

**FOR IMMEDIATE RELEASE:**



**The Mather and Mather Place of Wilmette to Host Award-Winning  
*Age of Champions* Screening and Reception with Director/Producer**

***Evanston, Ill. (March 18, 2013)*** – Mather LifeWays Mather Place of Wilmette and The Mather will host special screenings of *Age of Champions*, the acclaimed feature documentary about the Senior Olympics, on April 4 and 5, respectively. There will be a reception following each event with the film's Managing Director and Producer, Keith Ochwat. The public is invited to attend these free events, but space is limited and guests must RSVP to 847.492.7714.

Mather Place of Wilmette will host a screening on Thursday, April 4, 2013 at 10 a.m. followed by a lunch reception and Q&A, with Keith Ochwat. Mather Place of Wilmette is located at 2801 Old Glenview Rd, in Wilmette.

The Mather will host a screening on Friday, April 5, 2013 at 2 p.m. also followed by a reception, dessert buffet, and Q&A with Mr. Ochwat, The Mather is located at 425 Davis Street, in Evanston, IL.

*Age of Champions* is the inspiring story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole vaulter, team of basketball grandmothers, and the two swimming brothers— all chasing gold at the National Senior Games. The film captures the triumphant spirit of these competitors as they tackle the challenges of old age with grace, humor, and optimism. Win or lose, they inspire us all to follow our dreams and find purpose at any stage of life.

"We celebrate Ways to Age Well," says Mather LifeWays President and CEO, Mary Leary. "No matter what you love to do, we encourage you to live your best life -- this film exemplifies that ideal."

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Age of Champions is the second film by the Documentary Foundation, a Sacramento, California-based non-profit organization dedicated to documentary production, education, and outreach. Their first film, *Roughing It: Mongolia*, aired nationally on PBS and was featured in the *New York Times*, *San Francisco Chronicle*, and *National Geographic Adventure*. The Foundation also administers the Doc School, a documentary filmmaking program for high school students in Northern California.

Mather LifeWays is pleased to present *Age of Champions* as part of the Documentary Foundation's outreach campaign, a grassroots screening initiative in partnership with the AARP, National Council on Aging, and National Senior Games Association. The film is also slated for a national PBS broadcast in 2013. Make It Better is a media sponsor of this screening event.

Based in Evanston, Illinois, Mather LifeWays [www.matherlifeways.com](http://www.matherlifeways.com) is a unique, non-denominational not-for-profit organization founded more than 70 years ago to serve the needs of older adults. Dedicated to developing and implementing Ways to Age Well<sup>SM</sup>, Mather LifeWays creates programs, places, and residences for today's young-at-heart older adults. Mather LifeWays Institute on Aging is the research and education arm of Mather LifeWays, and serves as a thought leader in the field of aging by designing and conducting national applied research, pilot demonstration projects, and education initiatives.

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**CONTACT:**

Lori Keenan  
Smarthinking PR for Mather LifeWays  
[Lori@SmarthinkingPR.com](mailto:Lori@SmarthinkingPR.com)  
847/902-2905