



FRANKE
TOBEY
JONES

Enjoy your age

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Is It Time
To Get More Help?
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FRANKE TOBEY JONES
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Frankely, We've Got It!

News, events and opportunities at our community

November/December 2023

FTJ Senior University

November/December 2023

Highlights

Creative Writing and Poetry

Explore the literary arts through this inclusive creative writing series. Each session will feature a unique, short writing project that calls on participants to reflect on their own life, special memories, values and experiences – those things that make you 'you'! *Fridays November 3, 10 and 17. 10:00-11:00am, Bristol View 1st Floor.*



Pioneer Memories, Future Dreams: Eliza Jane Meeker – Living History w/Karen Haas

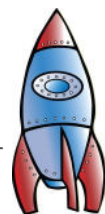
Those who have studied Washington State History have likely heard of Ezra Meeker, First Mayor of Puyallup and Oregon Trail preservationist. Fewer have heard of his wife, Eliza Jane. Delve into the life and time of the Meekers as Karen portrays this fascinating woman who contributed so much to our region's history. This program is made possible by a generous donation to Senior University. *Nov. 20, 3:00 pm, Wellness Ctr.*

By a Lady: A Look at Jane Austen's World

Tames gives an engaging description of what it was like to be alive during the time Jane Austen wrote her books. In the first half of this program, Tames Alan appears in an authentic Regency dress that any of Jane Austen's characters would have worn during the day. Changing into an evening dress that would be appropriate for a ball or assembly dance, Tames describes each piece of clothing, including undergarments, fabrics, hair and makeup, which marked a transition between the 18th century and the Victorian era. *December 4, 3:00 pm, Wellness Center*

The Mercury 13: America's Woman in Space Program

Join Museum of Flight Docent, Jon Fehrenbach, to hear the story of a group of space pioneers who never got the chance to experience space flight but whose persistence and determination paved the way for future generations. *December 8, 10:00 am, Bristol View 1st Floor Bowditch Room*



Happy Holidays from Our Family to Yours!

Is It Time To Get Help?

When visiting your aging parents over the holidays, you may notice that one or both have lost weight, or you find expired or rotting food in their refrigerator, or even cooked food in the oven that was never eaten. Their home may be unkept either inside or out...or both. You find expired medications, or that they are simply not taking their medications. Possibly they are having a hard time keeping up with simple tasks or making easy decisions. These are all signs that your loved ones are struggling and need more help.

These visits provide an important opportunity to observe your parents' physical and mental state to determine whether they're thriving on their own or



may require additional help. The pressure of cooking and hosting, or the activity and noise of lots of children, can throw anyone off. So think of this as a time to reconnect, observe and get an update on how your parents are doing. But while you are enjoying that pumpkin pie and laughing at old family stories, keep your eye out for signs that they might need more help.

According to the Institute on Aging, nearly one third of seniors live alone and their physical limitations and prevalence of depression are likely to increase with age. The AARP reports that nearly 90 percent of seniors want to stay in their home and "age in place," even when they need assistance. It's easy for

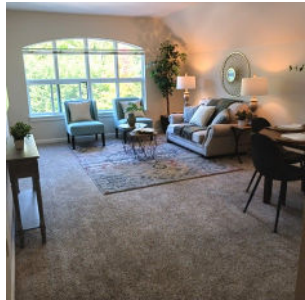
parents to hide their day-to-day challenges over the phone or during quick visits, but the holiday season offers more time for you to see things as they are. This is a great opportunity to check in on whether your senior parents are struggling to complete their daily tasks, and to have a conversation about their long-term goals and care plans.

If you are noticing changes in your or a loved one's physical health, mental health and/or social needs, it may be time to evaluate the situation. This assessment on the FTJ website might help you determine if it's time to get help.

<https://www.franketobeyjones.com/is-it-time-to-get-help/>

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.

Featured Apartments



Featured Apartment— Garden Apartment #306 Independent Living

Garden Apartment #306 is an approximately 600 square foot one bedroom, one bathroom apartment, with a large living room with a beautiful arched window that looks north over Point Defiance Park. The monthly rent of \$3,455 (\$55K buy-in) includes:

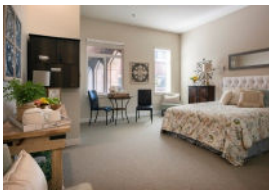
Features

- Continental breakfast three days a week
- Happy Hour every Thursday
- Housekeeping twice monthly
- Maintenance of building exterior, all grounds & common spaces
- Fitness classes, fitness machines and personal trainers
- FTJ Senior University
- Transportation
- Kitchen with built-in full size range, microwave oven, dishwasher & garbage disposal
- In-apartment stackable washer & dryer
- Fire, burglary, emergency services monitored on-site
- Secured building
- Electricity (including A/C), gas, water, sewer, garbage, standard cable television, property taxes & building insurance
- One free covered parking space per apartment



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, three chef-prepared meals per day in a beautiful dining room, weekly housekeeping, fitness, transportation, Senior University, activities and more.



Memory Care

Our beautiful Memory Care suites are open and it's a perfect time to choose the best suite for your loved one(s). Our Memory Care specializes in seniors with Alzheimer's Disease and dementia and features Montessori-Inspired Programming, secured outside courtyards, many gathering spaces, 24 hour guided day and support. ***It is not necessary to live at FTJ first.***

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 Residents Dick and Claire Griffin

Claire grew up in San Francisco and graduated from the University of San Francisco. She began her 28-year teaching career in 1974, teaching high school history and government. Her teaching career spanned San Francisco, Washington, D.C., Virginia and Hawaii. While in Hawaii she earned her Master's Degree through a fellowship from the James Madison Memorial Fellowship Foundation (JMMFF), created by Ted Kennedy and Orrin Hatch in 1987. Claire was one of the first recipients of this Fellowship.

