



CAPITAL *Connections*

A QUARTERLY NEWSLETTER PUBLISHED BY CAPITAL MANOR

Is this the year **2011** you make your move?

TEN REASONS TO MOVE TO CAPITAL MANOR IN 2011

1. You're not getting any younger. So many retirees proclaim that they are "not ready for this type of living." Yet one of the greatest draws of active adult living is that you can take part in a great variety of fitness and social activities. Why wait until you are too old to take advantage of such a lifestyle?

2. No more home maintenance. Your 40-year old home may have a lot of character and memories, but it also causes a lot of home maintenance headaches. If fixing leaks, replacing windows and mowing the lawn aren't as fun as they used to be, perhaps it is time you let someone do it for you. At Capital Manor, housekeepers and maintenance workers clean the gutters, rake the leaves, scrub the toilets and take care of numerous other chores.

3. Your house value isn't increasing, but your health concerns are. Your home may not bring you the selling price it might have five years ago, but it is certainly worth more than it was 25 or 30 years ago.

4. Save money on your taxes. Capital Manor offers an often overlooked tax advantage. Because health care benefits are embedded in the entry fee, the IRS provides a one-time medical deduction on the entry fee and an ongoing medical deduction on monthly fees.

5. Make new friends. Picking up and leaving a neighborhood filled with lifelong friends can be a deterrent for many people. On the flip side, however, imagine life in a community with several hundred neighbors your age who share similar passions. Making new friends will be easier than you can imagine.

6. Live longer and healthier. More mental, physical and social stimulation will help you lead a happier, healthier life. Enjoy the fitness center, pool and spa, walk our nature trail, tend your own garden spot, and participate in a vi-

brant social calendar with clubs, activities, continuing education classes, outings and exciting events.

7. Someone else will do the cooking. Enjoy a delicious meal in the dining room with friends, take it to go and head back to your residence or grab a sack lunch from the kitchen as you catch the Capital Manor bus for an outing to the coast.

8. Or... cook dinner yourself in your newly renovated kitchen. We have beautiful villas, townhomes and apartments which have been tastefully remodeled in a senior friendly fashion.

9. Plan YOUR way and protect your family and your assets. Deciding to move to Capital Manor is the ultimate in estate planning. You can be sure that you will be taken care of when the time comes. No panicked searches on the part of family members to find a nursing home or assisted living facility before you're discharged from the hospital. You know who will be taking care of you, where you'll be taken care of and how much it will cost. Most importantly, you are making the decision while you still can and not leaving it up to your children or the government to make for you.

10. You will wish you would have done it sooner. Visit with any one of our nearly 400 residents. Inevitably, the biggest complaint you'll hear once they are settled in their new home is that they wish they would have *done it sooner*. Retirement communities offer a lifestyle unmatched in a regular community. The sooner you take advantage of the opportunities available at an active retirement community, the longer you can enjoy life there.

CIVIL WAR PARTY RAISES THE ROOF AND TOYS FOR KIDS IN NEED



Capital Manor held a tailgate party November 29 in anticipation of the the Civil War football game between No. 1 ranked University of Oregon and Oregon State University. Both university mascots were in attendance, making for good spirited rivalry and great photo opportunities. After a tasty tailgate luncheon of grilled burgers, the crowd of nearly 90 people heard from OSU Coach Gary Beck. More good natured ribbing followed as the mascots selected the best dressed fan. Attendees - both Capital Manor residents and their guests - brought toys for Family Building Blocks, as part of a larger toy drive that Capital Manor and the West Salem Les Schwab sponsored. The Beaver fans just edged out the Duck fans in number of toys donated, but the real winners were the nearly 100 children in need who received a toy this holiday season.

RESIDENT PROFILE: BETTY GETZENDANNER

Betty Lou Edwards grew up in the shadow of the Salem Ice Arena, on the corner of Union and Capitol Streets, where she could hear the music from her bedroom window. At age 12, she began ice skating and found she loved the sport. In 1948, while Betty was a sophomore at Willamette University, she confided in a friend that she would have to take a year off and work full time at Miller's Department Store. The friend suggested a different career path: the Ice Follies were in Portland. She should audition and travel with them. In Betty's words "I couldn't imagine it, but he drove my mother and me up on a Sunday night and we watched the show." Afterwards, aspiring skaters were invited to try out. "When I skated out on the ice, the show choreographer asked me who my pro was," Betty remembers. "I told them, 'There are no pros in Salem!'" Betty had never been coached or skated competitively. She simply loved to skate and was naturally talented. "So they said, 'Well, show us what you can do.'" Three days later, she was back in Portland, skating in her first show.



Betty in her "Fountain of Versailles" costume

The Ice Follies was the first traveling ice show of its kind. It was created and directed in 1936 by brothers Eddie and Roy Shiptad and childhood friend, Oscar Johnson. The three grew up in Minnesota skating for fun on frozen lakes and performing for friends. Roy was the one who hired Betty, perhaps inspired by their similar backgrounds and pure love for the sport.

