

Creating New Ways to Age Well

PURPOSEFUL | POSSIBLE | EXTRAORDINARY | TRANSFORMATIONAL



For the second consecutive year, **Mather LifeWays** was named **Illinois' Healthiest Midsize Employer** by Crain's

Business, which honors the most outstanding health and wellness programs.

All **Mather LifeWays** care centers ranked as **America's Best Nursing Homes**, published by **U.S. News & World Report**, receiving the highest overall rating of five stars from the Federal Government's Centers for Medicare and Medicaid Services (CMS).*

Splendido was recognized with the **2013/2014 Outstanding Arts Leader Award** by the Southern Arizona Arts & Cultural Alliance (SAACA).

Mather LifeWays earned four 2014 **National Mature Media Awards** for its marketing materials, including one **Gold Award**, one **Silver Award**, one **Bronze Award**, and one **Merit Award**.

Splendido was recognized with a "Good Deals. Help Others." award from **Habitat for Humanity Tucson HabiStore**, for the donation of more than 60 appliances.

*As of December 31, 2014

Splendido received a **silver award** in Crandall Corporate Dietitians' **Go for the Gold Awards**, which honor outstanding dietary departments.

Readers of the *Explorer* newspaper selected **Sonora at Splendido** for **first place in Best of the Northwest** in the category of Assisted Living.

The Associate Director of Community Resources for Mather Edgewater was honored with a Strive and Thrive award as part of the **LSN 2014 Honoring Excellence Award Program**.

A Senior Research Associate from **Mather LifeWays Institute on Aging** was recognized with an award, along with her co-authors, from the Families and Health Section of the National Council on Family Relations for the **best research publication** in 2013 on families and health.

Splendido was recognized with the **Best Chocolate Dessert** and **Best Overall Presentation** in the **Sweet Charity competition** hosted by the Southern Arizona Arts & Cultural Alliance (SAACA).

Mather LifeWays Board of Directors

Our Board of Directors provides governance oversight and assistance in setting strategic direction of the organization. Directors are:

Graham Atkinson, Former Chief Marketing and Customer Experience Officer, Walgreen Co.

Timothy Burke, Former Partner and Chief Financial Officer, William Blair & Company

Paulette Dodson, Senior Vice President, General Counsel & Secretary, PetSmart

Nancy Felton-Elkins, Former Senior Vice President and Fiduciary Division Head, Wealth Management Group, The Northern Trust Company

Mary Louise Gorno, Managing Director, Ingenuity International

Victoria Herget, Former Managing Director, Zurich Scudder Investments

Dian Langenhorst, Adjunct Faculty, Health Systems Management, Loyola University

Mary Leary, CEO and President, Mather LifeWays

Roger Lumpp II, Mather LifeWays Board Chair and Former Director, KPMG

Michael McGee, Former Partner, Chapman and Cutler LLP

William McLean, Vice President and Chief Investment Officer, Northwestern University

John Phillips, Former CEO and Chairman, Corporate Solutions Group, Jones Lang LaSalle

Scott Smith, Former Publisher, Chicago Tribune and President, Tribune Publishing

Terence Toth, Managing Partner, Promus Capital LLC

We are pleased to share Mather LifeWays 2014 Year in Review with you. It uniquely illustrates how our organization is dedicated to developing and implementing Ways to Age WellSM by creating programs, places, and residences for older adults.

You'll find updates and examples from our senior living residences, community initiatives, and Mather LifeWays Institute on Aging. We believe it is the sum of these parts—our three areas of service—that showcase the depth and strength of our organization.

In 2014, we continued to move toward fulfilling our strategic plan, including the strategic decision to move away from operating freestanding nursing homes. We took great care in selecting a new owner/operator for Mather Pavilion, and transferred ownership to Symphony Post Acute Network on November 1.

Our proposed renovation and expansion of Mather Place of Wilmette received unanimous approval from the Village of Wilmette Board of Trustees, and that renovation is now underway. (See page 8.) Once the transformation is complete, the community will be even better positioned to meet the needs and desires of older adults.



