

CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR



COUNTRY WESTERN NIGHT AT CAPITAL MANOR

Dust off your cowboy boots, polish up that belt buckle and join us for a toe tappin' foot stompin' evening of country western fun on August 9, 2010.

Enjoy some good old fashioned BBQ, line dancing, and lots of country music classics as we dance the night away. There is no charge to attend the event, but we request an R.S.V.P. no later than August 2nd. Call 503.362.4101.

MARKETING TEAM WELCOMES NEW MEMBER

The Capital Manor Marketing Team is pleased to introduce its newest member, Lisa Nunnellee. Lisa comes to Capital Manor with extensive background in mortgage lending, retail management and customer service. Originally from the Klamath Falls area, she graduated from Oregon State University and now lives in Turner with her husband and two children. She joins Jamie Bennett, Marketing Representative and Leilani Slama, Director of Marketing.



Lisa Nunnellee



Lisa Nunnellee, Jamie Bennett and
Leilani Slama
Capital Manor's Marketing Team

Members of the marketing team meet with prospective residents about housing options, services and programs, and assist new residents with their transition to the Capital Manor community. Feel free to stop by and welcome Lisa if you are in the neighborhood, or give any one of the Marketing Team members a call to find out why you shouldn't wait a minute longer to move to Capital Manor.

503.362.4101
800.637.0327

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CAPITAL MANOR EVENTS



THURSDAYS THIS SUMMER
ALL PROGRAMS BEGIN AT 6:30 IN THE
CAPITAL MANOR AUDITORIUM

July 8

Did Francis Drake and the Golden Hind really land in Whale Cove in 1579?

July 22

Exploring Oregon's Historic Cemeteries

August 5

Oregon Coast Archeology

August 19

Whodunit? The Burning of Oregon's Capitol Building in 1935

September 2

Becoming Oregon

Coffee and Questions

Join us for coffee, treats and a chance to have your questions answered. Tours following upon request.

- Wednesday, July 14th
- Wednesday, August 4th
- Wednesday, September 8th



All coffees begin at 10 a.m. in the 10th Floor Lounge



Dates and times are subject to change.
Please call us at 503.362.4101 to R.S.V.P.

SEASONAL RECIPE

Oregon is berry heaven in the summer! Enjoy raspberries in this recipe taken from the Capital Manor kitchen.

Raspberry Swirl Brownie Cheesecake

Brownie Crust:

- 1 20 oz package Ghirardelli Double Chocolate Brownie Mix
- 1/3 cup water
- 1/3 cup vegetable oil
- 1 egg

Cheesecake:

- 1 cup (8 oz) cream cheese, softened
- 1/4 cup sour cream
- 1 egg
- 1/3 cup sugar
- 1/2 teaspoon vanilla
- 1 cup fresh or frozen raspberries, mashed

Preheat oven to 325°F. For Brownie Crust: In medium bowl, stir together brownie mix, water, oil and egg until moistened (about 40 strokes). Spoon batter into lightly greased 9-inch springform pan. Bake 10-12 minutes. For Cheesecake: Place cream cheese and sour cream in medium bowl. Using an electric mixer, mix on low speed 2 minutes or until smooth. Add egg and mix until blended. Add sugar and vanilla and continue to mix until smooth. Spoon cream cheese mixture randomly over brownie crust. Drop spoonfuls of raspberries randomly over cream cheese mixture. Swirl with tip of knife for marbled effect. Bake 55-60 minutes or until filling is set. Cool thoroughly. Store in the refrigerator. Makes 12 servings.

SHOULD YOU PUT YOUR RETIREMENT DREAMS ON HOLD?

You were thinking about making a move to a Continuing Care Retirement Community. You were really, seriously thinking about moving from your home of 25 or 30 years, into one of those 'maintenance free' environments where activities and companionship abound. The fact that health care support is available, should you need it, and the thought of someone else doing the cooking, the cleaning and the yard work put a perpetual smile on your face. But this economy has shaken your dream to the core. There is just no way you are going to consider putting your house on the market and moving to a retirement community in today's economic environment!

Take heart; and for a moment, take a thoughtful look at the financial stability a Continuing Care Retirement Community (CCRC) can offer you. Rather than spending 'the second half of your life' in the home where you raised your children - a home purchased years ago to be near your job or in a particular school district - ask yourself this, "Why am I still grappling with escalating local taxes, worrying about interior and exterior maintenance, and seeing my monthly utility bills, food and health care costs skyrocket?"

The fact remains: people who live in retirement communities are healthier than people living alone.

