

CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

THE TIMES, THEY ARE A CHANGIN'

Capital Manor has change in abundance these days, beginning with our quarterly newsletter. *Capital Connections* takes the place of the *Manor Scanner*, which you may have noticed has been on hiatus for some months. In December, a new bus arrived to take residents shopping and to the doctor, as well as on some excursions purely for fun. A wine and coffee bar opened in July and several local wineries have visited for tastings. Perhaps the biggest change, though, is our change in leadership. Katherine Keene joined Capital Manor as our Executive Director in August.



Airlie Vineyards holds a tasting in the new wine bar.

Kathy was formerly Administrator of the Capital Manor Foundation, so she is very familiar with Capital Manor, its residents and employees. Prior to serving the Foundation, Kathy was CEO of State Accident Insurance Fund (SAIF) Corporation. Her management experience positions her well for filling this very important role.

MOVE-IN READY VILLAS - ONLY ~~5~~³ LEFT!

Capital Manor has a limited number of one and two bedroom villas that are move-in ready. These beautiful one story homes range from 700 to 1,068 square feet, and boast gourmet kitchens, full laundry facilities, decks or patios, and one car garages. Your monthly maintenance fee includes one meal a day plus continental breakfast; bi-weekly housekeeping; flat linen service every week; water, sewer, and garbage collection; full groundskeeping and maintenance and access to all our services and amenities - libraries, warm water indoor pool and spa, fitness classes, woodshop and more! The best benefit of all is knowing your future health care needs and costs are taken care of, while you enjoy retirement.

Act now and we'll give you a \$15,000 discount on your entry fee. Contact the Marketing Department at (503)362-4101 for more information.



SEASONAL RECIPE



Capital Manor uses fresh, local and organic products whenever possible in the Magnolia Dining Room. This recipe, suggested by Director of Culinary Services, Nancy Dunton, is a resident favorite.

Feta Stuffed Chicken

4 chicken breasts 1/4 c. bread crumbs
 1 t. Italian seasoning 2 1/4 oz feta cheese, crumbled
 2 t. fresh chopped basil 1 oz margarine, melted

Place each chicken breast between 2 sheets of plastic wrap. Pound with mallet until they are approximately 1/4" thick. Mix bread crumbs and Italian seasoning together until well blended. Dredge each chicken breast in the bread crumbs, coating each side well. Mix feta and basil together. Spoon 1 T. feta mixture into the center of each chicken breast. Fold breast in half. Place folded breast on oiled sheet pan. Sprinkle extra crumb mixture over each chicken breast. Drizzle melted margarine over each chicken breast.

Bake in preheated 350F oven for 20-30 min, just until juices run clear and internal temperature is 155F. Serves 4.

EVERY DAY AT CAPITAL MANOR

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Vespers	STRETCH class	Strength Training	Cribbage & Bridge	Strength Training	STRETCH class	Pickleball
	Back and Abs	Choir Practice	Back and Abs	Walking Group	Pinochle	Saturday Night at the Movies
	Writing Your Life Story	Men's Circuit Training	STRETCH class	Men's Circuit Training	Sound like fun? See our amenities program below and make plans to move in today .	
	Lapidary Shop	Ceramics Workshop	Manor Social Hour	Memory Enhancement Class		
	Total Body Toning	Pickleball	Painting and Drawing class	Lifelong Learning Seminar		

CAPITAL MANOR INTRODUCES NEW AMENITIES PROGRAM

Capital Manor offers many wonderful educational, cultural, social and fitness programs to our residents. Now, these offerings can also be taken advantage of by those who are **about to become** residents. Why wait to start attending that yoga or water fitness class? Get a jump on your next woodworking or ceramics project or meet new friends in the Magnolia Dining Room by attending an evening program and dinner on us.

Here's how:

1. Meet with a Marketing Representative to complete your application and select a living unit.
2. Pay 15% down towards your entry fee and select the standard or upgraded finishes you'd like in your new home.
3. Complete and return financial and health records to Capital Manor.

While we renovate your home and complete the approval process, you can enjoy classes, evening programs and up to three complimentary meals in the Magnolia Dining Room. Before you know it, your apartment or villa will be ready for move in. But that will be just a formality, since you'll already feel at home!

Contact the Marketing Department for more information about the Amenities Program at (503)362-4101.

THINK YOU CAN'T AFFORD CAPITAL MANOR? THINK AGAIN!

