't have to go shopping for food, cook or make decisions about what to eat. I happily don't have too much stuff around me. I feel totally free to travel and know things will be taken care of while I am away. My girls like it too! I think they were afraid I might move in with them! They love that fact that I am so happy here."

Joan serves as a fabulous FTJ Resident Ambassador and helps new residents as they settle into life at Franke Tobey Jones.

Alzheimer's Conference Still Available Virtually



The wonderful and informative Health Care Providers Council of Pierce County Alzheimer's Conference can still be viewed on-line. All four recorded sessions can be viewed at:

<https://www.piercecountywa.gov/6905/Alzheimers-Conference-2021>

Nov. 1: We're Not in Kansas Anymore!

Presenters address first step concerns, from the initial diagnosis, to symptoms of dementia, what to expect, early stage behaviors, and how not to forget about yourself, during this shared journey on the purple path. In addition, panelists will review legal issues, financial planning, and Veteran services, addressing long-term care questions that everyone needs answered as early as possible!

Nov. 3: There's No Place Like Home

Experts share guidance on maintaining health and safety at home, with a little help when you need it. Panelists will also review support services that can be provided at home, with home care, home health, actual medical care with physicians, caregiver burnout, and local support groups. This day will also include further discussions of legal and financial considerations specific to providing care at home.

Nov. 8: Welcome to the Land of Oz!

Gain insight on later steps, such as: When is it time to move? What's the right thing for my family? Where would my loved one go? Who can help? Expert panelists will answer these questions, while explaining the process of choosing and moving a loved one into a community of care, including different levels of care, funding options, and the required legal documents.

Nov. 10: Somewhere Over the Rainbow

Discussions will explore final decision-making, coping with grief, regret, and self-care, along with healing and finding peace after the long journey of caring for a loved one suffering from dementia. In addition, Hospice and Palliative care share their expertise, knowledge, and the "good goodbye".

Yoga is Back!

We are excited to reintroduce Yoga into our fitness schedule. Our new Fitness Instructor, Katie, will be teaching a Gentle Flow Yoga. The class will focus on a rhythmic flow from on posture to another. The goals of the class are to improve balance, coordination, bone density, muscle mass, and mental/emotional wellbeing. Portions of the class will require use of a mat on the floor, and the class will last approximately one hour. For days and times, or if you have any questions about the class, please call Katie at 253-752-6621.

If you hadn't heard yet, we welcomed back community members (outside FTJ) to our Fitness Program on September 21! Our Fitness Program is available to COVID vaccinated community members (age 55 and better) for a nominal monthly fee. Masks must also be worn.

Participants in our program say how great it is to exercise with people their own age, and many friendships are created in the process!

For more information call our Wellness Coordinator Colin Deck at 253-752-6621 or go to: <http://www.franketobeyjones.com/senior-wellness/>

