



FRANKE
TOBEY
JONES

Enjoy your age

5340 N. Bristol Street
Tacoma, WA 98407
P: 253-752-6621
F: 253-756-1862

FrankeTobeyJones.com
Facebook.com/
FrankeTobeyJones

If you received this news-
letter by mistake or no longer
want to receive it, please call
us at 253.752.6621 or email
chall@franketobeyjones.com
Thank you!

NON PROFIT
US POSTAGE
PAID
TACOMA, WA
Permit No. 1501

We're Expanding!
Page 1



FRANKE TOBEY JONES
Enjoy your age

Frankely, We've Got It!

News, events and opportunities at our community

January/February 2025

FTJ Senior University

January/February 2025

Where Do We Go from Here? Nonviolence or Nonexistence, Martin Luther King for Our Times

Dr. Michael Honey will explore how we might
remember this legacy for our own troubled
times. *January 15, 4:00 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. You may feel free to
use this opportunity to learn more about the
Great Decisions discussion course and ask
questions. *January 16, 3:00 pm, Zoom*
(Pre-register to receive the Zoom link).



How to Use Chat GPT – A Basic Intro

An easy-to-understand class
on what is Chat GPT, how to
create your own account, how
to give prompts to get the best results, to
give killer prompts, and more. No prior

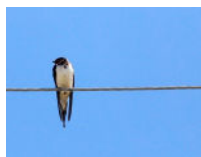
knowledge necessary. Working professionals
can apply this towards their professional
development credit. *January 31, 10:00 am,
Zoom. Register to receive Zoom link, ID and
passcode.*

History of Space Exploration

This lecture will be a discussion of the Cold
War and the Space Race to the Moon.
*February 6, 3:00 pm, Bristol View 1st Floor
Bowditch Room*

Where Have All Our Birds Gone? And How Can We Bring Them Back?*

Since 1966 bird popula-
tions have plummeted across the US and by
2030 we may have lost 50% of our bird popu-
lation. Stuart Earley from the Tahoma Bird
Alliance will be here to talk about why this
has happened; what the causes have been
and what all of us can do to help birds and
bring back our bird populations. *February 19,
2:00 pm, Bristol View 1st Floor Bowditch*



**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.**

We're Expanding!

Are You Interested?

We are excited to announce that **more
independent living apartments will be added to
our beautiful campus.** The first of three phases
will add approximately 60 independent living
apartments (similar to the current FTJ Bristol View
apartments), new dining venues, a bar and
additional wellness/fitness space. Views will be
spectacular! The construction is expected to
start in 2027.

**If you would like to learn more about the
expansion and/or add your name to an Interest
List, please either fill out the form below or call
us at 253-752-6621 and ask for the Admissions
Department.**

There is no fee to put your name on the
Interest List.

**Once we have additional information about
the expansion, the new apartment building,
apartments and amenities we will share it with
you. At that time, you will have the opportunity
to place your name on a more formal Priority
Wait List.**

If you are already on our current waitlist, you
can still be added to the expansion Interest List.



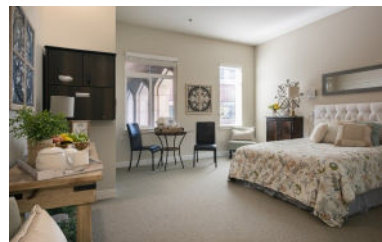
Featured Apartments

Featured Apartment—Tobey Jones Apartment #454 Independent Living w/Services



This one bedroom/one bathroom 520 square foot apartment has unique ceiling slopes and skylights along with a kitchenette and dining nook. The monthly rent of \$4,885 (no buy-in) includes:

- ✦ Three wonderful, chef-prepared meals a day
- ✦ Weekly housekeeping
- ✦ Fitness classes and a 6,000-square foot Fitness Center
- ✦ Transportation five days a week to and from doctor appointments and shopping
- ✦ Woodshop and craft room
- ✦ Senior University with lifelong learning
- ✦ Kitchenettes with microwave and refrigerator
- ✦ Emergency call alert system
- ✦ Library, game room, living room and solarium for resident use
- ✦ Secure entrances with easy call system for visitors
- ✦ Free reserved parking and extra storage when available



Memory Care Suite #13 and #24

Our Memory Care is beautiful!

