



A Year Worth

# TALKING ABOUT

*2016 Year in Review + Ways to Age Well >*

# LET'S TALK

Welcome to Mather LifeWays Year in Review! There certainly *is* a lot to talk about... and we're pleased to share stories of transformation, partnership, innovation, and even tips for Aging Well.

Our mission of enhancing the lives of older adults by creating Ways to Age Well<sup>SM</sup> is at the center of everything we do and plays an integral role in our consideration of new opportunities. In 2016, we saw opportunities come to life for each of our three areas of service: senior living residences, community-based initiatives, and Mather LifeWays Institute on Aging. Highlights of the year include:

- Mather Place and two Mather's—More Than a Cafés underwent major transformations to better serve today's older adults (pages 20 and 26).
- We developed a valued affiliation with another not-for-profit senior living organization with a strong reputation and mission that focuses on providing exceptional service and care to older adults (page 22).
- We capitalized on the depth of research from Mather LifeWays Institute on Aging to create Ways to #AgeWell tips (page 9).

For these milestones and more, we're grateful for our dedicated Board members, employees, residents, and customers.

*Mary Leary*

*Roger S. Lumpp II*



**Mary Leary**  
CEO and President



**Roger Lumpp II**  
Chair, Board of  
Directors



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## OUR MISSION

Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup>

## OUR VISION

To transform people's views of older adults

## OUR CORE VALUES

- Purposeful
- Possible
- Extraordinary
- Transformational



## Creating ways for employees to **AGE WELL**

At Mather LifeWays, not only do employees work well, they can also Age Well. That is, the organization offers a culture that values and promotes employee wellness, as befits our mission. Mather LifeWays supports employees in Aging Well through:

**Learning to Age Well.** Our program reimburses employees annually for learning something new or trying a new healthy behavior, from singing lessons to yoga classes to gym membership

**Wellness Fairs.** Our organization-wide fairs offer free and confidential in-depth health assessments and screenings to employees

**Training & Leadership Development.** On-the-job training, leadership development, and more

**Eliminating My Impossibilities (EMI).** Our philosophical and operational approach, which supports both older adults and employees in discovering their own dreams and passions, eliminating barriers to happiness and fulfillment

Our goal is to be an employer of choice, which in turn helps us attract and select the best talent in every type of work and every location.

## MATHER LIFEWAYS BY THE NUMBERS FOR 2016

### 140,364

people served in 2016 (directly and indirectly)

### \$18.4 MILLION

contributed by Mather LifeWays to enhance the lives of older adults through a combination of initiatives in senior living, community-based programs, and Mather LifeWays Institute on Aging

### \$3.5 MILLION

provided in financial assistance to residents of our senior living residences

### \$664 MILLION

in total assets, with net assets of nearly \$405 million

### \$468 MILLION

in investments in our endowment and trusts

### \$242 MILLION

in owned or managed property and equipment\*

*\*This figure includes Splendido.*

# INNOVATION

## in collaboration

To be truly innovative, organizations must share their best ideas and practices, learn from others, and together create “next practices.”

Mather LifeWays founded a consortium of select Life Plan Community providers in 2012. Named Novare (a Latin term meaning “make new” and pronounced nō-VAR-āy), the group is made up of 12 single-site or small-system not-for-profit organizations from around the country.

**The group is committed to accelerating member Life Plan Community potential through peer-inspiring, collaborative leadership in order to enhance the lives of older adults.**

With these goals in mind, Novare members learn from each other, share best practices, and collaborate. 2016 marked Novare’s second year of providing a yearlong Leadership Development Program, as well as Leadership Exchanges on culinary, community outreach, and IT, with a Human Resources Leadership Exchange planned for 2017.

Collectively, Novare is equivalent in size to one of the nation’s largest multi-site not-for-profit organizations (based on number of units).

