



NEWS RELEASE

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Media Contact:

Ailis Wolf

301-836-1516 x7 or awolf@veandco.com
[@VEandCo](https://www.facebook.com/VEandCo)

Gautier Lemyze-Young

301-836-1516 x8 or gyoung@veandco.com

Ingleside at Rock Creek Expanding Residential and Health Care Offerings

Expansion to Include Independent and Assisted Living Residences, Medical Services and Additional Amenities

Washington, D.C. – [Ingleside at Rock Creek](http://www.ircdc.org), a member of the not-for-profit Ingleside family of communities, will be adding to its continuing care retirement living opportunities with two new mid-rise buildings and a new four-story Health Services Center. The addition, named “[Creekside](http://www.ircdc.org/creekside),” is expected to break ground in 2017.

The mid-rise buildings will house 97 upscale independent living residences and 12 assisted living residences, which will connect to each other and to the existing buildings. All Ingleside at Rock Creek residents will benefit from a new Center for Healthy Living. The Center will feature a salon and day spa, a bistro, classrooms and art studios, a yoga and aerobics studio, a state-of-the-art technology center, a meditation room, a fitness and wellness center and underground parking.

The new four-story Health Services Center will feature medical services, rehabilitation and therapy gym, 32 memory support assisted living residences, 32 long-term care private suites and 32 rehabilitation private suites.

“There is a significant ongoing demand in the marketplace for quality residential options and the addition of Creekside is our effort to serve our community’s needs,” said [Ingleside President and CEO Lynn O’Connor](http://www.ircdc.org). “Ingleside is passionate about providing the highest quality and variety of services, allowing residents to live out our mantra of ‘engaged living.’ Creekside reflects our commitment to always striving to meet the needs of our residents while staying at the cutting edge of service offerings.”

For the expansion, Ingleside has partnered with architecture firm Perkins Eastman, development firm Greenbrier Development and building contractor firm Whiting-Turner, all of whom have a specialty in senior living communities. The project is being managed by Westminster Ingleside Group, an Ingleside organization.

For more information on Ingleside at Rock Creek and its planned expansion, Creekside, visit <http://www.ircdc.org/creekside>.

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About Ingleside at Rock Creek

Ingleside at Rock Creek is a senior living community located in Washington, D.C., and is a member of the Ingleside family of communities. The not-for-profit continuing care retirement community provides residents independent living, assisted living, skilled nursing 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 on Facebook [here](https://www.facebook.com/VEandCo).