



# LEC Senior Living Insights: Dionna Gaskins at Wesley Ridge

Get the inside scoop on the growing demand for senior living from Dionna Gaskins, Sales Specialist at Wesley Ridge.

**You've worked in senior living for 11 years now. In your experience working with older adults, what are some new changes or trends you see?**

**Dionna:** There is a shift in perceptions over the years. The outdated stigmas of senior living have been replaced by a more vibrant view of these spaces as thriving communities with a focus on quality of life. Many older adults now look forward to enjoying the lifestyle offerings in communities like Wesley Ridge, such as dining experiences, social activities, and wellness programs.

**Why are families getting more involved in planning for their loved ones' futures?**

**Dionna:** Families are more engaged in discussions about care options, showing a willingness to seek expert opinions from physicians and neurologists. They understand the importance of specialized care for their loved ones, leading to more informed

decisions and better support systems. Planning ahead allows them to be part of the decision and have autonomy over their choices. Many families I work with are juggling their own responsibilities at home, making it even more critical to be proactive in finding solutions to ease their caregiving burdens.

**What are some things you recommend caregivers consider when looking at options?**

**Dionna:** Senior living is not a "one size fits all" experience. Look for a community that provides a complete continuum of care, with safety features, enriching programs, and various services under one roof. The care team should understand the importance of making connections with the residents to better serve them, especially as their needs change. A strong commitment to supporting your loved one's holistic wellness is essential to your search, so I would also look at the community's mission statement and core values.

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## How does Wesley Ridge meet the high standards of senior living and growing demand for memory support services?

**Dionna:** Families can feel confident knowing their loved ones are in an environment that prioritizes safety, dignity, and enrichment. Associates are trained through our C.A.R.E.S. certification program, updating them on best practices in memory support and the unique needs of our residents so they can provide compassionate, informed care. Our wayfinding hallways were thoughtfully designed to help residents safely navigate the community, reducing confusion and promoting independence. Programs are tailored to meet residents where they are, and we've found they greatly benefit from our Music and Memory Program and personalized playlists that enhance emotional well-being and memory recall. We also offer resources that help families understand dementia and navigate the caregiving process with peace of mind.

## What's going on in Wesley Ridge that has you excited about the future?

**Dionna:** Exciting developments are underway at Wesley Ridge! We are

doing some dining room renovations to better showcase the beautiful views of nature and Blacklick Park that sits behind our community. The Harcum Fitness & Aquatic Center also continues to grow in resident and public membership and is consistently adding unique wellness programs, such as our aerobic pool classes and Delay the Disease, a program supporting those with Parkinson's and arthritis. We're also excited to host support groups and educational programs that enhance both resident and community engagement.

## What advice would you give to future residents and their support systems when exploring their options for the future?

**Dionna:** Be proactive in making choices for the future! Visit our website to discover what makes Wesley Ridge unique, and schedule a tour to ask questions and experience our community firsthand. We're thrilled to have you consider us and want you to get on the waitlist as soon as possible! Joining our Platinum club for future residency at Wesley Ridge allows you to enjoy our amenities and programs before you officially move in. It's a great way to experience the community and meet your future neighbors.

**Wesley Ridge is committed to equipping you with a plan for the future. Learn more about our senior life plan community at [lec.org/wesley-ridge](https://lec.org/wesley-ridge).**

