



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

**FTJ Centennial Book Now Available**  
Page 1



FRANKE TOBEY JONES  
*Enjoy your age*

# Frankely, We've Got It!

News, events and opportunities at our community

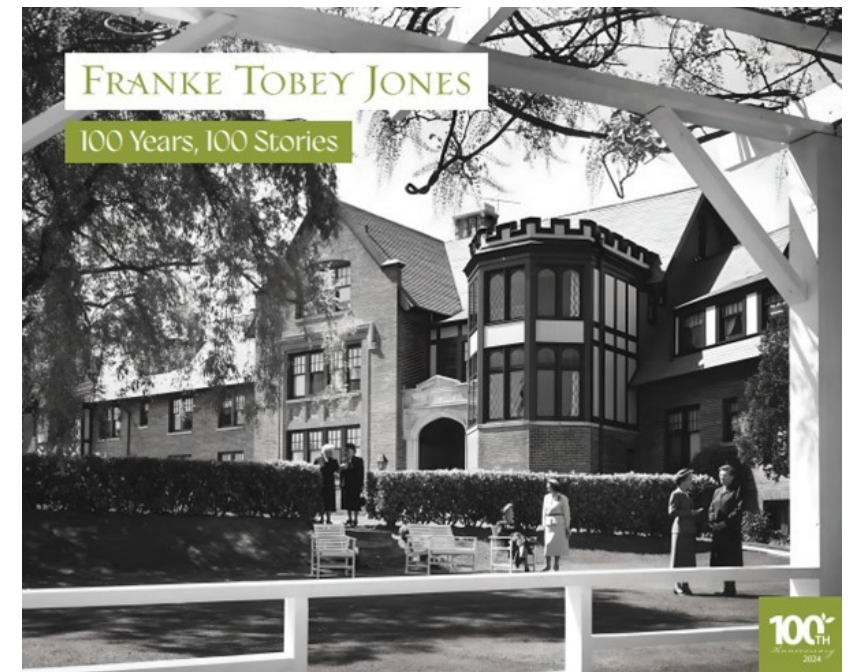
November/December 2024

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

## Centennial Book

Now Available

In July 2023, seven residents, Redmond Barnett, Claire McCaffery Griffin, Phyllis Gill, Karen Fischer, Pam Baker, Ann Martin and Cora Bock met with the Sr. Director of Marketing and PR, Christine Hall, to embark on a journey to discover the remarkable history and amazing stories encompassing a century of the Franke Tobey Jones legacy. Both the committee and Chris read through hundreds of pages of Board meeting minutes dating back to 1921, combed through stacks, boxes, tubs, bins and books of newspaper articles and photos, and diligently embraced the greatly admired FTJ history. The Resident Centennial Committee also personally interviewed about thirty residents, team members and board members to hear their perspectives and learn their stories. By the end of 2023, Chris and the committee had met several times in person and the committee had gathered a box of recommended stories for Chris to consider for the Centennial tribute.



In January 2024, after spending two more weeks reviewing the historical documents and stories, Chris compiled a list of the final 100 stories for the Centennial book "*Franke Tobey Jones ~ 100 Years, 100 Stories*," confirmed with the committee that these were the most important stories to showcase, and the writing began! Aside from the stories that team members had written in November, Claire collaborated with Chris to write many of the stories in the book. Nearly half of the stories were written by Claire and Centennial team members and the other half by Chris. When all 100 stories were written, Chris started to create the book which took several months. Now, *Franke Tobey Jones ~ 100 years, 100 Stories* is available for viewing on the FTJ website. <https://www.franketobeyjones.com/wp-content/themes/franketobeyjones2017/centennial-book/>

# FTJ Senior University

November/December  
2024

### Holiday Help With the Work of Byron Katie

This class is an introduction to The Work of Byron Katie. The Work is a way to question the stressful thoughts we hold about reality. The holiday season, for some, can be joyful and stressful at the same time. Join us as we bring understanding and awareness to our lives. *November 19 and 26. Zoom Meeting 10:00 am* <https://us02web.zoom.us/j/89482865655?pwd=cklrZ3V0YU5ScTdZRW9TWkhOR1VKUT09MeetingID:89482865655,Passcode:845170>

