



FRANKE TOBEY JONES

*Enjoy your age*

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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](mailto:chall@franketobeyjones.com)  
Thank you!

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## Head In The Sand? Don't Wait For A Crisis! Cover Story

## FTJ Senior University Class Highlights ~ September—October 2022

### Writing Forever Letters

This 5-week course introduces participants to the value of writing Forever Letters to convey what has become important in the writer's life and how the receiver has contributed to that. Fridays, September 2, 9, 16, 23 and 30, 10:00 – 11:30 am, Bristol View 1<sup>st</sup> Floor Bowditch Room.



### Tacoma Community Ukulele Project: Exploring the Ukulele

Please join us regardless of your previous musical experience and leave with the tools to keep learning on your own. You will learn at least eight songs, multiple strumming patterns, practice techniques and all in a fun and engaging social setting! Thursdays, September 8, 15, 22 and 29, 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room.

View 1<sup>st</sup> Floor Bowditch Room.

### Lady at the Crossroads: Narcissa Whitman – Living History Performance by Karen Haas

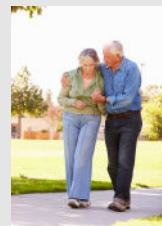
As a missionary to the Cayuse in what is now Eastern WA, Narcissa Whitman was at the center of one such cultural intersection.



Using the text of many of Narcissa's letters as well as portions of her beloved hymns, Karen portrays Mrs. Whitman as she shares her challenges, joys, and sorrows. Friday, September 23. 2:00 pm, MJ Wicks Wellness Center.

### Alzheimer's Association Lecture Series: Dementia Conversations

This workshop offers tips on how to have honest and caring conversations with family members about three difficult topics: going to the doctor, deciding when to stop driving, and making legal and financial plans. October 7, 10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room.



### Murder, Magic and Witchcraft: The Science of Herbal Poisons During the Salem Witch Trials

UPS Biology Professor Andreas Madlung will talk about the world of plant drugs, poisons, and hallucinogens and relate them to what we know about witches and their traditions. October 28, 3:00 pm, MJ Wicks Wellness Center.

For all these classes you must register with Jana at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto: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](http://www.FrankeTobeyJones.com) for a full class schedule.

# FRANKELY, WE'VE GOT IT!

*news, events, and opportunities for our community*



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September/October 2022

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*Frankely, We've Got It*  
Editor: Christine Hall

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## Head in the Sand? Don't Wait For A Crisis!

### Know Your Plan

We know that the next step in your or your loved ones journey is not always easy. It can be confusing, frustrating and very emotional for everyone involved. Many people wait until there is a health crisis to even think about the next step. But, in our experience, having a plan is a much better plan!

### You may be asking?

- ◆ Does mom/dad need a little more help? Or A LOT more help?
- ◆ What is Assisted Living?
- ◆ What's the difference between Assisted Living and Memory Care?
- ◆ What is the criteria for needing Assisted Living, Memory Care or Skilled Nursing?
- ◆ How do we know what level mom is at?
- ◆ How much does it cost?
- ◆ Will Medicare pay for Assisted Living, Memory Care and/or Long Term Care?

### Open House for Assisted Living, Memory Care and Skilled Nursing

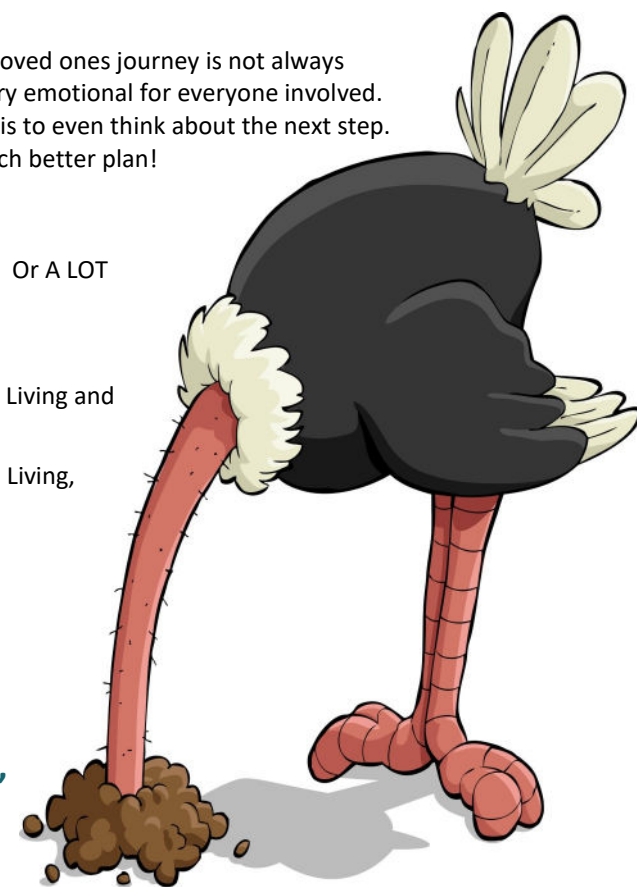
Join us for an open house to answer your questions and to see our beautiful new memory care and skilled nursing along with our refreshed Assisted Living.