MATHER LIFEWAYS

# INSTITUTE ON AGING

The Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations. Whether conducting new research or interpreting the latest studies for professionals who serve older adults, **the Institute is dedicated to supporting ways for older adults to Age Well.**



“The researchers within the Institute **directly impact the way our customers Age Well**, by sharing resources, information, and trainings in their areas of expertise. For example, we regularly offer a popular eight-week brain fitness class based on materials developed by the Institute.”

SHARON SMITH,  
POSSIBILITIES COACH AT  
MATHER’S—MORE THAN A CAFÉ



friend,  
like, &  
feel the  
love

# WHAT'S NEW

## at Mather LifeWays Institute on Aging

The Institute supported Mather LifeWays mission with several new initiatives in 2016, including:

**Creating New Networking Opportunities.** An inaugural Chicagoland Research Symposium for researchers in the field of aging. The symposium drew more than 40 researchers, who enjoyed keynote addresses by local aging specialists, group discussions, and networking opportunities.

**Sparking New Ideas.** A Technology Forum for approximately 75 Mather LifeWays leaders. Technology experts shared examples of how technology has transformed aspects of aging services and aging in place. Attendees

were encouraged to consider how similar technology could be introduced within Mather LifeWays.

**Recognizing Innovation.** The first-ever Innovative Research on Aging Awards program, recognizing recent published research, with the goal of bringing recognition to excellent applied research that offers important implications for senior living/senior services.

This new program is in addition to the Institute's ongoing Promising Practices Awards, which recognize organizations that strive to serve older adults in original and exciting ways. Read about the 2016 award recipients online at [matherlifewaysinstituteonaging.com/promising](http://matherlifewaysinstituteonaging.com/promising).

### WAYS TO #AGEWELL

## TIP: CONNECT ONLINE

Using the Internet to communicate is linked with decreased loneliness, studies show. Supplement your social life by using Facebook to stay in touch with family and friends.

Get more #AgeWell tips  

## Sharing tips for

# AGING WELL

### on social media

In fall 2016, Mather LifeWays extended the reach of our mission with a digital component. We harnessed the popularity of social media to share short, research-based tips to help many more people Age Well by promoting positive thinking about Aging Well and encouraging people to try new things, improve healthy behaviors, and achieve new goals in health.

Ways to #AgeWell tips focus on brain health, savoring, resilience, and physical wellness. The tips are shared every weekday and provide quick and easy advice based on research from Mather LifeWays Institute on Aging. Pulled from the Institute's research reports and Orange Papers, as well as research that the Institute summarizes and shares with aging services professionals, Ways to #AgeWell tips aim to help individuals of all ages adopt healthy behaviors.

Sign up to receive tips via e-mail at [matherlifeways/agewell](mailto:matherlifeways/agewell) or follow us on Facebook or Twitter:

-  [facebook.com/matherlifeways](https://facebook.com/matherlifeways)
-  [twitter.com/matherlifeways](https://twitter.com/matherlifeways)



A range of  
**RESEARCH**  
on today's issues

The Institute on Aging regularly collaborates with universities around the country to conduct applied research. Current and recent collaborations include:

**University of California, Berkeley:** Research on the “Village” concept, including coalition and partnership-building

**University of Arkansas:** Research on the psychosocial impact of older adults’ participation in the virtual community Second Life (use of avatars)

**University of Arizona:** Research on positive aging within senior living residences

**Michigan State University:** Research on employee engagement within senior living residences

**Loyola University of Chicago:** Research on enhancing older adults’ perceptions of aging by savoring positive experiences

“Collaborating with academic researchers allows the Institute to maximize our researchers’ time and efforts as we build important relationships with universities around the country.”

