



FRANKE
TOBEY
JONES

Enjoy your age

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**FTJ Celebrates Its Centennial
Anniversary in 2024**
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FRANKE TOBEY JONES
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Frankely, We've Got It!

News, events and opportunities at our community

January/February 2024

100TH
Anniversary
2024



Franke Tobey Jones Original Building Circa 1925

Franke Tobey Jones Turns 100 in 2024

Mrs. Jones' Legacy Lives On at Franke Tobey Jones Senior Living

On July 16, 1924, the Franke Tobey Jones Home cornerstone was laid on a spectacular five-acre site with views of Commencement Bay and Mount Rainier. With a wheelbarrow and spade, Mrs. Franke Tobey Jones, at the age of 80, presided over the ceremony. On March 24, 1925 the Home opened, a beautiful Tudor-style building with private accommodations for up to 65 residents. It was soon recognized as one of the most outstanding facilities in the nation.

From her beginnings in Jay, New York through recession, war and prosperity, the story of Ms. Franke Tobey Jones

is a remarkable one. She had a heart of giving and cared deeply for people. She had a strong passion for the elderly, and because of her prosperity, she wanted to share her wealth for the betterment of seniors. The care and service philosophy of Franke Tobey Jones has evolved from an institution that simply provided comfortable and attractive accommodations, good wholesome meals and basic infirmary services for the elderly, into a holistic center with a healthy and stimulating environment for residents and community members. This new way of life is based on the concept of wellness as an integrated system for promoting physical, mental and emotional well-being.

Ms. Franke Tobey Jones' legacy lives on at Franke Tobey Jones senior living community, as we continue 100 years later to embrace her philosophy of giving back to seniors and our greater community through our mission: To enrich and extend the quality of life for seniors in our community. As a not-for-profit organization, we provide senior residential services, a supportive continuum of care and innovative community outreach.

Throughout 2024 we will be celebrating this amazing legacy and history of residential accommodations, care, innovation and holistic well-being for residents and the greater community with educational classes, displays, articles

FTJ Senior University

January/February 2024

Memory Wellness

Learn practical tips to improve your brain health and to understand when memory loss might be a sign of something more serious. Learn the necessary legal documents that you need as an older adult should you need to assign a trusted friend or family member to be your decision-maker. *January 9, 3:00 pm, Bristol View 1st Floor.*



Finding, Telling, and Sharing Life Stories

Explore your life experiences, work them into short stories or vignettes and pass them on as legacy. You will benefit most by attending all sessions but are welcome to come to one or any combination of sessions. Please bring a notebook and something to write with. *Thursdays January 18 – February, 10:00 am - 12:00 pm, Bristol View 1st Floor Bowditch Room.*

Great Decisions Discussion Kick-off Meeting

This will be a short meeting to request your briefing book, get a copy of the program descriptions with meeting dates, and to sign up to lead discussions. Learn more about the Great Decisions discussion course and ask questions. Please register in advance. *January 18, 3:00 pm, Zoom (Pre-register to receive the Zoom link).*

The History of Tacoma's Parks

Public parks and recreational opportunities have been important to the citizens of Tacoma since the city's incorporation in 1884. Melissa McGinnis, former historian for Metro Parks Tacoma, will discuss how Tacoma's park system grew from one small neighborhood park into the award-winning park district it is today and highlight some of the key individuals who helped make it all happen. *February 8, 2:00 pm, MJ Wicks Wellness Center.*



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— Memory Care #16/#17 Companion Suite

If you're living with a spouse or partner who has cognitive decline, you have most likely taken on the role of caregiver which can be stressful on your relationship as well as your physical and emotional health. Many couples are

experiencing this situation, and because of this we allow couples to move in together in one of our private Memory Care suites (with a private bathroom). We understand that dementia is stressful and expensive, and that you do not want to be separated from your loved one. By living in Memory Care together, it would allow you to spend as much time together as you want, and allows the fully cognitive spouse freedom to come and go knowing your loved one is getting the support and assistance that they need in a 24-hour guided day.

Features

- Two private suites 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
- A licensed nurse is available to administer medications and assist with emergencies
- And much more



Tobey Jones #261 – Independent Living w/Services

This one bedroom, one bathroom apartment with a nice campus view has a kitchenette/nook and lots of windows. The monthly rent of \$4,800 (no buy in) includes, three chef-prepared meals per day in a beautiful dining room, weekly housekeeping, fitness, Holistic Wellness Program, Senior University, transportation 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 #101 Independent Living

This one bedroom, one bathroom apartment has a wonderful patio, full kitchen and is on the main floor close to all the activities. Monthly rent is \$4,370 (buy in \$55K) and 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 Carol Knapper

Carol was born in Port Huron, MI, moved early on to southern CA where she was raised and later moved to Seattle. Sadly, her father, who was in the Army, was killed in the Battle of the Bulge, so her mother and aunt raised Carol. She graduated from Roosevelt High School and the College of Puget Sound (now University of Puget Sound) with a degree in teaching.

