

# CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

## CAPITAL MANOR PAIRS WITH CHEC TO OFFER WELLNESS OPPORTUNITIES.



Capital Manor has partnered with Salem Hospital's **Community Health Education Center** to offer classes that address a wide variety of health concerns and questions. The CHEC informs and empowers patients, families, community members and hospital staff by providing accurate health information and connecting them to appropriate hospital and community services and programs. The Salem Hospital Foundation raised \$4.1 million to create the CHEC. Over 1,200 Foundation partners, neighbors and friends made gifts that helped turn the dream of the CHEC into a reality. Don't miss this great community resource - "CHEC" out page 2 for more information.

## Y'all come back now!

The classic music of Patsy Cline and Johnny Cash, the sound of laughter, and plenty of foot stomping filled the room on August 9 as residents and guests enjoyed Country Western Night. Plates were brimming with beef brisket, ribs, baked beans, coleslaw and watermelon. Frosty rootbeer floats and a best dressed cowpoke contest rounded out the evening.



photos by Irv Cross

## Coffee *and* Questions

Join us for a chance to meet residents, sample home baked goodies and learn more about Capital Manor. Residents share why you shouldn't wait another minute to move to Capital Manor. A tour is available afterwards.

**October 13th**  
**November 3rd**  
**December 8th**

All coffees begin at 10 a.m. Please call to RSVP at 503.362.4101.

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## CAPITAL MANOR EVENTS

### Music and Variety

All programs are at 7:00 p.m. in the Capital Manor Auditorium (unless otherwise indicated)

October 5th

#### The Music of Bach

Gretchen Longwall on piano and Beth Eck, vocalist

October 26th

The Capital Manor Readers on

Stage present:

#### Selections for the Autumn Season

November 9th

#### Veterans' Day Program

November 16th

#### "Play it Again, Sam"

Salemtowne Variety Show

The best numbers from the past ten years of Salemtowne programs.

December 1st

#### Keizer Community Band

December 14th

#### Choraleers Christmas Concert

December 21st

#### Victorian Festival Carolers

### Educational

### Opportunities

The Capital Manor Speakers Series presents

November 1

6:30 p.m.

#### Middle East Archaeology & Politics

Dr. David McCreery, Professor of Religious Studies & Archaeology at Willamette University

#### Coffee and Questions

October 13

November 3

December 8

Join us for refreshments, conversation and a chance to see Capital Manor and meet residents.

Coming in January 2011:

### The Breakfast Club

This is a chance to connect with residents and staff from Capital Manor at a number of scrumptious restaurants around the Salem area. Watch for more information in the next issue of *Capital Connections*.

### Health and Wellness

These classes are offered in cooperation with Salem Hospital's Community Health Education Center (CHEC.)

October 26 9:00 a.m. - noon

#### Building Better Bones

Learn the latest research on maintaining bone health along with a simple and effective muscle strengthening program. Participants will receive information on nutrition and take home illustrations of exercise to prevent continued bone loss. *Registration is required.*

Cost: **\$20** (includes lunch)

November 5 2:00 p.m.

#### Preventing and Managing Diabetes

November is American Diabetes Month. Dawn Gray, a registered dietitian and certified diabetes educator, will discuss healthy habits for preventing and managing diabetes.

Capital Manor Auditorium

Cost: **Free**

*Events and times are subject to change. Please call 503.362.4101 to R.S.V.P.*

## SEASONAL RECIPE



This recipe is simple, festive and delicious - a perfect addition to your holiday table.

### ASPARAGUS SALAD

1 lb asparagus, washed and snapped  
3/4 cup bottled Italian Dressing  
1/4 cup diced red pepper  
Sliced tomatoes

Steam asparagus 8 - 10 minutes, or just till tender. Add dressing and toss asparagus lightly. Sprinkle with red peppers and tomatoes for garnish.  
Serves 3 - 4.

# COST COMPARISON WORKSHEET

Think staying in your own home is saving you money? Use this cost comparison to do the math and discover what you are really spending each month. Then ask yourself, would those dollars be better spent at Capital Manor?

<b>MONTHLY EXPENSES</b>	<b>Home</b>	<b>Capital Manor</b>	
		Apartments	Villas & Townhomes
<b>Utilities</b>			
Water/sewer	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Electricity(including air conditioning)	\$ _____	\$ <u>included</u>	\$ } averages \$100/ mo combined
Natural Gas	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Heating Oil	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Trash collection	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Cable TV	\$ _____	\$ <u>included</u>	\$ \$30/mo (special Comcast discount)
Food and groceries	\$ _____	\$ 3 meals a day included	\$ 1 meal a day + continental breakfast
Meal preparation/Eating out	\$ _____		
Property taxes	\$ _____	\$ <u>0</u>	\$ <u>0</u>
Mortgage or rent	\$ _____	\$ Affordable options for a number of budgets	
Homeowners Insurance	\$ _____	\$ <u>0</u>	\$ <u>0</u> <i>Renters insurance is recommended</i>
<b>Domestic services</b>			
Housekeeping	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Lawn/garden/leaves	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Snow removal	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Maintenance/Repairs (roof, furnace, appliances, gutter cleaning, painting inside and out, carpet cleaning)	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Association fee	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Home Security	\$ _____	\$ <u>included</u>	\$ <u>included</u>
Transportation	\$ _____	Capital Manor's bus provides routes to all major shopping and medical venues free of charge.	
Health Club Membership	\$ _____	A fitness center, swimming pool, hot tub and full time Wellness Coordinator are all available to residents at no additional cost.	
Life Line/First Alert	\$ _____	Emergency pull cords are located in all residences and staff is available 24 hours a day, seven days a week.	
Home care medical costs	\$ _____		
Entertainment	\$ _____	A wide variety of classes, entertainment, clubs, and concerts are offered daily. Day trips also occur regularly.	
Invisible mortgage		\$ <u>0</u>	
The "invisible mortgage" or "lost interest" is 5% of the selling price of your house (\$_____) divided by 12 months. If you stay in your home, you are losing \$_____of investment income per month.	\$ _____		
<b>MONTHLY TOTAL</b>	\$ _____	\$ _____	



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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](mailto:marketing@capitalmanor.com)



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## AMERICAN DIABETES MONTH

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

### Diabetes Fast Facts:

- 23.6 million children and adults in the United States - 7.8% of the population - have diabetes.
- In Americans aged 60 years or older, 12.2 million, or 23.1% have diabetes.
- 1.6 million new cases of diabetes are diagnosed in people aged 20 years and older each year.

Fifty-seven million people in the United States are pre-diabetic, meaning they have blood glucose levels higher than normal but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. Progression to diabetes among those with prediabetes is not inevitable. Studies have shown that people with prediabetes who lose weight and increase their physical activity can prevent or delay diabetes and return their blood glucose levels to normal.

Many people with type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Some people with type 2 diabetes may also need insulin to control their blood glucose.

Focus on self-care behaviors, such as healthy eating, being active, and monitoring blood sugar improves health outcomes and quality of life for patients with diabetes. Diabetes educators can help people with or at risk for diabetes gain the knowledge, problem-solving and coping skills needed to successfully self-manage the disease and its related conditions.

**Join us on November 5, 2010 at 2 p.m. to learn more.** R.S.V.P. by calling (503)362-4101.