The Good We Do
2014 Social Accountability Report
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Note: Individuals in articles and photographs within this report in no way correspond to the receipt of charitable care.
INGLESIDE

Vision
Ingleside leads the way by creating diverse and enriched opportunities for seniors.

Mission
Ingleside provides strategic and operational leadership that enables our affiliates to excel in their missions.

Values
Accountability
We take ownership of our actions and decisions.

Respect
As a spiritually rich organization we treat each other with integrity as we wish to be treated.

Innovation
We embrace and strive for creativity and change.

Stewardship
We are responsible and conscientious guardians of our resources and assets for the benefit of our residents and the larger community.

Excellence
We strive for the highest level of performance and satisfaction.
Ingleside Social Accountability Committee

Preamble
The Ingleside Social Accountability Committee represents the three CCRCs of Ingleside at Rock Creek, Westminster at Lake Ridge, Ingleside at King Farm, and the Westminster Ingleside Foundation serving as the Social Accountability arm of Ingleside.

Vision
We are three spiritually rich retirement communities committed to serving the greater good. We celebrate relationships of service across our communities, trusting that our vision will undergird and lead our social outreach and actions.

Mission
We contribute to the quality of the spiritual, social, emotional, financial, and vocational lives of our residents and of persons and groups in our neighboring communities.

2014 Ingleside Social Accountability Committee Members

Co-Chairs
Mrs. Lynn O’Connor
Ms. Louise Winfield

Members
Ms. Patricia Butler-Burkart
Ms. Diana Cirone
The Rev. Dawn Haeger
The Rev. Dr. Ruth Kent
Mrs. Bunty Ketcham
Mr. Robert Lancelotta
Ms. Susan Lasher
Ms. Elizabeth Leeman
Mr. George Marling
Mr. Raymond Mountain
Ms. Dee Pekruhn
The Rev. Richard Thayer
Ms. Dusanka Delovska-Trajkova
Dear Friends

Each day residents and staff from the Ingleside: Ingleside at Rock Creek, Westminster at Lake Ridge, and Ingleside at King Farm, are engaged in making a difference in the lives of others, both on and off our campuses. To celebrate our success we offer you The Good We Do, our annual social accountability report. Our report includes much more than facts, figures, and the economics and quantitative measures of how our communities give back. The heart of The Good We Do is in the stories, small snippets of how we affect the daily lives of our friends and neighbors, both on and off our campuses. For those situations, an exact dollar value is impossible to measure, yet the joy the volunteer receives for giving, and the gift received through our engagement enriches lives, having lasting impacts.

The “We” is the collaboration of residents, staff, and families who look outside the box, outside our walls and windows. We are identifying needs and concerns taking a toll around us and taking actions to create change and build relationships addressing these areas. It’s nothing new at Ingleside, here we call it engaged living and it happens every day.

Lynn O’Connor
President and CEO

Morgan O. Doolittle III
Chair

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2014 Social Accountability Summary

Benevolence
During 2014, we shared our signature services of compassion, extraordinary healthcare and community with approximately 800 residents. Some residents had outlived their resources and as a result were unable to pay their full cost of care. To that end, Ingleside provided almost $1.8m of charitable care for these residents so that they may remain in the place they call home. This charitable care comes through direct benevolence or by subsidizing the cost of programs like Medicaid. Ingleside at Rock Creek, Westminster at Lake Ridge, and Ingleside at King Farm are grateful to be able to provide for others in their time of need.

Employment
The ministry of Ingleside at Rock Creek, Westminster at Lake Ridge, and Ingleside at King Farm would never be possible without the competent, caring employees found throughout the organizations. In total, Ingleside employed 924 individuals, paying almost $23m in total wages; including almost $3.0m in health insurance premiums and an additional $262k in retirement benefit expenses. The employees of Ingleside bring comfort to our residents on a daily basis. It is a great privilege of the organization to offer that same sense of security to those we employ.

Volunteerism
Our communities, along with its employees and residents, donated $1.464m worth of support, in donations of time and service during 2014. Ingleside supports organizations that not only serve the aging population, but also the many other viable organizations within the broader community. The diversity of our employees and residents affords us the opportunity to expand our boundaries well beyond the walls of our existing communities. As an organization, Ingleside greatly values this service to others.