- ✦ Memory Care #13 is a private suite with a private bath. \$7,175/month (no buy in).
- ✦ Memory Care #24 is a private suite with a shared bath with one other suite. \$5,660/month (no buy in).

FTJ Memory Care specializes in seniors with Alzheimer's Disease and other dementias. Our unique approach to memory care, including Montessori-Inspired programming, features a small group of residents who live in a home-like setting with chef prepared meals, fully guided day with meaningful activities, many daily activities, secured outside courtyards, many gathering spaces and 24-hour support. 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.

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

Meet FTJ Board of Director Chairs



Marcie Lazzari, Board Chair, is the Founding Director of the University of Washington Tacoma Social Work Program (1998), now the School of Social Work and Criminal Justice. After retiring in 2016, she served an additional three years in a leadership position for UW Tacoma strategic planning and as Acting Dean for the School. Marcie

has a total of 40-plus years' experience as a social worker both in direct practice and in higher education, including teaching, research and administration. She held several national leadership positions within the Council on Social Work Education, and her areas of scholarship include human diversities, shared leadership, mentoring and social justice.



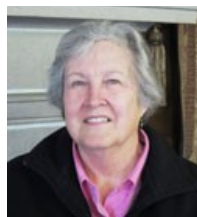
Greg Unruh, Board Vice Chair, has served as CEO of Trouvés Health Care since 2019. A graduate of the University of Puget Sound, he previously had a 30 plus year career in corporate banking, having held leadership positions with Bank of America, Wells Fargo and Timberland Bank. He also served as

President of the Franciscan Foundation, the philanthropic arm of CHI Franciscan Health and led a team that was responsible for fundraising for the Pacific Northwest Region. Greg currently serves as Board Vice-Chair of the Economic Development Board of Tacoma/Pierce County, on the board of Greater Lakes Mental Health, and South Sound Care Foundation.



Bolelsaw "B.Z." Zenczak, Board Treasurer, is the owner of Zenczak & Partners, a full-service architectural firm serving throughout Washington State since 1983. He is a registered architect in both Oregon and Washington and holds a Bachelor of Arts in Architectural Degree from University of Oregon. Board, community and professional

associations include American Institute of Architects, Fircrest Golf Club and Tacoma Lawn & Tennis Club. B.Z. brings to FTJ an impressive 40 plus years of leadership, CCRC and strategic planning experience.



Pat Mail, Board Secretary, is an FTJ Resident Representative to the Board. She is a retired U.S. Public Health Service officer and her assignments included time with Indian Health Service, the National Health Service Corps, HIV/AIDS programs, the Surgeon General's office and the National Institutes of Health. Pat earned her M.P.H. at Yale, her PhD at the University of Maryland and holds degrees from the University of Arizona and Smith College. She served as Executive Board Chair and President for the American Public Health Association and has been president of several other professional boards.

We deeply thank our Board Chairs, as well as all our Board members, for their time and dedication in serving FTJ.

Is It Time To Downsize?

How My Eye-Opening Experience With Rightsizing Might Help You

By Christine Hall, Franke Tobey Jones Sr. Director of Marketing and PR

Although I was only in my early 60s, I decided it was the right time to downsize (rightsizing), to sell my home of many years and to live in a place that was a lot more manageable. But, after living in my big home for so many years, I didn't have a clue where to begin.

I've worked at Franke Tobey Jones for fifteen years and have seen so many people considering a move here that are in the same boat. "Nobody wants my stuff...what do I do with it?" Now I TOTALLY understand that!

