PISGAH VALLEY PULSE

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



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Welcome to the second issue of *Pisgah Valley Pulse*, your inside look at the energy, creativity, and connection that shape life at **Pisgah Valley Retirement Community**.

From lively events and resident spotlights to behind-the-scenes updates and thoughtful initiatives from Liberty Senior Living, each edition highlights the people, moments, and ideas that make **Pisgah Valley Retirement Community** feel like home.

Life here is rich with opportunity. Residents gather for engaging programs, explore new hobbies, and share meaningful moments that spark joy and friendship. Our team works with care and intention to ensure every experience is memorable, while Liberty Senior Living continues to enhance daily life through leadership and innovation.

Whether you are here to stay informed, feel inspired, or simply enjoy a story that warms the heart, *Pisgah Valley Pulse* offers something for everyone.

We invite you to flip through these pages to see what is happening, what is new, and what makes **Pisgah Valley Retirement Community** such a welcoming place to call home.

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's Second Leadership Summit

Liberty Senior Living recently hosted our second Leadership Summit, bringing together executive directors and administrators from across our communities for a time of learning, growth, and recognition.

The event fostered collaboration and connection while celebrating the extraordinary work of leaders who continue to elevate the resident experience. Over the past year, their efforts have driven meaningful growth and impact across the organization.

Liberty Senior Living's Chief Operations Officer, Bob Goyette, reflected on that success, saying, "Together our teams welcomed thousands of new residents into our communities, surpassing expectations while staying grounded in what matters most: serving others with purpose, compassion and excellence. That is the real measure of our success."

A highlight of the Summit was the presentation of the Cindy Stancil Leadership Award to **Sean Davis, Executive Director of South Bay at Mount Pleasant**, in recognition of his outstanding performance.

"Sean truly embodies the values of Liberty and sets a powerful example for all of us," Bob said.

The Summit reinforced Liberty's commitment to building communities where people feel a true sense of belonging.

I NCLUSIVE
N UTRITI0N
S PIRITUAL
P HYSICAL
I NTELLECTUAL
R ECREATIONAL
E NGAGING

I is for Inclusive

Inclusivity is a defining element of the INSPIRE program, creating a community where every resident feels welcomed, valued, and empowered. At Liberty Senior Living, wellness is approached holistically, supporting physical, emotional, spiritual, and mental well-being through programming designed for all.

This commitment is reflected in a wide range of activities, educational opportunities, and fitness offerings intentionally designed to appeal to diverse interests and abilities. Whether someone is new to an activity or highly experienced, programs are offered at varying skill levels so everyone can participate comfortably and confidently. From beginner games to advanced play, and from seated fitness to more active classes, each offering meets residents where they are.

Inclusivity also extends beyond programming into the culture of the community. Residents are embraced as part of a welcoming environment that promotes acceptance, connection, and a strong sense of belonging. With a person-centered approach, programming celebrates the unique backgrounds, experiences, and identities of each individual.

By prioritizing inclusivity, the INSPIRE program ensures that every resident has opportunities to engage, connect, and thrive, creating a vibrant community where everyone truly feels at home.



150 PARTICIPANTS.
12 COMMUNITIES.
3 DAYS.
2 DOZEN EVENTS.
AGES 56 TO 98.



5th Annual Liberty Games Bring 12 Communities Together for Three Days of Competition

One hundred fifty residents, ages 56 to 98, from 12 southeastern independent senior living communities gathered at **Hayes Barton Place** senior living community in Raleigh, North Carolina, for the 5th Annual Liberty Games.

This Olympic-style event, a signature of Liberty Senior Living, featured more than two dozen competitions over three days. Athletes competed in events ranging from bocce, swimming, and shuffleboard to trivia, chess, Scrabble and billiards.

The Games opened with a keynote from Olympic gold medalist Charlie Houchin, followed by a spirited team introduction. Participating communities included **The Barclay at SouthPark, Brightmore of South Charlotte, Brightmore of Wilmington, Carolina Bay at Autumn Hall, Pisgah Valley, Quail Haven Village, South Bay at Mount Pleasant, The Templeton of Cary, Wellington Bay, The Carlisle Palm Beach**, and **Preserve at Fairfield Glade**.

A philanthropic element added deeper meaning this year. A raffle raised $3,000 for Special Olympics North Carolina, which Liberty matched for a total of $6,000. Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness, noted the organization's admiration for the athletes and pride in supporting the mission.

Liberty corporate team members also volunteered, assisting with logistics and cheering on participants, allowing community staff to focus fully on residents.

The Liberty Games were designed to crown champions and, even more importantly, foster a sense of community, camaraderie, and active engagement. They embody a corporate-wide commitment to promoting a culture of wellness, where staying engaged and active is a priority at every age.





Recognizing and Fostering Resident Talents Through New Programs

Some of the most exciting additions to life at **Pisgah Valley** are being created by residents themselves. Resident-led programming is becoming a growing part of the community calendar, bringing new opportunities for learning, wellness, and connection.

