

FOR IMMEDIATE RELEASE:

The Mather: Research Shows Life Plan Communities Bring Real Benefits

TYSONS, VA (March 12, 2019) – The Age Well Study recently released by Mather LifeWays Institute on Aging shows that residents living in Life Plan Communities report more healthy behaviors and have greater emotional, social, physical, intellectual, and vocational wellness than a demographically similar group of older adults living in the community at large. For residents considering a move to The Mather, a Life Plan Community in Tysons, that spells good news on several levels. Not only is their decision leading them to an environment conducive to healthy behaviors, but they’ll also benefit from knowing that this type of groundbreaking research is being led by the research arm of the parent organization of The Mather – Mather LifeWays – a 75+ year-old not for profit organization dedicated to helping older adults Age Well.

The five-year Age Well Study is the most extensive longitudinal research to date relative to Life Plan Community residents and includes responses by 5,148 residents from 80 Life Plan Communities from 28 states nationwide. It is available to download for free at www.TheAgeWellStudy.com.

“This research has the potential to enhance the lives of older adults by providing facts, based on actual data, regarding housing alternatives that positively impact health and wellness,” said Mary Leary CEO and President, Mather LifeWays.

Age Well Study key findings show Life Plan Community residents report:

- Greater satisfaction with life
- More physical activity
- Increased personal connections
- Higher frequency of volunteering
- More optimism
- Greater life purpose
- Better self-reported health, and fewer chronic conditions

Life Plan Communities are lifestyle residences where people can pursue new passions and priorities, with a plan in place that supports aging in place. They provide an important benefit: a continuum of living options, which enables people to plan ahead to access additional services, including health care, if ever needed. The Mather, which is projected to open in 2023, will feature amenities and program offerings centered around six dimensions of wellness that are supported by research from Mather LifeWays nationally-recognized Institute on Aging. In addition to the Age Well Study, the Institute has recently partnered locally with George Washington University on other age-related research.

The Mather will offer well-appointed apartment homes with Smart Home Technology, amenity-rich community spaces, and lush green space as well as a variety of dining venues, a fitness center and day spa and inspiring social, educational, and cultural opportunities, such as digital media workshops, live music, art + technology seminars, featured lecturers, and much more.

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P. 2 of 2, The Mather, Age Well Study

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In addition to The Mather in Tysons, Mather LifeWays operates Life Plan Communities in Illinois and Arizona. For more information about The Mather, visit www.TheMatherTysons.com, call (703) 348-8522, or email info@themathertysons.com.

About Mather LifeWays

Mather LifeWays is a unique, non-denominational not-for-profit organization founded more than 75 years ago to enhance the lives of older adults. Dedicated to developing and implementing Ways to Age WellSM, Mather LifeWays creates programs, places, and residences for today's young-at-heart older adults. These include providing a continuum of living and care; supporting neighborhoods in being better places for older adults to live, work, learn, contribute, and play; and identifying, implementing, and sharing best practices for Ways to Age Well. Mather LifeWays is based in Evanston, Illinois. To learn more about Mather LifeWays senior living residences in Illinois and Arizona, community-based initiatives, and Mather LifeWays Institute on Aging, visit www.MatherLifeWays.com.

Mather LifeWays is partnering on this development with Westminster Capital LLC, Lake Forest, Illinois.

About Westminster Capital

Westminster Capital manages real estate investment strategies on behalf of private wealth capital through commercial property investments across the United States in Industrial/Distribution, Apartments, Medical Office and Senior Living properties. Founded in 1988, the firm is headquartered in Lake Forest, Illinois. www.WestminsterCapitalLLC.com

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