CATE O'BRIEN, PHD, DIRECTOR, MATHER LIFEWAYS INSTITUTE ON AGING

**Northwestern University:** A longitudinal study to evaluate the impact of living in a Life Plan Community on residents’ cognitive, physical, and psychosocial health

**NORC at University of Chicago:** A study of how Cook County’s diverse older Latino population conceptualizes “positive aging” and what implications that has for promoting wellness among this population

**University of California, San Diego:** Research on using a positive psychological intervention to enhance the resilience and well-being of residents of senior living communities

**Colorado State University:** Research on the importance of employment and related factors as a risk factor or preventive tool against age-related cognitive decline

stay  
active  
to stay  
sharp



INSTITUTE ON AGING

WAYS TO #AGEWELL  
**TIP: EXERCISE 3 TIMES  
PER WEEK**

Move your body to boost your brain. Try riding your bike (or stationary bike) three times a week to promote brain health and, especially for those genetically predisposed to Alzheimer’s, prevent signs of dementia.

Get more #AgeWell tips  

# SENIOR LIVING

Each Mather LifeWays senior living residence is a unique place, where the focus is on creating Ways to Age Well every day. At our communities, residents embrace **Repriorment™**—not retirement. Repriorment is a philosophy developed by Mather LifeWays, which inspires older adults to discover the joy of new directions and develop those pushed aside (but not forgotten) priorities they've wanted to revisit. **Repriorment is ingrained in the engaging social, cultural, and educational programs we offer, and in the uniquely Mather experiences we provide.**



## SENIOR LIVING BY THE NUMBERS

16

book clubs in all Mather LifeWays senior living residences combined

30,000

laps swum in our on-site swimming pools

54

pets who call a Mather LifeWays senior living residence home

7,980

Repriorment programs offered per year in our senior living residences

22

unique desserts offered per week



## The art and science of **CREATIVE AGING**

Every Mather LifeWays care venue offers a creative arts program that enhances quality of life for residents of assisted living, memory care, and skilled nursing neighborhoods. Under the guidance of a professional art therapist, residents can explore their creativity within a supportive environment.

Research shows that engaging in creative expression promotes social connection and brain health, as well as physical and mental well-being. In other words, creating art is an ideal way to Age Well.

“Our goal is to transform our communities into places of creative innovation and encounter, and provide residents with social awareness of creativity and purpose.”

... explains Caroline Edasis, Manager of Art Therapy for Mather LifeWays. Caroline received an award in 2016 for a paper she co-authored on using creativity to empower older adults with cognitive impairment.

A 2016 exhibit of work by residents of The Mather Life Centre showcased multiple examples of creative expression:

- **A stop-action animation video by a resident in skilled nursing.** Our art therapist collaborated with him to create a video using a photo of a passenger ship placed on top of his painting of the water, narrated by the resident describing boyhood memories of the ships.
- **Paintings by a resident with cognitive impairment.** Unable to use detail-oriented tools like pens or pencils, she was able to create large, abstract patterns with free, graceful gestures using fluid acrylic paints.
- **Abstract works by a resident with memory loss and macular degeneration.** When offered large brushes and thick red and black paint, she could see her marks more clearly, painting bold, abstract patterns paired with vivid titles depicting childhood memories.

## Our artistic **MISSION**

- To enhance quality of life, exploring Ways to Age Well through creativity
- To use the arts to challenge negative perceptions of aging and disability
- To emphasize creative expression as a fundamental component of strengths-based memory support
- To build stronger communities through the arts



**feel  
stress-free  
of your  
own  
making**

SENIOR LIVING

WAYS TO #AGEWELL  
**TIP: GET CREATIVE**

Engaging in creative activities has been shown to improve health—reducing stress and anxiety, sharpening the mind, and boosting self-confidence. Express yourself by trying your hand at drawing or painting.

Get more #AgeWell tips  





## SPLENDIDO

# CELEBRATING

## Splendido's 10th birthday

Happy birthday, Splendido! The community threw a gala dinner on October 23 to mark its 10th anniversary. Residents and staff enjoyed wonderful food, music, dancing, and even a photo booth.

The event was the culmination of four days of special activities, including a Pioneer breakfast for staff and residents who have been there the full 10 years.

### Splendido wins two awards

Readers of the *Explorer* newspaper voted Splendido Best of the Northwest in the category of Active Living Community, and selected Sonora at Splendido as Best of the Northwest in the category of Assisted Living.

