

# Wake Forest Partners with Senior Living Communities



**Winston-Salem Community, Homestead Hills, to Participate in State-of-the-Art Program to Support Healthy Independence for Seniors**

Winston-Salem, N.C., April 3, 2008 – In an effort to bring the latest research and medical guidance to each of their campuses, including Homestead Hills retirement community in Winston-Salem, Senior Living Communities, an owner and operator of premier retirement communities in the Southeast, has announced a partnership with the geriatrics program, the J. Paul Sticht Center on Aging, at Wake Forest University Baptist Medical Center in Winston-Salem, N.C.

“The goal of this partnership is to improve the quality of life by promoting long and healthy lifestyles to all of our residents,” said Donald Thompson, president and CEO of Senior Living Communities. “Wake Forest’s renowned presence in the medical community is tremendous, and we’re honored to be partnered with them.”

Dr. Jeff Williamson and Dr. Jack Rejeski with the J. Paul Sticht Center on Aging are spearheading this state-of-the-art initiative for Wake Forest University. The program will include new tools for health assessments of current residents, dietary programs based on healthy weight management in older adults and successful exercise programs – all leading to more choices to support independence while aging.

“For nearly 25 years, doctors at the J. Paul Sticht Center and the National Institute of Health-funded Claude Pepper Older Americans Independence Center have been conducting research in an academic environment,” said Williamson. “For the first time, we will be able to translate our research findings into the larger communities of adults residing in Senior Living Communities. In keeping with their philosophy of ‘living long and living well,’ we also hope our partnership with the residents and leadership of Senior Living Communities will help us develop new research that further enriches the lives of Senior Living Communities’ residents and older adults throughout the world.”

The launch of this program will start in the next six months, with resident assessments beginning at all campuses in the next three months. The resident assessment launch will be followed by the addition of dietary programs for members of The Lakes at Litchfield, located in Pawley’s Island, S.C., and Summit Hills, located in Spartanburg, S.C. The results of the dietary program on these two campuses will be used to begin dietary programs in the other Senior Living Communities including RidgeCrest in Mount Airy, N.C., Brightwater in Myrtle Beach, S.C., Watersong in Viera, Fla., The Lakes at Pointe West in Vero Beach, Fla., Osprey Village at Amelia Island Plantation in Amelia Island, Fla., and Abingdon at Tradition SM in Port St. Lucie, Fla.

In addition to benefiting Senior Living Communities’ current residents, this partnership will also help provide a catalyst for residents of all similar senior living campuses throughout the nation to be a part of developing new knowledge on how to promote health independence for future generations of older adults. About Senior Living Communities

Senior Living Communities owns and operates premier retirement communities in South Carolina, North Carolina and Florida. By optimally combining the very best people, proven processes and financial success, Senior Living Communities is able to create retirement communities dedicated to helping its members live long and live well.

For more than 23 years, Senior Living Communities believes the key to consistently offering great services and achieving member and resident satisfaction is in their ability to hire, train, and retain good people. For more information on Senior Living Communities please visit [www.Senior-Living-Communities.com](http://www.Senior-Living-Communities.com).

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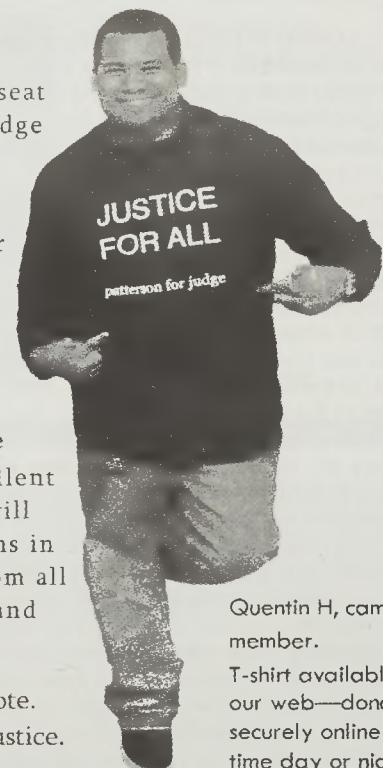
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