



365 DAYS OF POSSIBLE

2018 Year in Review



WHAT'S POSSIBLE?

It depends on who you ask. Mather LifeWays employees will tell you it's possible to make a difference in people's lives every day while doing what you love. Residents of our senior living communities may say they can pursue lifelong passions and try new things. Customers of our community-based initiatives might focus on how they're taking advantage of Ways to Age WellSM in their own neighborhoods.

This Year in Review offers some examples of endeavors like these that Mather LifeWays helped make possible in 2018. Changes are happening throughout our organization as we grow and evolve, and we're excited about the possibilities that await.



Mary Leary

Mary Leary
President and CEO



Roger S. Lumpp II

Roger Lumpp II
Chair, Board of Directors

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WHO WE ARE

Mather LifeWays is a unique, non-denominational not-for-profit organization that was founded nearly 80 years ago. Fueled by innovation and dedicated to developing and implementing Ways to Age WellSM we create programs, places, and residences for older adults through three areas of service:

Institute on Aging: The Institute is a respected resource for research and information about wellness, aging, trends in senior living, and aging services innovations.

Senior Living Residences: Each Mather LifeWays residence provides a place where residents can explore their passions, discover new ones, enjoy a community of people who share similar tastes and interests, and simply look forward to looking forward.

Neighborhood Programs: Community-based initiatives bring myriad Ways to Age WellSM to older adults in their neighborhoods—including lifelong learning, wellness programs, technology classes, hands-on art, entertainment, trips, and more.



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



THE POSSIBILITIES ARE LIMITLESS

MATHER LIFEWAYS BY THE NUMBERS*

\$16.6 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

\$2.0 MILLION

in financial assistance provided to residents of our senior living residences

\$495 MILLION**

in investments in our endowment and trusts

\$236 MILLION

in owned or managed property and equipment

\$685 MILLION

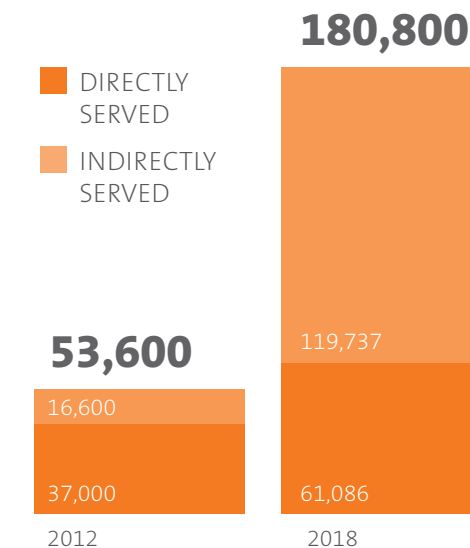
in total assets, with net assets of nearly \$423 million

*as of 12/31/18

**\$532 million as of 4/30/19

NUMBER OF OLDER ADULTS AND PROFESSIONALS SERVED

2012 vs. 2018



The 180,800 people served in 2018 (directly and indirectly) include:

- **41,000** older adults served by community-based initiatives
- **1,100** residents in senior living communities
- **13,600** industry professionals
- **50,900** social media followers

CULTIVATING POSSIBILITIES AT WORK

PROMOTING MULTIPLE DIMENSIONS OF EMPLOYEE WELLNESS

Our mission of helping people Age Well is woven into our workplace culture and our employee benefits. Throughout 2018, Mather LifeWays invested in supporting multiple dimensions of wellness for staff, with these options for unlocking team members' potential:

PERSONAL GROWTH

Each employee can take advantage of Learning to Age Well, an annual reimbursement program for learning something new, from yoga classes to music lessons.

PROFESSIONAL GROWTH

We provide on-the-job skills training to enhance skills as well as multiple leadership training opportunities throughout the year.

WORK-LIFE BALANCE

Our generous, earn-as-you-go paid time off (PTO) program rolls over year to year, offering flexibility to one's schedule.

PHYSICAL HEALTH

Free annual wellness screenings provide employees with invaluable, confidential health data. Additional wellness challenges and programs help employees striving to achieve personal health goals.

