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TOBEY
JONES

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**Understanding Dementia
Presentation**
See Page 1



FRANKE TOBEY JONES
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Frankely, We've Got It!

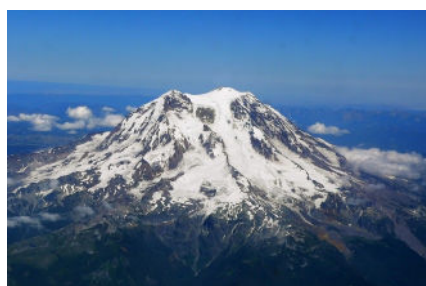
News, events and opportunities at our community

March/April 2023

FTJ Senior University

March/April 2023

Highlights



From the Crater to the Courtroom

Learn about the history of volcano hazard management in Washington State. *Monday, March 6, 11:00 am, Bristol View 1st Floor Bowditch Room.*

Technology for Those Visually Impaired

Wednesday, March 8, 10:00 am, Bristol View 1st Floor Bowditch Room.

Wise Grandparents Discussion

Wednesday, March 15, 11:00 am, Zoom.

Ballet Folklórico

An exploration of Mexican culture through movement, music, and costume. *Wednesdays, April 5, April 12, & April 19, 10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room*



Ancient Disasters and the Legends and Myths They Inspired

Friday, April 21, 2:00 pm, Bristol View 1st Floor Bowditch Room.

Conspiracy Candidates: Conspiracy Theories and The Candidates who Spread Them

Wednesday, April 26, 11:00 am, Zoom.

For all classes you must register with Jana at jwennstrom@franketobeyjones.com or 253-756-6219. Go to www.FrankeTobeyJones.com for a full class schedule.

Are you caring for a loved one with dementia?



New Understanding Dementia Classes at Franke Tobey Jones

Are you caring for a loved one with dementia? If so, you know this poses many challenges for families and caregivers. People with dementia from conditions such as Alzheimer's and related diseases have a progressive biological brain disorder that makes it more and more difficult for them to remember things, think clearly, communicate with others and take care of themselves. In addition, dementia can cause mood swings and even change a person's personality and behavior.

You might be noticing that your loved one has some memory loss and/or might need help in some activities of daily living like medication management or dressing. What are the first signs that may show that your loved one just isn't "right." Does your loved one really need memory care?

This spring Jake Gamble from Generations Home Care will present information about understanding dementia in four separate sessions. He is a wonderful, compassionate caregiver with a wealth of information regarding Alzheimer's and other dementias. He will help you to

understand this disease and the challenges it may be presenting to you and/or a loved one.

Over this course, Jake will talk about caring for someone with dementia, communicating and speaking the language of your loved one who has dementia, and more.

The sessions will be held in the FTJ Care Center March 29, April 19, May 11 and May 24 from 2:00-3:30pm and will include a tour for those that are interested. Seating is limited, so please RSVP today to Adelia at 253-756-6278. Please leave a message with your RSVP, name and phone number if she doesn't answer.

Featured Apartments



Featured Apartment—Memory Care—#17 Private Suite for female. Bathroom shared with one other private suite. \$5,400/month + level of care.

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. **Not necessary to live at FTJ first.**

Features

- Large private suite with en suite bathroom/shower
- Multiple large gathering areas
- Private, secure outside courtyards
- 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
- A licensed nurse is available to administer medications and assist with emergencies
- Program includes assistance with activities of daily living including medications, bathing and dressing to ensure that needs are met
- So much more...



Tobey Jones #256 – Independent Living with Services

Tobey Jones #256 is a 377 sq. ft. one bedroom apartment with a nice view of the Resident Garden and courtyard. It’s also on the main floor close to the dining room, Parlor and activities. Monthly rent is \$4,015 (no buy in) and includes meals, house-keeping, transportation and more.



Assisted Living Studio #201 Live in Style and Comfort

This is a 270 square foot apt. with a large closet, is on the main floor close to the dining room, activities and the concierge. Our gracious campus setting is matched by our caring professional team members. The monthly rent is \$3,800 (no buy in) plus level of care.

Your needs are always a priority to us. For more information regarding these or other apartments, or other questions you may have about senior living, please call 253-752-6621 or visit www.FrankeTobeyJones.com.



Kay Bristow

Kay Bristow was born in Portland, Oregon where she lived for most of her life. She was orphaned at the age of seven and raised by an aunt and uncle.

Kay attended Willamette University for three years, and then Lewis and Clark College where she received her degree in Education. She taught first grade until having her three children, two sons and one daughter.

