



We're the people who make life better.

## **Áegis Living Celebrates Assisted Living Week**

**REDMOND, WA (September 9, 2010)** -- As a society with a burgeoning aging population, there are many reasons to celebrate National Assisted Living Week September 12-18, 2010. It wasn't that long ago that seniors who needed care had fewer options. Most either went straight into a nursing home or remained at home. Today's seniors are expecting more, and the senior housing industry has responded, creating better and more diverse living options. [Aegis Living](#), a national leader in senior living and assisted living communities, is helping revolutionize senior living by managing communities for all stages of life, including assisted living and memory care.

The National Center for Assisted Living (NCAL) is sponsoring National Assisted Living Week. The theme this year is 'Living Life,' which celebrates assisted living communities around the country who are offering their residents the environment and tools they need to achieve their goals.

"At Áegis Living, we know how important it is to provide the activities and experiences that fulfill our residents' passions. We all want to live life to the fullest and pursue happiness, no matter what our age," said Dwayne Clark, chairman and CEO of Áegis Living.

### **Who is living in Assisted Living?**

According to the NCAL, the average age of residents in assisted-living facilities in 2009 was 86.9 years, and 74 percent of assisted-living residents are female compared with 26 percent male. Typically, residents are mobile but need assistance with activities of daily living, such as bathing, dressing, toilet use or eating. Eighty-seven percent of assisted living residents need help with meal preparation, while 81 percent need help managing their medications. There are nearly one million people residing in more than 38,000 assisted living and residential care communities nationwide.

### **What is Assisted Living?**

Assisted living has developed in the last 20 years, creating a new level of care that offers support for daily living tasks with available nursing care. Communities feel and look more like home than an institution - setting them apart from nursing homes.

Like a retirement living community, the philosophy of assisted living embraces independence, choice and the opportunity for seniors to live enriched lives with additional care at their disposal. The everyday tasks of chores, home maintenance and meals are taken care of, as well as the assurance that licensed nurses are on staff for residents.

In assisted living, family members are welcome to visit, participate in community life, and benefit from support services and the knowledge that their loved one is well cared for. In fact it's well documented that older adults who need some assistance with daily living

tasks, such as dining, cleaning or medication management often benefit and thrive from better nutrition, more social interaction and higher activity levels in assisted living communities.

At an Aegis Living assisted living community many services and amenities are offered to make life more comfortable and enjoyable. They include:

- Trained staff available 24/7
- A full-time concierge to handle special requests
- Three delicious, nutritious meals each day, snacks and beverages throughout the day
- A private dining room for family and friends
- Social and recreational activities and cultural events
- A full-time licensed nurse to help with care and oversee medications
- An emergency call system, with wireless call buttons in each apartment
- Scheduled transportation to medical visits, shopping or other errands
- Housekeeping and laundry services weekly

In celebration of National Assisted Living Week, those interested to learn more about assisted living are encouraged to contact Aegis Living at 888-252-3447 or visit [www.AegisLiving.com](http://www.AegisLiving.com).

### **About Aegis Living**

Aegis Living is a national leader in retirement living, assisted living and memory care, offering a progressive selection of senior residences to meet the growing needs of today's aging population. Providing the finest in senior lifestyle and living options available, "We're the people who make life better," emphasizes health, quality of life, well-being and community. Aegis Living is guided by a simple philosophy: strive to treat all people with the highest possible standards. Founded in 1997 and headquartered in Redmond, Washington, privately held Aegis Living operates 35 communities in Washington, California and Nevada. Additional information about Aegis Living and its services are available at [www.AegisLiving.com](http://www.AegisLiving.com). Follow us on Twitter @aegisliving and Facebook at <http://www.facebook.com/AegisLiving>.

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