### Great Courses - Elements of Jazz: From Cakewalks to Fusion

Jazz is one of America's great contributions to world culture. Now you can learn the basics of jazz and its history. Taught by Professor Bill Messenger of the Peabody Institute, the lectures in this video course are a must for music lovers. Wednesdays November 27 – January 29, excepting December 25 and January 1. *11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Rm.*



### Cozy Quilt Tales– Storytelling by Debbie Dmitri

A collage of heartfelt stories that illustrate the importance of cross generational sharing and the power of story to connect us, regardless of age, gender or cultural background. This program is made possible by a generous donation to Senior University. *December 6, 11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room.*

### Irish Traditional Music for the Holidays

An hour of fiddle music and conversation highlighting the approach of the holidays with reels, jigs, and hornpipes. Also, some transcribed Celtic harp music played on the open-tuned guitar. This program is made possible by a generous donation to Senior University. *December 20, 2:00 pm, MJ Wicks Wellness Center.*



**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.**



# Featured Apartments



Hear the  
zoo animals in the morning!!

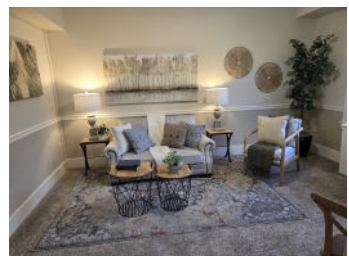
## Featured Apartment—Garden Apartments Apartment #104 Independent Living w/Services



This two bedroom, two bathroom 915 sq ft apartment has a nice patio, full kitchen and is on the main floor close to all the activities. Monthly rent is \$5,350 (buy-in \$100K) and includes:

- ◆ Continental breakfast three days a week
- ◆ Happy Hour weekly
- ◆ Housekeeping twice monthly

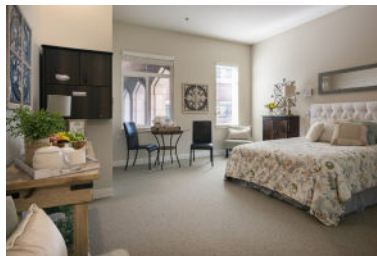
- ◆ Fitness classes, fitness machines and personal trainers
- ◆ Numerous activities
- ◆ FTJ Senior University
- ◆ Transportation
- ◆ In-apartment stackable washer and dryer
- ◆ Fire, burglary, emergency services monitored on-site.
- ◆ Secured building
- ◆ Electricity (including A/C), gas, water, sewer, garbage, standard cable television, property taxes and building insurance
- ◆ One free covered parking space per apartment



## Tobey Jones #265~ Independent Living w/services

This one-bedroom, one-bathroom apartment is on the main level close to dining and activities. It has a nice view of the courtyard, kitchenette and large closets in the bedroom. The monthly rent of \$4,515 (no buy-in) includes: chef-prepared meals daily, weekly housekeeping, transportation, weekly happy hours, activities, fitness, emergency call alert system, woodshop, craft room, salon, reserved parking, secured building 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/](https://www.franketobeyjones.com/availability-and-videos/) or call us at 253-752-6621.**



## Memory Care Suite #20

Memory Care Suite #20 is a private suite with a private bath. \$7,595/mo. (no buy-in). We specialize in seniors with Alzheimer's disease and dementia. 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, many daily activities, secured outside courtyards, many gathering spaces and 24-hour support.



## Meet Residents Bob and Joan Garden

Joan was born in St. Louis, MO, obtained a BA in education at Washington University in St. Louis and taught primary grades. Bob grew up in a suburb of St. Louis, attended two years of college at Washington University and completed his BS in electrical engineering at Purdue in Indiana. After graduation and military commission, he served on active duty in the Signal Corps at Ft. Monmouth, NJ and six years in the New York National Guard.

