



## **Ingleside Expands Continuum of Older Adult Services**

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

**ROCKVILLE, Md.** – [Ingleside at King Farm](#) and [Ingleside at Rock Creek](#), premier, life plan communities located in Rockville, Maryland and Washington D.C. 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.

“At Ingleside, we focus on providing extraordinary services and amenities to all of the residents,” said Ingleside at King Farm Executive Director, Michelle Kraus. “After recently being selected as one of Montgomery Magazine’s ‘best of’ retirement communities, we are excited to open the doors to the Centers for Healthy Living and Memory Support Assisted Living programs with technology-based engagement opportunities incorporated into their daily lives that will further expand the continuum of support we offer to the residents.”

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 King Farm**

Ingleside at King Farm is an older adult living community recently selected as a winner in Montgomery Magazine’s 2019 best of retirement communities located in Rockville, MD and is a member of the [Ingleside](#) family of communities. The not-for-profit, SAGECare platinum LGBT cultural competency credentialed, 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 King Farm offers a signature cultural arts program. Ingleside at King Farm is fully [accredited](#) by the Commission on Accreditation of Rehabilitation Facilities (CARF), the independent organization that evaluates CCRCs on 1,700 different criteria, from health care to food service to finances. For more information, visit [www.ikfmd.org/](http://www.ikfmd.org/) Follow Ingleside at King Farm on Facebook [here](#).