



5340 N. Bristol Street
Tacoma, WA 98407
P: 253-752-6621
F: 253-756-1862

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 newsletter by mistake or no longer want to receive it, please call us at 253.752.6621 or email chall@franketobeyjones.com Thank you!

NON PROFIT
US POSTAGE
PAID
TACOMA, WA
Permit No. 1501

FTJ Offering More Memory Care Suites Cover Story

FTJ Senior University Class Highlights ~ January / February 2023

Tacoma Community Ukulele Project: Exploring the Ukulele

The ukulele is an instrument that you can learn chords and songs on with no prior musical training. Over the course of just four classes, you will learn at least eight songs, multiple strumming patterns, practice techniques to carry your learning into the future. Wednesdays January 4, 11, 18 and 25. 10:00 am, Bristol View 1st Floor Bowditch Room



Basics of Sign Language

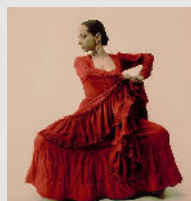
Join this "voice off" six-week class to learn the basics of American sign language communication. Fridays January 6, 13, 20 and 27. 10:00 am, Bristol View 1st Floor Bowditch Rm.

Steve's Local History: Tacoma Police and Fire Departments

Steve Dunkelberger is a local historian, author, and journalist, as well as a teacher in the Tacoma Public Schools and Pierce College. He focuses on local history, particularly the odd quirks and figures of our shared heritage. Thursday, January 26. 4:00 pm, Bristol View 1st Floor Gathering Room

Flamenco Dancing and Music: Origins, History and Movements

Professor Marisela Fleites will offer insightful information on the origins, history and current developments of Flamenco as an art form. She will also demonstrate typical Flamenco moves, show some of the typical dresses, shoes, fans, shawls, etc., as well as teach the audience some hand movements. Thursday, February 2. 3:00 pm, MJ Wicks Wellness Center



Being Well: Evidence-Based Strategies for Mental Health

Dr. Tiffany Arttime will share research on strategies that support good mental health and prevent difficulties with concerns like depression or anxiety. The talk will present both the science on interventions that promote well-being as well as ways to apply these tools for good coping and self-care. Friday, February 24. 11:00 am, Bristol View 1st Floor Gathering Room.

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 2023

Inside This Issue

Featured Apartment
of the Month ~
Garden Apartment
#101—2

Meet Resident
Mary Anne Fray—2

Art Expression~
Holistic Wellness—3

FTJ Team Members
Brighten Lives—3

Current Real Estate
Market, Should I Sell
My Home?—3

Senior University—4

5340 NORTH BRISTOL
TACOMA, WA 98407
P: 253-752-6621
F: 253-756-1862

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



FTJ Offering More Memory Care Suites

We have exciting news! FTJ has started the process of converting 21 skilled nursing suites into memory care suites. "With the demand for memory care increasing every year, we are thrilled to be able to offer more beautiful memory care suites starting early 2023," says Michelle Olafson, FTJ Director of Admissions and Resident Relations.

According to the Alzheimer's Association, an estimated 6.5 million Americans age 65 or older (about 1 in nine Americans) are living with Alzheimer's in 2022. This jumps to 73 percent for ages 75 or older. The number of people with the disease doubles every five years beyond age 65. In fact, every 65 seconds, someone in America develops Alzheimer's. By mid-century, someone in America will develop the disease every 33 seconds.

At Franke Tobey Jones, our Memory Care community is a specialized community for seniors with Alzheimer's Disease and dementia. Our 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 by building conversation, social interaction, bonding and a sense of belonging. Under the supervision of a licensed nurse, activity professionals and nursing assistants, each day is guided by our 24 hour staff, and daily routine is structured to maximize quality of life for each resident.

