



FRANKE  
TOBEY  
JONES

*Enjoy your age*

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**Understanding Dementia Classes**  
See page 3

# FTJ Senior University

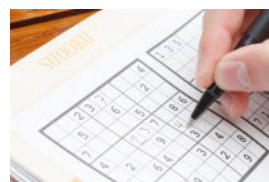
March/April 2024

## Aging Well: Tips and Strategies to Live Healthier as We Age

Simply living longer isn't enough. We want to stay healthy enough to continue doing the things we love. It's never too late to make changes to help you live a longer and healthier life. *Tuesday, March 5, 3:00 pm, Lillian Pratt Parlor.*

## What is Your Puzzling Passion?

Crosswords? Jigsaw Puzzles? Sudoku? Scrabble? Share your favorite puzzling pastime and explore how the human brain loves a challenge. Learn the history of mathematics as told through various games and puzzles through the ages. This program is made possible by a generous donation to Senior University. *Friday, March 15, 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room.*



## The Happiness Playshop

Like a workshop but more fun! Learn why happiness is one of the most important keys to not only your emotional health but also your physical, mental and spiritual wellbeing. Participate in our 'Happiness Playshop Challenge' to increase your happiness with more accountability to build better habit change. *Wednesday, March 20, 2:00 pm, MJ Wicks Wellness Center.*

## Falling Down the Rabbit Hole, Reimagining Aging

When Alice falls down the rabbit hole in *Alice's Adventures in Wonderland*, she encounters a new reality. Similarly, as we age, what we find can be unexpected. Our task is to challenge our perceptions of growing older, many of which are not positive, and to reimage aging. In *Claiming Your Place at the Fire*, authors Richard J. Leider and David Shapiro invite us to view the second half of life through a different lens, suggesting that it is the "...first real chance to define ourselves and to live in a manner of our own choosing." This interactive workshop will examine the attributes of positive aging and guide participants in reimagining their aging journey. *April 18, 10:00 – 11:30 am, Bristol View.*

**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.**



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# Frankely, We've Got It!

News, events and opportunities at our community

March/April 2024

# 100<sup>TH</sup> Anniversary 2024

## Franke Tobey Jones Turns 100 in 2024

### Some Local Facts from 1924

As we continue to gear up for our Centennial celebrations, here are some fun facts about Tacoma in 1924:

**1924 WA State Population:**  
**1,467,000 (2024 = 7,951,150)**

**1924 Tacoma Population:**  
**96,965 (2024 = 217,872)**

19-year-old Ben Cheney moves to Tacoma and takes a stenographer job with a local lumber company. In 1936, he would start his own company with the first of millions of Cheney Studs being shipped in 1945.



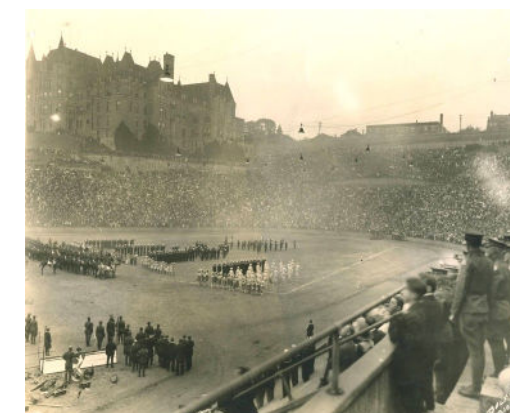
*UPS Jones Hall Opening with Mrs. Franke Tobey Jones far left.*

March 15: The first patients are admitted to the new U.S. Veterans Hospital at American Lake.

April 29: Schoenfeld Furniture moves to 14th and Pacific, where its name would be a part of the Tacoma skyline for the next 72 years.

May 26: Aaron Robbins, owner of the Olympic Ice Cream Company, dedicates its new factory on E. 25th Street. His son Irv would co-found Baskin-Robbins in 1945.

June 11: Commencement exercises for the College of Puget Sound (now the University of Puget Sound) were held in Jones Hall on the new campus on North Warner Street. (Mrs. Franke Tobey Jones had given \$200,000 toward the



*Independence Day 1924 at Stadium Bowl*

construction of the building that would be named after her late husband.

July 4: Estimated 35,000 people watch Independence Day fireworks from the Stadium Bowl.

July 16: 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, Franke, at the age of 80, presided over the ceremony.

July 26: The first nine holes of the Fircrest Golf Club open. The course is completed the following year.

More to come in the next edition!



# Featured Apartments



## Featured Apartment— Garden Apartment #A04

This two bedroom, two bathroom nearly 1,200 sf apartment has a fire-place and a beautiful large patio. The monthly rent of \$6,275 (\$100K buy-in) includes:

- ◆ Continental breakfast three days a week
- ◆ Housekeeping twice monthly
- ◆ Happy Hour weekly
- ◆ Activities and fitness classes, fitness machines and personal trainers
- ◆ FTJ Senior University
- ◆ Transportation
- ◆ In-apartment stackable washer and dryer
- ◆ Fire, burglary, emergency services monitored on-site.
- ◆ Secured building
- ◆ Electricity (including A/C), gas, water, sewer, garbage, stand-ard cable television, property taxes and building insurance
- ◆ One free covered parking space per apartment



## Tobey Jones #352 Independent Living w/Services

This charming studio apart-ment has a kitchenette and nice view of the campus. The monthly rent of \$4,295 (no buy-in) includes three chef pre-pared meals daily, weekly housekeeping, transportation, weekly happy hours, activities, fitness, emergency call alert system, woodshop, craft room, salon, free reserved parking and more.



