

FOR IMMEDIATE RELEASE

October 21, 2009

Extencicare REIT Announces Third Quarter News Release and Conference Call Information

MARKHAM, ONTARIO – Extencicare Real Estate Investment Trust (“Extencicare REIT” or “Extencicare”) (TSX: EXE.UN) today announced it will hold a conference call and live audio webcast on Thursday, November 5, 2009 at 10:00 a.m. (ET) to discuss financial results for the third quarter ended September 30, 2009.

Following the issuance of the news release on November 4, 2009, Extencicare will post a copy, along with an update of the supplemental information package, on its website www.extencicare.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 November 5, 2009, conference call, please dial 1-888-789-9572 or 416-695-7806 followed by the passcode 7104812#. The conference call will also be accessible via webcast at www.extencicare.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 November 20, 2009. To access the rebroadcast dial 1-800-408-3053 or 416-695-5800, followed by the passcode 2855813#.

About Us

Extencicare 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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