



THE CARLISLE CURRENT

News from The Carlisle Palm Beach luxury senior living community, in Lantana, Florida.



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Welcome to *The Carlisle Current*

We're excited to introduce *The Carlisle Current*, our new quarterly newsletter designed to keep you connected, informed and inspired. Each edition will share highlights from Liberty Senior Living, the organization that proudly owns and operates **The Carlisle Palm Beach** in Lantana, Florida, along with the latest happenings right here in our vibrant community.

Inside, you'll find news about Liberty's innovative programs and resources, as well as stories celebrating the accomplishments, creativity and spirit of our residents and team members. From engaging events and wellness initiatives to dining updates and campus enhancements, *The Carlisle Current* offers a window into the lifestyle that makes our community so exceptional.

We have much to celebrate and even more to look forward to, and we're delighted to share it all with you.

Liberty Senior Living, a division of Liberty Health, is a North Carolina-based, family-owned company with more than 150 years of experience, that owns and operates dozens of senior living communities across the Southeast.



Welcome to the inaugural issue of our Liberty Senior Living quarterly newsletter.

A family-owned company, Liberty Health is celebrating 150 years of service and has continued to evolve with each generation. Liberty Senior Living is one of the newest divisions of the organization and reflects the vision of the fourth generation principal owners. Their leadership has guided the development of new communities along with the thoughtful acquisition and renovation of existing ones.

The past year has been exciting. We have welcomed new senior living communities into the Liberty family, including **The Carlisle Palm Beach** in Lantana, Florida and **Preserve at Fairfield Glade** in Crossville, Tennessee. We have also strengthened our corporate leadership team with the addition of Robert Goyette as Chief Operations Officer and Max Newland as Chief Investment Officer. Together they bring experience and insight that will help lead Liberty into its next chapter.

We are also excited to launch our new podcast, *Liberty Connects*, where we share interesting news, insights on senior living and more. Through the podcast and this newsletter, we look forward to keeping you connected to the people, places, and experiences that make Liberty Senior Living special.

Program INSPIRES Residents to Stay Active and Engaged

Just as the letters of its name suggest, the INSPIRE program, developed by Liberty Senior Living for its communities, emphasizes seven key elements for leading a healthy, happy life. They are:

I	N	S	P	I	R	E
N	U	P	H	N	E	N
C	T	I	Y	T	C	G
L	R	R	S	E	R	A
U	I	I	I	L	E	I
S	T	T	C	L	A	N
I	I	U	A	E	T	G
V	O	A	L	C	I	
E	N	L		T	O	N
				U	N	
				A	A	
				L	L	

Whether offering a Zumba class, an outing to an area museum, hosting a guest speaker from a local university, or inviting a local artist to teach a class, our communities custom-design programs and activities to help residents improve all aspects of their physical, emotional, spiritual, and mental health.

Each of our upcoming issues of the quarterly newsletter will focus on one of the key elements comprising INSPIRE. We're excited to have the opportunity to showcase our engaging, innovative and holistic programming.

We are dedicated to providing a wide range of offerings so that there is something (in fact, quite a bit) for everyone. We'll share how many of our programs are suggested/requested by residents, and some are in fact led by residents with special interests, talents, and areas of expertise.

At Liberty Senior Living, wellness thrives when residents feel engaged and empowered. The INSPIRE program brings this to life with opportunities that nurture mind, body, and spirit through meaningful, enjoyable activities.



Top Chefs Take Center Stage in a Celebration of Culinary Skill

Pan-seared scallops and tempura crab over herbed forbidden rice with cilantro, sweet pea purée, garnished with red pepper coral, caviar, and a fried crab leg...these aren't ingredients one typically associates with senior living dining. Yet this was one of the remarkable dishes created by a Liberty Senior Living executive chef during the organization's inaugural Top Chef Competition.

Showcasing Culinary Excellence

The competition was designed to highlight that dining in today's senior living communities rivals upscale restaurants, offering flavorful, diverse, and beautifully presented meals prepared by accomplished professionals.

From Community Kitchens to the Big Stage

The first round of the competition featured executive chefs from Liberty's independent living communities creating a main course. The five top contenders advanced to the final two rounds, held at **The Barclay at SouthPark** in Charlotte, where they prepared an appetizer and a dessert.

