

CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

GET ON THE BUS!

In our first issue of *Capital Connections*, we proudly announced the arrival of the Capital Manor bus. Since then, it's been getting a lot of use. Maybe you've seen it out on one of its regular routes midweek. Residents



were polled to see where they would like the bus to go and each day it heads out in a different direction. Stops include Salem Center, Salem Public Library and Salem Hospital on Tuesday, as well as numerous doctors' offices along the way. Wednesday, it returns to the downtown area and visits shopping venues and banks around West Salem. Thursday the bus travels to Lancaster Mall, Target and a favorite lunch spot, McGraths. Each route brings the bus back to Capital Manor at the top of the hour before it begins the same route again. New stops can be added simply by contacting the driver ahead of time and stops are reviewed and updated each month. Other times, the bus is used for resident excursions. Recently a tour of Salem's beautiful cherry blossoms was enjoyed as were

trips to the Pentacle Theatre, Camerata Musica Concert, the Oregon Symphony and a Salem Chamber Concert. A special field trip to Chapman Hill Elementary School gave Capital Manor residents a chance to meet their third grade pen pals.

RENOVATIONS OF VILLAS UNDERWAY

Recently, Capital Manor began renovating several two bedroom villas. After consultations with an architect and interior designer, new color choices were made and new design standards selected. Maple and alder cabinetry replaces the former oak and a floor to ceiling pantry has been removed in the kitchen to create an open and inviting space complete with a new island to expand counter space. Color boards with four different tones give new residents a chance to select what appeals to them. The results have been spectacular. This photo shows but one of the many improvements that have been made. Call us at 503.362.4101 to come and see for yourself.





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.

Club Med Steak Sandwich

1 whole herb flatbread	1 Tbsp reduced fat mayonnaise
1 lb Philly steak meat	1 oz Basil Pesto
1 Tbsp Italian dressing	2-3 slices mozzarella cheese

Fresh spinach and tomato slices for garnish

Grill steak meat with Italian dressing until meat is done to your taste. Drain and set aside. Blend mayo and pesto. Spread on inside of flatbread. Place cooked meat on bottom slice of flatbread, add cheese, spinach and tomato. Top with remaining flatbread. Serve warm or chilled. Serves 2.

UP AND COMING AT CAPITAL MANOR

Tuesday, April 20 **7 p.m.** **Capital Manor Talent Show**

Come see our talented residents as they dust off their acts and surprise us all with their numerous talents.

Monday, April 26 **7 p.m.** **Marion County Citizens Band**

The Marion County Citizens Band is comprised of a variety of musicians who delight in playing in a community band. While the band specializes in marches, both American and European, it has a varied repertoire which includes concert pieces, show tunes and dance music.

Wednesday, April 28 **10 a.m.** **The Dollars and Sense of Moving to a CCRC**

Join us for a panel of experts including an elder law attorney, financial advisor, an accountant and a real estate agent who will discuss why you should make continuing care part of your long term plan.

Wednesday, May 12 **10 a.m.** **Staging and Selling in a Sluggish Market**

Hear from a real estate agent and a professional stager about what will make your home sell when others aren't.

Wednesday, May 26 **9 a.m.** **Second Annual Fitness Walk**

Celebrate National Senior Health and Fitness Day with a walk around our beautiful campus, warm camaraderie from others, and workshops featuring memory improvement, nutrition and balance. Watch your mail for more information.

Thursday, May 27 **7 p.m.** **Willamette Valley Concert Band Memorial Day Concert**

The Willamette Valley Concert Band was formed in 1970 and includes about fifty-five area musicians ranging from teenagers to seniors.

The **Capital Manor Speaker Series** is currently under development and shows great promise. Scheduled one evening a month, we'll tap resources from around the Willamette Valley to come and share their expertise. If you would like to be added to the email blasts that will announce featured speakers, please send an email to marketing @capitalmanor.com with "Speaker Series" in the subject line.

