

FOR IMMEDIATE RELEASE

August 8th, 2016

Contact: John Yeager

John.Yeager@aegisliving.com

Phone 425-765-9845

New Study Says Older Americans Happier

Aegis Living Celebrates “National Happiness Happens” Day - August 8th

Redmond, WA (August 8th, 2016) [Aegis Living](#), a leader in the assisted living industry is happy to announce today our full-hearted support of National Happiness Happens Day, an unofficial holiday set aside to recognize that happiness is contagious and that sharing one’s happiness brings joy to other people’s lives!

All Aegis Living communities across the West Coast are launching a companywide all-day ‘HappyThon’ in which we will be sharing bright yellow Happy Face stickers amid staff and residents along with our #LiveHappy social media campaign. “We encourage staff and families to send smiley faces and happy thoughts from their neighborhood to people around the world. This is what we’re all about!” says, Aegis Living President Judy Meleliat. “There’s no limit to how far our HappyThon can reach.” Meleliat oversees the company with 2,000 employees in Washington, California and Nevada where more than 2,000 senior residents with years of wisdom bring smiles and inspiration to those they meet.

In fact, a recent 2016 [Harris Poll Happiness Index](#) shows that Americans 55 years and older are happier than their younger counterparts overall. And the vast majority of adults ages 65 and older (90%) agree with the statement, “At this time I’m generally happy with my life” – that is more than any other age group in the Harris Poll study of more than 2,000 adults age 18 years and older.

So where does happiness come from in older Americans? Since Aegis Living has been caring for residents at assisted living and memory care communities for nearly 20 years, we thought we’d share some examples of where residents draw happiness. But there are many more. Contact Director of Public Relations, John Yeager for interviews. John.Yeager@aegisliving.com

Aegis Living Residents: They all have their own Secret to Happiness



Bobbie Thill, 90
Aegis of Shadowridge, Oceanside, CA



Margaret Hardin, 103
Aegis on Madison, Seattle, WA



Art Peterson, 93
Aegis of Granada Hills, Granada Hills, CA



Earl Collins, 90
Aegis on Madison, Seattle, WA

Bobbie Thill, 88 (Oceanside, CA) Bobbie’s contagious laugh may make her “the most contagiously happy person in San Diego”. She says her smiles come from service to others. Recently, The Oceanside Chamber of Commerce awarded her a plaque for 65 years of dedicated public service.

Margaret Hardin, 103 (Seattle, WA) Her happiness comes from making blankets for children at a children’s shelter and being a die-hard Seattle sports fan (Seahawks and Mariners).

Art Peterson, 93 (Granada Hills, CA) Art’s happiness comes from helping WWII vets claim long-lost service medals. Recently, Art’s efforts helped several aging vets at Granada Hills receive their medals in an emotional ceremony.

Earl Collins, 90 (Seattle, WA) His happiness comes from staying in touch with grandchildren, doing brain health games on the computer and playing trombone in a local band.

[Aegis Living](http://www.AegisLiving.com) is a national leader in assisted living and memory care emphasizing health, quality of life, well-being and community. Aegis Living is guided by a simple philosophy: We treat our residents as if they were our own family. Founded in 1997 and headquartered in Redmond, Washington privately held Aegis Living operates 28 communities in Washington, California and Nevada with 7 new communities in development. Additional information is available at www.AegisLiving.com. Follow us on Twitter @aegisliving and Facebook at <http://www.facebook.com/AegisLiving>