Another Year of Passion for the Community
In summary, 2014 exemplified the passion and purpose within Ingleside. We are greatly proud of the fact that we were able to contribute a total of more than $3.25m in charitable contributions to the many people and organizations in the greater community whom we serve. We are grateful for the opportunity to be a part of so many lives and we look forward to continuing our ministry of service well into the future. Simply put, “we are here to serve”.

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Habitat for Humanity at Maple Hill - Gaithersburg

By Diana Cirone

Last year, staff and friends of the Ingleside at King Farm Community and the O’Grady Companies, Inc. collaborated with Habitat for Humanity Metro Maryland (HFHMM), to help build fully affordable homes for Gaithersburg Maryland families. The project, The Maple Hill Townhome Community was HFHMM’s first new-construction project since 2008. Diana Cirone, Director of Life Enrichment Ingleside at King Farm, led staff as they provided much needed construction labor over three days and a donation for materials, with a combined valued at over $8,500.

From the very beginning of Habitat, volunteers allow the build process to continue while keeping costs at a minimum. Jeffrey Dee, of HFHMM shared “The three days that we were able to have groups from Ingleside at King Farm volunteer with us were critical as they helped us in the final stretch of the project—preparing the driveways, cleaning the houses, caulking the windows/sliding doors, etc. We are really grateful for their help and the end result is a thriving community where 19 families have purchased their homes and are building a new community.”
Ingleside Women’s Board Going Strong

By Justin Martucci

At the Ingleside Women’s Board meeting in January, one President began the meeting, but a different President brought it to a close. Joan Sharkey, who served as the Ingleside Women’s Board President for four years, reached the end of her term limit with that meeting, and so the torch was passed to newly elected President, Elizabeth King.

The Ingleside Women’s Board was established over a hundred years ago to run and oversee the original Presbyterian Home of the District of Columbia. Its legacy continues today as an organization that serves and advocates for residents in Ingleside at Rock Creek Assisted Living and Health Care Center both to management and the Board of Directors. With the upcoming construction of new buildings for Assisted Living and Nursing Care taking place over the next several years, it is clear that the role the Women’s Board will be as important as ever.

Since stepping into their positions, Elizabeth and Joan have worked tirelessly for a smooth transition, and Joan has continued to co-chair the Committee for the Silver Tea and Gala, a massive, annual fundraiser benefitting the Ingleside Resident Supporting Fund. Both women are acutely aware of the challenges ahead and the Woman’s Board’s need to adapt with the changing times. Fortunately for Ingleside’s residents, this 109 year old institution is in good hands as these women’s resolve and dedication to the mission of the Ingleside Women’s Board remains undaunted.
Providing Lunch for Children with No Where to Turn

By Betsy Leeman

Each Monday at Ingleside at Rock Creek (IRC), staff and volunteers from our Independent and Assisted Living communities meet to prepare nutritionally balanced bagged meals for So Others Might Eat (SOME). Last year they made 2,600 meals that included sandwiches, fruit, homemade desserts, and a drink. SOME’s mission reaches out to the nearly 110,000 residents living in poverty in our nations’ capital. Helping to feed the District is one of IRC’s largest community projects.

Prior to the Christmas holiday, IRC staff learned that DC students who normally have breakfast and lunch at school would not have access to meals while the schools close for the holiday. This insight led IRC staff to package special “kids” meals for delivery via SOME, who in turn saw to it that children from South East DC did not go hungry. IRC Chapel Ministries, led by Chaplain Ruth Kent generously donated funds to cover the cost of food for this portion of our SOME service project. In total, volunteers shared 897 hours and IRC provided more than $11,060 in resources helping to feed hungry DC residents of all ages.
Westminster Chef Gives Back to Her Jamaican Heritage

By Betsy Leeman

For the past 10 years, Andrea McDonald-Black, known as “Chef” at Westminster at Lake Ridge (WLR) organizes a fundraiser for the local alumni Chapter of Merl Grove High School (MGHS) in Kingston Jamaica. MGHS means a great deal to Chef who credits much of her success to the education she received and the lasting friendships she formed while attending. Last year, WLR was host to the event.

