



**FOR IMMEDIATE RELEASE:**

**Mather LifeWays Institute on Aging Announces Promising Practices Award Winners**  
*Free Download – Winning Ideas That are Reshaping the Aging Services Industry*

**Evanston, IL (March 14, 2017)** – Innovation involving brain health, and intergenerational collaboration were key elements to the programs selected by Mather LifeWays Institute on Aging as winners of its annual **Promising Practices Awards**. Now in its 8th year, the awards highlight organizations working with older adults that are moving away from conventional practices by developing and implementing new and innovative approaches in a variety of settings. The winners and runners up hailed from a record number of submissions, including 50 finalists in 19 states and Canada, and were selected based on innovation, the outcomes presented, and the replicability of the practice.

“Sharing these *Promising Practices* reinforces our commitment to encouraging innovation that improves programs and services for older adults,” said Cate O’Brien, Assistant Vice President, Mather LifeWays Institute on Aging. “We hope these groundbreaking programs and ideas will benefit the senior living industry, as other organizations adapt the ideas and help transform them into their own best practices.”

The goal of Promising Practices is to learn, and share ideas, from those who have experienced success in one or more of these areas: culture change, safety/risk management, wellness, technology, workforce development, community-based services, and resident/customer experiences.

A full complimentary report on the 2016 Promising Practices winners and honorable mentions, “Innovation at Work 2016” is available for download at [matherlifewaysinstituteonaging.com/innovation-at-work](http://matherlifewaysinstituteonaging.com/innovation-at-work). Nominations will open in July for the 2017 Promising Practices Awards, with a submission deadline in September.

**Winners:**

**MENORAH PARK – THE CENTER 4 BRAIN HEALTH, Beachwood, Ohio**, was chosen as a winner based on their creation of the Center 4 Brain Health, the United States’ first non-pharmacological, community-serving brain health center located on a senior living campus. As of November 2016, the Center 4 Brain Health has educated more than 2,000 older adults on a variety of brain health topics, and trained nearly 400 professionals including psychologists, social workers, counselors, nurses, and more. The center’s clients have shared positive feedback, saying the classes and resources have improved their lives.

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**SAINT JOHN'S COMMUNITIES, Milwaukee, Wisconsin**

Saint John's Communities was chosen as a winner based on collaboration of residents and staff at Saint John's on the Lake with the University of Wisconsin—Milwaukee on a college course on aging. This unique collaboration drew on the skills and experience of residents, who helped create the course curriculum and led the classes; playing an active role in contributing, rather than serving as subjects of study or passive learners. Called Aged to Perfection: An Introduction to Aging, the class of eight students and nine residents met weekly. The curriculum focused on what it means to be an older adult today, what influences the way we age, and why we should care. Residents served as presenters, small group facilitators, and storytellers who shared experiences about life changes, and changes they've experienced in cognition and physical health. The goal was to use people's stories to connect students to the emotional and intellectual aspects of aging that they might not be aware of, and to confront stereotypes of aging.

**Honorable Mentions:**

**THE ALZHEIMER'S RESOURCE CENTER, Southington, Connecticut**

The Alzheimer's Resource Center started the Well-BEING Project for Dementia in order to expand the possibilities for people to live well with dementia. The goal was to provide a transformational educational experience, bringing family and professional care partners together to learn with and from persons living with dementia as they collaboratively plan and take action to promote well-being. By including residents with dementia as active participants, the program rejected notions that this population is incapable of making care decisions. For the pilot program of the Well-BEING Project, a group of 300 employees, family members, and residents with dementia participated in five half-day, retreat-style learning sessions.

**CABRINI OF WESTCHESTER, Dobbs Ferry, New York**

In an effort to increase quality of life for older adults with chronic lung disease and reduce avoidable hospitalizations, the not-for-profit skilled nursing community Cabrini of Westchester opened an in-house post-acute care pulmonary rehabilitation center. After learning that older adults with chronic lung disease make up the largest portion of hospital re-admissions, the organization partnered with White Plains/Montefiore Hospital to serve as the hospital's step-down program for its pulmonary discharges. Together, the two organizations agreed to follow the same pulmonary clinical protocols and developed policies and procedures, communication guidelines, and a warm patient hand-off strategy. Cabrini of Westchester then transformed underutilized space into a pulmonary rehab gym, purchased exercise equipment, greatly increased their supply of oxygen, and hired a full-time respiratory therapist.

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**About Mather LifeWays**

Based in Evanston, Illinois, Mather LifeWays is a 75+-year-old unique, nondenominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well. Mather LifeWays Institute on Aging is its research area of service, and serves as an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations. To learn more about Mather LifeWays Institute on Aging, or Mather LifeWays senior residences and community initiatives, please call (847) 492.7500 or find your way to [matherlifeways.com](http://matherlifeways.com).

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