Features include large private suites with en suite private bathroom/shower, multiple large gathering areas, private and secure outside courtyards, program assistance with activities of daily living including medications, bathing and dressing to ensure that needs are met, a variety of meaningful activities every day, three delicious meals a day served family-style in the Memory Care dining room, weekly housekeeping, transportation to medical appointments, and more.

If you are concerned that you or a loved one might need assistance with memory care, or if you'd just like additional information, please contact us at 253-752-6621.

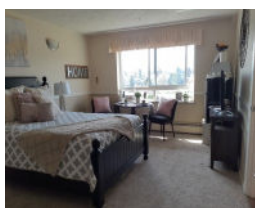
Featured Apartment ~ Garden Apartment #101 Independent Living



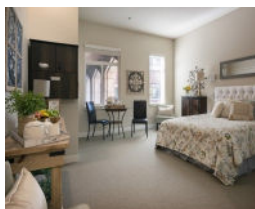
This 635 square foot, one bedroom apartment is on the main floor close to all activities and the concierge. It also has a lovely fireplace and patio! The monthly rent of \$4,140 (\$55K buy-in) includes:

- ◆ Happy Hour weekly and continental breakfast M, W, F
- ◆ Housekeeping twice monthly
- ◆ Remodeled kitchen with new full sized stainless steel appliances
- ◆ Stackable washer and dryer
- ◆ Storage off patio
- ◆ Lovely patio with privacy and sun
- ◆ One parking space per apartment. Second parking space \$250 per/mo.
- ◆ \$25 Bistro Café credit per month per person
- ◆ Maintenance of building exterior, all grounds and common spaces
- ◆ Fitness classes, fitness machines and personal trainers
- ◆ FTJ Senior University and activities
- ◆ Transportation
- ◆ Secured building
- ◆ Concierge Services
- ◆ Electricity (including A/C), gas, water, sewer, garbage, standard cable television, property taxes and building insurance

You might also consider....



Assisted Living #205, \$4,255 per month plus level of care (No buy-in). This is a 331 square foot studio apartment on the main floor, very close to everything! Enjoy three meals daily, weekly house-keeping, 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.



Memory Care—#17 Private Suite with bath shared by one other private suite. \$5,400/month + level of care (No buy-in). 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 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 Mary Anne Fray



Mary Anne was born in 1943 and raised in Bremerton, WA. She graduated from Bremerton West High School and dove right into the job market. After several varied jobs including insurance, working

as an airline ticket agent and as a travel agent. It was at that time she left to assist in caring for her husband's parents, who had moved from Dayton, Ohio. Then it was time to assist her own parents, and finally her husband of 40 years, John, who passed in 2009. Even with such loss, Mary Anne felt blessed to be able to help all of them in their final journeys.

Thanks to the airline position, she had access to free airline passes, so at the age of 25 she began exploring the world. When she met John in 1969, fortunately he was a man of great adventure as well. A few favorite trips include: a "round the world" air trip for their first wedding anniversary, two treks in Nepal in the 1970's, attending cooking schools in France and Italy, a one-month river cruise in Russia, land tours in Turkey, Greece, New Zealand and China, and train trips in Scotland, South Africa and Australia.

Mary Anne also enjoyed exploring the U.S. She spent 18 years backpacking and climbing Mt. Rainier, Mt. Baker, Mt. Adams, Glacier Peak and Mt. St. Helens. Mary Anne is also a graduate of the Oregon Outward Bound 20-day course in the Three Sisters Wilderness, Class of 1970.

With such an adventurous life, Mary Anne finds herself thrilled to be settled into Bristol View at FTJ to carry on the tradition of a "Balazic" in residence. Her father, Tony Balazic, lived at FTJ for 10 years and her hope is to pass his tenure. She enjoys how friendly everyone is, the home environment, all the support from staff, and the Bristol View community where she has formed lifelong friendships. Mary Anne has discovered not only does everyone like each other, but they watch out for one another as well. Not to mention, the longevity of the employees, with so many of the same staff remaining from when her father resided here from 2003-2013. As far as Mary Anne is concerned, this is a great community to live in, and she continues to be a happy resident.