As Chef said, “It is more of a reunion than a fundraiser; as most of us Old Girls usually write a check for scholarships and uniforms while others underwrite programs the local Chapter puts on, like feeding the needy (the Breakfast Program), and the Christmas and Farm programs.”

Throughout WLR, both residents and staff comment on Chefs’ care and concern for others. Outside WLR is no different. At last year’s event, Chef, as President, accepted the Maryland Governor’s Award for the Chapter’s efforts and success.

“Engaged Living” is a way of life for residents and staff at our Ingleside communities. It is an expression of reaching out beyond our walls for the good of others. Working together, Inglesiders make positive change happen, and Chef is one of many doing so.

Pictured left to right: Lorna Robinson-Hunter; Joyce Taylor; Her Excellency, Aloun Ndombet-Assamba; Nadean Rawlins; Amy Allen; Andrea MacDonald-Black; and The Dr. Reverend Elizabeth Watson.
Parkinson’s Support Group Meetings Become Annual Event
By Betsy Leeman

Support groups come in all shapes and sizes and often start from a necessity we have for camaraderie, comfort, expertise, or a hand to hold when needed. The need for a local group focusing on Parkinson’s disease at Ingleside at King Farm (IKF) is exactly what happened at about six years ago when Nancy Tietjen and her late husband moved in.

With a real need for support and continued education around the disease, Mrs. Tietjen and IKF staff began the Ingleside at King Farm/Rockville Parkinson’s Support Group. For group members, the opportunity to talk and be listened to in a safe environment with others facing similar daily experiences is priceless. The gifts of friendship and camaraderie members offer each other are lifechanging. “The group has been and continues to be an asset to King Farm residents and others who can find strength in fighting the disease together,” said Jared D. Cohen, President and CEO of the Parkinson Foundation of the National Capital Area (PFNCA.)

Mr. Cohen went on to say, “Nancy Tietjen is a wonderful volunteer that works so hard to provide resources through the Ingleside at King Farm Support Group.” Last fall, IKF hosted their fourth annual fundraising and awareness event to benefit PFNCA raising $2,272. The event included warm-up exercises, speakers, and lastly the walk around IKF. The Rockville City Council recognized the group for their work helping caregivers, spouses and sufferers of the disease.
Ingleside Board Member Offers Future to Local Students
By Betsy Leeman
Dr. William (Bill) Leahy, a neurologist and Ingleside Board Member, believes in making a difference. Interested in both opportunities for disadvantaged youth and the need for well-qualified home health care for the elderly and individuals with disabilities, he founded the High School Home Health Education Foundation in 1998.

Fast forward, to today, Ingleside at Rock Creek (IRC) and Ingleside at King Farm (IKF) host Dr. Leahy’s program, and known as The Health Academy. The Academy will provide education and training for Certified Nursing Assistants (CNA) and Home Health Aids (HHA). Accepted students have access to transportation, books, tuition, uniforms, and state exam fees at no cost to them or their families.

The Health Academy will collaborate with Woodrow Wilson High School in Northwest DC and Gaithersburg High School. Students selected for the program will attend classes after school followed by supervised practicums. Program graduates will gain on the job experience and benefit from working with our residents, helping to make them better CNA’s and HHA’s.

Dr. Leahy’s commitment to better services for our aging population and jobs for our youth is a perfect example of Ingleside’s standard of excellence in action.
The Penny Pantry Makes a Difference at Local Food Banks

By Betsy Leeman

Many years ago, during the Great Depression, Volunteers of America began a project called Penny Pantries. The project made it possible for people to buy food and supplies purchased from a pantry for a penny a piece. Westminster at Lake Ridge’s (WLR) Stephanie Barrows, Life Enrichment Assistant and volunteer and resident Mrs. Helen Howze designed a project to help local food pantries. The concept, as Mrs. Howze explains is to do something that everyone can participate in. She continued, “We all want to help, and some people may feel that if they can’t give a lot it won’t be helpful. The Penny Pantry project has changed that perception.”

