



THE Inglesider

W I N T E R 2 0 0 9

INGLESIDE IS ON THE MOVE!

There's a feeling of momentum here, of quickly spreading energy, of rapidly evolving excitement and community. And that feeling is substantiated by some solid facts:

- The occupancy rate at Ingleside at King Farm is approaching 60% after only eight months of operation – well ahead of projections.
- There is a steady flow of residents moving in through the end of the year, with the most popular apartments filling up quickly.

- The financial picture is stable and strong. Having already paid all the 2013 bonds and 25% of its 2017 debt, Ingleside at King Farm is more than three years ahead of schedule.



Ingleside residents Larry and Renate Garufi.



“We really have a super group of residents.”

Executive Director Jon Garber attributes Ingleside at King Farm's momentum to three differentiators: the quality of the staff, a phenomenal group of residents, and operational success.

“From the beginning we recruited, trained, and developed our staff,” he said. “We truly hired from the heart and invested a great deal in creating a sense of culture with our staff, who now have truly remarkable relationships with our residents.

“If you go to the Marketplace at lunchtime, you'll see residents and staff eating together. If a resident is ill, you'll find the staff calling them, offering to do errands for them. We couldn't be more thrilled with our staff.”

Second, Ingleside has a fantastic group of residents who are really involved in the community, who

see the community as their home, and who have reached out to each other and to prospective residents. “We have residents taking ownership of the library committee, an activities committee, a dining committee, and really helping and supporting each other in lots of ways,” Garber said.

Residents lead book clubs and Bible studies and take an active part in bridge night and game night. “They also come up with some great ideas to help us with building operations,” Garber said. “We really have a super group of residents.”

Third, no detail has been overlooked. Garber called the dining program a huge success, especially the flexible system that allows residents to use their dining

credits over a 90-day period. “They're really happy with the food, the service, and the selection,” he said.

Residents also love the Cultural Arts Program, which is different from those of other communities. “Our Cultural Arts Program is lifelong learning, it's more sophisticated trips and outings to museums and symphonies, it's bringing quality musical and educational programs to the community,” Garber said.

Because of these differentiators, residents reach out to promote the community to their families and friends and even to people who are just looking at the community. “People genuinely want to be here and to make this wonderful place their home,” Garber said. “You can't ask for anything better than that.” ■



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THE **SUMMIT AT**
Ingleside
 AT KING FARM

One of the hallmarks of a full-service retirement community has become a reality at Ingleside at King Farm. The Summit, a campus for assisted living, memory care, and skilled nursing, opened in June, offering the largest assisted living apartments in the region.

Ingleside is licensed to provide the highest level of care available in assisted living – an important differentiator for many who have selected this as a retirement community. Yet even though the highest level of care is available, retirees who choose assisted living at The Summit will find that independence is encouraged and wellness emphasized, said Jennifer Abergel, Health Care Administrator for Ingleside at King Farm.

“There is nothing formulaic about our approach to assisted living,” Abergel said. “Our specially trained staff offers flexibility and personalized attention to accommodate each individual’s preferences and needs.”

The Summit features three separate neighborhoods: private assisted living apartments, private skilled nursing suites, and a special memory care neighborhood.

The assisted living apartments are available in one-and two-bedroom apartments that are quite spacious. Each apartment features a living room,

kitchen, bedroom(s), private bathroom, walk-in closet, wall-to-wall carpeting, local telephone service, cable connection and an emergency response system. “Residents receive three balanced meals a day, medication management, light housekeeping, bed and bath linen laundering and changing, scheduled transportation, and a full calendar of daily activities,” Abergel said.

Resident Margaret Miller says she is very pleased: “My apartment feels like home, and every day I enjoy the wide variety of activities offered.”



Margaret Miller enjoys her new assisted living apartment home in The Summit at Ingleside.

If assisted living should prove insufficient at some point, The Summit offers skilled nursing and dementia care if ever needed.

Additional medical services such as podiatry, pharmacy services, radiology and physical therapy are also available on site. And for any resident of Ingleside at King Farm, a Wellness Center is adjacent to the Summit.

“The Summit is the culmination of Ingleside at King Farm’s mission to provide a continuum of independent living, assisted living, and skilled nursing care – at whatever level suits a resident’s needs,” said Ingleside at King Farm Executive Director Jon Garber. “It helps fulfill the vision of Ingleside’s founders, who have been providing high quality housing, health care and services to area seniors since 1906.” ■

ROSH HASHANAH CELEBRATED

Ingleside at King Farm resident Carol Witt wanted some company to celebrate Rosh Hashanah this year, as her husband had died a year ago. She never imagined the celebration of the Jewish New Year would end up being a community event, but that’s exactly what it turned out to be.

She asked if she could announce a Rosh Hashanah celebration in the daily resident update, and once she did the response was so enthusiastic that the event had to be moved from Carol’s apartment to Ingleside at King Farm’s main atrium.