Kay met her husband David while attending Willamette University. After graduation from Lewis and Clark College, she helped put David through medical school, and he became a well-respected cardiologist at both the Oregon Health and Science University and the University of California, San Francisco. During the Korean War, David was drafted to serve as a Navy Doctor at San Diego and Sandia Base in Albuquerque. As the wife of a cardiologist, they entertained often which was a joy in her life.

Kay was a “professional” volunteer for 26 years in the education department at the Portland Art Museum, her children’s schools, Girl Scouts, YWCA and the Oregon Symphony. She and David had an active family who enjoyed hiking, camping, skiing and backpacking together. After the children were grown, Kay and David traveled to Nepal three times to trek, and the Swiss, French and Italian Alps twice to hike.

From 1967—1968, David took a one-year sabbatical to take his family to England and returned to Oxford in 1987-1988 for another sabbatical without the children.

Kay and David were married 47 years. They led an interesting life, traveled many places throughout the world and to many national parks in the U.S. David was a competitive runner and Kay an enthusiastic runner and walker. They enjoyed life every step of the way.

Kay’s children live in the Puget Sound area and encouraged Kay to move to Tacoma to be close to them. Franke Tobey Jones was the one and only retirement community Kay looked at. It was exactly what she wanted! Kay is settled at FTJ and enjoys her fellow residents. She is delighted with the Wellness Center and enjoys attending events. We are so very glad Kay chose Franke Tobey Jones as her home.

Casual for a Cause: Operation Teddy Bear

The results are in for January’s Casual for a Cause, Operation Teddy Bear!

How do you pack more than 700 teddy bears for a trip roughly halfway around the world to the middle of a war zone? Answer: With loving care and messages of encouragement. Peninsula High School Key Club members collected teddy bears over the winter for children in war-torn Ukraine. The club is partnering with a nonprofit in Ukraine, **Voices of Children**, to deliver the stuffed toys.

Franke Tobey Jones designated its “Casual for a Cause” in January to helping this effort, and team members and residents raised almost the entire amount needed for shipping (\$780) plus collected 35 bears for this worthy cause. Way to go, FTJ! What a way to make a meaningful impact!

Students from Peninsula High School’s Key Club pinned a message to Ukrainian children to each teddy bear.

“We send our love and prayers in each teddy bear for the children of Ukraine and hope our friendship and support keep you safe and protected in these dark times,” the message reads in part.

“I’m just blown away seeing all these teddy bears,” said Carolyn Gutmann, a teacher and Key Club advisor.

FTJ started Casual for a Cause in 2010. Every Friday team members can wear jeans to work and donate \$5 (or more if they want) to various causes. FTJ has donated to over 60 not-for-profit organizations. Starting in 2016, FTJ started to match the team member/resident giving each month. In total, FTJ has raised nearly \$50,000 for these worthy organizations.



Left to Right: Sharon Baker, Past President of Kiwanis Club of Gig Harbor; Christine Hall, Franke Tobey Jones Sr. Director of Marketing and PR; Gabby Feinstein, President of the Peninsula High School Key Club; and Tony DeMarco, Franke Tobey Jones Director of Building Services and Gig Harbor Kiwanis Board member.

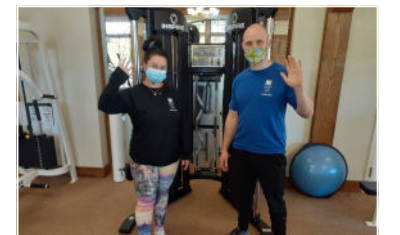


A Big Win for the FTJ “Souper Bowl with Love!”

For the third consecutive year, FTJ Philanthropy held a “Souper Bowl” food drive for the Pt. Defiance ~ Ruston Senior Center.

The goal was to assemble 75 bags with three cans of soup, a box of crackers, and valentine chocolates, an increase from last year’s goal of 45. Residents and staff rallied together and exceeded the goal with a record number of 100 filled Souper Bowl bags and two large boxes of non-perishable goods for the Senior Center food pantry.

FTJ Director of Philanthropy, Shelley Harris commented, “It was amazing to see the support of residents and team members filling donation bins around campus and contributing monetary gifts to help reach our goal – it was a true team effort. I never cease to be amazed at the kindness, generosity and compassion of everyone who lives and works here.” The Senior Center distributed the care packages during the week leading up to the real “Super Bowl,” - just in time for the arrival of cold weather. Added Senior Center Director Kate Gray, “100 bags touched 100 hearts – we are so deeply appreciative.”



Fitness Trainers Available

Aside from our outstanding fitness center and fitness classes, if you are part of our fitness program (which is open to non-FTJ residents age 55 or better at a nominal cost), we also just opened up our personal training appointments. But, they are going fast! If you want to work on strength, endurance, weight loss, balance or any other fitness component in a one-on-one setting, please call. Colin. (253) 752-3241.