Mary Leary
CEO and President

"I Age Well by trying new things."

Mary Leary



Roger Lumppp II
Chair, Board of Directors

"I Age Well by maintaining balance."

Roger S. Lumppp II

Mather LifeWays continues to focus on building a strong future. We implemented our first in-house leadership development program for employees called Ways to Lead Well. The inaugural class of 12 students, selected from all areas of the organization, will graduate this spring, when the second class begins. We're building Mather LifeWays leaders of the future!

We're also working to move the industry forward; we organized the third annual meeting of a consortium of high-quality, innovative senior living providers, and we are co-leading a national effort to rename the term "Continuing Care Retirement Community."

We've completed an important year in Mather LifeWays growth and progress—but we're not slowing down! We're looking forward to continuing to enhance the lives of older adults by creating Ways to Age Well in 2015 and beyond.

MATHER LIFEWAYS **Mission, Vision** **& Values**

OUR MISSION

**Mather LifeWays
enhances the lives of
older adults by creating
Ways to Age WellSM.**

OUR VISION

**To transform people's
views of older adults**

OUR CORE VALUES

**Purposeful
Possible
Extraordinary
Transformational**

Expanding Our Possibilities through Partners & Community

How does Mather LifeWays serve nearly 40,000 older adults? In large part, it is with the help of our partnerships and affiliations. By aligning with organizations with compatible goals and values, and combining our expertise and resources, we're able to increase the number of older adults and family members we serve.

We'd like to thank the following organizations for partnering with Mather LifeWays in 2014:

North Shore Village, a member-driven organization that offers support and connections to help residents of Chicago's North Shore remain in their homes and neighborhoods. In order to help support these older adults, Mather LifeWays provides financial and staffing support for this nonprofit organization.

Interfaith Community Services (ICS), a nonprofit social services agency serving Pima County, Arizona. Splendido provides support by hosting ICS events and sponsoring fundraising events.

University of California, Berkeley and **University of Arkansas**, which partnered with Mather LifeWays Institute on Aging as part of our Visiting Scholars Program. This strategic initiative expands Mather LifeWays Institute on Aging's portfolio of wellness research in the areas of positive aging, resilience, and motivators of healthy behaviors. Research with these partners is currently underway.

The City of Evanston, which invited Mather LifeWays to participate in the Evanston Health Summit in 2014. We shared information on the role the workplace can play in personal health.

Chicagoland Methodist Senior Services, which provides financial and programming assistance to Mather Edgewater, supporting this "Café without walls" in serving older adults in the Edgewater neighborhood of Chicago.

Oak Street Health, which supports all Mather's—More Than a Café locations as well as Mather Edgewater with financial and programming assistance, providing medical experts to conduct lectures as well as health screenings onsite.

MATHER LIFEWAYS BY THE NUMBERS

Number of older adults served in 2014:
37,691

FINANCIALS AS OF DECEMBER 31, 2014:

\$16.1 million provided by Mather LifeWays to enhance the lives of older adults through senior living, community initiatives, and Mather LifeWays Institute on Aging

\$3.5 million in financial assistance provided to residents of our senior living residences

\$639 million in total assets, with net assets of nearly \$413 million

\$463 million in investments in our endowment and trusts

\$229 million in owned or managed property and equipment

Putting **Innovation** into Practice

Alonzo Mather, the founder of Mather LifeWays, was a humanitarian, philanthropist, and patron of the arts who made his fortune (and eventually seeded our endowment) with a unique invention. Today, Mather LifeWays is committed to Alonzo's spirit of innovation, and we continue to value and seek inventive thinking, both within our organization as well as in our industry. In 2014, we found new ways to share some of our innovations, insights, and practices with others:

Providing Thought-Leadership in Brain Health



Researchers at Mather LifeWays Institute on Aging invested two years in developing Boost Your Brain & Memory, a holistic brain health program for older adults, which was released in October 2014. Since then, the Institute has shared its research through trade journal articles and presentations at industry conferences. Researchers from the Institute also train other organizations in how to facilitate Boost Your Brain & Memory within their senior living communities, using a whole-person approach rather than simply offering computerized “brain games.”

