

## **Understanding Personalized Care at Edencrest Senior Living**

*As featured on the Hubbell Realty Company Podcast, Dig It.*

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Choosing your next home in any community comes with choices and this is especially true if you're considering a senior living community. In many cases, senior living can include independent living, assisted living options and even memory care or hospice.

The Highmark Senior Living team recently sat down on Dig It - A Real Estate Podcast to discuss what these options truly mean and how Edencrest can help you transition easily.

### *Exploring Independent Living Options*

Edencrest communities offer a unique approach to independent living, designed to provide seniors with the freedom to enjoy their golden years without the hassle of home maintenance. Residents can embrace a lifestyle rich in social activities and opportunities for personal growth while living in their private apartments.

As explained by Maria Kohring, Regional Director of Sales for Edencrest, in a recent episode of Dig It - A Real Estate Podcast,

“We have assisted living services, And we have memory care. And so we try to meet the resident where they're at with their needs. Some of our residents, they're there because they' just need the socialization. They like the activities. They like being a part. Some of our residents also need more care. And we just try to meet them where they are from a nursing perspective.”

Independent living at Edencrest is about more than just a place to stay; it's about community and connection. Residents can engage in various activities tailored to their interests, whether it's joining a book club, participating in fitness classes, or attending social events. This vibrant living environment fosters a sense of belonging and encourages seniors to stay active and involved.

### *The Benefits of Assisted Living at Edencrest*

For seniors who require a bit more support, Edencrest's assisted living services offer the perfect balance of independence and care. Assisted living residents receive personalized assistance with daily activities such as medication management, bathing, dressing, and transportation. Jennifer Nolan, Regional Clinical Director, emphasizes that "it's about having that comfort for family, knowing that their loved one is in their own apartment, but there's still people in the building."

Edencrest's assisted living communities are designed to feel like home, with private apartments that residents can personalize with their belongings. The staff is dedicated to providing compassionate care, ensuring that each resident's needs are met with dignity and respect. The goal is to create an environment where seniors can thrive, enjoying life to its fullest while receiving the support they need.

### *Understanding Memory Care Services*

Memory care at Edencrest is specifically tailored to meet the needs of residents with Alzheimer's disease, dementia, or other cognitive impairments. These specialized programs focus on providing a safe and supportive environment where residents can receive the care and attention they require. As Jed Gines, Vice President of Operations, notes,

"We want to make sure that all of our folks are certified and know how to handle different scenarios with dementia care."

Edencrest's memory care services include secured neighborhoods that offer various activities to stimulate cognitive function and promote social interaction. The staff is trained to provide gentle guidance and support, helping residents navigate their daily routines with ease. This approach ensures that memory care residents maintain a sense of purpose and joy in their lives while receiving the care they need.

### *Tailoring Care to Individual Needs*

One of the hallmarks of Edencrest Communities is their commitment to personalized care. The team at Edencrest understands that each resident has unique needs, preferences, and goals. "We try to meet the resident where they're at with their needs," says Nolan. This philosophy guides the development of individualized care plans that address the specific requirements of each resident.

Whether a resident is in independent living, assisted living, or memory care, Edencrest ensures that their services are tailored to support their overall well-being. The staff conducts regular assessments to adjust care plans as needed, ensuring that residents receive the right level of support at every stage of their journey.

### *Creating a Vibrant and Engaging Community*

Edencrest Communities are more than just places to live; they are vibrant hubs of activity and engagement. Residents are encouraged to participate in a wide range of social, recreational, and educational activities that promote connection and well-being. From field trips to botanical gardens to in-house happy hours, there is always something happening at Edencrest.

These activities are designed not only to entertain but also to enrich the lives of residents by fostering a sense of community and belonging. As Gines points out, "It's important to give them something to look forward to." This approach ensures that residents remain active and engaged, contributing to their overall quality of life.

### *Navigating Financial Considerations for Senior Living*

Understanding the financial aspects of moving into a senior living community is crucial for residents and their families. Edencrest Communities offer resources and guidance to help families navigate this process. From understanding the costs associated with different levels of care to exploring financial assistance options, the team at Edencrest is committed to making the transition as smooth as possible.

For those concerned about affordability, Edencrest provides information on various financial resources, including veterans' benefits and other assistance programs. Maria Kohring notes that the sales team is "trained to know all the resources in the area," ensuring that families have access to the support they need to make informed decisions.

In summary, Edencrest Communities provide a comprehensive range of personalized care services that cater to the unique needs of each resident. With a focus on independence, dignity, and community, Edencrest is dedicated to enriching the lives of seniors and supporting their journey in a warm and welcoming environment.

[Listen to the whole episode here!](#)

Ready to take the first step? [Reach out to our team & let's schedule a time to host you for lunch!](#)