THE CARLISLE CURRENT

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



Table of Contents

1 Cover Story

2 Liberty Senior Living Reaches New Heights

3 2nd Top Chef Competition

4-5 Carlisle News

6 Leadership with Purpose

7 Culinary Leadership With a Focus on Success

8 Special Events & Contact Information

Welcome to the third issue of *The Carlisle Current*, your inside look at the people, experiences, and connections that make life at **The Carlisle Palm Beach** so special.

Summer has been a season filled with fun, friendship, and memorable moments. From lively activities and special events to everyday opportunities to gather, connect, and try something new, there has been plenty happening throughout the community.

Now, as summer gives way to autumn, a new season of possibilities is beginning. Residents can look forward to seasonal celebrations, engaging programs, meaningful connections, and plenty of opportunities to enjoy everything this beautiful time of year has to offer.

In this issue, discover stories, updates, and highlights that capture the spirit of **The Carlisle Palm Beach** and the people who make it feel like home.

Turn the pages to celebrate a summer well spent and see what is happening this fall at **The Carlisle Palm Beach**.

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.

LIBERTY Senior Living 150 Years EST. 1875

Liberty Senior Living Reaches New Heights, Ranking Among Nation's Largest Providers

Liberty Senior Living has reached a significant milestone, ranking #49 nationally in *Argentum's* Top 150 Providers report. *Argentum* is the leading national association representing companies and professionals serving the senior living industry.

The ranking places Liberty at #26 among independent living providers, #33 based on operational resident capacity and tied for #9 among the nation's largest continuing care retirement community providers. Another indication of Liberty's scale: Liberty ranks #35 among the Top 50 senior housing owners in the annual ranking published by the American Seniors Housing Association (ASHA) and Seniors Housing Business.

These achievements reflect the strength of Liberty's communities, teams and mission. Operating at scale provides meaningful operational, financial and strategic advantages, including greater efficiency, marketing effectiveness, technology integration, talent development and retention, and stronger brand recognition and trust.

As the senior living industry continues to grow, Liberty's scale creates opportunities to invest, innovate and expand while remaining focused on creating exceptional experiences for residents and their families.

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
INCLUSIVE	NUTRITION	SPIRITUAL	PHYSICAL	INTELLECTUAL	RECREATIONAL	ENGAGING

N is for Nutrition

Nutrition is an integral part of holistic wellness, recognizing that what we eat plays an important role in fueling the body, supporting wellbeing and enriching everyday life. Life enrichment and wellness teams work hand in hand with dining services to create nutritious, enjoyable dining opportunities that reflect residents' preferences.

Choice and variety are at the heart of the Liberty dining experience, with weekly specials, rotating menu items, self-selected options and seasonal offerings. Residents can enjoy everything from casual bites and pub nights to fine dining with friends and guests.

Nutrition also can be an opportunity for learning and connection through nutritional seminars, presentations, cooking demonstrations and classes that encourage residents to explore new foods, recipes and healthy choices.



WINNER

Executive Chef Justin Abramsky
Brightmore of Wilmington

Finalists

Executive Chef Dwayne McIntosh
The Carlisle Palm Beach

Executive Chef Pam Ballard
South Bay at Mount Pleasant



A Taste of Sardinia Takes the Top Prize

What happens when Liberty Senior Living's top chefs combine culinary creativity with the food traditions of the world's five Blue Zones? A flavorful competition celebrating food, wellness and the art of exceptional dining.

From Regional Competition to Championship

Liberty Senior Living's second annual Top Chef Competition brought together nine executive chefs from our communities across North Carolina, South Carolina and Florida. After regional competitions, three finalists advanced to the championship at **The Carlisle Palm Beach** in Lantana, Florida.

Each finalist created a savory dish and dessert inspired by one of the five Blue Zones, regions known for longevity, healthy lifestyles and distinctive food traditions. Dishes were judged on taste, creativity, presentation and how effectively they captured the spirit of the selected region.

Brightmore Chef Takes the Crown

Executive Chef Justin Abramsky of **Brightmore of Wilmington** earned the top honor with a menu inspired by Sardinia, Italy. His savory creation featured olive oil poached branzino, fregola risotto, artichoke and fennel ratatouille, saffron tomato broth and artisanal bread. Dessert continued the Sardinian theme with citrus olive oil cake, pear consommé, apricot balsamic ragu, honey gel, lemon persimmon cream, white chocolate and pistachio tuile.

A Celebration of Culinary Talent

The championship brought a festive atmosphere to **The Carlisle Palm Beach**, with ice carvings, food trucks, live streaming and enthusiastic support from residents and team members throughout Liberty communities.

The competition showcased Liberty's talented culinary professionals and the organization's commitment to making dining a flavorful, creative and meaningful part of everyday life.





Residents Enjoy Art, Innovation and History

Residents from **The Carlisle Palm Beach** and sister community **Wellington Bay** recently enjoyed a distinctive outing to the Boca Raton Innovation Campus (BRiC).

The immersive, self-guided exhibit showcases work from local artists, museums and schools, creating a vibrant experience that connects creativity with history. The setting adds an especially meaningful layer, as the campus is the former IBM headquarters and the birthplace of the first IBM personal computer.

