

personalized care.
expansive luxury.



KOKUA

the
Mather[®]

WELCOME TO KOKUA

We believe that every stage of life holds possibilities for creativity, purpose, and growth. Here, we focus not just on care, but on supporting each resident's personal wellness in ways that suit their needs and interests.

Within Kokua's intimate and welcoming environment, we offer the following:

- assisted living (Ādar)
- memory support (Miran)
- physical, speech, and occupational therapy*

**Rehabilitation services and hospice care are provided by independently owned and operated external providers.*

KOKUA

PRONUNCIATION: KOH-koo-ah

DEFINITION: To extend help to others without expecting anything in return

LANGUAGE: Hawaiian



Kokua is located within The Mather, in the heart of the Tysons area close to restaurants, entertainment, shopping, parks, medical offices, and more. Kokua is on the fourth and fifth floors of The Mather, a beautiful wellness destination.



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The Mather (Tysons, VA) was named Best of the City in the category of senior living two years in a row by *DC Modern Luxury*.



The Mather (Tysons, VA) ranked #1 in “Best in Wellness” senior living communities in North America, earning a 2025 ICAA NuStep Beacon Award.



The Mather (Tysons, VA) received First Place in the Life Plan Community category of the 2024 SHNA Architecture & Design Awards from *Senior Housing News*.



Mather was selected as a Nation’s Best and Brightest in Wellness Award Recipient for the sixth year in a row by the National Association for Business Resources.



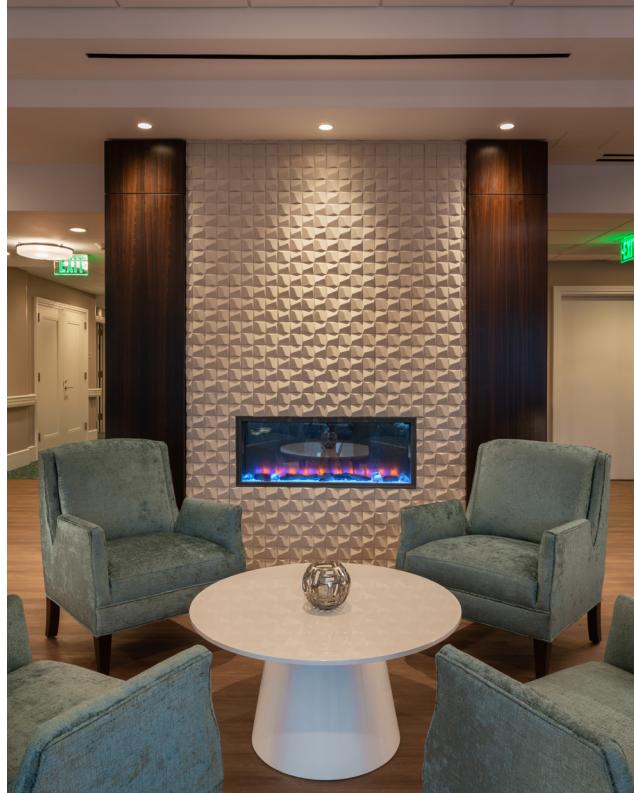
Mather was honored as a 2024–25 Novare® Premier Employer in Satisfaction based on team member survey participation.

Mather is the parent organization that owns and operates The Mather.

INTENTIONAL DESIGN

Physical and emotional well-being is enhanced by biophilic design; because of this, **we focused bringing in natural light with floor-to-ceiling windows that offer a connectedness to the outdoors and used natural materials in our interior design.** Our beautiful park and large outdoor terraces support nature immersion with gardens and sensory experiences.

In Kokua, you'll find welcoming areas to gather, dine, and connect. Residents and their family and friends are invited to treat these spaces as extensions of the resident's home. From art studios to demonstration kitchens to restaurants and inviting seating areas—all are welcome to enjoy our thoughtfully designed spaces.



AMENITIES INCLUDE:

RESTAURANTS:

Alegria

Sortu

Adunā I & Adunā II

PROGRAMS & FLEX SPACES:

Gamsa

Razem

club room

family room

ART & WELLNESS:

Thalia Music Studio

art studios

Marzenia Salon

physical, speech, and occupational therapy
outdoor terraces



A UNIQUE APPROACH TO WELLNESS

We believe well-being is within reach at all stages of life's journey.

Our culture of well-being fosters curiosity and personal transformation—embracing a person-centered approach that specifically supports older adults' pursuit of meaningful engagement.

In Kokua, everyday programs are designed to include purposeful and creative encounters; avenues to cultivate feelings of belonging, connection, and peer exchange; and opportunities for reflection, connection, and celebration.