Interested in learning about brain health? You can download a free copy of “Brief Brainy Bits,” which offers 20 brain health tips based on the research in Boost Your Brain & Memory.

It's available online at www.matherlifeways.com/brainy.

Drawing New Lines with Creative Arts



From classes or one-on-one sessions in painting, drawing, and other fine arts, to listening to music, creative arts provide an enjoyable platform for older adults to express themselves and engage with others, enhancing their mental, emotional, and physical well-being. Mather LifeWays has offered arts therapy to older adults with memory loss—and we shared our process with other organizations.

In mid-May 2014, Mather LifeWays hosted “The Arts & Aging,” an all-day event for professionals who serve older adults. Experts shared creative tips and inspirations for implementing programs of movement therapy, music, improvisation, visual arts, and more. Mather LifeWays is expanding our arts programs by implementing arts therapy programming within all our care centers.

Supporting Employee Wellness



ILLINOIS' HEALTHIEST EMPLOYERS®

Mather LifeWays strives to not only help older adults Age Well, but also help employees Age Well, and we hope other organizations will follow suit. In 2014, we were named Illinois' Healthiest Midsize Employer for the second consecutive year, based on health benefits and wellness programs that we provide to employees.

At our 2014 Wellness Fairs, where employees voluntarily participate in health screenings, Mather LifeWays achieved 71% participation; this is more than double the industry average! We are sharing our success with other organizations through a published report as well as presentations to help them increase their employee participation. We will also share the results of a recent in-house study by Mather LifeWays Institute on Aging: approximately 100 of our employees volunteered to wear a Fitbit, which tracks steps taken and can also be used to monitor sleep quality, diet, and other activities, to determine whether it motivated them to engage in healthy behaviors.

Striving for **Extraordinary** Culinary Experiences



The culinary offerings at Mather LifeWays senior living residences earned a lot of attention in 2014. A front-page *New York Times* article on the trend toward upscale dining in senior living residences begins, “Some of the toughest reservations to get in [Evanston] are for tables at The Mather. Citrus-dressed duck breasts and ‘tomahawk’ pork chops are on the menu, along with vegetables from a cooperative farm in upstate Wisconsin and house-made gelato.”

Chefs at Mather LifeWays senior living residences work to incorporate fresh, local and regional produce and ingredients. The Mather and Splendido each work with nearby farms. Joel Ingegno, CEC, MCFE, executive chef at The Mather and former chef instructor in Continuing Education, the Culinary Institute of America, says, “My goal is that the majority of the ingredients in our dishes are fresh, local, and seasonal—if I can’t tell residents and guests exactly which farm the ingredients come from, I should be able to honestly say that they were purchased locally from a farmers’ market or co-operative.”

Jeremy Imes, executive chef at Splendido, adds, “The farm we work with is all organic and grows some heirloom varieties. We also have connections with other farmers, including a date farm and various orchards.”

Splendido earned some bragging rights for outstanding desserts, and was honored with

the Best Chocolate Dessert and Best Overall Presentation in the Sweet Charity competition hosted by the Southern Arizona Arts & Cultural Alliance (SAACA) in November 2014. The entry created by Splendido’s executive pastry chef and the team was Caramel Chocolate Bombs. “Splendido has wonderful pastry chefs who do wonderful things with chocolate,” confirms resident Lee Corbin.

The culinary teams at each Mather LifeWays residence are concocting more delicious plans for 2015. “It’s a good time for us here at Mather LifeWays to think about how our food is defined and seek to go beyond the fresh aspect to the artisan aspect,” says Joel. “With the current love affair with unique foods, residents will continue to seek out dining experiences rather than just taking care of their appetites.”

SENIOR LIVING BY THE NUMBERS

100% The Mather is sold out!

