



Ingleside Expands Continuum of Older Adult Services

Inclusive and Diverse Communities to Offer Dedicated Memory Support Assisted Living Residences and Centers For Healthy Living

WASHINGTON – [Ingleside at Rock Creek](#) and [Ingleside at King Farm](#), premier, life plan communities located in Washington D.C. and Rockville, Maryland respectively, have new Memory Support Assisted Living residences for those living with Alzheimer’s and other dementias, also known as neurocognitive disorders. Ingleside at King Farm’s addition has already opened its doors with Ingleside at Rock Creek’s opening soon.

The new Memory Support Assisted Living offers a person-directed approach with individualized therapeutic programs offering music, art, movement, pet and recreational therapy. The one-of-a-kind memory support program will have technology programs such as *It’s Never 2 Late* and *MemoryWell*. Both communities’ residents can rely on a caring team who are educated in best practices in neurocognitive disorders with on-site physician offices, therapy suites, a wellness center, salon and spa, and more.

“Ingleside’s well-being philosophy is at the heart of helping every individual in the memory support programs flourish by supporting the founding principles,” said President and CEO, Lynn O’Connor. “These principles include authentic living, autonomy, wellness, purposeful living, connection and being seen. Residents will continue their routine central to their lives, have access to and participate in purposeful and meaningful activities, and enhance their engagement in knowing themselves as a valued and important part of the community.”

The communities’ new Centers for Healthy Living are expanding engaged living options by adding classrooms, instructional space, and a wide range of amenities and programs that nourish body, mind and spirit. They will be comprised of a creative arts center where visual arts are explored and celebrated through exhibitions, special events, new fitness studios and more. These centers reflect the communities’ ongoing commitment to providing residents with the resources to achieve and maintain an integrated and engaged life.

“Ingleside at Rock Creek’s new Memory Support Assisted Living neighborhoods are designed to enhance every individual’s unique journey through a meaningful life and offer social integration with the greater Ingleside community,” said Ingleside at Rock Creek Executive Director, Frank Beech. “We are excited to see the pairing of these neighborhoods and the Center for Healthy Living come to fruition and offer even more amenities to residents throughout the full continuum of support.”

The Centers for Healthy Living will later be accompanied by more than 100 new independent living residences at [Gardenside](#) and at [Creekside](#) by the end of 2019 and early 2020 respectively. Ingleside at King Farm’s Gardenside will add 120 independent living residences and Ingleside at Rock Creek’s Creekside will add 105 independent living residences.

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About Ingleside at Rock Creek

Ingleside at Rock Creek is an older adult living community located in Washington, D.C., and is a member of the Ingleside family of communities. The CARF-accredited, SAGECare platinum LGBT cultural competency credentialed, not-for-profit life plan community provides residents independent living, assisted living, skilled nursing, memory care and rehabilitation services. Residents can engage in a wide variety of wellness and lifelong learning opportunities and access a broad range of services and amenities. Ingleside at Rock Creek is known for its support of local arts initiatives and resident life enrichment programs. For more information, visit www.ircdc.org. Follow Ingleside at Rock Creek on Facebook [here](#).