Sara Woodward’s title at Ingleside at King Farm is Director of Life Enrichment. That description has never been more appropriate than now. Sara says that even with the challenges of life during the pandemic residents at Ingleside have continued to enrich their lives and the lives of others by embracing technology and innovation. She says, “Here at Ingleside at King Farm we’ve seen a tremendous response by residents and staff to embrace technology.” In fact Woodward noted, “every single week, we see our Zoom adoption numbers by our residents spike.” In addition, Sara says that social distancing rules allow for social interaction. “Small groups are enjoying the use of outdoor spaces and designated common areas to connect. As difficult as COVID-19 has been for all of us, we are seeing the resilience of our residents and the creativity of our community leadership to shine.”

Sara continues, “We’re offering a variety of programs and opportunities not only internally, but also from many available external resources.” As an example she says, “The National Philharmonic is offering virtual concerts this season and we will host discussion groups following the performance.”

Sara Woodward grew up in Manassas, VA and is a Board-Certified Music Therapist (MT-BC) and Certified Dementia Practitioner.
Less Time Worrying

MORE TIME ENJOYING LIFE

At Ingleside, our friendly and professional staff works hard so you don’t have to. Every service and amenity at our community has been designed to provide freedom from everyday hassles. Imagine how life can be when you no longer will worry about raking leaves, cleaning the gutters, mowing the lawn, or climbing ladders. When the icy winds of winter begin to blow there will be no need to venture out into the cold—good friends, great dining, and community amenities are only a few steps from your door.

Residents enjoy access and benefits from a wide range of exceptional amenities and programs that nourish body, mind, and spirit. The Center for Healthy Living includes a cultural arts center, fitness and wellness center, salon and spa, classrooms, art studio, and bistro-style dining. Everything you need is in a convenient location, and helps promote, develop, and maintain an active, independent living lifestyle, while optimizing vitality and happiness.

With fall already here and winter on the way—this is the perfect time to move to Ingleside at King Farm.

Call 240-380-2673 for more information and reserve your residence today!

MESSAGE FROM THE
Executive Director

There’s a special feeling in the air this fall at Ingleside at King Farm. The community is thriving and residents are continually finding creative ways to engage using virtual platforms and social distancing to connect with one another, friends and family. We have welcomed many new friends and neighbors into our community this year and it is only fitting with Autumn now upon us, that we view the upcoming season as a metaphor to describe the wonderful and colorful changes. Remarkable things are happening at Ingleside at King Farm, and I would love to personally invite you to come in and see it for yourself. Fall is a beautiful time to visit—call or email us today to schedule a private tour!

MICHELLE KRAUS
Choose Gardenside

LOCATED IN THE KING FARM NEIGHBORHOOD

Choosing where to live is one of the most personal choices one makes in life. Gardenside at Ingleside at King Farm merges engaged living with stylish accommodations including an abundance of windows that infuse the living space with natural light, plus spacious terraces with campus views available in a majority of the residences.

All Gardenside residences are designed with fine interior appointments, while leaving enough room to offer plenty of inspiration for your individual style. Each interior floorplan offers you distinctive styles filled with a host of quality amenities, including a fully equipped kitchen, top-of-the-line finishes, individually controlled heating and air-conditioning, washer and dryer, and spacious storage.

The community is fortunate to be located within King Farm, a beautiful, intergenerational, mixed use community, inspired by “New Urbanism,” a design philosophy that is pedestrian-friendly. Tree-lined streets, nearby shopping, restaurants, parks, and recreational opportunities lend a small-town ambiance. Ingleside at King Farm is situated in an area that is walkable and yet provides easy access to sites and joys of Washington, DC via I-270 as well as the Shady Grove Metro. Rockville is also known for its lively arts community, with museums, galleries, and performing arts such as local theatre, concerts, and symphony. See for yourself why residents call Ingleside at King Farm their home.
These are just a few of our spacious apartment homes featuring an open floor plan, natural light, and modern conveniences—all designed with easy living in mind.

You can view our interactive floorplans online at [www.ikfmd.org/floorplans](http://www.ikfmd.org/floorplans).
Toni and Hans Schierling were among the first residents of Gardenside moving into the Ingleside community in January. Toni earned her master’s degree in chemistry at Catholic University in DC. It was a stroke of luck that Hans began graduate studies in nuclear engineering at the very same university.

A meeting at a Valentine’s Day party led to the wondrous adventure of a fascinating life together. Toni started teaching chemistry at a DC high school. With three small children at home, Toni transitioned to a career in investment counseling, a profession she pursued until her retirement. Hans, embarked on career as a licensing engineer with the U.S. Nuclear Regulatory Commission (NRC).

The decision to move to Ingleside at King Farm was an easy one. Toni says, “We looked at several communities and it was obvious that Ingleside had the best amenities and the most caring staff.” Hans adds, “We loved the location. Our previous home was only four or five miles from Ingleside so we can visit friends easily and there are many beautiful paths for walking.”

There are many attributes to life at Ingleside at King Farm that appeal to the Schierlings’. Hans talks about the community culture, “We felt welcomed immediately, our new home energizes us and given the challenges of Covid we are still able to be social and active. Since the pandemic started, Ingleside has done a remarkable job of communicating and keeping us safe and secure. We are very thankful. This a great place to live.”
## REASONS WHY YOU SHOULD MOVE BEFORE WINTER TO Ingleside at King Farm

### HEALTHY REAL ESTATE MARKET

With local housing prices on the rise, there has never been a better time to maximize the return you’ll gain on your current residence. Leave uncertainty and worry behind knowing that you have a predictable and secure plan for the future at Ingleside.

### NO MORE MAINTENANCE

Say goodbye to raking leaves, shoveling snow, icy roads, and expensive home maintenance. Ingleside also provides transportation and door-to-door service for grocery shopping or medical appointments.

### MULTIPLE DINING OPTIONS

Local and fresh culinary delights are prepared daily in our kitchens. Inspired menus can be found in the beautifully designed dining room, light fare in the café, or simply order meals delivered right to your residence.

### STAYING FIT AND ENGAGED

Our Center for Healthy Living will keep you active and engaged by providing a wide range of social events and programs. Take a virtual exercise class, enjoy a concert, or listen to a lecture—all while staying safe and socially distant.