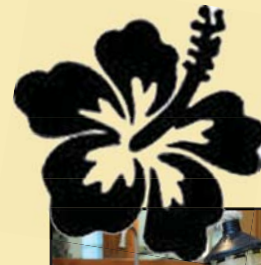


CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

LUAU NIGHT CHASES AWAY THE COLD

A late snow storm didn't stop Capital Manor residents and their guests from enjoying a tropical evening with students from Linfield College. After a delicious dinner featuring Island Chicken, sticky rice and coconut cake, the Hawaiian Club performed authentic polynesian songs and dances. The students enjoy sharing awareness of their culture and residents enjoyed seeing their talents showcased on stage. It was a wonderful way to warm up on a cold winter night.



CAPITAL MANOR BOARD MEMBER RECEIVES DISTINGUISHED SERVICE AWARD

Jim Monaghan was honored for his service to the community at the Salem Area Chamber of Commerce's First Citizen Banquet on February 11, 2011. Jim was recognized by his fellow community members as being a terrific father, grandfather, businessman, and community leader. Together with his wife Lorna, Jim continues to demonstrate his good citizenship by giving back to his community and making Salem a wonderful place to live. Jim has served on the board of directors at Capital Manor since 1998.

Three Bedroom Villa Available!

Located in a prime spot on the central green of Capital Manor, yet close to amenities in the Tower, this 1,340 square foot Villa is newly renovated. It features a full kitchen, side by side front loading washer and dryer, an attached garage and tons of storage space. There are very few three bedroom villas and we rarely have one available. Don't wait - call the Marketing Department today at (503) 362-4101 to schedule a time to see it. It won't last!



STRAWBERRY ICE CREAM PIE

What's better than a fresh Oregon strawberry? Nancy Dunton, our Director of Culinary Services, says this strawberry pie is hard to beat. Capital Manor residents will enjoy this, along with many other delicious Oregon fruits and vegetables, this spring and summer.

- 1 Graham Cracker Pie Shell
- 1 qt Strawberry Ice Cream
- 10 oz. Fresh Strawberries, Sliced
- 1 cup Whipped Topping, Whipped
- 8 whole Strawberries



Freeze pie shell while preparing filling. Combine ice cream and berries. Spoon filling into chilled pie shells. Freeze at least 4 hours until firm. Top each piece with a dab of topping and a strawberry. Enjoy! *8 servings (unless you cut yourself a slightly larger slice. It's ok - we won't tell.)*

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, May 18, 2011

11:00 a.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 neighbors from the surrounding area. **Seating is limited, so RSVP today for yourself and a guest by calling (503)362-4101.**

Excuses, excuses...

Explaining the benefits of a continuing care retirement community to older adults and their family members every day, I hear a lot of reasons why seniors aren't ready to move to a retirement community. Many are misconceptions about what their life will be like once they move in. Here are some of the most common, along with a qualified argument as to why they just aren't true.

"We are young and healthy. Why would we want to be surrounded by 'old' people?"

Less than an hour spent at Capital Manor will dispel this myth completely. Our residents are not defined by a cane or walker. They are a diverse and interesting group who have lived - and continue to live - fascinating lives. Age is only a number, and everyone's number is increasing. As Abraham Lincoln said, "In the end, it's not the years in your life that count. It's the life in your years." As for your health, that could change regardless of your age. Our residents find it very comforting to know that Capital Manor provides them the opportunity to transition seamlessly into assisted living, nursing care and even a memory care unit if and when they should require it in the future. Because of these options, they won't ever have to move again.

"It costs too much money. I can't afford it."

