



FRANKE  
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Summer Concerts are Back!  
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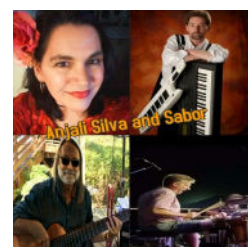


FRANKE TOBEY JONES  
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# Frankely, We've Got It!

News, events and opportunities at our community

July/August 2023



## Summer Concerts are back!

*Concerts will be held every Thursday  
night in August at 6:30pm.*

We are excited to announce that a generous FTJ resident has donated the funds to once again host our Summer Concerts Series. Because of the building of our new Care Center, then the Pandemic, it has been since August 2017 that concerts were held at FTJ. They are a welcome return this year! Mark your calendars, bring your lawn chairs and join us on any or all Thursday nights in August. The concerts will be held near the FTJ Care Center.

### August 3—Parlor Swing

Parlor Swing is a versatile band that merges Prohibition era Jazz, Gypsy Jazz, Swing and Jump Blues influences.

### August 10—Farmstrong

Farmstrong taps deep into the roots of the bluegrass and country musical genres, as it reaches beyond the surface to a vast array of American roots based music, from folk and rock, to Motown and blues.

### August 17—Anjali Silva and Sabor

Anjali Silva sings in English, Spanish and Portuguese! She and the Sabor Trio perform the best of hits from all areas

of Latin America, American pop and some original music as well.

### August 24—Puget Brass

Puget Brass, a British-style brass band, is composed of entirely brass and percussion instruments. Their instrumentation is also different than you might see in a concert band or orchestral brass section.

### August 31—Wally and the Beaves

Wally & The Beaves is a 7 piece fun Oldies variety band that performs songs from the 50s, 60s, 70s, 80s (and more). Each member of the band brings a bit of humor by dressing like well-known iconic characters from the era.

# FTJ Senior University

July/August 2023

## Highlights

### The Operas of Mozart

Monday, July 10 -  
Early works

Wednesday, July 12 -  
Opera Seria: Idomeneo;  
La Clemenza di Tito

Monday, July 17 - Opera  
Buffa - The Mozart/da  
Ponte Operas: Le nozze di Figaro; Don  
Giovanni; Così fan tutte

Wednesday, July 26 - Singspiel: Die  
Entführung aus dem Serail; Die Zauberflöte  
All at 10:00 am, Bristol View 1<sup>st</sup> Floor  
Bowditch Room

### Spinning a Yarn, Weaving a Tale

Long, long ago, humans discovered the magic of twisting fibers into yarn, then weaving these yarns into a myriad of articles both useful and beautiful. Karen Haas has fashioned a program designed to delight the eye and ear. Thursday, July 13, 2:00 pm, MJ Wicks Wellness Center.

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



### 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. Friday, July 14, 2:00 pm, MJ Wicks Wellness Center

### American Mah Jong, Beginning Level

Mah Jong is a game of calculation, skill and strategy employing tiles with Chinese Characters. Fridays August 4, 11, 18 and 25, 10:00 am – 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room.



### Mindful Movement

Connect your mind and body through breath work, gentle stretching and meditative movement. Enjoy the benefits that movement provides for both the body and the mind. Fridays August 11, 18 and 25, 2:00 – 3:30 pm, MJ Wicks Wellness Center.



# 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 private 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 #454 – Independent Living w/Services

This one bedroom, one bathroom apartment is on the sunny side of the building, has a kitchenette/nook and interesting roof lines. The monthly rent of \$4,300 (no buy in) includes: chef-prepared meals per day, housekeeping, transportation, fitness, activities, Senior University and more.

## Assisted Living #214

This studio apartment is on the main floor, close to many activities and dining, and features a faux-wood floor (photo shows carpeting). The rent of \$3,800 per month (no buy in) includes: chef-prepared meals, transportation, fitness, activities, all utilities, emergency alert features, appropriate level of care (separate charge) and more.

