

When Visiting Your Parents This Holiday Season ~ What You Should Look For Cover Story

FTJ Senior University Class Highlights ~ November-December 2022



From the Streets of Shakespeare to the Court of Elizabeth

Tames presents a look into the lives of the working class and the nobility during the Elizabethan era. She discusses what these people ate, wore,

and what it was like to go to the doctor.

November 9, 2:00 pm, MJ Wicks Wellness Center

Exploring the String Quartet

Come to understand why the string quartet is such a wonderful combination of instruments. Demonstrations on how our instruments complement each other and explain how we communicate musically with each other. In the process we will perform some of our favorite string quartet music.

November 11, 10:00 am, MJ Wicks Wellness Center



When Death Is Welcome: Hastening Dying Ethically, Legally, and with Palliative Support

The class will have a brief but comprehensive review of legally

permissible ways for a patient to hasten death, including their major respective advantages and disadvantages to patient and family.

November 17, 2:00 pm, Zoom

Join Zoom Meeting -

[https://us02web.zoom.us/j/4816003295?](https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09)

[pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09](https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09)

Meeting ID: 481 600 3295, Passcode: 845170



Back to the Fur Trade— Living History Performance by Karen Haas

The cast of characters in the fur trade of the Pacific Northwest in the 1800s was a fascinating diverse blend of Europeans, Native Americans, Hawaiians, and American settlers. Meet these people who created the region's first "shopping malls." Karen tells the tales, sings the songs and shows a trunk full of tools and treasures from a time that brought great change to our land and culture.

December 9, 2:00 pm, MJ Wicks Wellness Center

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

November/December 2022

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When visiting your aging parents over the holidays, you may notice that one or both have lost weight, or you find expired or rotting food in their refrigerator, or maybe even cooked food in the oven that was never eaten. Their home may be unkept either inside or out...or both. Or maybe you find expired medications, or that they are simply not taking their medications. Possibly they are having a hard time keeping up with simple tasks or making easy decisions. These are all signs that your loved ones are struggling and need more help.

These visits provide an important opportunity to observe your parents' physical and mental state to determine whether they're thriving on their own or may require additional help. The pressure of cooking and hosting or the activity and noise of lots of children in the house can throw anyone off. So think of this as a time to reconnect, observe and get an update on how your parents are doing. But while you are enjoying that pumpkin pie and laughing at old family stories, keep your eye out for signs that they might need more help.

According to the Institute on Aging, nearly one third of seniors live alone and their physical limitations and prevalence of depression are likely to increase with age. The AARP reports that nearly 90 percent of seniors want to stay in their home and "age in place," even when they need assistance. It's easy for parents to hide their day-to-day challenges over the phone or during quick visits, but the holiday season offers more time for you to see things as they are. This is a great opportunity to check in on whether your senior parents are struggling to complete their daily tasks, and to have a conversation about their long-term goals and care plans.

If you are noticing small signs of gradual decline, there's no need to have a heavy talk during the holidays, says Barbara Silverstone, co-author of *You & Your Aging Parent*. If your relationship with your parents is fairly good, she adds, issues may come up naturally in conversation. Instead,

Featured Apartment ~ Memory Care



Our memory care suites are beautiful and spacious with en suite bathroom. This is a specialized community for seniors with Alzheimer's Disease and dementia. The program is a 24-hour guided day to help keep the residents active and engaged. The goals are to provide a sense of security and belonging through reassuring staff in a

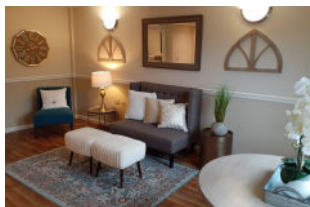
place that feels like home, and to add quality of life through a daily routine building conversation, social interaction, bonding and a sense of belonging. Private room rates start at \$5,365, and a private room with a shared bath rates start at \$4,560 (plus level of care) and include:

- ◇ Large private suite with en suite private bathroom/shower
- ◇ Multiple large gathering areas and private, secure outside courtyards
- ◇ Meals, housekeeping, transportation, cable and local phone service
- ◇ Under the supervision of a licensed nurse, activity professionals and nursing assistants
- ◇ Assistance with activities of daily living including medications, bathing and dressing
- ◇ A variety of meaningful activities every day

You might also consider....



Tobey Jones #354—Independent Living With Services \$6,965 (no buy-in) Apt. under renovation—no photo available. This large, open 840 square foot apartment has two bedrooms and two bathrooms, but its more like a one bedroom with a den. It's a very bright apartment with a view of Mt. Rainier. Enjoy three meals per day in the dining room, weekly housekeeping, transportation and so much more.



Assisted Living #209, \$5,940 per month. plus level of care (No buy-in) Apartment #209 is a 580 sf one bedroom apartment on the main floor, very close to everything! Enjoy three meals daily, weekly housekeeping, transportation, engaging activities, with as little, or as much, care as needed by professional, caring and competent staff who preserve seniors' independence, freedom of choice and dignity.



Garden Apartment #101, \$3,850 per month (\$45K buy in) This beautiful 638 sf ground floor corner apartment has a lovely patio, full kitchen and fireplace. Enjoy continental breakfast M, W and F, weekly happy hours, concierge services, transportation if needed, bi-monthly housekeeping and lots of great neighbors! Be as social or quiet as you like. Apartment is under renovation—no photo available.