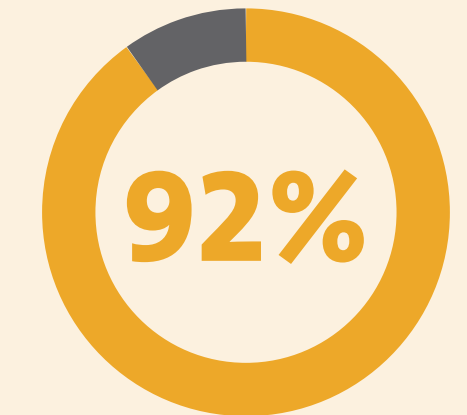
FINANCIAL HEALTH

In addition to competitive wages, Mather LifeWays offers a 401(k) program with a strong employer match as well as a tuition reimbursement program.



2018 EMPLOYEE SATISFACTION SURVEY

Our latest employee satisfaction survey showed that staff are happy to be part of our organization.



of respondents agreed/strongly agreed that they feel they make a difference in people's lives.

88%

of respondents agreed/strongly agreed that Mather LifeWays is a good place to work.

RESEARCH THAT REVEALS GOOD NEWS FOR LIFE PLAN COMMUNITIES

OUR GROUNDBREAKING REPORT HIGHLIGHTS HEALTH OF RESIDENTS

Mather LifeWays Institute on Aging and Northwestern University completed Year 1 of the Age Well Study, a five-year national study on the effects of living in a Life Plan Community on health and well-being. Results show that residents tend to have greater emotional, social, physical, intellectual, and vocational wellness than their community-dwelling counterparts.

This report—representing the most extensive research to-date exploring health and wellness in Life Plan Communities—provides strong evidence for Life Plan Communities as places that offer tremendous opportunities for resident well-being.

Ultimately, the five-year Age Well Study will quantify the wellness benefits of Life Plan Communities, providing data that will inform the senior living industry for years to come. **Download the full report at TheAgeWellStudy.com.**

5,148

Life Plan Community residents participated in the study

80

Life Plan Communities participated in the Age Well Study



69%

of residents reported that moving to a Life Plan Community “somewhat” or “greatly improved” their social wellness



CURRENT COLLABORATIONS

The Institute collaborates on applied research with universities around the country. In addition to the Age Well Study, current collaborations include:

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 examining the effectiveness of a group-based resilience program for residents of senior living communities

Colorado State University:

Research on the impact of different types of employment on long-term cognitive health

George Washington University:

A study of wellness in homebound older adults in the Washington, DC, area



The Mather in Tysons, Virginia
Rendering subject to change



The Mather in Tysons, Virginia
Rendering subject to change

BUILDING EXCITING POSSIBILITIES

GROWTH & TRANSFORMATION IN SENIOR LIVING

Mather LifeWays continues to expand its senior living offerings with The Mather, a Life Plan Community in Tysons, Virginia, projected to open in 2023. The Mather will include 300 apartment homes with spacious, modern-living floor plans ranging from 850 to 3,300 square feet, each with floor-to-ceiling windows, private balconies, and high-end appointments.

The community will be located on an urban green within walking distance of rail service, retail, and restaurants, where residents will be smack dab in the middle of it all.

THE MATHER NAMED “BEST SENIOR LIVING COMMUNITY”

The Mather in Evanston, Illinois, was named “Best Senior Living Community” in the Best of 2018: Home & Design list by readers of *Make It Better* magazine.



Splendido new Villa Home
Rendering subject to change

Splendido, our Life Plan Community in Tucson, launched a transformation last year, with plans to add 47 new Villa Homes; an expansion of Sonora, the on-site health center; and an expansion and renovation of main amenity areas in the community.

97% OF RESIDENTS AGREE

Residents responding to our 2018 satisfaction survey at The Mather, Mather Place, and Splendido said staff are friendly and courteous.

SONORA RANKED #1

Sonora at Splendido ranked #1 out of 142 health centers in the state by the Arizona Health Care Association.

BEST OF THE NORTHWEST

Splendido was named the “Best of the Northwest” in the Active Living Community category by readers of the *Explorer* in Tucson.



100% OCCUPANCY

The Mather and Mather Place achieved 100% occupancy in 2018 and Splendido achieved 97%—that’s an amazing accomplishment, when compared to the industry average of 93%.