### Tuesday, October 11, 2022

10:30am—1:30pm in the FTJ Wellness Center

- ◆ Visit with FTJ family members
- ◆ Hear from a memory care specialist
- ◆ Tour our beautiful community

**RSVP to Carole Velez:** [cvelez@franketobeyjones.com](mailto:cvelez@franketobeyjones.com) or 253-320-4216. Must RSVP to attend. Must show proof of COVID vaccination and wear a mask while on the Franke Tobey Jones campus.



## Featured Apartment ~ Tobey Jones #452 Independent Living With Services

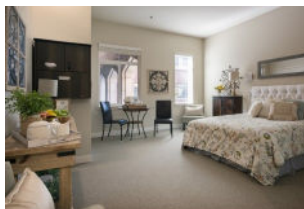


This 865 square foot, one bedroom apartment has views of Mt. Rainier and Puget Sound, a wonderful open living space encompassing the living room, dining room and kitchenette. The interesting roof lines and many windows provide a charming, light, bright living area. The walk-through closet is large with several built-ins,

and the bedroom would fit a bed of any size. It's a must see! The rent of \$6,520 (no buy in) includes:

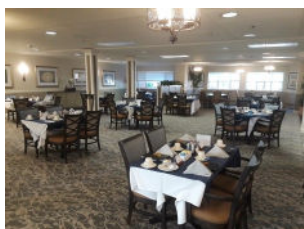
- ◆ 3 wonderful, chef prepared meals a day
- ◆ Weekly housekeeping
- ◆ Transportation to and from doctor appointments and shopping
- ◆ Fitness classes and a 6,000 square foot Fitness Center
- ◆ Woodshop, Craft room, Library and Game Room
- ◆ Senior University with lifelong learning
- ◆ Kitchenettes with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

### You might also consider....



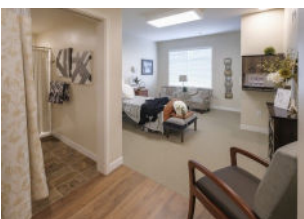
#### Memory Care —Private Room with ensuite bathroom \$5,135/month (plus level of care charge)

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.**



#### Assisted Living #212, \$3,520 per month.

Lillian Pratt Assisted Living Apartment #212 is a studio that is located on the main floor very close to everything! All residents enjoy engaging activities centrally located. As little, or as much, care as needed is provided by professional, caring and competent staff who preserve seniors' independence, freedom of choice and dignity. **No Buy In.**



#### 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](http://www.FrankeTobeyJones.com).**

### Meet Resident

## Catherine "Cat" McIntyre



Catherine McIntyre was born in sunny California. Her parents, a Scots/Irish couple, were from Portland and her biological father was a pilot in WWII. One of her younger brothers was a USAF navigator who died in the Vietnam War. Cat moved

to Seattle for high school and went to the Univ. of Washington for college, studying anthropology as an under-graduate. She also got her Masters in Social Work at the UW as well as further studies in anthropology at Stanford.

In 1977 she joined the Peace Corps as part of an all-women's group focused on child nutrition to help fight child mortality in a remote region of eastern Nepal. She lived with Sherpas and drank beer! Later, Cat went on to work at the University on medical research projects. When the last project ended, she returned to Nepal, solo, leading a women's trek to Everest base camp.

Her next adventure involved working with USAID (U.S. Agency for International Development), as a diplomat and rural development specialist. Cat spent four years in Haiti between 1986-1990 working with community organizations to preserve hillside farming. Next, she was posted to Lesotho in Southern Africa where she worked on several agricultural projects; her favorite was working with herders to safeguard the mountain rangeland. After that, Cat worked at USAID in Mali, where she had to re-learn French. She worked on anti-desertification to try to hold back the encroaching Sahara Desert and represented the U.S. government on efforts to combat two different locust plagues.

