PISGAH VALLEY PULSE

News from Pisgah Valley senior living community in Asheville, North Carolina.



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Welcome to Pisgah Valley Pulse

We're excited to introduce *Pisgah Valley Pulse*, 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 **Pisgah Valley**, 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, *Pisgah Valley Pulse* 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.

LIBERTY Senior Living 150 Years EST. 1875

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
INCLUSIVE	NUTRITI0N	SPIRITUAL	PHYSICAL	INTELLECTUAL	RECREATIONAL	ENGAGING

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.



Congratulations to our 2025 Winners!

Chef Pam Ballard & Sous Chef Fabian



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.





Act of Kindness One Neighbor at a Time

At **Pisgah Valley**, community is more than a word. It is action.

The innovative Pisgah Volunteers program empowers independent living residents to support one another through 18 resident led teams. From transportation and grocery shopping to technology help, recycling, and minor home tasks, neighbors step in when a helping hand is needed.

Communication happens easily through online groups, where residents can request assistance or offer their skills. The Shopping Team helps ensure their neighbors have groceries and essentials.

Connection is just as important as practical help. Pisgah Buddies pairs residents who share common interests for walks, gardening, puzzles, or simple conversation. The Welcoming Team greets new neighbors on move in day, while the Friendship Team maintains bonds with residents who transition to higher levels of care.

Located near Asheville, **Pisgah Valley** continues to show that the strongest amenity of all is neighbors who truly care.





Residents Participate in Friendly Competition

Residents of **Pisgah Valley** laced up their sneakers and jumped into friendly competition during one of their most highly anticipated annual traditions, the Liberty Olympic Games. Launched by Liberty Senior Living in 2018 for its independent living communities, the Liberty Olympic Games encourage movement, mental engagement, and connection across the communities.

In addition to the 50 competitors, residents enthusiastically cheered their friends on and also volunteered as timekeepers and judges for the trivia, table games and the art exhibit.

The Olympics concluded with a special happy hour celebration featuring food and drinks. It was the perfect opportunity to reflect on the fun-filled week while enjoying a slideshow of photos set to music themed around friendship and inspiration.

Top competitors advanced to the corporate Liberty Games at **Hayes Barton Place** in Raleigh in March, where they reconnected with residents from sister communities.





Giving Back Is a Way of Life

At **Pisgah Valley**, giving back is not a phase of life. It is a way of life.

Many residents spent decades volunteering in their churches, schools, and neighborhoods. That commitment continues today with the same heart and enthusiasm. Residents regularly lend their time to Manna Food Bank, helping ensure neighbors have access to nourishing meals.

Recently, the Skilled Nursing Life Enrichment team organized a campus-wide food drive at the suggestion of the resident council, to honor Martin Luther King Jr. Day. The entire community joined in, turning reflection into action.

Over the past year, residents and team members raised more than $5,000 for the Alzheimer's Association through donations, a bake sale, raffle, and a lively pie in the face contest. The **Pisgah Valley** team also proudly walked together at the Walk to End Alzheimer's.

From toy drives to collecting warm clothing, generosity continues to define life at **Pisgah Valley**.





Where the Mountains Meet Mindfulness

Location is more than a backdrop at **Pisgah Valley**. It is an everyday invitation to step outside and breathe deeply.

Nestled in Hominy Valley in Candler, North Carolina, and set at the foot of the Great Smoky Mountains, our community is surrounded by sweeping views, wooded trails, and fresh mountain air. Just minutes away, the Pisgah National Forest offers miles of hiking and biking paths, scenic overlooks, and peaceful corners that feel worlds away from the bustle of daily life.

Residents have embraced forest bathing, known in Japan as Shinrin-yoku, as a favorite way to enjoy these natural surroundings. The practice encourages participants to slow down, notice the sights and sounds around them, and be fully present in the moment. Research suggests it may support mental wellbeing, reduce stress, and even benefit blood pressure and immunity.

Our location makes forest bathing simple to do, and our residents enjoy the practice while benefiting from our beautiful natural surroundings.







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."

> "Honoring veterans is not only our duty, but also our profound privilege."

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."

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Liberty Connects!

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.

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PisgahValleyRetirement.com

Pisgah Valley is a continuing care retirement community, providing independent living. Assisted living, rehabilitation and skilled nursing are offered on-site at Pisgah Valley Health Center.

TO LEARN MORE, SCAN QR CODE

PISGAH VALLEY
PISGAH MANOR | PISGAH VILLA
A Liberty Senior Living Community

LIBERTY Senior Living