96% sold at Splendido

100% Apartment homes reserved at Mather Place of Wilmette

98% Resident/family member satisfaction at our senior living residences

8 Additional suites for assisted living and memory support will be added in 2015 at Sonora, Splendido’s onsite health center.

As of March 31, 2015

Mather Place of Wilmette Transformation Is Underway

Mather LifeWays is in the midst of a multimillion-dollar transformation of Mather Place of Wilmette, which includes a renovation of amenity areas and an expansion of the community with 39 new apartment homes and additional amenity areas.

First floor amenity areas are being renovated to provide more natural light along with a more open floor plan. Once it is completed, residents will enjoy:

- an enhanced library—with a cozy fireplace, space for more reading materials, computer stations, and comfy places to relax with a newspaper or a good book
- the Reel Room, a movie theater with comfortable seating and a theater-quality sound system
- an expanded fitness center with additional equipment and a group exercise studio for classes or small group instruction
- Cotton Spa, an enhanced salon and spa offering salon services, manicures, pedicures, facials, massages, and other treatments
- Possibilities, an expanded meeting area for group presentations, meetings, parties, and other get-togethers
- Palettes, an art studio where residents can pursue painting, drawing, or other creative arts

In 2014, the community received unanimous approval from the Wilmette Village Board of Trustees to add new apartment homes, covered parking, and additional amenity areas, including an indoor swimming pool. This work is in keeping with our ultimate goal: to deliver amenities and services that will enhance the lives of residents, as well as anticipate and meet the future needs of older adults.



Aging Well by Doing Charitable Work



According to a growing body of research, those who volunteer their time and energy for any type of philanthropic activities enjoy better physical and mental health.

Splendido resident Bette Schuler, 92 years young, started a unique volunteer venture about five years ago. After learning about a local elementary school student who couldn't afford a Mother's Day present, Bette decided to help by distributing her collection of costume jewelry to

students. Other Splendido residents joined in the project, and brought the jewelry to a local school to let students select gifts for their mothers.

"We clean it, repair it if necessary, box it, and bring it to Rio Vista Elementary School," says Bette. "Our volunteers bring the jewelry into four second-grade classrooms and the children can choose something."

Bette and the group have brought a new collection of jewelry in time to let the children "shop" for the holiday season and Mother's Day for the past five years. Once her jewelry collection

had been given away, Bette began shopping at Goodwill stores and the like for costume jewelry.

Bette and the other volunteers also hold jewelry sales at Splendido three times a year, where employees and residents can purchase pieces. "Every single penny goes to a low-income school," says Bette. "Last time, we raised well over \$2,000."

Asked if she believes she has received health benefits from undertaking this project, Bette says, "Oh, absolutely! I enjoy doing it."

A Generous Community

Bette is not the only Splendido resident committed to charitable causes. Over the past several years, Splendido residents have:

- donated clothing, shoes, and more than 2,000 household items to veterans at the nearby Southern Arizona VA Health Care System
- written nearly 300 letters to wounded soldiers at the local VA hospital
- donated 50 backpacks and \$900 in school supplies to the Pima County Back-to-School Program
- continued educational scholarships to Splendido staff and their family members



Going Green, Inside & Out

Mather LifeWays is committed to achieving environmental best practices in all of our locations. Our senior living residences place a strong emphasis on responsible landscaping and construction, including the new areas being developed at Mather Place of Wilmette. The landscaping at Splendido, which is located in the desert, was carefully planned with more than 500 native, reused trees and low-water-use plants, as well as more than 1,000 shade trees to reduce solar heat gain and decrease water evaporation. Natural rainwater collects in harvesting areas and is diverted back to the site.

Where possible, Mather LifeWays residences work to incorporate green strategies for water savings, energy efficiency, and indoor environmental quality.