Collection jars began popping up last spring around WLR. The message on the jars’ has initiated many questions from visitors, often followed by a donation. Residents of both Independent and Assisted Living volunteer to count roll and weigh the coins. Next, Assisted Living residents and staff visit their local supermarket to purchase food for the pantries. Last year, Sacred Heart Catholic Church and St Paul’s United Methodist Church received food donations. A monetary donation to SERVE was made to purchase turkeys for holiday meals. The Penny Pantry reminds us that every gift, be it a resident volunteering their time or a handful of pennies we have laying around, makes a big difference to our greater community.
Swing Time with Myles Music Making a Difference  
By Betsy Leeman  
Myles Johnson has lived at Ingleside at King Farm (IKF) since 2009. Upon moving in with his wife Ruth, along with their furniture and household things, Mr. Johnson brought his love for jazz and his record collection with him. On the second Tuesday of each month Myles carries his records to the seventh floor for “Swing-Time with Myles.” While visiting with residents, he shares jazz standards, and favorites from the 30’s, 40’s and 50’s, mixed in with some “Boogie-Woogie” also popular during those years.  

The program is very popular with residents. They really enjoy the music, and are seen moving to the beat or tapping their toes,” said Howlyn Cowan, Director of Activities at IKF. Mr. Johnson added, “It brings residents back to a time when they were having a good time.”  

Researchers have long known that for people living with dementia or Alzheimer’s, music can be transformative. For some, the music may trigger an emotional memory, or a specific event. Ms. Cowan said, “Music always reaches one’s soul, and the sound of music can make us come alive.” Mr. Johnson is one of many residents who share their time, and talents to their friends and neighbors on a daily basis.
When Freely Given, Kindness Grows

By Betsy Leeman

Many years ago, Nancy Kaplan “adopted a social worker” through the Montgomery County Commission on Social Services. The first call she received was from a social worker who had 16 families in need of holiday dinners and Project Turkey began.

As the project grew to feeding over a hundred families at a time, Nancy realized that the recipient might need more than a turkey, breads, pies, and vegetables. Off to the Dollar Store, for the last of many items, Nancy put over 100 foil roasting pans in her shopping cart. Another customer, curious about Nancy purchasing so many roasting pans, asked her what she could possibly be doing with all those pans. Nancy told her about her project and to her great surprise, the woman thanked her, not because she was buying so many roasting pans, she thanked her for bringing her family a turkey and food so that they could eat and not go hungry! Another grateful recipient shared with the Kaplan’s, that they had too much food, and asked if it was okay for them to share their excess with others they knew, paying it forward.

Today’s Project Turkey is so much more than she and her husband Alan ever imagined. Alan is quick to add that they are just two of IKF volunteers for this project. He pinpoints the success of this project to the generosity of their fellow IKF residents. Last year over $5,000 in grocery gift cards were purchased and shared with families in need. Other projects include collecting school supplies and backpacks for local students who would have gone without.
Residents Reaching Out Offering Healing and Hope

By Betsy Leeman

Ingleside at Rock Creek (IRC) residents volunteer in many capacities throughout Greater Northwest DC, each service important and offering lasting effects. Martha Ozer, Anne “Bunty” Ketcham, and Jane Lincoln give of their time and talents at IONA Senior Services and Sibley Hospital. These three women have brought hope and healing to seniors who are mourning the loss of their spouse or seniors caring for a spouse with dementia or Alzheimer’s.

Martha Ozer spent the majority of her career working in school systems helping children living with mental health issues gain the team and tools needed for succeeding in school. Today, her work is with aging adults. After receiving a certificate in Psychotherapy with Older Adults from the Washington School of Psychiatry, she is using her skills to facilitate a biweekly support group at IONA Senior Services. The group provides a much-needed “time-off” from their caregiving roll as well as an opportunity to voice concerns and learn from each other.

Bunty Ketcham and Jane Lincoln first met at Sibley Hospital long before Jane moved into IRC. They now work together facilitating a six-week bereavement support program called “Life after Loss.” The program calls upon the group leaders to share their personal stories about their loss, how long they have been widowed and the circumstances. From there a bond begins to develop, helping newly widowed learn about grieving, and the possibilities that lie ahead.