## Garden Apartments #101 Independent Living

This one bedroom, one bathroom apartment with southern expo-sure 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 month-ly, activities, fitness classes, FTJ Senior University, transportation, free covered parking and more.

**Your needs are always a priority to us. For more information, or to see availability and apartment videos go to [franketobeyjones.com/availability-and-videos/](http://franketobeyjones.com/availability-and-videos/) or call us at 253-752-6621.**



## Meet Roger and Linda Ford

Linda grew up in West Seattle and earned a B.A. Degree in Sociology from the University of Washington (UW). Roger grew up in Southern California and went to George Williams College in Illinois. So, how did they meet? Linda ended up going to George Williams College for a while, they met there and have now been married for 55 years. But, I'm jumping ahead. Roger ended up going into the Army, and after returning to college, Linda "dragged Roger here to the Pacific Northwest" where Roger earned a teaching certificate at the UW. No doubt, they both love the Pacific Northwest!

When their son was an infant, Linda attended Mt. Hood Community College where she earned her RN degree, and soon thereafter they moved to Oregon where they spent nearly 30 years. Linda spent most of her career as a Hospice Nurse, and Roger as a high school math teacher for 28 years.

After Roger retired, they moved to Vashon Island to be closer to their son who lives in Seattle. Roger continued to teach mathematics for the next 13 years at Tacoma Community College. For relaxation, he spent many years jogging throughout Point Defiance Park, but now enjoys walking the many trails. Linda has owned a horse for many years and says she's "horse crazy!" The horse is in a stable near Puyallup and she rides a couple times a week in all seasons but winter. She also plays the piano and serves in the End-of-Life Doula program at Franke Tobey Jones.

Roger and Linda love Hawaii and returned there on their 40<sup>th</sup> wedding anniversary for a wonderful trip. They love to snorkel, and especially enjoy going to Maui where they have been several times.

Why did they move to Franke Tobey Jones? After working as a Hospice Nurse, Linda knew she wanted to live in a CCRC (a community with all levels of care like FTJ), and not at a "chain" community. They searched on line and came across the FTJ duplexes which they really liked, so they came out for a tour. In fact, after seeing a duplex, they never looked at another community. Since they were #42 on the duplex waitlist, they decided to move into the FTJ Garden Apartments so they would have priority to move when a duplex came available. "We're so glad it worked out this way," Linda says. "We met so many nice and interesting residents there." A duplex opened up much sooner than expected, they moved in and are very happy there.

"I love knowing that FTJ will be my home for the rest of my life," comments Linda. "The people here are so interesting and friendly, and the staff is very friendly and attentive to our needs when they arise." They enjoy the many activities on campus including the music performances, fitness center, Bistro and so much more.



## Announcing the PNW Senior Writer's Showcase

*First Ever Writing Contest for Seniors 55+*

In celebration of the Franke Tobey Jones Centennial this year, we are proud to announce the first ever Pacific Northwest Senior Writer's Showcase as part of Franke Tobey Jones Senior University. Entries can be in the form of a story, poem or essay and must relate to the theme "home." Entries should be no more than 1,500 words and be submitted in a PDF format that does not include the author's name or any other identifying information. The entry deadline is April 28, 2024.

The works will be judged on imagination, creativity, quality, memorable qualities, impact on the reader, etc. Prizes will range from \$50 to \$350, and the entry fee is \$20 for up to two pieces and \$20 more for any additional submissions up to two pieces per entry.

The six authors chosen to receive prizes will be asked to read their pieces at an event on October 30, 2024, taking place between 5:00 – 7:00 pm at FTJ. At that time, the winners will learn which prize they received. All authors/participants will be encouraged to come to the event.

Franke Tobey Jones will publish the chosen works in a printed book, and the top three entries will be posted on the Franke Tobey Jones website. All published authors will be given a copy of the completed book at the October 30<sup>th</sup> event, and a limited number of books will be available for purchase for \$25 at the reception on October 30<sup>th</sup>:

For more information, details and entry form please go to:  
<https://www.franketobeyjones.com/community/events/pnsws/>

**April is Parkinson's  
Awareness Month**



## Parkinson's Conference April 26th | 10:00—3:00 pm

The American Parkinson Disease Association and Pierce County Health Care Providers Council (HCPC) are once again partnering to organize and host this one day event. The conference will be held at Rainier View Christian Church in Tacoma. To register or for more information contact [apdanw@APDAParkinson.org](mailto:apdanw@APDAParkinson.org) or 206-695-2905.



## Understanding Dementia

*Classes to be held at FTJ March—May*

Caring for a loved one with dementia poses many challenges for families and care-givers. People with dementia such as Alzheimer's and related diseases 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.

Jake Gamble from Generations Home Care will, once again, be presenting four Understanding Dementia classes this spring. If you've ever attended any of his classes you know how wonderful they are. He is a deeply compassionate person with a wealth of knowledge and experience dealing with people with memory loss and their loved ones coping with the journey.

Classes will be held in the FTJ Care Center Gathering Room from 2:00-3:30.

**Seats are limited. Please RSVP to Adelia at [anunn@franketobeyjones.com](mailto:anunn@franketobeyjones.com) or 253-756-6278.**

- ◆ March 27 **Various Types of Dementia** and how they affect people differently.
- ◆ April 10 **Early Onset Dementia.** 10 warn-ing signs, when to get help, how to let go.
- ◆ April 24 **How to Address & Cope With Difficult Behaviors.** Also, family dynamics around memory loss, how to resolve issues with out-of-touch family.
- ◆ May 8 **How to Visit With a Loved One Who Doesn't Recognize You Any More**