Anytime you make a large purchase, a careful financial review is recommended. By scrutinizing your current expenses and comparing them to what it will cost you to live at Capital Manor, you may be surprised at the results. There is a long list of what you will *no longer have to pay*: property tax, a gardener, home repair costs, most utility bills, homeowner's insurance (replaced with a low-cost renter's policy) or the cost of new appliances occasionally. Additionally, lots of things *are included* in the monthly fee, such as meals (options vary), housekeeping every other week, a yearly deep cleaning of your residence, all repairs and maintenance to the unit, a complete wellness center with up-to-date fitness equipment, a swimming pool, a long list of activities, medical and shopping transportation, classes, entertainment, exercise programs and more. Throw in a significant tax deduction that comes with it every year, and Capital Manor is a downright bargain! These figures don't even begin to explore the cost once you are no longer able to live independently. At Capital Manor, you'll pay a fraction compared to what you would pay to move directly into a nursing home or assisted living facility. In 2010, the national average daily rate¹ for a private room in a nursing home is \$229 (in Oregon, the average is \$246/day.) At Capital Manor, the highest daily rate is \$44. For a full year of care, that's a difference of \$67,525. Can you afford that?

"I don't want to give up my independence."

What part of your independence are you giving up, exactly? If you define "independence" as having to mow the grass instead of going golfing, or rounding up the neighbor to water the plants and feed the fish while you head south for the winter, then yes, moving to Capital Manor will be a sacrifice. Once you live here, you can lock the door and leave. We'll look after the plants, the yard, and even feed your fish. Are you still working part time or volunteering in the community? Go right ahead. You may come and go as you please, do *what you wish when you wish*. You will actually find you have more freedom here than you did as a homeowner.

"I have too many lovely things in my home - I can't part with them."

We all have lovely things. Choose those that mean the most to you and give them to your children or bring them with you. Give the rest away. Don't kid yourself - if you don't do it, somebody else will after you are gone. At least this way, you get to decide who gets the very best of them.

"I don't want to leave my yard/shop/garden/fill in the blank."

Whatever your hobby may be, you can continue it at Capital Manor. Gardens await, as does a fully equipped woodshop, a ceramics studio, a lapidary shop, arts and craft room, and many other opportunities. If you love planting flowers in your yard, you may continue to do that, or maintain a container garden. Best of all, you'll meet new friends who share your hobbies.

"I can count on my kids to help out when that may be required."

Of course you can. Your kids love you and want the very best for you. But is it the best thing for them? You could make the argument that you cared for them, now it is their turn to care for you. But do you wish to lay that burden on your children, especially at a time when they are most likely raising their own families or cultivating a career? Do you want them to sacrifice a substantial amount of time (and, possibly, money) concentrating on you? (continued on page 4....)

(...continued from page 3) Moving to Capital Manor is the best gift you can give your children. Never will they experience the

¹ 2010 MetLife Cost of Care Survey



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gut-wrenching anxiety of trying to figure out what to do with mom and dad. Ask anyone who has been in this situation - they wouldn't wish it on their worst enemy. Your children will be troubled enough as you reach the end of your life – don't make it worse by expecting them to handle your care. No matter what the future might bring, Capital Manor residents and their families know they will receive the care they need.

As I said earlier, I hear excuses every day about why people aren't ready to make a move to a retirement community. Unfortunately, I also hear stories about people who let the excuses delay their decision until it was no longer a choice for them. The scenarios are endless - they or their spouse suffered a fall; severe depression set in from being isolated and lonely; they succumbed to dementia, or their health simply took a turn for the worse. In nearly every case, they waited too long and were no longer able to move to Capital Manor, even though it had always been part of the plan "someday." And their family members or friends had a desperate and panicked scramble to try and find a suitable place for them to live. It's a sad story with an even sadder ending. But it doesn't have to repeat itself. **Your "someday" is today!** Contact the Marketing Department at Capital Manor today to be proactive about your future, and experience that peaceful, secure feeling of knowing that you can relax and enjoy life, because you have taken care of the future, whatever it might bring.

DON'T DELAY... PRICES GO UP JULY 1ST

Capital Manor's new fiscal year begins July 1 and with it comes a price increase in entry fees. Had your eye on a particular residence for a while? Now is the time to make that move.


If payment is made in full by June 24, 2011, a limited number of discounts are available.

Please call the Marketing Department today to schedule an appointment. *These limited time pricing incentives have certain restrictions and may be discontinued without notice.*

503.362.4101



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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