Art Expression—Holistic Wellness



One of the newest FTJ wellness programs is the Holistic Wellness Program which started several months ago. This very popular program consists of several components including meditation, restorative yoga, tea tasting, sound bath, Art Expressions and more.

"When we are feeling all kinds of emotions, sometimes simply stating what you're experiencing or feeling isn't enough," says Sarah Doerner, FTJ Holistic Wellness Coordinator. "In order for emotions to move through us freely, they must be accepted and expressed. Doing so fuels our creativity. One way to do this is by expressing emotion through art by whatever creative means allows you to open up and bare your soul." In her FTJ Art Expression Class, Sarah challenges participants to express themselves through art and writing, as they share new ideas and uncover different ways to express themselves. No experience necessary.

Holistic wellness is important because it helps individuals conceptualize illness by looking at all aspects of their lives and implementing changes to promote healing and prevention. Through the FTJ Holistic Wellness Program, residents and community members are learning the many aspects of wellness and are able to participate in very interesting classes that expand their knowledge, enhance their lives and improve their overall health and happiness.

If you are interested in learning more about the FTJ Holistic Wellness Classes, please contact Sarah Doerner at 253-756-6241 or at sdoerner@franketobeyjones.com.

Team Members Brighten Lives

This year, the annual tradition of FTJ team members coming together by department to create festive baskets to raffle at the Point Defiance Ruston Senior Center holiday party continued with much merriment. The team members really put their hearts into it! Baskets ranged in theme from *Baby, It's Cold Outside* to *Dog Day Afternoon* to *The 12 Days (or more) of Pasta*.

"Once again, the FTJ has put together amazing baskets to be raffled off at our Holiday Party," comments Kate Gray the Point Defiance ~ Ruston Senior Center Director. "All of our participants who either saw or won baskets could not believe the beauty and generosity of FTJ staff. Thank you everyone for your generosity and heart!!!"

Current Real Estate Market~ Should I Sell My House?

By Debbie Ruvo, Realtor/Broker, Certified Seniors Real Estate Specialist (SRES). druvo@comcast.net

The real estate market has been a whirlwind to say the least these last three years. We are now moving into a more normal market and seeing pent-up demand for housing even though interest rates are higher than they were. Homes are selling. We are now seeing inflation inching down and therefore, so are the interest rates. As of December 8th, interest rates were at 6.33%, this is encouraging to buyers and should be for sellers as well. According to real estate economists, they predict the Feds will slowly pull back raising the rates and we will see them stabilize.

The first quarter of 2023 we will see sellers deciding to sell. Inventory will increase and buyers will have more choices, and it will continue to be a sellers' market in 2023 which is good news. But, we will see buyers and sellers negotiating and sellers competing to attract buyers. In fact, as of this writing, just in Pierce County there are 1,076 closed sales and 1,020 pending sales (December).

The housing market is still one of the best investments one can make. Buyers are tired of rents continually rising and they want home ownership. Sellers should be encouraged if they are planning to sell and to do so the first quarter of 2023. You will beat out the competition if you are on the market before spring or summer where some sellers believe that is the best time to sell.

I can say with my experience, if a buyer wants to buy and the opportunity arises to buy that perfect home, when that home comes on the market it does not matter the season. Everything sells and the key is price and condition. Pricing your home to sell with the advice of a professional Realtor who does a comparable market analysis, who will show you what homes in comparison are selling for, average days on the market and condition. Professional photos, staging or virtual staging, virtual 360-degree virtual tour and a spotless – decluttered home will help you beat the competition too. Buyers and sellers now are negotiating, some sellers are helping buyers with their closing costs, lenders are offering creative financing as well. Yes, we are in a more normal real estate market, and there will always be buyers who will buy...let's make sure it is your home.

Check out 55RES.com website for more information on moving.