Finally, tired of the locusts and moving from country to country, she came back to her beloved PNW and lived in Bellingham for twenty-five years. For nine years, she wrote grants for a community action agency to help with child-care, health and housing. Later, she used her social work degree as a hospice social worker with PeaceHealth St. Joseph Hospital, until she retired in 2011.

Cat is happy to be at FTJ and excited to meet everyone and be in a community where people look out for each other. She's hoping to help get a French club started here. "Humans are social beings. I know we need many minds to figure out the world."

## Tacoma Senior Living Tour Compare Five Tacoma Senior Communities



The Tacoma Senior Living Tour has been on pause since the Pandemic but is being brought back on September 14! Are you thinking about moving into a retirement community but just don't know where

to start looking or even what questions to ask? On September 14<sup>th</sup> from 9:45am to 3:00pm tour eliseo, Franke Tobey Jones, Merrill Gardens, Solstice and the Weatherly Inn. **All participants must RSVP, show proof of COVID vaccination and wear a mask the entire tour except while eating/drinking. RSVP to Carole Velez at 253-320-4216.**

"Over the past eight years, we've toured over 1,000 seniors during the Tacoma Senior Living Tour," says Christine Hall, Senior Director of Marketing and Public Relations at Franke Tobey Jones. Most seniors attending this Tour have never stepped inside a retirement community before. When most people think about retirement communities, they conjure up all kinds of terrible images and smells from visiting their mom and grandma in a nursing home decades ago. Retirement living is not like that anymore. Our communities are beautiful, vibrant, active and offer wonderful chef prepared meals, classes, trips, tours and the opportunity to meet new friends and have fun!"

Each tour is very informative, and attendees walk away having learned a lot about living in a retirement community. You will receive an overview of each community, walk through common areas and see actual apartments. You will also have the opportunity to taste the food at each community, compare prices and ask as many questions as you want in a friendly, relaxed environment.

### Your questions might include:

- ◆ What is the monthly rent and what does it cover?
- ◆ Is your community pet friendly? Does it cost more to have a pet?
- ◆ Can I move in now or is there a waiting list?
- ◆ What is a "buy-in" and is there one?
- ◆ What is the difference between assisted living and memory care? Or memory care and skilled nursing?
- ◆ What is the highest level of care that you offer?
- ◆ Do you offer therapy? If so, what kinds?
- ◆ What happens if my spouse needs memory care and I don't? Can we still live in your community?
- ◆ What happens to my apartment if I need to go to skilled nursing or rehab for a period of time?

The vans fill up very fast and seats are limited, so you must RSVP to reserve a seat on one of the community vans. Or, if you'd like to drive yourself, please still RSVP so the organizers have a good head count for food, brochures and so on. Compare the possibilities at each community. **RSVP to Carole Velez at 253-320-4216.**

## Philanthropy Matters

The importance and appreciation of our donors can never be understated, and your support ~ residents, families, staff, and community members ~truly changes lives!

Contributions of all amounts sustain the mission of Franke Tobey Jones and ensure each day is filled with meaning and purpose for FTJ residents and seniors in the South Sound. Since January 2022, *every* program and service has been positively impacted by your gifts. Here are a few of the current and tangible highlights that you have made possible!

- The Gift of Sound ~ long-range wireless headphones that connect to virtually any audio device (TV, computer, tablet, etc.) were added to Skilled Nursing and Memory Care, allowing hearing-impaired residents to better hear and participate in activity programming.

- The Gift of Health and Well-Being ~ to strengthen minds and bodies, yoga supplies were purchased for the FTJ Wellness Center, which offers state of the art amenities to FTJ residents and community seniors age 55 or better.

- The Gift of Thought ~ new books were added to resident libraries

- The Gift of Engagement ~ senior technology was purchased, enabling residents to share conversations, experiences, and learning with each other, their families, and caregivers

- The Gift of Camaraderie ~ supplies were purchased and additional classes were added at the Pt. Defiance ~ Ruston Senior Center, increasing opportunities for participants to meet new friends and stay active and healthy.

These are just a few of the many ways FTJ donors continue to make a remarkable difference and enrich the quality of life for the senior community.

***On behalf of all of us at FTJ, thank you for your generous hearts!***



*A Memory Care resident wears her headphones during exercise class*