Purposeful Programming at Mather's—More Than a Café

Mather's—
More Than a Café was
listed as **one of 5 innovative
centers** in the country in
the article “Not Your
Mother’s Senior Center” on
www.aplaceformom.com
(September 17, 2014)



Diana Nielsen took her first art class at the age of 72 at Mather's—More Than a Café on Higgins. In 2014, she had become so accomplished that a friend who presented a program at the Café suggested that she submit her collage artwork to the Crystal Bridges Art Museum in Arkansas. [Watch a video about Diana at http://bit.ly/1vRY6ic.](http://bit.ly/1vRY6ic)



During a cooking program featuring popular dishes from Brennan's restaurant in New Orleans, a customer at Mather's—More Than a Café on

83rd Street mentioned enjoying the Baked Alaska there many years ago. Surge, our culinary delighter, had cooked at Brennan's, and made her a Baked Alaska cake for her birthday.



In order to meet the needs and interests of diverse community members, Mather's—More Than a Café on Central offers Spanish-language lectures and classes as well as special programs such as Flamenco Fury (left) and a performance by the Mexican Folkloric Dance Company of Chicago (below).



Tell me a story! In a program facilitated by Mather LifeWays Institute on Aging, participants in the Mather Edgewater Storytelling Class learned how to write, edit, and deliver their stories over four weeks, culminating in a performance for family and friends.

A HOT PROMOTION BY THE NUMBERS

In January and February, Mather's—More Than a Café locations offer Soup for the Price of the Temperature. If the high temperature is forecast to reach 18 degrees, a bowl of soup will cost 18¢ that day.

On January 27, 2014, customers braved frigid temperatures—and enjoyed hot soup plus some change in their pockets.

-5° Temperature

84 Bowls of soup sold

\$4.20 Amount paid out

91 Number of media stories

2 Million estimated number of people reached through media

3,835 Total bowls of soup sold during January and February 2014

Building Creativity through Story and Song

Programming highlights at Mather's—More Than a Café include an emphasis on creativity and self-expression. Two programs in particular have had an impact on participants, sparking transformations and self-discovery:



Mather's—More Than a Café partnered with an organization called The Best Day of My Life So Far, which has developed a simple format for conducting storytelling sessions with older adults. Best Day has partnered with about a dozen organizations that conduct their own storytelling workshops, and the collected stories are then posted on a website. Sixteen participants from Mather's on 83rd Street met for six sessions, and the response was overwhelmingly positive. In their evaluations, several people mentioned the transformative power of the workshops in their lives. Our group was so energized by the experience that they are planning to continue the storytelling sessions. **To read the storytellers' blog as well as some of their stories, visit <http://bestdaysofmylivesofarmilw.tumblr.com>.**

A similar success in 2014 was the Songwriting Workshop at Mather's on Higgins, which was a rewarding experience for all who signed up. Participants were thrilled at the opportunity to develop their creativity and express themselves in a way they never thought possible. **To hear "The Ballad of Mather's," the song that the group wrote together, visit <http://bit.ly/1DQGiuH>.**

"The Ballad of Mather's"

There's a simple little building
around the corner tucked away.
When you walk into the door,
it seems a typical café.

There's a lady there who greets you,
makes you feel right at home;
But it's more than a café,
and I know you're not alone.

Now if you find you're getting older
and you've got some extra time,
Now's a chance to do it all and tap
your own creative mind.

Uncover hidden talents,
sharing points of view,
Living in the here and now
with friends both old and new.

Well, there's endless possibilities;
seek and you shall find.
There's an art class and discussion
groups that ease the daily grind.

I sat at their computer,
sailed through cyberspace.
I even wrote a song one day
all about this place.

Introducing **More** of MOREways

More community-based offerings, more partners who can help us extend our mission, and more older adults served: MOREways brings more opportunities, resources, and experiences to older adults in their neighborhoods.

In 2014, those in the Chicagoland area saw a lot *more* of MOREways—specifically in the targeted suburbs of Niles, Skokie, and Morton Grove, with a monthly traveling luncheon as the cornerstone event.