Our robust schedule of daily opportunities for engagement, lifelong learning, movement, self-expression, and social connection reflects our ContinuWell™ guiding philosophy. ContinuWell™ signature programs are informed by Mather Institute's Person-Centric Wellness Model, global wellness trends, and practices in the wellness space.

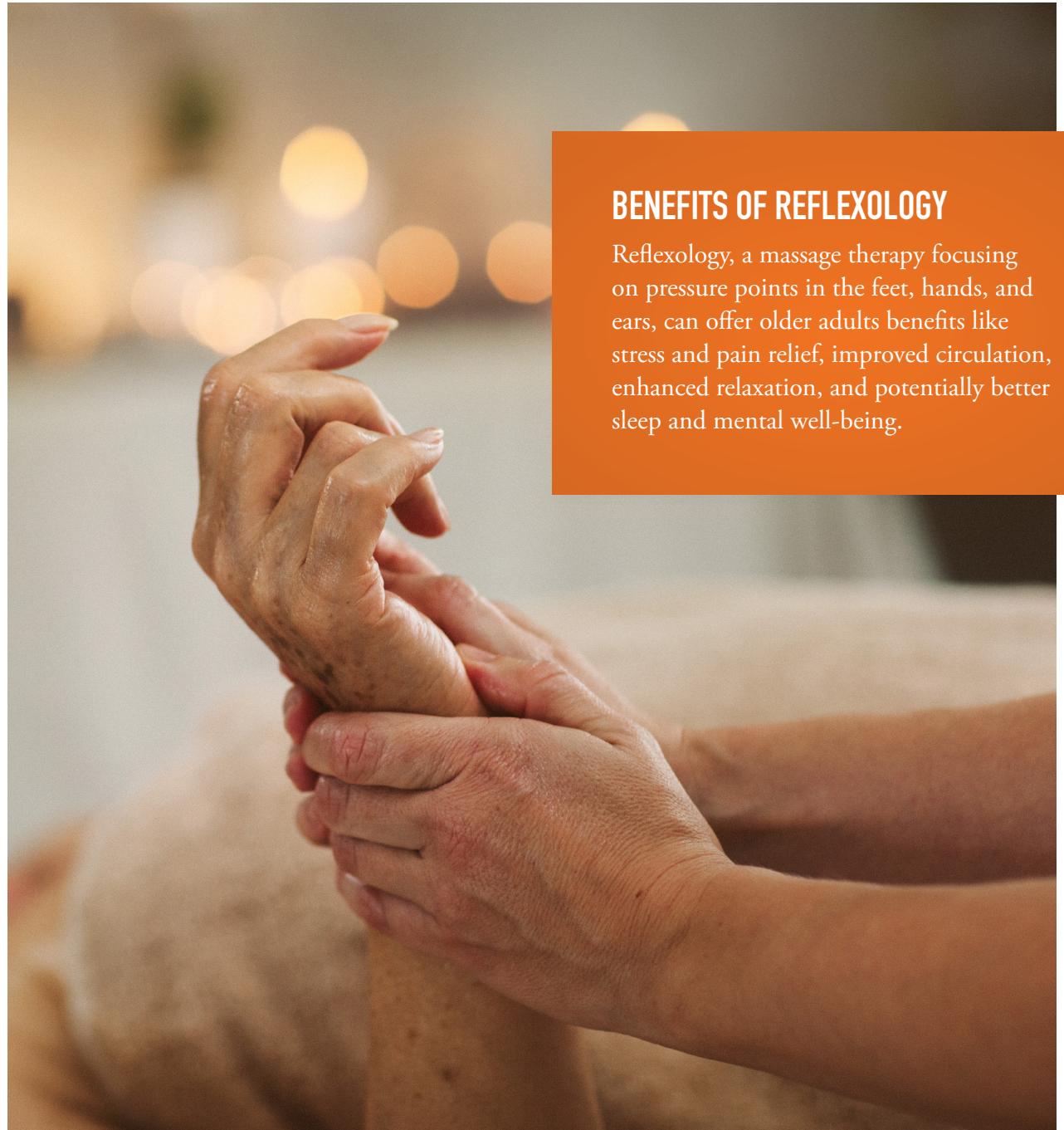
SIX ELEMENTS OF CONTINUWELL™

- 1 **signature experiences**
- 2 **rituals**
- 3 **biohacking & wellness services**
- 4 **self-guided journeys**
- 5 **functional foods**
- 6 **wellness tech**

CONTINUWELL™ EXPERIENCES

- thrive & bloom: year-round gardening
- colorwalk: mindfulness in motion
- personalized art & music therapy
- poetry for the soul
- story lab
- Sensory Symphony Swim
- boxing for Parkinson's
- dance exchange
- yoga therapies
- equine wellness
- sanctuary of the senses
- mindfulness & meditation
- aromatherapy
- acupuncture
- Reiki
- vibrational therapy
- reflexology
- sensory walk
- culinary demonstrations and nutrition workshops
- signature mocktails

This special curation of ContinuWell™ offerings may be available year-round, strategically scheduled throughout the year, or booked as private/family experiences. Some occur within Kokua, while others may utilize broader community amenities or external locations.