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 Residents

Paula and Bruce Foreman



Paula originally grew up in Maryland and attended college in Maine, before eventually transferring to

Columbia University for her nursing degree. Bruce, originally from Iowa, attended the Boston University School of Theology. A love story for the ages, it was at a church service where, for the first time, their eyes met. And the rest is history when they said "I do" 63 years ago!

The Foremans landed in the Pacific Northwest when Bruce accepted his first Pastoral position with the United Methodist Church in Fircrest. His next church was Gig Harbor Methodist, followed by a ten-year stint as the founding director of Associated Ministries, before he served a parish in Aberdeen, then West Seattle. After 30 years in the ministry, Bruce was ready for something a little different and he started building wooden decks.

Paula loved nursing and got certified as a school nurse before eventually getting a degree in counseling at the University of Puget Sound, thus transitioning to a school counselor for Tacoma Public Schools.

However, their true passion (aside from their children and grandchildren) is music. Bruce is a member of Tacoma Vocal Standard, and Paula is a member of the South Sound Threshold Singers, a choir whose primary mission is to sing at the bed-sides of those on Hospice.

Even though they have spent a lifetime moving frequently, they still love to travel and have been across the globe from Russia to Brazil, France to Italy, Switzerland to Cuba.

What brought Paula and Bruce to Franke Tobey Jones? "Because we got old," Paula jokes. But actually, it was because of the FTJ Wellness Program which they have participated in for years. Also, the beautiful campus, FTJ's proximity to Pt. Defiance and the promise of continuing care when needed. The Foreman's last two homes were within half a mile of the FTJ campus, and when it was time to move in, Paula was fortunate enough to get the exact apartment she wanted.

Bruce and Paula keep happily engaged with the Wellness Program, Senior University classes, art activities, and a beautiful, raised bed garden. However, their biggest joy is making new friends. They are very grateful to be living at FTJ.

Visiting Your Parents

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enjoy the time together with family (pitching in with cooking, cleaning and driving as much as you can), and then, follow these steps.

Here are some things you may ask yourself when visiting:

- ⇒ Is your loved one getting together with friends or participating in activities they enjoy? It's a fact that social isolation and loneliness can lead to depression.
- ⇒ Is your loved one repeating themselves or asking the same thing over and over? Do they get tongue-tied?
- ⇒ Do they get lost when they drive to a familiar place? Does your loved one's car have any signs of fender benders?
- ⇒ Can your loved ones remember commitments such as doctor's appointments, plans with friends, car maintenance appointments?
- ⇒ Do your loved ones have the ability to learn something new? Is your mom or dad struggling to absorb and retain new information? Is trying a new activity unusually difficult?
- ⇒ Are your loved ones struggling to manage finances? Are bills piling up or other problem-solving skills declining?
- ⇒ Are your loved ones able to make good judgements and decisions?
- ⇒ Have you noticed any behaviors or situations that seem out of the ordinary?
- ⇒ Is your loved one in poor hygiene, have a lack of grooming, weight loss, poor balance or bruises?
- ⇒ Are they able to cook nutritious meals for themselves?
- ⇒ Is the medicine in their bathroom expired? Are they able to manage medications by themselves?
- ⇒ Are your loved ones able to keep track of time? Is your loved one having a hard time remembering what day it is? Are they losing track of time on an even larger scale?

Aside from the above mentioned, many seniors will exhibit physical signs of this cognitive decline. There are several additional warning behaviors to look for such as agitation, wandering, picking at the air, sleep problems, eating problems and incontinence

These questions are only meant to open up conversation, and always start out with the positive. Ask them, "what are your long-term goals and how can I support them?" If they need too much assistance, you may need to move them to an Assisted Living or Memory Care community.

We are always here to provide guidance in these challenging situations. It is often not an easy time to have that conversation with your loved ones. Please let us know if there is anything we can do to help you including resources and guidance.



FTJ Employee Giving Club ~ Making an Impact Together



Patricia Moore, Activities Supervisor at FTJ, has been in the senior campus healthcare field for over seventeen years. "Every place except the laundry and kitchen!" she enthusiastically exclaims. She started as a CNA and previously held roles as a Restorative Aid, Director of Nursing and Activities Assistant. An FTJ Team Member since 2015, Patricia joined the Employee Giving Club through payroll deduction, requesting her contributions benefit Where Need is Greatest. "I didn't want to choose a side and I am open for however and wherever we need support," she says.

When asked why she joined the Employee Giving Club, she responded that working at FTJ changed her life. "It allowed me to see who I really am as a person, and I just wanted to give back. FTJ showed me that we are all capable of doing a lot more than we think. And the residents are the reason that I love what I do."

Patricia is glad she can support FTJ because of the value of care for others. Her favorite quote reflects her personal and professional path: "Go beyond who you are and believe in yourself."

Thank you, Patricia, for your generous heart!

Shop On-Line and Support FTJ

With much appreciation, as the holiday season approaches and your online shopping increases, we ask a favor of you. Would you please take a moment and sign up for AMAZON SMILE? When you shop amazonsmile it's an easy and impactful way to support Franke Tobey Jones!

- ◆ In your web browser, type in smileamazon.com.
- ◆ Enter in your email address and password.
- ◆ Type in Franke Tobey Jones as your charity.

Place your Amazon orders through amazonsmile and Amazon gives back. Thank you so much!