In January 2015, Mather LifeWays began partnering with the Village of Morton Grove, Morton Grove Park District, and the Morton Grove Library to coordinate programming for older adults of Morton Grove. Using the town's American Legion Memorial Civic Center as a base, MOREways will offer area older adults:

- monthly More Than a Lunch experiences
- computer classes and technology offerings
- Boost Your Brain & Memory brain health programs
- programs by the park district, library, and village, including fitness classes, lectures, and more

Party Line! Get on the Line for Telephone Topics



A free program that allows older adults to phone in to participate in an array of lectures, classes, and discussions, Telephone Topics is growing in popularity. Participants in 31 states are dialing in, with more and more gathering in person to call in as a group. And through a new arrangement with AgeOptions, a local area agency on aging, the monthly schedule for Telephone Topics is delivered to **more than 5,000** homebound individuals along with meals.

Aging Well by Staying Active and Engaged



Aida Calvopina is an ambassador at Mather Edgewater Luncheons, and has contributed her time since the very beginning. “I helped out at the very first luncheon—I think it was back in 2000,” she recalls. “We had 40 people show up. We thought that was a lot!” (Today, a luncheon can draw close to 400 participants.)

Aida recalls that luncheon was the first event in her long and busy “volunteer career,” following the advice of those around her to get out and do good work. “At that time,

my husband of 40 years had just died, and I was lost,” she recalls. “My health and my mental health had deteriorated. Volunteering saved my life—I enjoy it, and I learn a lot.”

Aida—an active 83-year-old who calls herself a “junior senior”—has volunteered for many organizations throughout Chicago through a program at her church, St. Gertrude’s in Edgewater. “They sent me all over to help,” she says, “The American Cancer Society, Channel 11, the Children’s Museum—you name it.” That is how she was matched with Mather Edgewater 14 years ago—where she still contributes her time as an ambassador every month. “Now I help with registration, but I have done everything over the years,” she explains. “I like being able to greet people and see ‘my ladies’ as they come in. I love the people there, and Mather Edgewater has become part of my life.”



Café Plus Goes Global

The Café Plus model, which encourages other organizations to adopt the award-winning features and philosophy of Mather's—More Than a Café in their own communities, is reaching new audiences and drawing new fans.

A sociologist wrote an op-ed piece in the *New York Times* on January 21, 2014, suggesting Café Plus as a solution for creating “third places” where older adults can spend time with people of all ages:

“There’s an old Italian saying, ‘A tavola non si invecchia,’ which means: At the table, you don’t grow old. All of us, of whatever age, need to socialize in public places to feel connected and alive. . . we could replicate **the Café Plus model** . . . These attractive coffee shops not only offer older customers who dislike traditional senior centers a 75-cent bottomless cup of coffee, but also welcome customers of all ages.”

More than 130 organizations from 71 cities in 28 states and 2 foreign countries have attended workshops on how to adopt the Café Plus model—and 2014 saw an impressive expansion of the model:

- Café Plus is now open for business in Korea! Songpa Silver TTerak opened its doors in Seoul, offering older adults and their families a café, wellness center, education center, day care, and beauty center (left). A public-private cooperative effort, this center is now a benchmark for some local governments.
- After Atlanta Housing Authority representatives attended a Café Plus workshop, they transformed the Cosby Spears Highrise in Atlanta—renovating the shared spaces to provide more open spaces and promote social interaction and program participation. The community recently received a Citation of Merit in the Environments of Aging design competition.
- A group from Japan toured two locations of Mather's—More Than a Café to learn more about better serving their aging communities.

MATHER LIFEWAYS INSTITUTE ON AGING BY THE NUMBERS

IN 2014:

982 senior living communities adapted or replicated the Institute's programs and trainings. These educational offerings focus on improving quality of service and resident quality of life in senior living communities.

891 free Orange Papers were downloaded from the Institute by professionals working in senior living communities. The Institute offers research findings on customer service, brain health, and other topics.

1,867 senior living professionals received in-person training from Institute staff members.