BENEFITS OF REFLEXOLOGY

Reflexology, a massage therapy focusing on pressure points in the feet, hands, and ears, can offer older adults benefits like stress and pain relief, improved circulation, enhanced relaxation, and potentially better sleep and mental well-being.



FOCUS ON THE ARTS

We provide a culture of creativity with offerings that support wellness through self-expression and the arts:

- An art therapist supports individual and group projects within our art studios, encouraging creativity and exploration through diverse media.
- Curated trips include accessible visits to area museums.
- Dance and rhythm programs are inclusive, and some feature instructors from local performing arts organizations.
- Songwriting workshops, music and story recordings, and signature Songs of Self program. All of these experiences and more can take place in our a soundproof music studio (called Thalia, Greek for “flourishing) complete with recording equipment and instruments.
- Opportunities for self-expression and introspection include storytelling, poetry readings, mindfulness, open mics, and creative writing workshops.

CULINARY PROGRAM

Kokua's restaurants feature chef-prepared meals and rotating menus. Restaurants provide table service and open hours for each meal with no assigned seating times. Our pastry team creates homemade desserts daily, including gluten-free and sugar-free options.

In addition, Kokua offers the following:

- Mediterranean cuisine is a regular part of our menus, with a focus on fresh ingredients, lean proteins, and whole grains.
- We offer plant-forward options that are inventive and healthful, such as seasonal squash ravioli.
- Full demonstration kitchens for tastings, chef's tables, cooking demonstrations, family visits for meals or baking.
- Private dining spaces for small private events.
- Opportunities for outdoor dining, weather permitting.
- Diverse beverage program highlighting zero-proof options for wine, beer, and craft cocktails.





INDIVIDUALIZED, COLLABORATIVE CARE

Kokua's dedicated, interdisciplinary team uses evidence-based care practices tailored to each resident. That team comprises the following:

- administrator
- registered nurses (RNs)
- licensed practical nurses (LPNs)
- certified nursing assistants (CNAs)
- certified dementia practitioner
- medical director/physician assistant
- rehabilitation services
- social worker
- certified dietary manager
- art & music therapists
- engagement professionals & wellness providers

ADDITIONAL SUPPORT SERVICES:

The following are available on-site to residents through outside providers:

- dentistry
- psychology and psychiatry
- podiatry
- hospice and palliative care
- mobile radiology
- laboratory services
- medical supply, medical equipment, durable medical equipment services procurement
- vaccination services
- oxygen services

KOKUA ALSO OFFERS:

- interpreter services
- transportation arrangements
- mail and package delivery

ĀDAR – ASSISTED LIVING

Residents in Ādar can explore innovative programs and pursuits that meet their interests, with support when needed.

ONE-BEDROOM APARTMENTS

Ādar apartment homes offer intimate, welcoming spaces in a neighborhood environment. Residents can create a familiar space with their own furniture, artwork, and belongings. Each apartment home includes the following:

- a living room and bedroom
- window treatments
- a flat-screen TV
- a private bath with easy access shower, assist bars, and shower bench
- a kitchenette with refrigerator, microwave, and sink
- individually controlled heating and air-conditioning.



ĀDAR

PRONUNCIATION: AH-dur
DEFINITION: Respect
LANGUAGE: Hindi

Ādar combines residential living with assisted living services, encouraging residents to remain as independent as possible. Certified nursing assistants (CNAs) provide 24-hour assistance with daily tasks such as bathing, dressing, grooming and personal care.