Sonora was recognized with a Gold Award by the Health Services Advisory Group for superior leadership, strategic planning, and customer and staff satisfaction.

## Putting possibilities into **ACTION**

At Splendido, our Possibilities in Action program includes a wide range of volunteer work and donations from residents and staff, as well as organizational partnerships and support. Our community's goal is to provide needed support for area neighbors and nonprofit organizations. Recently,

- residents donated 85 backpacks filled with school supplies for children
- residents collected 1,055 pounds of food for Interfaith Community Services and the many that they serve
- residents collected two truckloads of donated items for the Homeless Veterans Resource Fair
- residents and staff raised more than \$650 in the annual Walk to End Alzheimer's (right)





### 2nd Annual Resident Triathlon

A tremendous success, the September event included 26 resident athletes in a friendly competition that included walking, cycling on an exercise bike, and swimming or pool-walking.

*LEFT: Volunteers cheer on a resident at our 2nd annual resident triathlon.*



## THE MATHER

Stepping up with

# FRESH FITNESS

A young journalist wrote an entertaining article about her visit to *Get Fit!*, the fitness center at The Mather, where she tried to keep up with residents in a Power Hour Plus class: “By the end, I was exhausted, and I regretfully admitted that perhaps some of the residents are in better shape than I am,” she wrote.

Residents at The Mather take full advantage of classes and amenities, including our swimming pool, cardio equipment, and one-on-one training. So when the staff offered a couple of challenging events to test their fitness, residents stepped up!

### March Up The Mather

In November, residents set their sights higher, with the first March Up The Mather, a stair-climbing event. Ten residents aged 75 to 93 walked up the 11 flights of stairs at The Mather—a total of 200 stairs. Some did the climb more than once—like the 79-year-old resident who “marched up” four times, a total of 800 stairs!

## LOCAL LOVE from residents

Residents at The Mather held a jewelry and scarf sale (shown above) in November 2016 to benefit the local not-for-profit Connections for the Homeless. Residents, staff, and visitors bought jewelry made or donated by residents—contributing a total of \$1,500!

A group of residents also partnered with students from the Justin Wynn Fund (JWF) to donate food to Connections for the Homeless. Residents from The Mather donated 30 bags of groceries, and residents and JWF students packed and delivered the food in time for Thanksgiving.



## MATHER PLACE

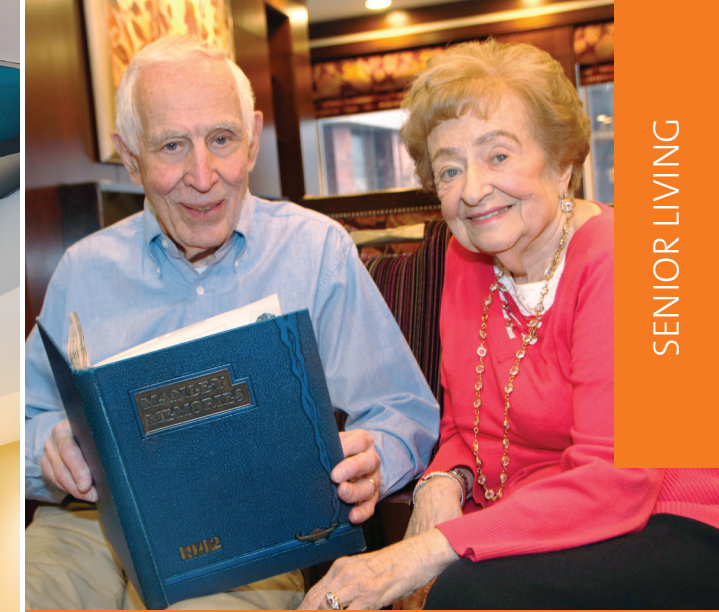
### An inside look at our **EXPANSION**

With the completion of the expansion of Mather Place in late summer 2016, residents enjoy:

