NEWS RELEASE

Chartwell REIT Announces January 2010 Distribution

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MISSISSAUGA, ONTARIO--(Marketwire - Jan. 15, 2010) - Chartwell Seniors Housing Real Estate Investment Trust (TSX:CSH.UN) ("Chartwell REIT") announced today a cash distribution of $0.0450 per Trust Unit for the month of January, 2010. The cash distribution will be payable on February 15, 2010 to Unitholders of record on January 29, 2010.

Unitholders can participate in Chartwell's Unitholder Distribution Reinvestment Plan (DRIP). Eligible investors registered in the DRIP will have their monthly cash distributions used to purchase Trust Units, and will also receive bonus Units equal to 3% of their monthly cash distributions. The Plan offers Unitholders the opportunity to steadily increase their ownership in Chartwell REIT without incurring any commissions or brokerage fees. Complete details of the DRIP are available on Chartwell REIT's website at **www.chartwellreit.ca** or from a Unitholder's investment advisor.

Chartwell is a real estate investment trust focused on generating sustainable, stable and growing cash distributions from owning and managing a complete range of seniors housing communities. It is one of the largest participants in the North American seniors housing business. Chartwell's aim is to capitalize on the strong demographic trends present in its markets to maximize the value of its existing portfolio of seniors housing facilities, and prudently avail itself of opportunities to grow internally and through accretive acquisitions.

Certain statements contained in this news release may include forward-looking information with respect to Chartwell Seniors Housing Real Estate Investment Trust's operations and future financial results. Such statements are based on current expectations, are subject to a number of uncertainties and risks, and actual results may differ materially from those contained in such statements. These uncertainties and risks include, but are not limited to, availability of resources, competitive pressures, changes in market activity and regulatory requirements. Further

information can be found in the disclosure documents filed by Chartwell Seniors Housing Real Estate Investment Trust with the securities regulatory authorities, available at **www.sedar.com**.

FOR FURTHER INFORMATION PLEASE CONTACT:
Chartwell Seniors Housing REIT
Vlad Volodarski
CFO
(905) 501-4709
Fax: (905) 501-9107 (FAX)
vvolodarski@chartwellreit.ca
www.chartwellreit.ca

Source: Chartwell Seniors Housing REIT

Contact: Chartwell Seniors Housing REIT Vlad Volodarski CFO (905) 501-4709 Fax: (905) 501-9107 (FAX) vvolodarski@chartwellreit.ca www.chartwellreit.ca