Research
Development
Dissemination

Research is a primary competency of Mather LifeWays Institute on Aging. We also serve as a hub for development of new programs and solutions, as well as dissemination of educational programs and industry insights.

Transforming Research into Reality

In 2014, Mather LifeWays Institute on Aging disseminated its research through many venues with the goal of promoting new knowledge about brain health, happiness, and much more. The Institute's researchers and educators wrote articles, gave presentations and trainings, and produced an innovative new program—Boost Your Brain & Memory.

Educating the Industry on Brain Health

Brain health continued to be a strong suit throughout the year: the Institute's poster presentation at the Gerontological Society of America (GSA), "Brain Fitness Programs: Motivators for Lifestyle Changes for Older Adults?", was selected as a top 10% abstract.

Spreading the Word on Savoring

Did you know that one of the Institute's focuses is on savoring and happiness? We conducted a study on the topic in 2014, and the findings suggest that teaching people the ability to savor positive experiences may improve well-being and resilience to life's stressors. The study will be published in an article "Savoring and Resilience: Psychological Well-Being in Older Adults" in the peer-reviewed journal *Aging & Mental Health*.

Extending Our Reach

Speakers from the Institute reached nearly 2,000 industry professionals by presenting 2 keynote speeches, 13 conference sessions, and 21 customized training presentations for 36 organizations around the country. Topics ranged from falls prevention to sexuality to cultural diversity.

A Major Industry Honor



In 2014, Mather LifeWays Institute on Aging was honored with the **LeadingAge Excellence in Research and Education Award**. "We are so honored by this industry award," says Sara McVey, vice president of senior living strategic initiatives. "This is akin to a lifetime achievement award for the Institute!"

The award acknowledges the Institute's 15-year commitment to the aging services industry and the impact of its research; its educational programs that translate research into practice for senior living professionals; and its dissemination of new research widely throughout the field.

Recognizing Innovation in Other Organizations



Photo courtesy of Sarasota Bay Club

Each year, Mather LifeWays Institute on Aging recognizes organizations that are serving older adults in original and exciting ways through the Promising Practices Awards. These awards highlight organizations working with older adults in a variety of settings that are moving away from conventional practices by developing and implementing innovative approaches.

Promising Practices submissions are evaluated against criteria including innovation, outcomes, replication, and impact. **Read about the 2014 winners at www.matherlifeways.com/promising.**

Mather Possibilities

Mather LifeWays is committed to seeing beyond our abilities to our possibilities. Inspired by our long history of philanthropy and more recent acts of generosity from residents, businesses, foundations, and community members, we created Mather Possibilities in 2012 to welcome and celebrate contributions in support of our mission.

Mather Possibilities seeks financial support for initiatives that would not otherwise be possible through our operating budget. Examples include sponsorship of special programs at Mather's— More Than a Café such as technology classes, with the goal of providing access to more people; and a scholarship program for Illinois Mather LifeWays employees and their immediate family members, which would provide possibilities for personal growth.

To make a contribution, make your check payable to Mather Possibilities and mail to:

Mather Possibilities
c/o Mather LifeWays
1603 Orrington Avenue, Suite 1800
Evanston, IL 60201

Have questions? Contact us at
possibilities@matherlifeways.com.

Mather LifeWays is a unique, non-denominational not-for-profit organization based in Evanston, Illinois, founded more than 70 years ago. We are dedicated to developing and implementing Ways to Age WellSM by creating programs, places, and residences for today's young-at-heart older adults.

Our organization was founded in 1941 by Alonzo Mather, a well-regarded humanitarian and innovative entrepreneur, and his inspiring past fuels our future. We are committed to being an ongoing resource for older adults and our partners—continuing to introduce progressive ideas and help advance all areas of aging and living well.

To learn more about Mather LifeWays, visit www.matherlifeways.com.

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Mather Place of Wilmette

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Mather's—More Than a Café

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Mather Edgewater

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MOREways (Morton Grove)

www.MOREways.org
(888) 600.2560

Mather Possibilities

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