Bob and Joan met in St. Louis in 1959 and were married in 1960. Their first two children were born in Syracuse, NY. While there, Bob worked in engineering and marketing during the early days of semiconductor development. Joan continued teaching school until their first child arrived and then became a full-time mom. They moved to Phoenix, AZ, soon after the birth of their second daughter.

Bob worked for GE for 39 years and moved with his family every four years as he received promotions. Their son was born in 1967 and the family moved to Bellevue, WA where Bob continued working for GE's medical imaging business and Joan continued teaching.

In 1979 the Garden family moved to the Gig Harbor area so Bob would be closer to his customers. Joan became the Religious Education Director at Temple Beth El, Tacoma. In addition to this responsibility, she earned her MA in Education at Pacific Lutheran University in 1982. She taught second grade and eventually retired from the Tacoma Public School District.

Several years ago, Bob and Joan agreed to downsize. They evaluated many communities in WA and CA and chose to continue their independent living in 2017 at FTJ in the Duplexes because a continuum of care is offered when needed. Some of the activities they have enjoyed while living at Franke Tobey Jones are many Senior University programs, fitness classes, woodworking in the woodshop, and the transportation provided by FTJ buses. Joan loves the fact that she feels safe walking throughout the campus. Bob has been an amateur HAM radio operator for many years which he still enjoys from their Duplex. They are very happy to be here!

## 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 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 may 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.



Your holiday visit provides 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.

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/>

From our family to yours, may you and your loved ones have a wonderful holiday season and a happy and healthy New Year!

## Can I Afford Senior Living

### New Survey

The cost of senior living is on most people's minds when looking to move to a retirement community. Many of the benefits of senior living communities cannot be communicated through monetary values, such as the social interaction, emotional support of the community, the opportunities to meet new friends and an environment that encourages overall wellness. In addition, should the health care needs of you or your partner change unexpectedly, higher levels of care are typically available in most senior living communities.

Also, many costs that are paid for living in your own home are covered by the monthly rent in a senior living community. These items include your current mortgage/rent and HOA fees, property taxes, heating/electricity/gas, sewer and water, telephone, lawn service and gardening, house cleaning, fitness classes and personal trainers, transportation/gas to shopping and appointments, activities, lifelong learning classes and education, health monitoring and more.

There is a new survey that you can take called *Can I Afford Senior Living*. This is a convenient way to understand the various costs of a senior living community and compare them to your current costs and to your budget. If you are interested in taking the survey, you will find it on our website on this page:

<https://www.franketobeyjones.com/living-options/pricing-resources/pricing-brochures/>

## News from Philanthropy

### Major Donor Event

When Shelley Harris, FTJ Director of Philanthropy, realized there had not been a reception for Major Gift donors since before the Pandemic, the centennial year seemed like a perfect time to bring it back. A Major Donor Event was held in August and honored vendors, business partners, board members (current and former), Legacy Circle members, FTJ team members, community philanthropists, and residents whose significant contributions funded special projects, programs and the 2016 Capital Campaign for the Care Center.

On opening night of the beloved Summer Concert Series featuring Puget Brass, the reception was hosted at the M.J. Wicks Wellness Center. Every attendee received a gift bag and enjoyed refreshments and a delicious buffet.

Nancy Cook, Resident Council President, said, "The Major Donor Reception was a delightful event. Well planned, with thoughtful gifts of a fan and water for the warm night, a commemorative bookmark, and chocolates. It was a grand occasion and so nice to have many, many community donors attending." "

Throughout the dinner guests socialized, renewed acquaintances and made new friends. Judy Dunn, CEO, thanked the donors for their generosity and ongoing support of our founder's vision. The camaraderie continued as the reception concluded, and everyone ventured toward the reserved concert seating. "I was so pleased with how well the Major Donor Reception was attended. There was definitely a lot of positive energy—great company and great food, followed by a wonderful concert," commented Greg Unruh, FTJ Board Vice Chair.

Major Gifts empower Franke Tobey Jones to make a meaningful impact on the quality of life of residents on our campus and in the senior community. In this milestone year, Philanthropy is grateful to honor and recognize our Major Donors who continue to strengthen our legacy.