Dates and times are subject to change. Please call us at 503.362.4101 to RSVP.

CHALLENGES FACE SENIORS WHO ELECT TO AGE IN PLACE

A study recently released by AARP shows that a vast majority (89%) of Americans age 50+ want to remain in their homes as long as they can. This is known as “aging in place” and while it is an admirable goal, there are definite challenges for those who elect this path.

Many older Americans underestimate the amount of help they may need should an illness, medical emergency or dementia affect their ability to live alone or with a spouse as caregiver. Two thirds of those over age 65 will require long term care at some point in their lives. Home based care, paid or unpaid, can make the activities of daily living - like bathing, dressing, eating and managing medication - possible, but it comes at a price. Older adults are often unprepared for the financial, physical, and emotional costs associated with aging in place.

Family Members as Caregivers Approximately 34 million family caregivers help loved ones at home. These caregivers provide and coordinate care at risk to their own health and financial security. Their annual unpaid contributions are valued at more than \$375 billion - more than double the combined costs of paid home care (\$43 billion) and nursing homes (\$114 billion.) Most of these caregivers are ill-prepared for their role and provide care with little or no support. As a result, they suffer from higher levels of depression, stress and experience more health problems themselves.

In the next 20 years, the number of Americans age 65 and older will increase by 89 percent.

Hiring Help About 11 million adults currently need long term care services, but many will end up in nursing homes because their home based care becomes unavailable or unaffordable. A paid caregiver in Oregon earns, on average, \$19 an hour. The cost of a caregiver in the home 24 hours a day, seven days a week adds up to nearly \$166,000 for one year. On the off chance this sounds affordable, finding someone to do the job may be difficult. In the next 20 years, the population 65 and older is expected to grow by 89 percent, more than four times as fast as the population as a whole. The number of people ages 85 or older - those most likely to need long term care services - is expected to increase 74 percent in the same time frame. The demand for caregivers will skyrocket.

Medicare and Medicaid Many seniors may read this, shrug and think to themselves “The government will take care of me, right?” Wrong. The myth that Medicare will cover expenses is perhaps the most dangerous pitfall of them all. Medicare Part A will cover room and board for a hospital stay and skilled nursing care for no more than 20 days. In some cases, an additional 80 days of partial coverage from Medicare is allowed. But there are still deductibles, medication and other expenses that remain the responsibility of the patient. Medicare does not pay for assistance with the activities of daily living on a long term basis. When faced with the need for long-term services, few people have the resources to pay for that care over long periods of time and turn to Medicaid as a last resort once they become impoverished.

Medicaid is an inadequate option as well. In 2009, a total of 2.8 million individuals received home care services financed through Medicaid and an additional 300,000 individuals were on a waiting list for those services, an 18 percent increase over the previous year. At the same time that demand for home care is increasing, states are facing bleak fiscal conditions. Medicaid’s eligibility criteria is restricted and is not available to everyone who needs long-term services. Some states have more restrictive financial eligibility criteria for home based care than for institutional services. Those who do qualify for Medicaid must have very few assets (\$2,000 for an individual and \$3,000 for a couple, in most states) and limited monthly income (about \$675.) Eligibility is denied if the applicant has transferred assets in order to qualify for Medicare. Even once qualified, all monthly income must be contributed toward care save a small “personal allowance” of just \$30 - \$50.

At Capital Manor, all the benefits of living independently await you, without the responsibilities.

There is an answer that makes sense - the decision to age in place in your very own home at Capital Manor. All the benefits of living independently await you, without the responsibilities of maintaining a home. When your health care needs do increase, the cost will be predictable and manageable, and there will be no stress associated with who will take care of you and whether or not you’ll be able to afford it. Those questions will have already been answered, so you can simply sit back and enjoy whatever retirement brings your way.



**the second
Wednesday
of each month
for coffee and
questions about
Capital Manor.**

10 a.m.
April 14
May 12
June 9

Call
503.362.4101
or
800.637.0327
to reserve your
space today.

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



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