



CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

BE HAPPY, DON'T WORRY, LIVE LONGER

What is the secret to happiness? Among other things, friendships. In a study conducted by AgeWave in 2004, people aged 60+ were most likely to cite “loving family and friends” as extremely important to their happiness, more important than money or even health. Social connections are not just an essential source of happiness, they can also help you live longer. A 2010 meta-study from Brigham Young University found that social isolation can be just as dangerous for you as smoking, drinking heavily, obesity, or leading a sedentary lifestyle. According to researchers, seniors with solid social relationships increased their odds for survival by 50 percent, compared with their more solitary counterparts.

Nearly half of people over the age of 80 report suffering from loneliness, almost twice the rate of younger adults.

Unfortunately, isolation and loneliness can be a severe challenge in the later years. As you experience life changes, it's natural to lose friends and loved ones along the way. The older you get, the more people you lose. That's why it is important to replenish your friendships and expand

your social circle. Having people you can turn to for company and support is a buffer against depression, disability, hardship and loss. But staying connected isn't always easy as you grow older - even for those who have always had an active social life. Seniors who live in traditional single-family homes often confront growing solitude as friends move away or pass on, family members relocate to different parts of the country or they are widowed. Over time, many can feel trapped and isolated in their own homes. As you plan for the years ahead, choosing a place where you are able to create and enjoy new friendships can be crucially important.

Seniors who remain in their homes also have the added burden and headache of household tasks, infringing on the time they would rather be spending with friends or pursuing new hobbies. The average person age 65+ spends almost three hours a day, seven days a week, on housework, shopping and home maintenance such as repairs and taking care of the lawn or garden. Women, not surprisingly, spend significantly more time than men on these tasks. Meanwhile, the average person age 65+ spends just a half an hour each day socializing with friends, only fifteen minutes participating in recreation or exercise, and almost no time taking classes or engaged in other educational activities. In comparison, residents in retirement communities spend significantly less time on chores, freeing up valuable time to socialize, learn and pursue their passion, resulting in a happier, healthier lifestyle.

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The Happiness Project, a *New York Times* best seller became a pop culture icon in 2011, spawning theories, activities and “happiness groups” all over the world. Clearly, people of all ages, cultures and backgrounds want to be happy. But seniors **need** to be happy for their health and well being. What is on your list of New Year's resolutions for 2012? Increase your social circle? Eat better? Exercise more? Be happier? Live longer? Reduce your worries about your future health care needs, like who will take care you and how will you pay for it? At Capital Manor, none of these resolutions are unrealistic or unattainable. In fact, they are the mission each and every day for our dedicated employees. As we begin another new year, it is our hope that you will find the secret to happiness. Call us today for your first clue.

New Executive Director Announced



Capital Manor's Board of Directors is pleased to announce it has hired David A. Lewis as Executive Director. Lewis was previously the Executive Director at Carillon Senior Life Care Community in Lubbock, Texas. He comes to Capital Manor with nearly 20 years of experience in senior living, serving as an Executive Director, Administrator and Social Services Director at communities in Missouri, North Carolina and Virginia. Lewis received his Bachelor of Arts from Union University in Jackson, Tennessee and his Masters of Divinity from MidWestern Baptist Theological Seminary in Kansas City, Missouri. David enjoys hiking, fishing and has embraced both the Pacific Northwest and Capital Manor residents and staff.



There's never been a better time to move to Capital Manor

Select a villa, pay your entry fee in full and **pay no monthly fee until January 2013!** Villas are available in one, two, or three bedrooms and are recently renovated, featuring new appliances, decks or patios, and attached garages. Act now - this is a limited time offer. Call the Marketing Department for more information at (503)362-4101.

When it comes to retirement living,

NOT ALL BENEFITS ARE THE SAME

In planning for your retirement future, it's important to get all the facts on the many options available to you. At Capital Manor, the area's only true not-for-profit continuing care retirement community (CCRC), we couldn't agree more. That's why we've planned an entire event to help you sort through your options.

GET THE FACTS FOR YOUR FUTURE

JOIN US

Wednesday, January 11, 2012

2:00 p.m.

in the Capital Manor Auditorium

At this informative educational seminar, we'll show you how CCRC living puts the focus on your needs, hopes and aspirations for the future...the independent lifestyle you want. Freedom from responsibilities and financial concerns about future health care needs. Variety, choice and selection in your residence, your dining, your activity. *The benefits are endless - the rewards are immediate.*

We hope you'll join us to learn more about Capital Manor and share refreshments and conversation with friends and neighbors. **Seating is limited, so RSVP today for yourself and a guest by calling (503)362-4101.**

SAVE THE DATE!

CAPITAL MANOR

presents

SCOTT BURNS

An unbiased perspective on waiting to move and its impact on quality of life and health of your pocketbook.

March 7, 2012

Scott Burns has covered the changing world of personal finance and investment for nearly 40 years in his weekly columns and books. Nationally syndicated since 1981, his column appears in major papers from Boston to Seattle. Today, he ranks as one of the five most widely read personal finance writers in the country. *Spend 'til the End*, co-authored with Boston University economist Laurence J. Kotlikoff, is his most recent book on personal finance.



There is no cost to attend, but seating is limited. Event invitations will be mailed the first week of February. Call Capital Manor Marketing Department for more information at (503)362-4101.



Resident Advisory Council Chairman Norm Marsh compares duck garb with the University of Oregon mascot at the Second Annual Civil War Luncheon.

Director Sue Miller spoke to the crowd about the services they provide while thanking participants for their donations. Less than a month later, guests, residents and employees had collected over 200 toys, which were delivered to Family Building Blocks to be given as Christmas gifts to the many families they serve.

Chili Cook-Off Adds Heat to Civil War Luncheon

Capital Manor hosted the second annual Civil War Luncheon and its first ever Chili Cook-Off on November 18th. Five different chilis, prepared by both residents and staff, were offered. Guests sampled and voted before settling down to a bowl of chili and cornbread from the dining room. Congratulations to resident Don Hopkins, whose “da Ugly” Chili won the “Most Original” and employee Ric Cummins, who won “Best Overall” for his unnamed, but delicious mixture that included a little bit of everything. Ric declined to share his secret recipe but was happy to offer seconds to anyone interested.

Puddles the Duck was on hand again to select the best dressed fans from both Oregon and Oregon State. The luncheon also kicked off Capital Manor’s Annual Toy Drive for Family Building Blocks. Family Building Blocks Executive



Peter and Gwen Stone (right) share a sample of their “Chili Con Carne Piedra” with Executive Director David Lewis and Resident Life Coordinator Linda Burks.



CAPITAL MANOR

*A Continuing Care
Retirement Community*

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I'm not ready yet ...

...to have someone clean my house

...to meet new people

...to have someone else cook my meals

...to have fun

...to socialize with others who understand me

...to go to the theatre and other entertainment venues

...to have a fitness coach

...to feel secure in my future needs

...to have an enriching life.

**There's never been a better time to move to Capital Manor.
See our special offer on page 2.**



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



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