Judging with Expertise and Flavor

A panel of five judges including a resident dining committee representative, Liberty corporate leaders, and guest chef Jerry Lanuzza, associate professor at Johnson & Wales University, evaluated each dish on creativity, presentation, and flavor.

Crowning Liberty's Top Chef

Pam Ballard of **South Bay at Mount Pleasant** near Charleston, South Carolina, earned the title of Top Chef.

The spirited competition celebrated Liberty Senior Living's culture of excellence, spotlighting the talent, creativity, and pride of its chefs.



Congratulations
to our 2025 Winners!

Chef Pam Ballard &
Sous Chef Fabian





Elegant Revival Under New Management

Once a glamorous icon of the nineties, **The Carlisle Palm Beach** is poised for a refined return to prominence. Liberty Senior Living is proud to welcome this exceptional community into its portfolio of high-end senior living communities, and is excited to bring a signature blend of sophistication and thoughtful innovation to the property.

The acquisition brings together the best of all worlds, preserving **The Carlisle's** unmatched location, distinctive reputation, and natural elegance while adding the strength of Liberty's leadership and resources..

"We are thrilled to welcome **The Carlisle Palm Beach** to Liberty Senior Living," said Bob Goyette, Chief Operations Officer. "We look forward to honoring its distinguished history while guiding it into a new era of excellence."

Designed to feel like a luxury resort, **The Carlisle** offers services designed to simplify your day and elevate your lifestyle. "Residents tell us they feel like they're living in the Ritz Carlton," said Nicole Cook, Vice President of Operations.



Making Waves: Residents Enjoy Beach Day Fun

The **Carlisle Palm Beach** joined its sister community, **Wellington Bay**, for Liberty Senior Living's first Florida Beach Day, a lively celebration inspired by an annual tradition at Liberty's North Carolina communities. Close to fifty residents from independent living, assisted living, and memory care spent the day by the shoreline alongside family members and team members.

"Many residents have grown up in the area and are accustomed to accessing the beach easily and whenever they'd like. It can, however, become an increasing challenge to do so because of transportation, safety concerns, and mobility across the sand or in the water," said Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness. "Beach Day was made possible through adaptive equipment and hands-on assistance. It was a day of camaraderie and fun for everyone."





Fun, Laughter, and Friendly Competition

They jumped right in. Literally.

Although they're new to the Liberty Senior Living family, **The Carlisle Palm Beach** wasted no time in embracing one of the organization's signature programs: **The Carlisle** Olympic Games. Under the spirited leadership of Wellness Director Quanteria "Quan" Jones, more than two dozen residents competed in events including Yarts, water walking, bocce, shot put, water balloon toss, and more. "The residents loved this," Quan said. "One even invited the mayor to our award ceremony, and she came. It was such a wonderful celebration."

Launched in 2018, the Liberty Olympic Games inspire residents to exercise both mind and body while fostering camaraderie and friendly competition.

Top competitors from **The Carlisle** Olympic Games headed to **Hayes Barton Place** in Raleigh, North Carolina, in March to represent their community in the corporate-wide Liberty Senior Games.



Bringing the Magic Back to The Carlisle

The Carlisle Palm Beach is undergoing a gentle transformation, bringing fresh life to the beauty that has always defined the community. "It's magical. We are bringing the magic back," said Michael Halpner, Executive Director, sharing that the new owners are excited to honor the building's character while guiding it into its next chapter.

Working within the structure's remarkable architecture and unique charm, the team is making thoughtful enhancements that do not disrupt the flow of daily life. The refreshed grand entrance offers a breathtaking first impression, setting the tone for the rest of the community. Residences are being updated with sophisticated finishes and modern appliances. Shared spaces and the pool area are receiving renewed attention, and new features include a putting green and a bocce ball court.

There is even more on the horizon, with additional improvements planned to continue elevating the experience for residents.





Membership and Involvement with ICAA

Members of Liberty Senior Living's independent living wellness and life enrichment teams annually attend the International Council on Active Aging (ICAA) conferences. They return bursting with ideas for new programs to offer their residents. Involvement with ICAA reflects Liberty Senior Living's deep commitment to promoting health and wellness programs throughout communities. It ensures their professional team is equipped with the latest knowledge and research regarding healthy aging, integral to Liberty's mission of helping residents stay as independent as possible.