Carol ended up meeting her husband, Neal, where they were both in their friend's wedding. She says for her it was love at first sight...even before they were introduced. "The moment I saw Neal I knew he'd be the man I'd marry!" Neal went to Cal Poly Pomona where he earned his degree in Industrial Engineering. They were married in 1960 and lived in southern CA where they both worked in their respective fields. However, five years later when Carol had their first daughter, she started staying home and soon there would be two more daughters born.

When the girls were in their teens, the family moved to Vashon Island. Carol and Neal truly fell in love with the Island and made it their home for 43 years. When the girls got older, Carol went back to teaching as a sub, and when the Vashon District Secretary position came available Carol took that position and absolutely loved it! She worked for the next 25 years in that position, and when she retired, she went back to part time substitute teaching. Carol has also been "outdoorish" all her life, has enjoyed gardening, hiking on the Vashon Island trails and water aerobics which she did for years. Neal passed away in 2021 and that's when Carol decided to start thinking about downsizing.

When she attended UPS she had always admired the grounds at Franke Tobey Jones, though at the time, like so many, she wasn't quite sure what the big Tudor style building was. Over the years she's admired the FTJ campus, visited friends who have lived here, and her other connection to FTJ is that she is a P.E.O. just like Mrs. Franke Tobey Jones and so many other P.E.O.s who have donated to FTJ over the years. (Philanthropic Educational Organization).

Carol moved to FTJ in 2023 and lives with her cat, Mozzie, who is a loving friend and companion. Carol says she's "starting a new chapter in her life at FTJ." She and Neal had always done everything together, so she is very happy to have found a new family at FTJ. "I really like it here. It's such a wonderful, caring family feeling, and everyone has been so welcoming. I love my apartment and the staff is absolutely amazing!"



Franke Tobey Jones Residents and Staff Circa 1925

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and events. For the past many months a committee of seven dedicated FTJ residents have been pouring through thousands of archived documents, journals, ledgers, photos and news clippings since 1922 to find the most interesting stories to present throughout 2024. Stay tuned for all the excitement!

FTJ Senior University will have some of the first glimpses of Franke Tobey Jones and Tacoma's 100-year history with Steve Dunkelberger. His series will go decade by decade from the 1920's—2020's to illustrate the history of Tacoma throughout the period of time that Franke Tobey Jones has been in operation. His first presentation, "Tacoma's History of Power" will be hosted on Thursday, January 25th in our Bristol View Apartments Bowditch Room at 3pm.

"A city thriving on hydroelectric power from dams far outside the city, Tacoma has glowed with innovation. Only once in the 1920s did the rain fail us and the US Navy dispatched an aircraft carrier to keep the lights on." As with all our Senior University classes,

please RSVP with Jana Wennstrom if you would like to attend: jwennstrom@franketobeyjones.com or 253-756-6219.

FTJ Senior University will also host a Pretty Gritty Tacoma Lecture series offered by Chris Staudinger who will look at specific events during the time that FTJ has been in existence to provide even more framework for all of the history that has made Tacoma what it is today.

Finally, we have Karen Haas who has prepared a living history performance of Franke Tobey Jones in addition to providing a sing-along program that celebrates strong women throughout the decades, and a performance about Abby Williams Hill who arrived in Tacoma the same year as Franke Tobey Jones, 1889.



Notes from Philanthropy:

Bringing the Gift of Home to Memory Care

Heidi White, FTJ Director of Life Enrichment, had a special wish for a long time. She had learned about a company in the Netherlands that specialized in making decal front doors to help people with dementia feel more at home in long-term care. "If we could apply these full door decals to the front of our Memory Care rooms, FTJ residents could recognize and find their own personal doors, and it would also increase privacy and a sense of safety," she said. Together with Philanthropy, she shared her idea with two very receptive and generous individuals (donors). Within minutes she had the green light to contact families of Memory Care residents with the news they could select decals that resembled the home doors of their loved ones.

"It was amazing!" said Heidi. "In just a few months our hallways were transformed with vibrant and beautiful front doors, reflective of where each person had lived."

Upon seeing the results of their gift, these special donors commented, "We were very pleased and excited to fund this project. With everyone having their own unique 'front door' leading to their rooms, Memory Care looks even more welcoming. The residents are noticing and enjoying their personal entrances, and it's fun for us to see the difference we can make."

"This is a dream come true," added Heidi. "It is so meaningful to see how these doors stimulate reminiscence and enhance social interaction. I heard one resident say the door looked so real she thought she needed a key. People feel more at home - both residents and staff!"