- a choice of restaurants – Alonzo’s, open for international fare for dinner, and the brand new Patent’s Place, serving American comfort cuisine with a twist for breakfast, lunch, and dinner
- an indoor saline swimming pool
- 51 new one- and two-bedroom apartment homes

This is in addition to the amenities added during our transformation earlier in the year, which provided:

- the Reel Room, our movie theater with comfortable seating and a theater-quality sound system
- the Gateway Gallery, a glass-enclosed amenity area with cozy seating and sweeping green views
- refreshed spaces including the library, the Fairfield Room, our fitness center with equipment and a group exercise studio, Cotton Spa™ & Salon, and Palettes art studio, where residents can pursue creative arts such as painting, drawing, and more



### WELCOMING NEW NEIGHBORS

The team at Mather Place sprang into action to move new residents into apartment homes in the recently completed expansion.

Stories were shared, neighbors were welcomed—and it was discovered that two of the new residents had gone to high school together!



**KING-BRUWAERT HOUSE** AN AFFILIATE OF MATHER LIFEWAYS

# GRACIOUS

senior living in Burr Ridge and Hinsdale

Mather LifeWays expanded our mission by entering into an affiliation agreement early in 2016 with King-Bruwaert House (K-B), a senior living organization in Burr Ridge, Illinois. K-B owns and operates

a Life Plan Community (King-Bruwaert House) in Burr Ridge, and a rental senior living community (Godair Park) in Hinsdale.

The K-B legacy also involves the stewardship of more than 45 acres of wooded property that offers year-round

enjoyment for residents and visitors. K-B and each of its communities refer to themselves as a Mather LifeWays affiliate.

Our two organizations have much in common: K-B is an 84-year-old, non-denominational not-for-profit organization with a strong reputation, commitment to quality, and mission that focuses on providing extraordinary service and care to older adults. Through our affiliation, Mather LifeWays shares knowledge and expertise to assist K-B in enhancing its offerings to residents and exploring new ways to serve older adults in its market.



## PARALLEL LEGACIES

The history of King-Bruwaert House parallels that of Mather LifeWays in several ways. K-B was founded in 1928, with a bequest from Suzanne King-Bruwaert. She left a substantial estate to be used to create a safe haven for women in their later years. (Alonzo Mather's original bequest was for a similar purpose.) King-Bruwaert House was opened in 1933 and continues to serve older adults today.

# COMMUNITY INITIATIVES

Through community-based programs, Mather LifeWays is making neighborhoods better places for older adults to live, work, learn, contribute, and play. **We identify and meet the needs of areas with large populations of older adults, so that those residents can Age Well right in their neighborhoods** through initiatives such as Mather's—More Than a Café, our programs in Morton Grove, Illinois, and in Chicago's Edgewater neighborhood, as well as from anywhere through Telephone Topics.



“NOTHING about Mather’s—More Than a Café looks as if it’s aimed at people over 50. But the Chicago cafe, which could easily be mistaken for a large Starbucks, is much more than that, serving as a community hub, mostly for older people, with dozens of classes on topics like flower arranging, Egyptian history and digital safety...”

— THE NEW YORK TIMES



See how Mather's—More Than a Café has been

# TRANSFORMED

Our cafés in Chatham and in Norwood Park have been transformed! Customers are now enjoying new furnishings and spaces for Aging Well, including a fireplace, banquette seating, and flexible, open spaces.

# SHARING

our model on a national stage

## Adding up successes for Café Plus

In June 2016, Mather LifeWays hosted an annual workshop to train other organizations in adopting the Café Plus model. The workshop drew professionals representing nine organizations from seven states, as well as from Sweden.

The workshop was immediately followed by the inaugural Café Plus Replication Summit, a two-day event in which six organizations with established Café Plus sites shared best practices, challenges, and lessons learned. The Summit was a unique experience with tremendous value for all participants.