She spent the summer of 1948 in San Francisco with 60 other young women ("Ice Folliettes") and nearly 30 young men ("Ice Follies Boys") learning the program for the coming season during the day and performing every night. In September 1948, the new show kicked off in Los Angeles. The Ice Follies then traveled across the country and into Canada, staying three weeks in each city and performing every evening. They toured 18 cities, including Philadelphia, Cleveland, Toronto, Chicago, Montreal, and New York City, where they performed at Madison Square Garden. Betty had only been outside the state of Oregon once before, so the experience not only exposed her to new places, but also to new friends. When asked how her parents felt about her joining the Ice Follies, Betty smiles, "It was sort of like joining the circus." Many of her sister skaters' parents had similar concerns.



Betty (far left) on Opening Night.

Townhomes available

FOR THE FIRST TIME IN MANY YEARS, CAPITAL MANOR HAS A LIMITED NUMBER OF TWO BEDROOM, TWO BATHROOM TOWNHOMES AVAILABLE. These spacious one level homes feature a full kitchen, private patio with garden storage, walk in closets, an attached garage and newly remodeled interiors. Accessible both from an external neighborhood street and also from the main campus of Capital Manor, the location is surrounded by Glen, a natural wetlands area, providing wildlife viewing from the comfort of your living room. Contact us today to tour a Townhome, but hurry! We don't expect these lovely homes to last.

Call the Marketing Department at
503.362.4101

Betty recalls being invited to a fellow skater's home in Niagara Falls, Canada for the Christmas holiday. The friend thought when her parents saw what a nice girl Betty was, they would worry less about their own daughter. Betty says there was no need to worry - practice and performance schedules were rigorous and there wasn't much time for a social life. Besides, there were very strict rules by which they had to abide or risk losing their jobs. Profanity, tardiness, and alcohol were strictly prohibited. The Ice Follies' Rules and Regulations also warned against excessive weight gain and encouraged girls to write home to their parents regularly.

Near the end of the 1949 season, the show arrived in Minneapolis and Betty was reunited with her high school sweetheart, David Getzendanner, who was a seminary student. By the end of the three weeks in Minneapolis, they were engaged. Betty finished out the season in Portland, where many of her classmates from Willamette University came to see her perform, and then left the Ice Follies to marry David. "It was a wonderful experience, but I made the right choice." She and David have been married for 61 years and have lived at Capital Manor for the past six.



CAPITAL MANOR ANNOUNCES NEW LEADERSHIP



Capital Manor's Board of Directors is pleased to announce the hiring of a new Executive Director, Sandra Griffin-Bukoskey. Sandy is a native of Pennsylvania, but comes to Capital Manor via Tennessee, where she served as Administrator of The Heritage at Brentwood (a suburb of Nashville) since 2006.

Prior to The Heritage, Sandy was Vice President of Clinical Services and Nursing Home Administrator at Brethren Village in Lancaster, Pennsylvania. She has over 30 years of experience in the senior living industry. Sandy is married with two children. Currently, she is still transitioning between her previous position in Tennessee and Capital Manor, but hopes to be onsite full time in February.

The Board of Directors is also happy to announce the engagement of Life Care Services LLC as a management company. Life Care Services (LCS) is a nationally recognized leader in senior living services. Managing over 80 communities nationwide, LCS provides unmatched breadth and depth of experience and commitment to the staff and residents of Capital Manor. The full range of operational and service capabilities which LCS offers will enable Capital Manor to continue to provide the premiere retirement living experience in a more efficient and cost effective manner. LCS is the leading provider of high-quality, senior lifestyle services and prides themselves on making a positive difference for the seniors they serve.

The Manor remains a non-profit organization, governed by a volunteer board of 15 directors who are selected based on their demonstrated commitment to older adults; their professional backgrounds and representation of the local business community; and/or personal experience with family members who are residents. LCS serves at the pleasure of the board.

These are exciting changes for Capital Manor and the benefits of this partnership are already manifesting themselves in addition and expansion of services, newly remodeled senior-friendly spaces and a flood of interest from prospective residents. Stop by and see what all the excitement is about!



CAPITAL MANOR

A Continuing Care Retirement Community

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Simply Everything Promotion

For a limited time, Capital Manor is offering prospective residents a pricing incentive, making now the perfect time to move to Capital Manor, where you'll have simply everything you need for comfortable, secure retirement living.

\$5,000 OFF THE ENTRY FEE ON SELECTED STUDIO APARTMENTS.

These cozy apartments feature a kitchenette, wall to wall carpeting and ample closet space. Three delicious meals a day in our dining room and all utilities (except phone and internet) are included in the monthly fee, as is weekly laundry service and housekeeping twice a month. Also included is the peace of mind that comes with knowing you'll have access to care when you need it - whether it is short term care, long term, or memory care - and at a predictable price. Contact the Marketing Department today at (503)362-4101 for specific pricing information.

These limited time pricing incentives have certain restrictions and may be changed without notice. For more information, contact us at 503.362.4101 or marketing@capitalmanor.com.

PETS NOW WELCOME



GREAT NEWS!

YOUR CANINE
AND FELINE
COMPANIONS
ARE NOW
WELCOME IN


THE TOWER AND TERRACE
APARTMENTS.

Pets have always been welcome in the Villas and Townhomes. Some size limitations may apply. Contact Marketing for more information at (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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