



FRANKE
TOBEY
JONES

Enjoy your age

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Memory Care Open House
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FRANKE TOBEY JONES
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Frankely, We've Got It!

News, events and opportunities at our community

May/June 2023

FTJ Senior University

May/June 2023

Highlights

Dao (Tao) and Health

Dao (Tao) is a Chinese name used by East Asian cultures to describe the ways things work in the universe, or the underlying natural order of the universe. Find out what it's all about. Thursday, May 18, 10:00am, Zoom.

The Chemistry of Chocolate

Do you love eating chocolate and want to know more about how it's made? Come learn about the science of chocolate and what makes it so delicious! Wednesday, May 31, 11:00 am, Bristol View 1st Floor Gathering Room.

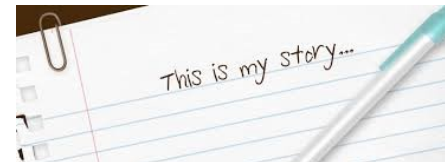


Evolution of Ballet

Learn about European classical ballet's rich tradition from Louis XIV's Versailles to its progression into the various eras. Wednesdays June 7, 14 and 21, 10:00 – 11:30 am, Bristol View 1st Floor Bowditch Rm.

Finding, Telling, and Sharing Life Stories

Explore your life experiences and work them into short stories or vignettes. Fridays June 16, 23 and 30, July 7 and 14, 10:00 – 11:30 am, Bristol View 1st Floor Gathering Room.



The Peloponnesian War (431-404 B.C.)

Instead of a blow-by-blow history of the war, this class will instead focus on political and military decision making, how the combatants fought the war, how that changed during the war, and so much more. Friday, June 23, 2:00 pm, Bristol View 1st Floor Bowditch Room.

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.

Memory Care Open House

We will be opening 21 beautiful new
Memory Care suites.

Join us at our Open House

Tours, speakers and lunch
Tuesday, May 23rd
10:00am to 1:00pm
Care Center

Please RSVP to Adelia at
253-756-6278 or
anunn@franketobeyjones.com

Get on our Priority Move In Wait List
for best room choices!



Featured Speakers

Matt Santelli

Education and Outreach Specialist
Pierce County Aging and Disability
Resources

"Planning for Long-Term Care"

Advanced planning for long-term care needs for seniors and the disabled. Matt will review options for home care and facility care including the different types of care and the legal documents needed to make the right financial and medical decisions.

Tina Etchison

Operations Manager
Defensive Driving School

"Signs a Loved One Needs to Retire from Driving and How to Talk About It"

Telling someone to stop driving is a hard conversation. There are ways to identify when it is time and to have the conversation while still maintaining your loved one's dignity and independence.

Heidi White

FTJ Director of Life Enrichment

"What is Montessori Inspired Memory Care Programming and What are the Benefits?"

Featured Apartments



**Featured Apartment—
Memory Care
Private Suite \$5,400/month
+ level of care.**

We are opening 21 beautiful Memory Care suites! 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.**

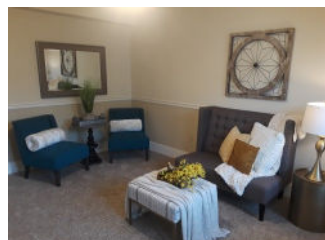
Features

- 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.



**Tobey Jones #367 –
Independent Living w/Services**

This one bedroom, one bathroom apartment has great rooflines, a kitchenette and a large closet in the bedroom and a lovely, landscaped campus view. The monthly rent of \$3,975 (no buy in) includes meals, housekeeping, transportation and more.



**Tobey Jones #351 –
Independent Living w/Services**

This one bedroom, one bathroom apartment has a kitchenette, large closet in the bedroom and a beautiful view of the garden and the campus. The monthly rent of \$4,260 (no buy in) includes, meals, housekeeping, transportation and more.

The Tobey Jones building apartments are perfect for those seniors who want to remain independent, but don't want to cook or clean or drive, though they can remain driving if they choose.

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.



Meet Resident Beverly Werschul

Beverly was born at Tacoma General in 1940, raised in Olympia with two younger brothers and graduated from Olympia High School. She attended Western Washington University in Bellingham graduating with a BA in English and music minor, later earning her Masters in Education Administration. Beginning piano at an early age, she continued to play in many capacities and now plays in the TJ parlor for sing-a-longs.