Not all the attendees were Jewish. “There’s such a community spirit here that we all just enjoyed being part of something special together,” Carol said. It’s customary to wish people a sweet New Year by spreading honey on apple slices or on pieces of the round braided loaves (challot) prepared especially for this season. “As the holiday approached, I had to keep revising the amount of food I needed!” Carol said.

As a librarian, Carol found a simple explanation of Rosh Hashanah and had it printed for her guests. By the time Rosh Hashanah arrived, there were 75 residents listening to the shofar (a ram’s horn



Ingleside resident Carol Witt hosts the first Ingleside Rosh Hashanah celebration.

traditionally blown to usher in the New Year), dipping apples in honey, and making the traditional blessing over a glass of wine. She even got some help from the staff. Executive Director Jon Garber offered to supply the wine and blow the shofar, and Jack Loube, husband of Ingleside’s concierge, assisted by making the calls that precede the shofar blasts.

Fellow resident Raj Bery attended the celebration and found it fascinating. “There’s a remarkable similarity in the observance of the New Year in most religions of the world,” he said. “I truly enjoyed experiencing this particular tradition.”

“I couldn’t have imagined it would be so much fun,” Carol said. “Having this warm, open community made a perfect start to the New Year and a new beginning for all of us here at Ingleside.” ■

DIRECTOR'S CORNER



When I'm asked what's contributing to our phenomenal growth, I say that part of the reason for our success is the quality of our product, our services, the community, the excitement of the residents and their connection to other future residents, and our financial soundness. And now that we're in full swing with a full slate of activities, I'm coming to see first-hand what those words really mean and what makes our community special.

We had a Halloween celebration for nearly 100 4-year-olds with a multi-generational program. It was great seeing all the residents who signed up for the event interacting with the kids, helping them make cut-out bats, listening to them sing, and just being part of the day. My dog Emmie proved to be a big hit and behaved herself with all the children and residents.

I also loved seeing residents dancing at the Luau, or taking part in Oktoberfest. People really pulled together to make these events a success. Our Cultural Arts, dining, house-keeping and maintenance teams combined to plan and implement these and other events, partnering with resident committees.

Yes, we had planned the events, but it was the residents and staff who made them their own and made them come alive. I like to think we've put the building blocks in place to enable this sense of community, this type of success. But that's something you can't plan or direct. It either happens or it doesn't, and there's no question about what is happening here. I feel truly grateful and blessed to be part of it.

Sincerely,

Meet Your New Neighbor PEGGY ADAMS

Peggy Adams walked into her new home, saw the spacious interior and fabulous views, and said, "Oh, should I really have a house like this to myself?" Her children quickly convinced her she should, and she's very happy they did.

Peggy's husband had helped her choose their new home while he was alive, and Peggy enjoys knowing they selected it together. "Having raised five children, I was used to a big house, so I wanted the feel of spaciousness without feeling like I was rattling around," Peggy said. "I fit my whole dining set in here. There aren't many places you can do that!"

After spending 20 years in Denver, the family moved to Potomac, where Peggy still has friends and family. In 2005, they decided on Ingleside at King Farm. "We liked the plan, including the financial plan," Peggy said, "and we knew it was time – past time, in fact!"

"This is definitely the place for me. I wanted people around me and that's what I have. Now that it's turned chilly, I go down to the lobby to find a brightly lit fireplace.

It's wonderful to read there and look up and talk with people."

But Peggy does more than read by the fire. She's often visiting her children and seven grandkids around the country. When she comes home, however, she says, "Besides my being happy, my girls are happy because they don't have to worry about me."

She especially enjoys the Cultural Arts trips. "I was here only six weeks and already we had gone to the Shakespeare Theatre, Dumbarton Oaks, and a modern dance performance," Peggy said. She is also an avid bridge player and is looking forward to the pool opening so she can swim. Meanwhile, she's working with Erich Lichota, the IKF personal trainer.



As much as the activities, Peggy appreciates the people. "The staff is so helpful and Jon Garber is great," she said. "Plus the other residents are so welcoming and friendly."

As one of Ingleside at King Farm's "first families," Peggy now welcomes newcomers herself. They'd be hard pressed to find a more enthusiastic advocate! ■

Do You Have The Inside Scoop on Ingleside?

Answers are printed on page 4.

1. How many out-of-state residents do we have?
2. Who has come the farthest?
3. How long have we been operational?
4. When was the Grand Opening?
5. When did Ingleside's day spa open its doors for business?
6. What recent celebratory event led to staff and residents dancing the Polka?



Upcoming Events for Ingleside at King Farm

JOIN US

at Ingleside, 701 King Farm Boulevard, Rockville, MD

- Dec 3 1:30 – 3:30 Holiday Open House Celebration
- January 21, 2010 11:00 Informational Luncheon

Please call for reservations
240-499-9019



Answers to Inside Scoop on page 3: 1. We have 18 residents from out of state. 2. Three of them have come the farthest, from California. 3. We have been operational since March 25, about 8 months. 4. The Grand Opening was Saturday, May 2nd. 5. Ingleside's day spa opened its doors on November 10, 2009. 6. Oktoberfest.



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