Living in a continuing care retirement community can provide a cushion against inflation that is not possible while living independently. There is a 'safety in numbers' factor that the economics in a retirement community offer to buffer community members against the higher levels of inflation faced by those living outside the community. While it is true that CCRC monthly fees can increase on an annual basis, that increase is likely to be less than that faced by individual households dealing with increased costs at the grocery store, drug store, gas station and utility companies.

But what about your portfolio and the declining real estate market? We all understand that this may not be the most opportune time to put your house on the market, but do not assume your home will not sell. Re-sales are doing better than new sales, and despite an increase in the days a property remains on the market, homes **are** selling, with the help of a knowledgeable realtor, realistic pricing, and the utilization of light staging and de-cluttering techniques. Some local neighborhoods are still in great demand, and yours may be one of them. Your home may no longer bring you the selling price it might have two or three years ago, but it is certainly worth far more than you paid for it 25 or 35 years ago. Most home owners have made four to five times their original investment, so, in fact, you have not "lost" any equity. And less profit on your sale now translates to lower capital gains taxes. The gain on the sale of your home is taxable only above \$500,000 for a couple, \$250,000 for a single homeowner. We know that the current capital gains exemptions will expire in 2011 and we can only guess what the tax environment will be in the future, so sell now or take your chances with the unknowns of the future. The ball is in your court on this one.

Some Continuing Care Retirement Communities offer another, often overlooked tax benefit. For communities that provide health care benefits embedded in their fees, the IRS provides a one-time medical deduction on the entrance fee and an on-going medical deduction on monthly fees. These standard deductions offer a tax advantage that should not be overlooked when planning your retirement funding. And speaking of Entrance Fees, these one-time fees have increased at an average rate of 4% per year since 2000, while housing values and construction costs have skyrocketed 10% to 44% in some areas of the country. When you compare the cost of other housing options, coupled with the long list of amenities and services bundled into CCRC living, you cannot recreate the CCRC living environment for this price anywhere else.

In general, not-for-profit CCRC's are a safe investment. The majority of these communities have been in existence for many years. Proven fiscal responsibility, active board leadership and financial transparency all offer a security unmatched by other investments. And unlike their for-profit cousins, not-for-profit CCRC's are in business for the long haul. Their missions and visions of non-profit communities go far beyond the current crises, with strategies to maintain their relevance 20 years into the future; it's the nature of their business. CCRC's are also highly regulated through state departments of health and other licensing entities. These regulatory agencies are in place to protect residents and the financial investments (entrance fees) they have made.

Entering a CCRC can help protect your future health care needs as you will be pre-paying health care resources that might become unattainable if you were living on your own.

The fact remains: people living in retirement communities are healthier than people living alone. Retirement communities offer residents a community with others of a similar age, a variety of services such as housekeeping, meal plans, interior and exterior maintenance, transportation and social activities galore.



Mail
Permit

1955 Dallas Hwy NW
Salem, OR 97304
address correction requested



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



503.362.4101 www.capitalmanor.com 800.637.0327

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In addition, when you choose a CCRC you can also be sure that you will be taken care of, regardless of the level of care you need, when the time comes. No panicked searches to find a nursing or assisted living facility that meets your standards, and has availability; you will know where and who will be taking care of you should you need help. Seniors living independently will face increased “rationing” of health services, as the reimbursement environment becomes more challenging and nursing and hospital beds become scarcer. Entering a CCRC can help protect your future health care needs as you will be pre-paying health care resources that might become unattainable if you were living on your own.

There are a multitude of retirement options - today’s economy should not discourage you from beginning pursuit of your retirement dreams. Begin to visit communities. Be on the look out for CCRC’s that fit your expectations and your budget, and then investigate further. Do your home work; do cost comparisons and be sure you are comparing apples to apples when you list the services that are included in your monthly fees. Some services are bundled and others are fee-for-service; they vary from community to community.

Plan a short stay in the community of your choice. Rent a guest room and settle in for a few days. Get a feel for the people who live there and the activities that fill their days. If you share many of their passions, you’re heading in the right direction. Taste the food, walk the grounds and attend a few activities: after all this may be your future home. Talk to employees and ask how long they’ve been working there, and what they like most about their jobs. Be sure to visit each CCRC’s Residential Care Facility (where assisted living and nursing care are administered) as it is very likely you may spend your final days in one or both of these environments. (We all will!)

Don’t put your plans on hold; instead use this time to begin to research your options. Take your time, be observant and ask a lot of questions. You are not expected to know everything there is to know about retirement communities, so no question is considered inconsequential. The information you uncover may just help convince you that now **is** the perfect time to move forward with your retirement plans.

Written by Nancy Nolan of Foulkeways at Gwynedd in Pennsylvania, with thanks for her permission to reprint.