In 2002, Claire moved (with Dick!) to Washington, D.C. where she became the Vice President of Education Programs at the Bill of Rights Institute. During the next eight years, she traveled the country educating teachers from all 50 states. She also visited South Africa on a State Department program to teach civic education, citizenship and character.

In 2010, Claire stopped working full-time to become an independent civic education consultant with non-profits and government agencies. For several years, she served on the Board of the National Council for History Education. In 2019, Claire was appointed by President Trump to serve on the National Humanities Council, a small group of private citizens which advises the Chair of the National Endowment for the Humanities. This role brings her back to Washington, DC several times each year.

Dick, born in Boston, MA, graduated from high school in Ohio and continued his education at Miami University (Oxford, OH) where he received a Navy ROTC scholarship. In 1965, Dick was commissioned and received his bachelor's degree on the same day. His Navy career spanned 30 years in both active and inactive (reservist) duty. He was an Operations Officer in both the Atlantic and Pacific fleets and served one year as Shipboard Advisor for the Navy of the Republic of Vietnam Navy. Dick was the only American on the ship.

Captain Griffin left active duty for graduate school, studying International Relations at Johns Hopkins University while spending his first year in Italy and second year in Washington, D.C. He worked in defense planning for several consulting firms and then was a civilian analyst for the Navy in Hawaii for 17 years, writing warfare manuals and exercise reports. While in Hawaii he retired from the Navy. In 2002 he moved back to Washington, D.C. where he worked in counterintelligence until his "second" retirement in 2005.

Dick and Claire have been married 41 years and both enjoy travel, cooking, wines, classical music and walking. Dick is an accomplished photographer and sings in the Christ Episcopal Church choir and the Northwest Repertory Singers. Claire currently serves as one of two residents on the FTJ Board of Directors and chairs the FTJ Strategic Planning Committee. They are so happy to call FTJ home!

Pierce County Caregiver Awards

CONGRATULATIONS FTJ Caregivers!



Left: Allisha Navarro
Right: Lisa McRae

Each year Health Care Providers Council of Pierce County (HCPC) recognizes outstanding caregivers in Pierce County. This year there were 144 nominees, and 16 winners were chosen from a committee of HCPC members. Nominations came from Adult Family Homes, Senior Living Communities and from those receiving care from in-home care providers. This year 130 people attended the recognition celebration held in September.

"We are so pleased that Franke Tobey Jones caregivers Allisha Navarro and Lisa McRae were two of the 16 winners for their outstanding work at FTJ," comments Carole

Velez, FTJ Community Liaison and HCPC caregiver event committee member. "We know how important it is to recognize those who give of their heart to be care providers to our seniors. It means a lot that our two CNAs could be surrounded with other nominees who do the same work they do and to know that so many CNAs are appreciated by coworkers, family members and residents."

Health Care Providers Council of Pierce County is a non-profit organization that promotes the highest possible standards of service, care and well-being for older and disabled adults.

FTJ Employee Scholarship Awarded

Congratulations Hannah Gitonga!

Hannah is an FTJ team member who is currently a CNA and pursuing her nursing degree at the University of Washington. She is a 4.0 student, and this is her second well-deserved award to assist with tuition.

"Commented Employee Scholarship Committee member Nancy Cook, "We are honored to have the privilege to support an FTJ staff member as she

pursues her career goals. We are big fans of continuing education, and it is heartwarming to know that we have this ability due to the generosity of Employee Scholarship donors."



Most Asked Questions

When looking for Senior Living

What are the different types of senior living communities?

- **Independent Living** – No care is provided.
- **Assisted Living**—Activities of daily living are provided to the resident.
- **Memory Care** – 24 hour guided care.
- **Skilled Nursing** – 24/7 nursing care.
- **CCRC's** (like Franke Tobey Jones)—Provide all four—Independent Living, Assisted Living, Memory Care and Skilled Nursing.

How much does senior living cost?

The cost varies depending on the type of care, community location and the amenities offered. Independent living is typically the most affordable option, while skilled nursing facilities are the most expensive. See FTJ's pricing at: www.franketobeyjones.com/living-options/pricing-resources/pricing-brochures/

What should I look for when choosing a senior living community?

- **Type of care**
- **Location**
- **Amenities**
- **Cost**
- **Reputation**

What happens if my health needs change?

If your health needs change while living at a senior living community, you may be able to transition to a higher level of care in that community. However, if your needs exceed the level of care provided at that community, you may need to move to a different community. CCRCs like FTJ offer skilled nursing which means you or your loved one can stay in the community with the highest level of care.

How do I pay for senior living?

There are a number of ways to pay for senior living, including. Note: FTJ is a private pay community

- **Private pay**
- **Long-term care insurance**
- **Medicaid**
- **Veterans' benefits**
- **Other government programs**

If you are considering moving to senior living, it is important to do your research and ask questions. There is no one-size-fits-all answer, and the best way to decide if senior living is right for you is to talk to your family and doctor. If you have any questions about senior living, please do not hesitate to contact us at 253-752-6621 to speak to one of our senior living experts.