

Spotlight

on the Chateau on Capitol Avenue



February/March 2014

About The Chateau on Capitol Avenue

Located in the heart of Sacramento's vibrant Midtown neighborhood, the Chateau on Capitol Avenue provides luxurious independent living, assisted living, and respite suites for short-term stays. Residents enjoy stylish apartments, fine cuisine, and daily life-enhancement programs that promote wellness, social interaction and lifelong learning.

Each month, the Chateau on Capitol Avenue features a roster of guest lecturers and seminars, as well as special performances by local singers, musicians and artists. Residents also enjoy excursions to local attractions including theater and opera performances, museums and award-winning restaurants.

At Hank Fisher Senior Communities, we are dedicated to providing exceptional places for seniors to call home. Our signature style includes elegant décor, a cosmopolitan atmosphere, personalized amenities, and a caring and compassionate staff.

Call (916) 447-4444 to schedule a complimentary lunch and tour. Or visit HankFisherProperties.com to learn more and view our photo galleries.

A Peek at the Property



Dining Room



Living Room

Contact Us

the Chateau
on Capitol Avenue
Lic #347003111

2701 Capitol Avenue
Sacramento, CA 95816
(916) 447-4444

HankFisherProperties.com

Call today to schedule a complimentary lunch and tour!



Special Move-in Offer

Mention this newsletter and ask us how we can help you with your moving expenses!

Res·pite: *noun* A short period of rest or relief.

If someone you love has mobility problems or is recovering from a surgery or medical procedure, he or she can find rest and rejuvenation at our **respite suites** for short-term stays. This temporary senior living solution allows guests to be pampered for just a few days or up to several weeks in private, fully-furnished apartments with a full range of services and amenities including:



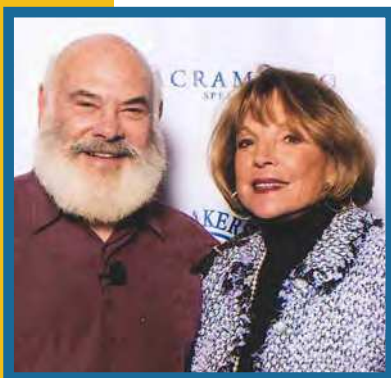
- A personalized care plan
- Daily living assistance including medication management
- Compassionate and caring staff available 24 hours a day
- Emergency call systems in each apartment
- Three meals per day prepared by our classically trained chefs
- Cable television, phone service, and housekeeping services

Respite suites are available at the Chateau at River's Edge (Lic #340314013), the Chateau on Capitol Avenue (Lic #347003111), and the Chateau at Carmichael Park (Lic #347001523).

Call **(916) 921-5131** or visit **HankFisherProperties.com** for more information.

Dr. Weil: Key Ingredients for a Healthy and Happy Life

Hank Fisher Senior Communities was proud to sponsor Dr. Andrew Weil's recent appearance at the Sacramento Community Center. Introduced by Nancy Fisher, his appearance was part of the Sacramento Speakers Series. We recognize the prominent role food plays in preserving community and the importance of responsible, healthy eating.



Dr. Andrew Weil is pictured with Nancy Fisher, President & CEO of Hank Fisher Properties.

Dr. Weil's latest book, *True Food: Seasonable, Sustainable, Simple, Pure* and his prescription for healthy eating is especially significant to all of us at Hank Fisher Senior Communities. Located in America's Farm-to-Fork Capital, we are proud to offer our residents freshly prepared and locally sourced healthy cuisine from our trained chefs and dietitians.

With a nod to Dr. Weil, the Chateau on Capitol Avenue will present a week-long salute this March to Sacramento's Farm-to-Fork initiative. Capitol Avenue's Executive Chef Peggy Brothers will be preparing a special Farm-to-Fork menu focused on locally sourced, healthy produce, poultry, fish and meat. Brothers will join neighboring chefs from the area's award-

winning restaurants to feature a variety of food from our rich agricultural region.

We're thrilled to have the opportunity to share Dr. Weil's key ingredients for a healthy and happy life with our residents and local community.



Upcoming Events

Feb. 13 **Jay Campbell, Award-Winning Cellist**
Thursday, February 13th
4:00 p.m.

Mar. 20 **Lost Restaurants of Sacramento and Their Recipes by Maryellen Burns Book Signing and Food Tasting**
Thursday, March 20th
2:00 p.m.

Apr. 17 **Organizing with Style with Connie James**
Thursday, April 17th
2:00 p.m.

Refreshments will be served.

Reservations are required for these special events. Please call **(916) 447-4444** or visit **HankFisherProperties.com** to RSVP.



Employee Spotlight: Jim Dunning



Jim Dunning brings more than 20 years of sales and management experience to his position as executive director of the Chateau on Capitol Avenue. He oversees the operations of the community, including budgeting and compliance with state and federal laws.

Jim has been helping others make important transitions into new places and spaces, both near and far. "When I was a corporate trainer we relocated employees to the U.S. from over 52 different countries," says Jim. "Making big moves in life isn't easy and it's similar to working with families that need to make difficult decisions with their loved ones."

"Working with families from all over the world and seeing how difficult that transition can be helped me with the transition to a career in senior housing," says Jim. "The staff at Hank Fisher Senior Communities is committed to ensuring that our residents enjoy exceptional quality of life with a unique sense of community and that they feel at home from the day they move in."

Jim directs staff and fosters alliances with community organizations to build and maintain resources for seniors. He is currently active with the Alzheimer's Association and the Leukemia and Lymphoma Society in Sacramento.

WE WOULD LOVE TO HEAR FROM YOU!

- YES, I would like more information about the Chateau on Capitol Avenue.
- Please send me a complimentary *Senior Living Options Checklist*.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

By providing the information above, you grant permission for representatives of Hank Fisher Properties to communicate with you. Your personal information is confidential and will not be released or sold to outside parties.





The Chateau on Capitol Avenue presents

Jay Campbell

AWARD-WINNING CELLIST

Jay Campbell is an award-winning cellist who has been celebrated for his diverse repertoire and eclectic musical style. This complimentary performance by an adventurous rising star will be an event to remember.

Thursday, February 13th from 4:00-5:00 pm

Reservations are required. Please call (916) 447-4444
or visit HankFisherProperties.com to RSVP.



Sacramento, CA 95825
610 Fulton Ave.

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