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FTJ Operates Two More
Tacoma Senior Centers
See Page 1



FRANKE TOBEY JONES
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Frankely, We've Got It!

News, events and opportunities at our community

September/October 2023

FTJ Senior University

September/October 2023

Highlights

Writing Forever Letters

This 5-week course will teach the value of writing Forever Letters to convey what has become important in the writer's life and how the receiver has contributed to that. *Fridays September 1, 8, 15, 22, and 29. 10:00 – 11:30 am, Bristol View 1st Floor Gathering Room.*



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

Knowing when to retire from driving is hard. This class will explore the signs we often miss, things we need to be aware of, and how the different components of an evaluation work to help give a clear picture of the situation. We will also discuss ways to approach this topic, why it's better to hire a professional to have this conversation, and why it's important for everyone to make this choice. *September 25. 11:00 pm, Bristol View 1st Floor Bowditch Room*

Around The World with Nellie Bly – A Living History Performance by Debbie Dimitre

Join living history performer, Debbie Dimitre, as she portrays Nellie Bly, the first female investigative journalist in America. *October 2, 3:00 pm, MJ Wicks Wellness Center*

Tacoma Community Ukulele Project: Exploring the Ukulele

The ukulele is an instrument in which you can learn chords and songs with no prior musical training. You will learn several songs, multiple strumming pattern and practice techniques to carry your learning into the future all in a fun setting! *Mondays October 9, 16, 23 and 30. 10:00 am, Bristol View 1st Floor Bowditch Rm.*

Glaciers at Work

Learn about glaciers and explore areas of Southeast Alaska that have been and are being carved by ice. *October 11, 11:00 am, 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.

FTJ Announces Operations of Two Additional Tacoma Senior Centers

FTJ will start operating the Lighthouse and Beacon Hill Senior Centers

We are pleased to announce our successful negotiations with the City of Tacoma to start operating both the Lighthouse and Beacon Senior Centers.

"We are very excited to start operating two additional Tacoma Senior Centers," comments Judy Dunn, FTJ President and CEO. "Under the guidance and leadership of Kate Gray who has been the Director of our Point Defiance ~ Ruston Senior Center for the last 14 years, we expect both the Lighthouse and Beacon Senior Centers to serve more seniors with more activities and connections than ever before and will continue



to provide a vital link to the greater Tacoma area for all senior involved in the Senior Center programs."

"I am so excited to be adding Beacon and Lighthouse to our operations," says Ms. Gray. "I can't wait to get to know the participants because, as I often say, we want the Senior Center to be their home away from home. I want to implement programming that not only enriches their lives, but my desire is that seniors at each of our Centers participate to design the programming that will meet their expectations and needs. It's their Senior Center, we just make what they want happen."

Combining the strengths, expertise and resources of both FTJ and the City of

Tacoma, seniors across Pierce County will receive the benefit of unparalleled service and expanded opportunities.

All three Senior Centers: Provide activities that engage community seniors and community partnerships; offer classes, programs and events to enhance quality of life and promote overall well-being; support healthy nutritional and wellness habits for seniors; inform, support, and encourage members to be proactive in their own lives and in the Tacoma community; and provide meals through Catholic Community Services for a small fee.

If you have questions or need more information, please contact Franke Tobey Jones at 253-752-6621.

Featured Apartments



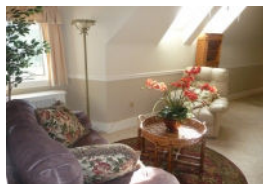
Featured Apartment— Memory Care Private Suite \$5,400/month + level of care.

We have opened 21 new beautiful Memory Care suites and half are already spoken for. This would be a great time to tour if you are interested before they are

all rented. 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

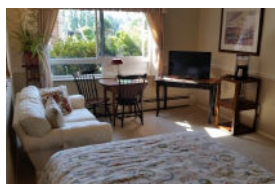
- Large private suite with private bathroom/shower
- Multiple large gathering areas
- Private, secure outside courtyards
- Under the supervision of a licensed nurse, activity professionals and nursing assistants, each day is guided by our 24 hour staff, and daily routine is structured to maximize quality 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, three chef-prepared meals per day in a beautiful dining room, weekly housekeeping, fitness, transportation, Senior University 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.



Garden Apartments #306

This lovely north facing 614 square foot apartment has large windows facing the park, a full kitchen and washer/dryer in a secured building. The monthly rent of \$3,455 (\$55K Entrance Fee) includes: Continental breakfast three days a week, weekly Happy Hour, housekeeping twice monthly, activities, fitness classes, FTJ Senior University, transportation, free covered parking and more.



Meet Resident Elaine Eppick

Elaine spent parts of her childhood in the west and east and returned to her more favored west coast where she finished her education at Oregon State University with a teaching ticket.

Her teaching career was in Washougal, WA, much of it at a country school. Her final six years were spent in town teaching fourth grade. She thought fourth graders were really fun.

