



We're the people who make life better.

Aegis Living is Working with University of Washington School of Medicine to Promote Healthy Aging

REDMOND, WA (January 7, 2010) – Healthy aging is more than just a saying at [Aegis Living](#), a national leader in [assisted living and Memory Care communities](#). Now it's working with faculty at [University of Washington School of Medicine](#) to make strides in the advancement of healthy aging through collaborative efforts started in Aegis Living's new Living 4 Life® program. Through Living 4 Life®, the University of Washington and Aegis Living will help promote wellness with programs, activities, lectures, and research studies.

“By working with faculty at University of Washington, we here at Aegis Living have the opportunity to combine our world-class skills and knowledge in senior living with the schools' expertise in medicine and long-term care services to make the best ideas and practices a reality,” says Dwayne J. Clark, chairman and CEO of Aegis Living. “What the University of Washington brings to our Living 4 Life® program is unparalleled in the industry.”

Through its new innovative Living 4 Life® program, Aegis Living offers unique programs and activities to enhance the mind, spirit and physical health of residents by working with leading schools like the University of Washington and Bastyr University. The Living 4 Life® wellness program will first be implemented at the new Aegis of Bellevue to open in early 2010.

Leading the way in developing programs and activities with the University of Washington is Dr. Claudia Finkelstein, MDCM, Clinical Associate Professor of Medicine at UWSOM. She brings to the Living 4 Life® program a passion and expertise in the care and well being of seniors.

“Working with this population I have learned so much about love and perseverance. I hope to be of at least as much benefit to them as they have been to my appreciation and understanding of life.,” adds Dr. Finkelstein.

One of the first programs that Dr. Finkelstein is implementing is light therapy. Tailored for Aegis Memory Care residents to help in making life better, the therapy will use dawn simulators in each room to approximate a more realistic day/night cycle for residents. The SAD lights in the main areas will also be on for 30 minutes each day to aid in depressive symptoms. The benefits of light therapy include it being a method that is non-toxic, non-pharmacological and easy for residents to participate. Light therapy has been shown to improve sleep/behavior and mood. In addition to residents, staff and caregivers may benefit as well from the light therapy. In addition, Dr. Finkelstein is conducting healthy aging seminars at Aegis Living for interested seniors and family members.

About Aegis Living

Aegis Living is a national leader in retirement and assisted living, 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. This Aegis news release and other announcements are available at http://www.aegisliving.com/press_releases or follow us on Twitter @twitter.com/aegisliving and Facebook at <http://bit.ly/OUNyR>.

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