

FOR IMMEDIATE RELEASE

July 16, 2009

**Extendicare REIT Announces Second Quarter News Release and
Conference Call Information**

MARKHAM, ONTARIO – Extendicare Real Estate Investment Trust (“Extendicare REIT” or “Extendicare”) (TSX: EXE.UN) today announced it will hold a conference call and live audio webcast on Thursday, August 6, 2009, at 10:00 a.m. (ET) to discuss financial results for the second quarter ended June 30, 2009.

Following the issuance of the news release on August 5, 2009, Extendicare will post a copy, along with an update of the supplemental information package, on its website www.extendicare.com under the investors/financial reports section.

The call will be hosted by Tim Lukenda, President and Chief Executive Officer; Doug Harris, Senior Vice President and Chief Financial Officer, and Paul Tuttle, President of Canadian Operations. Following management’s presentation, there will be a question and answer session for analysts and institutional investors.

To participate in the August 6, 2009, conference call, please dial 1-888-789-9572 or 416-695-7806 followed by the passcode 8378233#. The conference call will also be accessible via webcast at www.extendicare.com under the investors/presentations & webcasts section. A replay of the call will be available approximately two hours after completion of the live call until midnight on August 21, 2009. To access the rebroadcast dial 1-800-408-3053 or 416-695-5800, followed by the passcode 3005383#.

About Us

Extendicare REIT is a leading North American provider of long-term and short-term senior care services through its network of owned and operated health care centers. We employ 37,900 qualified and experienced individuals dedicated to helping people live better through a commitment to quality service that includes post-acute care, rehabilitative therapies and home health care services. Our 264 senior care centers in North America have capacity for approximately 29,500 residents.

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