THE Brightmore BEACON

News from Brightmore of Wilmington senior living community in Wilmington, North Carolina.



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Welcome to the third issue of *The Brightmore Beacon*, your inside look at the people, experiences, and connections that make life at **Brightmore of Wilmington** 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 **Brightmore of Wilmington** 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 **Brightmore of Wilmington**.

Liberty Senior Living, a division of Liberty Health, is a North Carolina based, family-owned company with 150 years of experience, that owns and operates more than 30 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 NCLUSIVE
N UTRITION
S PIRITUAL
P HYSICAL
I NTELLECTUAL
R ECREATIONAL
E NGAGING

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.





The Moment in History

One small step for man. One giant leap for memory making.

The Kempton at Brightmore marked the anniversary of the Apollo 11 moon landing with an afternoon that brought history vividly to life. Residents watched historic footage from July 20, 1969, shared memories of where they were when Neil Armstrong stepped onto the moon, enjoyed Moon Pies and even tried on a replica space helmet.

The celebration was part of **The Kempton's** ongoing Moment in History program, which explores pivotal events and the memories they evoke. Past sessions have featured Martin Luther King Jr.'s last speech, Princess Diana's wedding, the World Series earthquake and Susan Boyle's breakthrough performance on *Britain's Got Talent*.

"Residents flock to our educational programs. We are never too old to learn," said Tanya Langley, Life Enrichment Director. "Blending technology with history lets us revisit important moments while sharing the memories connected to them."





A Beach Bash With No Sand Required

When extreme heat put **Brightmore of Wilmington's** Beach Day on ice, residents didn't let it put a damper on their fun. If they couldn't go to the beach, they decided to bring the beach to them!

The indoor Beach Bash was *shore* to be a good time, with an indoor picnic, a mini pool for toe dipping and fishing, and seated volleyball that brought out plenty of competitive spirit. Beach music kept everyone in a sunny state of mind, proving that it doesn't take sand between your toes to have a whale of a time.

And while the original Beach Day had to be postponed, it wasn't washed up for good. The outdoor outing has been rescheduled and will bring together residents from several of **Brightmore's** sister communities for even more fun in the sun.

For now, residents can consider the indoor bash just a little preview. The real beach day is still waiting in the wings, and everyone is keeping their toes crossed for cooler weather!





Baseball, Barbecue and a Grand Slam of Fun

What's more all American than baseball, barbecue and a little friendly competition? **Brightmore of Wilmington's** Baseball & Barbecue event brought all three together for an afternoon that was a home run from start to finish.

Generously sponsored by Always Best Senior Services, the event featured a lineup of baseball themed game stations. Residents tested their pitching skills by tossing balloons, took their best swings at Velcro baseballs aimed at an inflatable dartboard and showed off their accuracy by pitching beanbags into a target. Residents also matched MLB team logos and played catch, proving that a little competition is always in season.

After the games, everyone gathered for a delicious cookout featuring burgers, hot dogs and all the fixings. Live violin music provided the perfect soundtrack, with patriotic tunes and baseball favorites filling the air.

With great food, lively music, laughter and plenty of team spirit, this event truly hit it out of the park.





Brightmore Has Its Very Own Top Chef

Brightmore of Wilmington has bragging rights in the kitchen! Executive Chef Justin Abramsky has been crowned Liberty Senior Living's Top Chef, taking the title in a culinary competition that brought together talented chefs from nine of Liberty's independent living communities.

Justin has been part of the **Brightmore** family since 2011, following a career that began in the restaurant industry during high school. He learned from some of the most renowned chefs in the area how to create food that did more than taste good. It could bring people together and turn a meal into an experience.

That philosophy fits perfectly at **Brightmore**, where dining is an important part of daily life. Justin and his team know that great dining is about fabulous food, connection, hospitality and creating moments residents look forward to.

So, congratulations, Chef Justin! **Brightmore** already knew they had a Top Chef. Now everyone else knows it, too.



> **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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Tune in to our *Liberty Connects* podcast to explore topics you've wondered about, plus some you never knew to wonder about. From procrastination and storage units to grandma gamers and the conundrum of pickleball. It's know- how without the know-it-all.

Scan the QR code to Listen to the latest and greatest of Liberty Connects!

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Brightmore of Wilmington provides independent living. Assisted living is available at The Kempton. The Commons offers memory care.

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