Awards

For the third consecutive year, a Liberty Senior Living community received the ICAA Beacon Wellness Award, honoring the top 25 senior living wellness programs in North America. This year's recipient was **The Barclay at SouthPark** in Charlotte, North Carolina. The award recognizes senior living communities and leaders who embrace wellness as a core value that shapes culture, sparks innovation, and enhances quality of life.

Additionally, this past year, Liberty Senior Living earned the prestigious ICAA 100 Member designation, highlighting its commitment to whole-person wellness across all levels of care, adding assisted living, memory care, and skilled nursing to the independent living membership. This has already inspired enhancements to Liberty's hallmark Olympic games, introducing ALympics competition for assisted living residents.

Looking Ahead

Liberty Senior Living's association with ICAA continues to inspire innovation, collaboration, and growth. By embracing the latest research and ideas in active aging, Liberty reaffirms its commitment to helping every resident live life to the fullest in body, mind, and spirit.





Liberty Senior Living Honors Veterans with Walls of Honor and Community Celebrations

A Day to Remember

On Veterans Day 2025, Liberty Senior Living honored nearly 700 residents and team members who are veterans across its communities. Each community unveiled a new Wall of Honor featuring plaques, folded flags, and the names and photos of veterans. Every veteran also received a challenge coin from Liberty.

Standardizing Recognition Across Communities

"We want to ensure all of our communities are honoring all of our residents and staff who have served," said Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness. "This initiative ensures we're recognizing veterans consistently and meaningfully."

Celebrating with Ceremony and Song

Celebrations included a ceremony at Liberty's corporate office in Wilmington, North Carolina, featuring local high school color guard, the resident choir from the **The Kempton at Brightmore**, and a flag ceremony. Every Liberty community held similar events to honor their veterans.

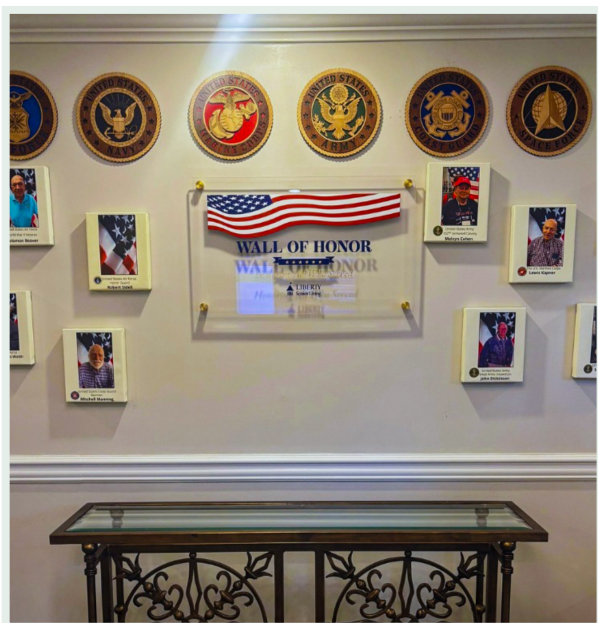
Honoring World War II Heroes

In September, Liberty Senior Living had hosted a special luncheon marking the 80th anniversary of the end of World War II at its two Wilmington communities, **Brightmore of Wilmington** and **Carolina Bay**. Seven World War II veterans were honored with challenge coins, and family members shared photos and biographies of their loved ones.

Respect, Gratitude, and Inspiration

"Honoring veterans is not only our duty, but also our profound privilege," said Will Purvis, President of Liberty Senior Living. "Through our initiatives, Liberty Senior Living ensures veterans receive the respect and gratitude they deserve while inspiring future generations to remember their courage and sacrifice."

“Honoring veterans is not only our duty, but also our profound privilege”





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Liberty Connects podcast sparks ideas, shares inspiration, and celebrates what's possible for every stage of life. Brought to you by Liberty Senior Living, *Liberty Connects* is all about helping older adults stay engaged, curious, connected and entertained. You'll hear from fascinating seniors, and creative and passionate professionals and experts who are constantly rethinking what senior living looks like today, from wellness to tech, travel to lifelong learning, and everything in between.



561-468-8943



**450 East Ocean Avenue,
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