



**For Immediate Release:**  
August 31, 2010

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## **New York Celebrates Second Annual Assisted Living Week, September 12-18, 2010**

**Clifton Park, NY** – On Sunday, Sept. 12, Grandparents Day, the Empire State Association of Assisted Living (ESAAL) membership will help kick off New York’s second annual Assisted Living Week celebration. The group recently received a proclamation from Governor Paterson’s office.

“This year’s theme, “Living Life,” developed by the National Center for Assisted Living, invites residents, families and staff to live life to the fullest, no matter what age they may be,” said Lisa Newcomb, executive director of ESAAL. “It means enjoying activities and pursuing passions – celebrating the lifelong pursuit of happiness and growth.”

According to Newcomb, Assisted Living Week also presents a unique occasion for all aging New Yorkers and their families to think about their future long-term care needs and consider assisted living as a good option. “Today, the number of elderly Americans is dramatically increasing,” said Newcomb. “Specifically, New York’s population of residents age 65 and older is expected to grow by nearly half a million by 2015. Access to quality, affordable long-term care is not an option; it is a necessity.”

Currently, New York has three types of licensed residences – adult homes, enriched housing programs and assisted living residences. While resident accommodations vary among facilities, they all offer a home-like atmosphere and are dedicated to preserving the dignity and independence of residents.

Some New York assisted living residences are licensed to provide “aging in place” programs, which allow seniors to remain in their current assisted living residence even as they begin to require more specialized care. One of these programs, known as the Assisted Living Program (ALP), permits seniors to utilize Medicaid for assisted living expenses.

“I urge seniors and their families who are unfamiliar with assisted living to contact and visit a local New York State licensed residence,” said Newcomb. “At roughly a third of the cost of a nursing home, assisted living is a safe, cost-effective option for seniors.”

In observance of the celebration, ESAAL members in the community will be hosting a number of events throughout the week to bring together residents, families, employees, volunteers and the surrounding community to celebrate “Living Life.”

For more information about New York State Assisted Living Week, or for details about events in your region, please visit [www.esaal.org](http://www.esaal.org) .

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*Empire State Association of Assisted Living is a not-for-profit organization dedicated to strengthening New York State’s assisted living industry and promoting the best interests of providers and residents. Founded in 1979, ESAAL is the only association that exclusively represents the assisted living industry, serving more than 240 Assisted Living Residences, Adult Homes and Enriched Housing Programs throughout New York State. These member residences are home to more than 20,000 seniors.*