Blending art, innovation and technology history, the visit gave residents a chance to explore a landmark that helped shape modern computing while celebrating the creativity of their own community. And it is just one example of how residents enjoy lively, engaging activities in a wonderful and vibrant area filled with opportunities to learn, explore and have fun. After taking in the exhibits, they continued the outing over lunch at The Grille on Congress.





The Carlisle Takes the Runway

The ladies of Assisted Living at **The Carlisle Palm Beach** proved they were ready for their close-ups when they strutted their stuff in a fabulous fashion show hosted by Anthony's Ladies' Apparel in Boynton Beach.

Of course, no runway show is complete without the perfect wardrobe. Before the big event, residents enjoyed a special outing to Anthony's, where they browsed the latest styles, selected their looks and made sure every outfit was a perfect fit.

When it was time to hit the runway, these ladies did not disappoint. They brought elegance, excitement and plenty of flair to the festivities, showing that great style has no expiration date. With fabulous fashions, confident catwalks and plenty of personality, the afternoon was definitely a fashion statement.

It was a stylish reminder that when it comes to looking fabulous, these ladies are always in season.





Serving Up Something Special

At **The Carlisle Palm Beach**, the culinary team believes dining should be about more than what is on the plate. With Executive Chef Dwayne McIntosh at the helm, the team serves up plenty of delicious food, along with a healthy helping of fun, creativity and memorable experiences.

Chef Dwayne's talent was recently recognized when he was named a finalist in Liberty Senior Living's Top Chef Competition, putting him among some of the organization's most talented culinary professionals.

At **The Carlisle**, he and his team keep residents coming back for more with weekly themed buffet dinners, poolside grilling and chef demonstrations for both independent living and assisted living residents. Memory care gets in on the action with hands-on bread making experiences that bring residents together to create something delicious.

From sizzling grills to freshly baked bread, **The Carlisle's** culinary program proves there is always something tasty happening in the kitchen.





Hook, Line, and Great Company

At **The Carlisle Palm Beach**, a great day on the water is never far away. Thanks to Maintenance Director Jackie, a longtime fishing enthusiast with both skill and patience, residents of **The Carlisle** have the chance to cast a line and enjoy the simple pleasure of fishing together. With the community's close proximity to the Intracoastal Waterway, the setting could not be more fitting.

Jackie took the lead in organizing a fishing outing, making sure everything was ready, from rods and reels to bait and basic instruction. Whether residents are seasoned anglers or trying it for the first time, she offers guidance and encouragement every step of the way.

It's an easygoing outing where residents can relax, chat, and enjoy being out on the water together. There's plenty of laughter, a few good catches, and always a story or two to bring back. It is no surprise the outing has become a monthly favorite, with residents already looking forward to the next chance to reel in both fish and fun.



> It just seemed like a great fit for me because what's most important is to be best in the world at recruiting, hiring, training and retaining people who share our passion and values. It's all about the people.

Bob Goyette
Liberty Senior Living
Chief Operations Officer

Leading With Purpose: Bob Goyette Featured in Life in Brunswick County Magazine

Liberty Senior Living Chief Operations Officer Bob Goyette was recently featured in Life in Brunswick County Magazine, highlighting a career defined by service, leadership and a commitment to putting people first. The story was written by Ashley Daniels.

A Career Rooted in Service

Goyette's journey to senior living began in the military, where he served as a combat medic in the Army before transferring to the Air Force. His experience caring for patients and working across the healthcare continuum sparked a passion that would shape more than three decades of leadership in senior living.

Leading at the Highest Level

Today, as Liberty Senior Living's Chief Operations Officer, Goyette provides strategic leadership for the organization's operations, helping ensure communities have the people, resources and support needed to deliver exceptional experiences for residents and their families. Throughout his career, he has held nearly every major leadership position in senior living and has helped open more than 50 communities across the country.

Developing Leaders, Strengthening Liberty

For Goyette, however, leadership is about more than operations and growth. It is about developing people. He takes particular pride in mentoring leaders, recognizing their strengths and helping them achieve more than they thought possible. His approach reflects the culture at Liberty Senior Living, where strong leadership begins with a commitment to serving others.







Culinary Leadership With a Focus on Success

Behind the Scenes, Raising the Bar for Dining

Bobby Senter, Liberty Senior Living's Corporate Culinary Service Specialist, works behind the scenes to help culinary teams deliver exceptional dining experiences for residents.

With 12 years of senior living experience as a kitchen manager, executive chef and corporate chef, plus five years as a restaurant executive chef, Senter brings both culinary expertise and operational experience to his role. He supports communities with menu development, budgeting, staffing, training, technology, dining programs and new community openings.

His role also gives him a unique perspective on the many elements that come together to create a successful dining operation. From designing dining spaces and implementing new systems to working directly with community culinary leaders, Senter helps turn Liberty's culinary vision into reality. He can move from discussing a menu or kitchen operation to looking at the systems, staffing and resources that make it possible to deliver that experience consistently.

"A big part of my role is helping our culinary teams continue to grow their talent, while creating a consistently exceptional dining experience across the organization," he said.

For Senter, one of the most rewarding parts of the job is seeing what happens when talented culinary professionals have the support and freedom to do their best work.

"We have incredibly talented chefs and dining professionals throughout Liberty," he said. "My goal is to give them the tools, support and freedom to be creative while continuing to push the standard of what senior living dining can be."

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