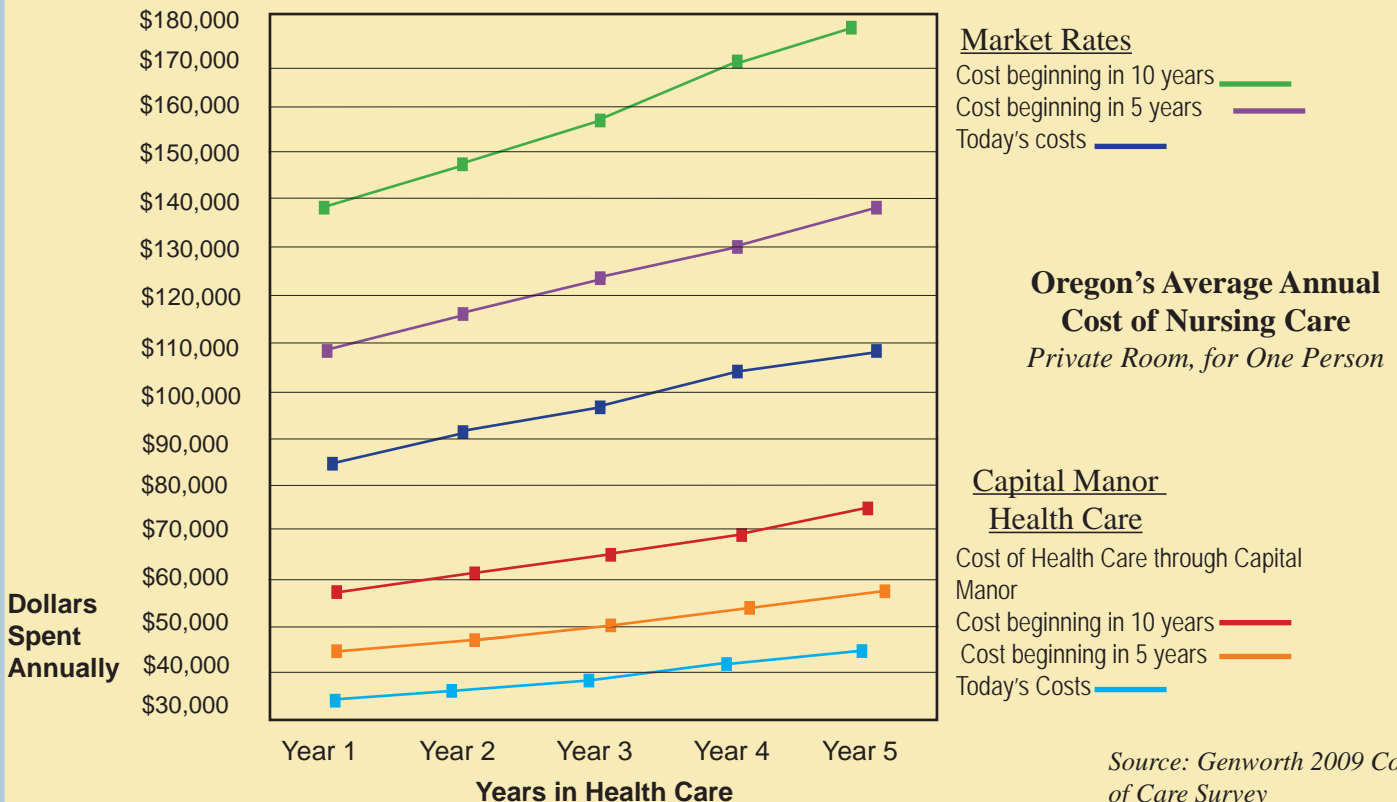
The truth is you can't afford **not** to consider Capital Manor. Many people wrongly assume that their insurance will cover them if they need nursing care. Medicare and Supplemental insurance cover only a very limited number of situations and days. Without long term care protection, your entire estate may disappear quickly.

A question frequently asked by visitors to Capital Manor is "Why is there an entrance fee?" The entrance fee and a portion of monthly fees act as insurance to protect your assets. You move into independent living, with the assurance that your monthly fees will be much less than the cost of a nursing home should you need added care. And, that care will be provided by a well trained, competent staff on the same campus where you already live. But don't wait too long to move in, because, like other insurance, you can only come to Capital Manor when you are fully able to live on your own.

More good news about our entrance fee and monthly fees is that because a significant portion go to fund future health care needs, they may be deductible each year from your taxable income. This means that the NET cost to you is a lot lower than you think. We invite you to ask a member of the marketing staff for details.

Among people turning 65 today, 69 percent will need some form of long-term care.

Above and beyond the health care protection, Capital Manor offers a host of services and amenities including wonderful dining choices, a wine and coffee bar, salon and wellness programs, indoor swimming pool and fitness center, a business center, libraries, and much more. Capital Manor offers a wide choice of apartments and villas, priced to fit most every pocketbook depending on size and location. The ability to live without the worries associated with getting older makes exploring this lifestyle imperative. Peace of mind is achieved when housing and long-term health care needs are assured!



January 2010
Tuesday Wednesday Thursday Friday

New Year's Resolutions

- Have a plan in place for my retirement*
- Protect my assets against the high cost of long term care*
- Make time to enjoy friends and pursue interests*
- Make the move to Capital Manor*

Join our warm community of
friends and neighbors
January 13th at 10:00 am

Discover for yourself the simple pleasures of retirement living at Capital Manor. Capital Manor is simply everything you want and need in a community – security, beautiful homes, caring neighbors and fun! Reserve a place for yourself and a friend. Call today 503.362.4101.

If you would like to receive this newsletter electronically, let us know by sending an email to marketing@capitalmanor.com

Capital Connections is published four times a year by Capital Manor. Capital Manor is a continuing care, non profit organization especially designed to meet the physical, social, emotional and spiritual needs of our residents and to contribute to their health, security and quality of life. Comments may be directed to: marketing@capitalmanor.com



CAPITAL MANOR

*A Continuing Care
Retirement Community*

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