## Shanghai tour of Cafés

A group from an organization in Chicago's sister city Shanghai, China, requested a tour of Mather's—More Than a Café. Mather's in Chatham rolled out the orange carpet for the visitors. Representatives from the Shanghai Civil Affairs Bureau were learning how Chicago is planning for the aging of its population, including community service systems—which is where Mather's comes into play!

it takes a village to  
**sharpen a mind**



WAYS TO #AGEWELL  
**TIP: SOCIALIZE WITH  
LARGE GROUPS**

Although all socializing is beneficial to the brain, interacting with larger groups is most strongly linked with better cognitive performance. Find a weekly discussion group at your local library or community center and join the conversation.


Get more #AgeWell tips  





# 2016 community-based INITIATIVES


by the numbers


 **9,803,592** steps at our Friday Night Live steppers' party at Mather's in Chatham, where 1,107 dancers stepped on the 8-count beat for 8,856 steps each.

 **16,200** minutes of discussions, presentations, and classes dialed into by Telephone Topics participants.

 **2,560** reservations taken by phone for Mather LifeWays programs in Morton Grove, Edgewater, and more.

 **54,660** eggs cracked at all three locations of Mather's—More Than a Café.

 **3,600+** smiles created and hearts warmed at the luncheons at Mather LifeWays in Edgewater.

 **97** customers helped with their smartphones by our expert tech guru.

## 48 UKULELE LESSONS

at Mather's in Norwood Park—which means there have been a total of 4,320 minutes of ukulele music in the Café!



# Serving older adults in their NEIGHBORHOODS

**Mather LifeWays in Edgewater** was honored in 2016 by the City of Chicago with a resolution honoring the program for “its unparalleled contributions to the older adult community of Edgewater and the City of Chicago.” Monthly luncheons feature live entertainment such as Sinatra-style vocalists (above), dancing, and community resources.

**Mather LifeWays in Morton Grove** held energetic monthly luncheons in 2016. One standout was the Senior Prom in June, where customers

voted for their king and queen—real-life high school prom dates Fred and Sharon Moeller.

Our **Skokie Lunch Program** continued to grow in its first full year of operation serving an average of 20 customers a day. The program serves a nutritious, low-cost lunch every weekday to older adults, followed by signature Mather LifeWays programs such as lectures, music, or art.

helping  
hands  
make  
life  
work



WAYS TO #AGEWELL  
TIP: VOLUNTEER!

Studies show that getting involved in volunteer or philanthropic work can improve emotional well-being, promote a healthy, active lifestyle, and help maintain cognitive function. Head down to your local food bank and lend a hand.

Get more #AgeWell tips  

## BOARD OF DIRECTORS

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

**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

**Philip L. Harris**, Vice President and General Counsel, Northwestern University

**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**, Co-founding Partner, Promus Capital LLC

## Ways you can GIVE WELL

In 2016, Mather LifeWays touched the lives of **140,364** older adults (directly and indirectly). These adults found new ways to connect to the people around them in our neighborhood programs. They benefited from life-changing breakthroughs from our Institute on Aging. Most of all, they gained the confidence and opportunities to pursue lifelong passions with a plan for the future. And all of this was made possible, in part, with the generous support of donors, including Mather LifeWays residents, customers, and compassionate people like you.

Mather LifeWays has created a program called Mather Possibilities to provide financial support for initiatives that would not otherwise be possible through our operating budget. Donations to Mather Possibilities help us serve more older adults in more places across the country, and even around the world. As a charitable contribution, your gift to Mather Possibilities is tax-deductible, and you will receive a gift acknowledgement for your records.