THE FOLLOWING ARE INCLUDED IN THE MONTHLY FEE FOR ĀDAR:

- three nutritious meals per day in Kokua, prepared and served by a dedicated team of culinary professionals and under the direction of our executive chef, executive pastry chef, and certified dietary manager
- person-centered recreational, cultural, and creative arts programs
- assistance with bathing, dressing, and grooming
- medication management
- social work assistance/support
- housekeeping services
- television and basic television service
- Wi-Fi

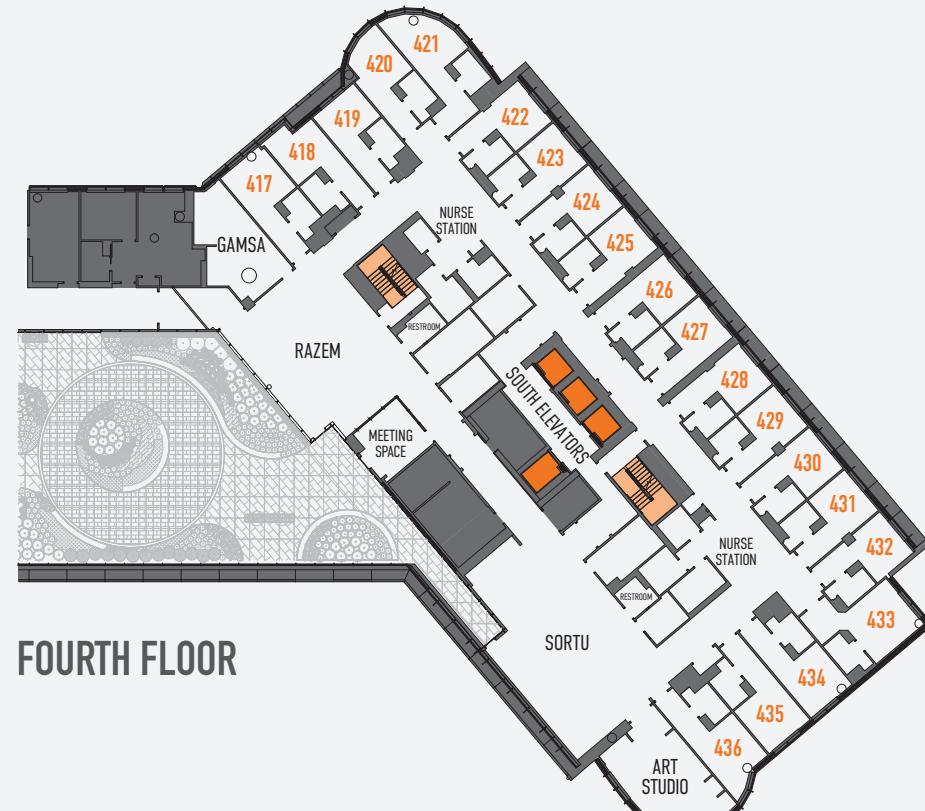
Ancillary Fees may include lab services, rehabilitation therapy services, radiology services, medical and personal care supplies, medical equipment, pharmacy, and personal laundry. Please see the Ancillary Fee Schedule for details.



MIRAN – MEMORY SUPPORT

In Miran, residents have unique opportunities to connect with others, express creativity, and explore their own potential. Here, services are specifically designed for those with mild to moderate Alzheimer's disease, dementia, or similar cognitive conditions—providing social connection, wellness opportunities, creative arts programming, and individualized care plans.

An interdisciplinary team of professionals gets to know each resident, and are committed to enhancing their well-being by providing individualized care and attention. A certified nursing assistant is in attendance 24 hours a day a day to assist with event reminders and activities of daily living, such as bathing, dressing, and personal grooming.



FOURTH FLOOR

MIRAN

PRONUNCIATION: MEE-rahn

DEFINITION: Peaceful

LANGUAGE: Croatian

Miran private suites come fully furnished with a bed, wardrobe, nightstand, and include a private bath with shower. Residents who wish to bring their personal furniture, artwork, and belongings to create a familiar space are welcome to do so.



THE FOLLOWING ARE INCLUDED IN THE MONTHLY FEE FOR MIRAN:

- three nutritious meals per day in Kokua, prepared and served by a dedicated team of culinary professionals and under the direction of our executive chef, executive pastry chef, and certified dietary manager
- person-centered recreational, cultural, and creative arts programs
- assistance with bathing, dressing, and grooming
- medication management
- social work assistance/support
- housekeeping services
- television and basic television service
- Wi-Fi

Ancillary Fees may include lab services, rehabilitation therapy services, radiology services, medical and personal care supplies, medical equipment, pharmacy, and personal laundry. Please see the Ancillary Fee Schedule for details.

PRIME LOCATION

Kokua at The Mather is conveniently located smack dab in the middle of it all—in an urban neighborhood destination: Tysons, Virginia. Located near the Silver Line Metro, area hospitals and medical centers, restaurants, shopping, and parks, Kokua is in a prime location with wonderful urban and garden views.

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Subject to change without notice.