Many people simply can't face rightsizing and moving because it's so overwhelming. Eventually an "event" such as a fall or injury, difficulty managing daily activities, loss of a spouse or significant other, health complications, wandering or getting lost and so on may force them to move...and that's not a good situation to be in. It's much better to rightsize when you're able to make all your own decisions about what you want to keep and give away, where you want to move, and so on and to have time to enjoy your new "digs."

When I look back on my rightsizing journey, I remember how much work it was, but I am so happy I took the leap! It was totally worth it and incredibly freeing to let go of so much stuff that had been accumulating over the years. I gave away, sold or repurposed over 4,000 items including most of my furniture, dishes, clothing and so much more. Releasing all these items gave me the fresh new start that I needed.



Benefits of Rightsizing

Although I know the thought of rightsizing and moving is daunting, if you can focus on the benefits of rightsizing and moving to a senior living community, it might help you through the process. Here are some of the benefits:

- ◇ **Reduced Home Maintenance and Simplified Living**
- ◇ **Financial Predictability**
- ◇ **Enhanced Safety and Security**
- ◇ **Access to Amenities, Activities and Health and Wellness Support**
- ◇ **Built-In Social Connections and Peace of Mind for Families**

Why Choose Franke Tobey Jones?

We specialize in creating a welcoming, vibrant and supportive environment tailored to your needs whether you are living independently or in one of our care areas. With stunning views of Puget Sound and Mt Rainier, access to Point Defiance (a 700-acre park with gardens, zoo, beach and so much more), Senior University, expansive fitness program, interesting and unique Holistic Wellness classes, Resident Garden and more, FTJ offers unparalleled natural beauty alongside top-tier amenities and care.

Schedule a Tour

Discover how downsizing and moving to our community can transform your lifestyle. Schedule a tour today and take the first step toward a brighter, simpler future. Call us at 253-752-6621 or schedule a tour on the FTJ website

Resources

Find both of these on the FTJ website under "Living Options, Is It Time To Downsize?"

- ◇ I created a booklet about my rightsizing experience called *It's Time* which includes many tips and tricks I used while rightsizing.
- ◇ Is It Time To Downsize? survey

Happy Rightsizing!

Types of Senior Living Communities

And How Do I Fit In?

One of the big questions when considering senior living is "What types of senior living communities are there and where do I fit in?"

There are many types of senior communities. Franke Tobey Jones is a CCRC, a Continuing Care Retirement Community, which includes: independent living, assisted living, memory care and skilled nursing. However, some senior living communities offer just independent living, or just assisted living and memory care, or any combination of the above.

Independent living: Independent living is for individuals who can live on their own and manage their daily activities without needing assistance or care. Residents live in their own apartment and manage all personal care, such as bathing, dressing and medication management. Health-care services are generally not included. Most senior communities will provide transportation, housekeeping, meal plans, fitness and more for independent residents.

Assisted Living is for individuals who need help with activities of daily living (ADLs) such as bathing, dressing, eating, and medication management but do not require the intensive medical care provided in skilled nursing units. Some of the services include: personal care assistance (bathing, dressing, grooming, toileting, mobility), medication managements, housekeeping, laundry, meals, transportation, 24/7 staff availability, social and recreational activities, wellness and health monitoring, family support services and access to care.

Memory Care communities are designed to create a supportive and engaging environment for individuals with memory issues, helping them maintain a good quality of life despite cognitive challenges. Services typically include: personalized care plans, 24/7 supervision, medication management, cognitive stimulation activities, meal assistance and dietary support, behavioral and emotional support, secure environment, socialization opportunities, therapy and rehabilitation and end-of-Life Care.

Skilled Nursing. One nice thing about living in a CCRC is that if and when a resident needs more care the resident can easily be moved to skilled nursing for higher care needs. Skilled nursing takes care of residents with more complex medical conditions, post-surgical recovery needs or those who can no longer live independently due to chronic illnesses or physical disabilities.

The Admissions Team at FTJ has decades of experience helping seniors navigate through the senior living journey. If we can help you in any way, please call us at 253-752-6621.