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



## Meet Resident Doris Renna

Doris was born in Kentucky but moved to Tacoma at a very early age. She attended Stadium High School, and when she was 17 she met the man she would marry, Frank. Although they lived in California for seven years, they moved back to Tacoma where they have called home ever since. Her husband worked as a Quality Control Manager for the Boeing Company for 40 years, and Doris had a 30-year career at JC Penney working her way up to managing the fashion department. She says, “I suppose that’s where I got my fashion sense!” Frank and Doris have three grown children who live locally, and they have also been blessed with seven grandchildren and five great grandchildren!

Doris has a long connection with Franke Tobey Jones as she’s been attending our fitness classes for 20 years...before our current Wellness Center was even built! “I’ve met so many people and friends during this time” she says, “that moving to FTJ just already seemed like home.” Doris has also taught fitness classes at the Point Defiance ~ Ruston Senior Center three days a week for the past 17 years, and we are so lucky to have her! “Doris Renna is friendly, outgoing, and engaging,” says Kate Gray, Senior Center Director. “She not only teaches class, but she provides the mechanics behind the exercise and why seniors need to exercise more rather than less. She is the epitome of what a Strength and Balance instructor should be. The participants love her, and I am so fortunate to have her at the Senior Center.”

“So many of my friends tell me ‘Oh, I could never afford to live at Tobey Jones!,’” Doris comments. “But you don’t have to be wealthy to live here. I moved here because it already felt like home to me, but believe me, you don’t have to be wealthy to live here.”

We are thrilled that Doris chose Franke Tobey Jones to call home, and we appreciate the time and energy she continues to give at our Point Defiance ~ Ruston Senior Center.

## PLU Nursing Students Intern at FTJ

The Pacific Lutheran University School of Nursing recently had several students at the FTJ Care Center for some practical, hands-on learning.

The PLU students were here one day a week (10 hour days) for five weeks, in two separate groups. While they were here, they worked with both the FTJ CNA’s and the FTJ nurses learning the basic skills required at the bedside. This was their first clinical rotation in the program. They helped with feeding, transferring residents, dressing them and observing medication administration. One of the most important things they experienced was interacting with residents/staff and starting to assess from a nurse’s viewpoint.

“Some of the highlights for me as their instructor have been the connections they have made with so many of the residents,” says Laurie Armatas, PLU Nursing Instructor. “I have watched them sing, dance, laugh, share life stories and even speak to some in their native language all while learning the

skills they are expected to take away from this practical experience. I watched their confidence and competence increase during this hands-on time. They really enjoyed their time at FTJ and are so appreciative of the welcoming behaviors of both the staff and the residents.”

“We are always delighted to welcome nursing interns at FTJ,” comments Sheila McDonough, FTJ Director of Clinical Services. “It’s wonderful to see the new fresh faces with their enthusiasm interacting with our seasoned clinical staff who also love working here. Our clinical team enjoys passing on their knowledge and experiences in this training process. It’s really a win-win for everyone.”



## Legacy Circle Lunch

Lunch honors Legacy Circle Members

In May, FTJ residents, board members and senior leadership enjoyed a lovely lunch at the Tacoma Country & Golf Club. FTJ CEO Judy Dunn and Chair of the Board Development Committee, Greg Unruh, welcomed and thanked their fellow Legacy Circle members. The occasion included a memorable keynote speech on “The Changing Face of Aging” by writer, co-author, and co-chair of Puyallup’s Age-Friendly City Action Plan Task Force, Linda Henry. The Legacy Circle is comprised of generous individuals who have chosen to strengthen the long-term success and mission of Franke Tobey Jones by remembering FTJ as a beneficiary in their planned estate gifts.



## Rotary Grant

The Point Defiance ~ Ruston Senior Center, which Franke Tobey Jones operates, is the proud recipient of a \$5,000 grant from the Rotary Club of Tacoma #8. After accepting the award, Kate Gray, Senior Center Director, commented “we are extremely grateful to have received this help from Rotary. When there are so many worthy organizations, it is an honor to have our mission and efforts recognized and supported.” Thank you Tacoma Rotary #8!