Splendido Living Room

MAKING PURSUIT OF PASSIONS POSSIBLE

Each Mather LifeWays senior living community is a place where residents can explore their passions... discover new ones... and enjoy a community of people sharing similar opportunities.



COLOR COMMENTARY
MATHER PLACE (Wilmette, IL)

Creating art has always been an important part of Mather Place resident Essie Landsman's life. An accomplished artist who has lately been working exclusively in watercolors, she enjoys the companionship and resources available in Palettes, the art studio at Mather Place.



AGED TO PERFECTION
THE MATHER (Evanston, IL)

With facilitation from Mather LifeWays Institute on Aging and Loyola University, residents of The Mather co-created a course for Loyola undergraduates called Aged to Perfection, and they led intergenerational sessions on perceptions and realities of aging.



LOOK BOTH WAYS!
THE MATHER (Evanston, IL)

In June 2018, The Mather and the City of Evanston improved safety for residents and staff by dedicating a new crosswalk that safely connects The Mather's two buildings across Davis Street. Residents and staff partnered to bring this to fruition.



ON A ROLL
SPLENDIDO (Tucson, AZ)

Splendido resident Phil Procida, 82, is an avid cyclist who rides 150 to 200+ miles a week with a local bike club, and devotes time and expertise to fixing and donating bikes through Wheels for Kids.



SERVING UP POSSIBILITIES

EXPANDING OUR REACH THROUGH NEIGHBORHOOD PROGRAMS

Through a variety of community-based initiatives, Mather LifeWays is making neighborhoods better places for older adults to live, work, learn, contribute, and play. Locals can take advantage of innovative programming in fitness, arts, and lifelong learning, plus live entertainment and good food.

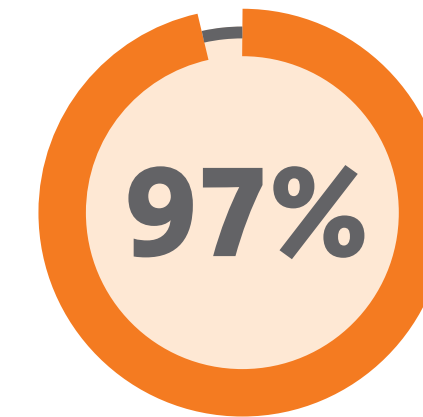
The 2018 customer survey of all locations of Mather LifeWays community-based initiatives revealed:

98% are satisfied with their decision to visit

98% would recommend our services to others

PROGRAMMING AVAILABLE NINE WAYS:

- Chicago neighborhoods of Portage Park, Norwood Park, Chatham, Edgewater & Austin
- Morton Grove, Illinois
- Skokie, Illinois
- Over the phone, through our Telephone Topics
- North Shore Village



feel that Mather LifeWays provides good services

**MORE THAN
40,000 SERVED**

by neighborhood programs in 2018

**ART. FITNESS.
FOOD.**

Each community has its own unique interests, and programs are developed to serve those, from hands-on art classes in Norwood Park to fitness offerings in Chatham.

**WORLDWIDE
REACH**

In 2018, we received continued interest in replication of our model, with inquiries from 47 organizations across 8 countries.

A PASSION FOR POSSIBILITY

MATHER LEFWAYS BOARD OF DIRECTORS

Our Board of Directors provides organizational governance oversight and 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

Gloria Castillo, President & CEO, Chicago United

Michelle Collins, President Cambium LLC

Paulette Dodson, Executive Vice President & General Counsel, Alight Solutions

Mary Louise Gorno, Managing Director, Ingenuity International

Victoria Herget, Former Managing Director, Zurich Scudder Investments

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

Mary Leary, CEO and President, Mather LifeWays

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

Michael McGee, Former Partner, Chapman and Cutler LLP

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

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

Terence Toth, Former President, Northern Trust Global Investments

“YOUR AGE IS
MEASURED BY
YOUR DREAMS
NOT BY THE YEARS”

—AMIT RAY



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.

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

The Mather

(Future Life Plan Community)

Tysons, VA 22102
(703) 348.8522

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