She taught in Bellingham for thirty-four years at the elementary and middle school levels as a teacher of core classes and choirs, later becoming the K-12 Fine Arts Coordinator. Beverly met her first husband, Hal, at WWU and they were married in Salinas CA where he was assigned with the New York Mets AAA organization and later to the New York/Penn League. They had one daughter, Kimberly, who lives with her husband in Gig Harbor and Scottsdale.

Following retirement Beverly continued as an adjunct professor at WWU teaching and supervising student teachers for four years. Throughout her careers she was active in MENC, NEA/WEA and Phi Delta Kappa. In 1981 she was elected to the PDK Board of Directors and later served six years as International Vice President which provided many opportunities for travel to chapters in the US, Canada, Mexico and abroad.

The new decade brought Beverly to Lakewood and she married her second husband, Doug, an Army Colonel and chief of neurosurgery at Madigan Army Medical Center. The couple traveled extensively and Doug was an expert planner insuring that every destination had great golf courses and an opportunity for him to fly fish. Beside trips to Hawaii, Wales, Germany, Nova Scotia, Spain, Mexico, New Zealand and Canada, they enjoyed a number of cruises and also journeys in their RV for travels closer to home throughout Washington and Oregon. Her husband sadly passed away after a short bout with cancer in 2019.

Since arriving at FTJ in November 2021, she has kept very busy with Resident Council, being a TJ Ambassador and helping out when the need arises. She is also actively keeping the OHS Class of '58 alumnus together with luncheons and reunions for the past forty-five years. Beverly is delighted to be a part of this beautiful community.

Understanding Dementia Classes

Are you caring for a loved one with memory loss? If so, you know this poses many challenges for families and care givers.

People with memory loss 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 your loved one just isn't "right." Does your loved one really need memory care? How do you communicate effectively with a loved one with memory loss?

Jake Gamble from Generations Home Care is hosting a series of wonderful presentations for people who are caring for loved ones with

memory loss. With his vast knowledge and experience in the field of memory care, he is able to help us understand this disease and the challenges it may be presenting to you and/or a loved one.

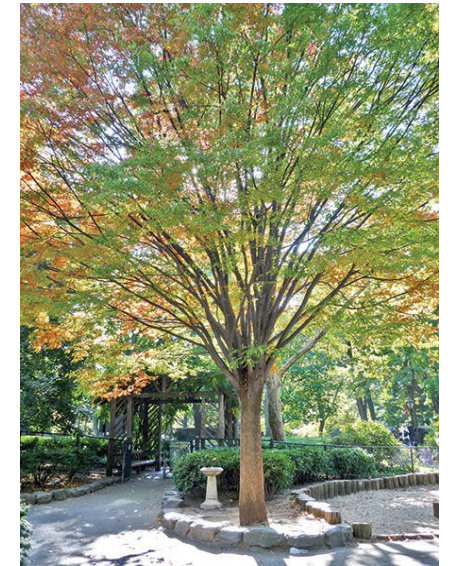
May 10 ~ Difficult Behaviors

Tips and tricks for dealing with behavioral changes with dementia.

May 24 ~ Communicating with Dementia

How to speak the language of a loved one with dementia.

Both classes will be hosted in the FTJ Care Center from 2:00-3:30pm. If you would like to attend either or both of these presentations, please RSVP to Adelia at anunn@franketobeyjones.com or 253-756-6278.



Everlasting Memories on Arbor Day

Trees were planted in the honor of loved ones.

Arbor Day had special meaning on the FTJ campus! Eight Memorial Trees with tribute plaques, purchased by residents, were planted across from the Care Center on the large grassy area.

Zelkova Serrata trees have been considered a symbol of protection for villages since ancient times, and the number eight signifies balance and love for humanity.

These eight trees will serve as a living tribute that not only celebrates loved ones, but also benefits our FTJ "village" by enhancing the landscaping and beauty of the campus for present and future generations of FTJ residents, families and staff.



Holistic Wellness

Sound Bath: Singing Bowls and Aromatherapy, A Match Made in Heaven!

Join us this month for an experience like no other. Soak in the physical and emotional benefits of Aromatherapy while 'bathing' in healing sound waves.

Wednesday, May 24 at 1:30pm in the FTJ Wellness Center. Seated or lying down - mats and blankets will be provided. Must RSVP to Sarah at sdoerner@franketobeyjones.com.