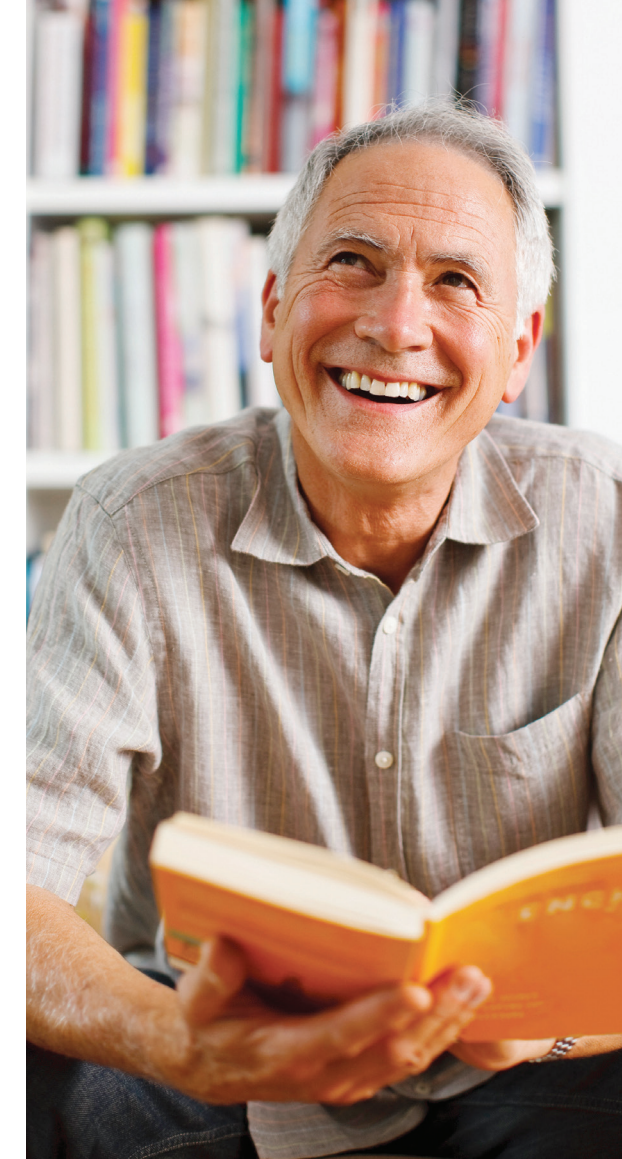
**Ready to make a donation?** Make your check payable to Mather Possibilities and mail to:

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

Questions about Mather Possibilities and charitable contributions? Contact us:

 **(847) 492.7500**

 **matherpossibilities@matherlifeways.com**



By giving well,  
you're helping  
others Age Well.





To learn more about our senior living residences, community-based initiatives, and Mather LifeWays Institute on Aging, call (847) 492.7500, or find your way to [matherlifeways.com](http://matherlifeways.com).

**Mather LifeWays**

1603 Orrington Avenue, Suite 1800  
Evanston, IL 60201  
(847) 492.7500

**Mather LifeWays  
Institute on Aging**

1603 Orrington Avenue, Suite 1800  
Evanston, IL 60201  
(888) 722.6468

**The Mather**

425 Davis Street  
Evanston, IL 60201  
(847) 492.5000

**Splendido**

13500 Rancho Vistoso Boulevard  
Tucson, AZ 85755  
(520) 878.2600

**Mather Place**

2801 Old Glenview Road  
Wilmette, IL 60091  
(847) 256.9300

**Mather LifeWays  
Affiliate Location**

King-Bruwaert House  
Godair Park  
6101 S. County Line Road  
Burr Ridge, IL 60527  
(630) 323.2250

**Mather's—  
More Than a Café**

7134 W. Higgins Avenue  
Chicago, IL 60656  
(773) 774.4804

3235 N. Central Avenue  
Chicago, IL 60634  
(773) 205.3300

33 E. 83rd Street  
Chicago, IL 60619  
(773) 488.2801

**Mather LifeWays  
Neighborhood Programs**

1020 W. Bryn Mawr Avenue  
Chicago, IL 60660  
(773) 769.0299

6140 Dempster Street  
Morton Grove, IL 60053  
(888) 600.2560

7574 N. Lincoln Avenue  
Skokie, IL 60076  
(888) 600.2560