Bunty, Jane and Martha are three very special women living at IRC. They chose to give back to others so they may have a better tomorrow.
Sharing an Innate Talent
By Betsy Leeman

Growing up as a young immigrant in America after World War II, Lucio D’Andrea listened to his mother telling him: “Non dimenticare mai la tua lingua.” In English it means; “Never forget you language.” Lucio and his wife Edvige parlayed this dictum into volunteering their time to teach the Italian language and culture to residents of Westminster at Lake Ridge (WLR) and students of Prince William County (PWC) middle and high schools.

For the last two years, Lucio and Edvige have hosted a weekly Italian lesson at WLR. The classes are very popular with 22 eager students. As Lucio said, “many of our residents know Italy from their military and government careers or through their travels.” The group meets informally for “un caffe” or coffee and conversation to keep their Italian speaking skills fresh. Now residents want more, and the D’Andrea’s are sharing it with them. Residents joined the D’Andrea’s for a spring trip to the Embassy of Italy in DC and listened to a lecture by Dr. Roberto Pennazzato, Education Director, on Italy’s politics, economy and society. Lucio and Edvige agree, “Our residents do so well!”

On teaching in Prince William County schools, Lucio shared that the study of Italian in their school system is the fastest growing foreign language program in the US with more than 700 students enrolled. The DeAndrea’s also help students by having “friends asking friends” to make donations of Italian/English dictionaries and other Italian language books. They also plan school trips for high school students to visit the Italian Embassy in DC.
2014 Ingleside Community Partners

Alcoholics Anonymous
Al-Anon
Alzheimer’s Association
Arena Stage
Arlington Animal Shelter
Barbara Bush Women’s Group
Bel-Air Women’s Club
Bethesda Theatre
Business Network International
Boys and Girls Club
California Teen Mission
Capital Area Food Bank
Caregivers Support Group
Celebration Singers
Chevy Chase Presbyterian
Commission on Health Annual Retreat
Committee for Helping Others, Vienna, VA
Committee of 100 Political Forum
Corridor Cities Transit-way
Daughters of the American Revolution, Regional 5
Daughters of the American Revolution Eagle Scout Projects
Excel Health Institute
Fairfax County Library
First United Presbyterian Church of Dale City
Forest Park High School
Learn and Serve Program
Georgetown Presbyterian Church
Goddard School
Grandmothers Against Poverty and AIDS
Greater Washington Society of Clinical Social Workers
GROWS Bronze
Habitat for Humanity, Metro Maryland
Health Center Roundtables
Hevrat Shalom Congregation
Hylton High School
Handicapped Student Work Program
Ingleside Women’s Board and Variety Shops
Joseph Storehouse Ministries
Katherine Thomas School
King Farm Swim Team
Lake Ridge Association
Leading Age
League of Women Voters - DC Chapter
Lions Club of Lake Ridge
Lions Club of Woodbridge
Literacy Volunteers of America
The Loading Dock
Merl Grove High School, Jamaica
Mattie Stepanek Foundation
Montgomery College
Life Long Learning
Montgomery County Literacy Council
Montgomery County “Target” Program
National Continuing Care Residents Association
National Active and Retired Federal Employees Association
National Philharmonic Symphony
Northern Virginia Community College
Northern Virginia Early Head Start
Northwest Neighbors Village
Northwest Neighbors Village Caregivers Support Group
Osher at Johns Hopkins University
Life Long Learning
Overeater’s Anonymous
Parkinson’s Support Group
Parkinson’s Foundation of the National Capitol Area
Politics and Prose
Potomac Nationals
Prince William County Chamber of Commerce
Prince William County Department of Social Services
Prince William League of Women Voters
2014 Ingleside Community Partners

Prince William Professional Photographers Association
Prince William School of Nursing
Project Mend a House
Red Hat Ladies
Rockledge Elementary School
Rolling Thunder
Roses Home Health
Rotary Club of Lake Ridge
Rotary Club of Woodbridge
Salvation Army
Senior Olympics
Sentara Community Health Alliance
So Others Might Eat (SOME)
Soroptimist International
Stepping Stones Shelter
Strathmore
Temple Sinai
Toys for Tots Annual Drive
USTOO Prostate Cancer Support Group
Virginia Continuing Care Residents Association
Virginia Housing Association
Washington Spirit Soccer Team
Woodbridge Brownie Troop
Woodbridge Women’s Club