In 1982, following a first marriage, Elaine met a Mr. William Eppick, who just happened to be looking for a bride. However, Elaine was soon to discover there was another gal in the man’s life. Upon getting acquainted, he wanted to introduce her, so they took a drive out toward Hillsboro, OR to meet the lady. He pulled up in front of a huge old dairy barn and walked ahead to open the barn door to a pass through. As the door swung slowly open, she saw a sailboat hull planked up to the gunnels and fell in love. This was Bill’s other lady! And, if that man could build what she was seeing, this girl had the world by the sail tail!

Elaine had always enjoyed rescuing pieces of antique furniture and restoring its finish. In many ways Bill’s other lady was just a bigger piece of furniture. Three years later and upon the boat’s nearing completion, Elaine had put on every inch of oil, paint and varnish—on the inside and outside of the boat.

They married in 1984. For the next two years any free time was spent working on the boat. They both retired from their jobs in 1986. Bill from 25 years in the corporate world and Elaine from nearly 20 year teaching. This meant they could work full time on the boat. It took two more years but in 1988 life with a boat in a barn came to an end.

The remaining work, the rigging, the sail making and launch would take place in Port Townsend. The boat was named SKY which is Gaelic for winged. It was chosen because there is a bit of magic when one thinks of birds in flight and a sailboat with a “bone in her teeth.” In December 1988 SKYE was launched in Port Townsend culminating eight years of construction.

She was home for Elaine and Bill for nine years as they explored waters from Olympia up the inside to Seymore Narrows. They did it without an iron lady, enjoying the sailing challenges our inland sea provides. Few people in today’s world would ever dare such a thing. Bill was an experienced and exception sailor.

SKYE was sold in 2001. Port Townsend had become home. There they had built a house and a small boat business, SKYE BOAT WORKS. Bill worked as a shipwright well into his eighties. His only regret was that he had put a lot of years in the corporate world when working with his hands was ever so much more fun.

SKYE has sailed to her own adventures. A couple years ago she’d been seen in Hawaii!

FTJ Wellness Appreciation Luncheon

Aloha and Mahalo!



FTJ Residents and Wellness participants Joan, Beverly and Carol had a delightful time at the Appreciation Luncheon

A warm island welcome of leis, tropical buffet, Hawaiian music and gift bags greeted guests at the FTJ Wellness Appreciation Luncheon, held on July 28.

Attendees enjoyed a meal of Hula Hula chicken, Kahlua pork, fried rice and tropical fruit salad. Wellness participants from both on and off campus joined together at the Aloha backdrop for photo opportunities and festivities.

Colin Deck, Wellness Program Supervisor and Sarah Doerner, Holistic Wellness Coordinator, hosted the long

-awaited event to celebrate the people who have made these programs such a resounding success.

Said Colin, “The Member Appreciation Luau was such a fun and special event. It was our first time getting all our members together in one room since the pandemic started. These types of events are so important for our Members’ social well-being- and for our FTJ team member spirits too.

We look forward to doing more of

Tacoma Ranked Top 5 Best Places To Live

Tacoma ranks third in the nation beating out places like Alexandria, Virginia; Raleigh, North Carolina; and Oakland, California.

Tacoma was recently listed as one of the best places to live in the nation according to a study from bank-rate.com. The study looked at criteria such as well-being, affordability, job market, diversity and migration. The website also highlights the city's vibrant natural habitat, museum district and festivals which continue to im-

press, according to Travel Tacoma. Tacoma Pierce County's Chamber of Commerce CEO Andrea Ray said in a statement, "The most important economic development resource any community has are the people who live and work there, and you won't find better people in anywhere in the world than in Tacoma."

End of Life Doula Program

Sometimes you need help navigating the process of dying

FTJ has just started this unique program which will be a great comfort for those at the end of their life as well as for their family.

What is an End of Life Doula?

It’s all about compassionate care. End-of-life doulas provide companionship, comfort and guidance to those facing a terminal illness or death. This support encompasses emotional, spiritual and practical care for both the dying person and their family and loved ones to make informed decisions in a supportive environment. In many ways, the core function of an end-of-life doula is to be present and listen to the needs of the person who is dying and the needs of those around them who are grieving.

What is the Difference Between an End of Life Doula and Hospice?

Both end-of-life doulas and hospice care aim is to provide comfort and support to individuals who are nearing the end of their lives. However, Hospice care is a medical service provided by licensed professionals, while end-of-life doulas who have specialized training provide non-medical support and companionship to the dying person and their family. Also, hospice care is usually covered by insurance or Medicare, and is provided at no cost to the patient or their family. End-of-life doulas can either be volunteers, as in the case at FTJ, or they can be hired privately by the family and are paid directly by the family for their services.

As FTJ continues to innovate in the health care space, we know that our End of Life Doula program will be of great comfort to residents and family members alike. For more information please contact our FTJ Social Services Coordinator at 253-756-1313.