



Contact: Kathleen Caputi
Epoch 5 Public Relations
kcaputi@epoch5.com
631-427-1713

Jefferson's Ferry Participates in Nationwide Study of Life Plan Community Living

Age Well Study examines benefits of community living among older adults

S. Setauket, NY...June 6, 2018... Jefferson's Ferry, an award-winning, not-for-profit life plan community on Long Island, has been selected to take part in a five year Age Well Study that will look at the effects of life plan community living on the long term health and wellness of residents. Jefferson's Ferry is one of 2,000 life plan communities across the nation whose residents volunteer to be surveyed over that period of time on their experiences, beliefs and perceptions. Life plan community living allows older adults to age in place with a continuum of care that encompasses independent living, assisted living and skilled nursing as needed in an all-inclusive plan.

"As you might well imagine, I am a strong proponent of the benefits of the life plan community promise," said Jefferson's Ferry President and CEO Robert E. Caulfield. "Jefferson's Ferry takes great pride in its commitment to provide an active lifestyle for our residents that encompasses what have been identified as the five critical elements of healthy living: Good nutrition, intellectual stimulation, physical health, safety and security, and socialization."

Although residents of Jefferson's Ferry and other life plan communities are routinely asked about their satisfaction with their life plan lifestyle choice, there has never been a large-scale national study that has captured the larger impact on health and wellness over a long time span. The study will measure the self-reported health and wellness of resident volunteers through a survey administered every year of the study. This data will be compared to data collected from older adults who do not live in life plan communities. An organizational survey of life plan community management will also be conducted once a year.

"We have every reason to believe that this study will report positive results that will demonstrate what we experience on a daily basis at Jefferson's Ferry," said Bob Caulfield. "Jefferson's Ferry is a vital, thriving community of neighbors and friends who are intellectually and culturally curious, have access to health and wellness services, and enjoy an active, purposeful life."

About Jefferson's Ferry (www.jeffersonsferry.org)

Jefferson's Ferry is a nonprofit Life Plan community for active adults age 62 and above, with cottages, apartments, assisted living, and a quality health care center all on one site. Located in South Setauket, a vibrant community along Long Island's north shore, Jefferson's Ferry is surrounded by various attractions, shopping, beaches, theaters, and a world-renowned university. Jefferson's Ferry offers exceptional living and amenities, including restaurants, fitness center, indoor pool, computer center, library, recreational areas, gardens, and gazebos. A mix of cultural excursions, civic activities, and a community of residents who participate in shaping Jefferson's Ferry's future, ensures a spirited and engaged lifestyle.

Jefferson's Ferry earned a 5-star rating from The Centers for Medicare and Medicaid Services (CMS), and was named a "Best Of" nursing home by U.S. News & World Report. Additionally, FitchRatings has assigned Jefferson's Ferry a BBB+ bond rating. Locally, Jefferson's Ferry has consistently been voted Best Retirement Community and Best Assisted Living on Long Island by The Long Island Press. Jefferson's Ferry has also regularly been recognized for Excellence by the Hauppauge Industrial Association's Business Achievement Awards program.