Among the offerings are resident led meditation, line dancing, and Qigong groups. These programs offer more than activities. They create a unique environment where neighbors share knowledge, talents, and experiences with one another. Peer instruction fosters meaningful connections and strengthens the sense of community that makes **Pisgah Valley** special.

Looking ahead, resident involvement will continue to grow, with volunteers preparing to lead courtyard games such as bocce, shuffleboard, cornhole, and horseshoes as outdoor spaces are enhanced.





Pisgah Valley Athletes Shine at Liberty Games

Pisgah Valley residents brought enthusiasm, determination, and remarkable sportsmanship to this year's Liberty Games, earning an impressive fourth place finish among a strong field of competitors.

The team included six returning Olympians and four first time participants, creating a blend of experience and fresh energy. Two nonagenarian athletes were among the team's standout performers, competing in multiple events and capturing first place finishes.

Throughout the Games, residents supported one another every step of the way. They arrived not only as competitors, but as coaches, cheerleaders, and constant sources of encouragement for their teammates. Their positivity extended beyond their own team, as residents were often seen applauding and encouraging athletes from other communities.

"That's what sportsmanship looks like," said Wellness Director Christina Romera.





Community Collaboration Enhances Healthy Living at Pisgah Valley

At **Pisgah Valley**, supporting residents' health and well-being extends beyond the campus through partnerships with trusted organizations like *CenterWell Asheville*. *CenterWell* specializes in senior focused healthcare, with providers trained to address the multiple health conditions often associated with aging.

Pisgah Valley works closely with Melanie Harris, who directs *CenterWell Asheville's* active community spaces. Open to all older adults, these offer free activities including bingo, exercise classes, and health seminars. Melanie also partners with **Pisgah Valley** to bring educational programs and wellness opportunities directly to our residents.

By listening to our residents, *CenterWell* helps connect experts in areas that are of the most interest to them. For **Pisgah Valley** residents, these topics have focused on nutrition, meditation/ mindfulness, skin health, and balance. The informative sessions provide residents with practical knowledge and tools that support healthier, more engaged lifestyles while fostering lifelong learning and wellness.





A Community Hub for Health and Wellness

Pisgah Valley Wellness Center is a valued amenity for residents of **Pisgah Valley Retirement Community**, while also welcoming members of the greater community.

The *Wellness Center* offers a welcoming environment that supports wellness, connection, and active living at every age. Inside, guests find state of the art fitness equipment, a heated pool, a dry spa, and a fully equipped weight and cardio room. Professional instructors lead a variety of classes including water aerobics, low impact water exercise, balance and strength training, tai chi, cardio boxing, and Zumba. Each program is designed to encourage movement, confidence, and enjoyment in a supportive setting.

Beyond fitness, the *Wellness Center* serves as a gathering place where friendships form and community ties grow stronger. With inclusive access and a wide range of offerings, *Pisgah Wellness Center* stands as a hub for health, vitality, and lifelong engagement for all participants. All are welcome year-round every day.



Dean Jack Watson presenting Haley with Hall of Fame plaque

> **Haley's impact on our organization and the residents we serve is extraordinary. We are incredibly proud to see Haley recognized with this well-deserved honor.**

Nicole Cook
Liberty Senior Living
Vice President of Operations

UNCW Hall of Fame Honors Haley Kinne-Norris

Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness for Liberty Senior Living, has been inducted into the UNCW College of Health and Human Services Hall of Fame. One of five inaugural honorees, Haley was recognized for leadership, service, and meaningful contributions to both the senior living profession and future generations of students.

A 2018 graduate of UNCW with a Bachelor of Science in Exercise Science and a 2021 graduate with a Master of Science in Applied Gerontology, Haley's connection to Liberty began as part of the university's first intern cohort at **Carolina Bay at Autumn Hall**. After joining Liberty as a Wellness Director in 2018, Haley advanced into a leadership role supporting wellness and life enrichment initiatives across the organization's communities.

Committed to developing future professionals, Haley has mentored more than 25 UNCW interns, some of whom have gone on to careers with Liberty Senior Living.

In their current role, Haley created INSPIRE, Liberty's holistic wellness program that supports residents' physical, emotional, and social well-being. Haley also secured Liberty's membership with the International Council on Active Aging, presented at industry conferences, and helped multiple communities earn the ICAA Beacon Wellness Award.

Additional initiatives of Haley's include the Annual Liberty Games, ALympics competitions, Senior Beach Day, and a World War II veterans luncheon.

"Haley's impact on our organization and the residents we serve is extraordinary," said Nicole Cook, Vice President of Operations. "We are incredibly proud to see Haley recognized with this well-deserved honor."

The recognition reflects Haley's lasting influence on residents, colleagues, and the future of aging services.





Age should never put distance between you and what's happening now.

Introducing *Liberty Connects* Podcast

If you think conversations about senior living are all quiet routines and predictable topics, Liberty Connects is here to change that.

Liberty Senior Living's newly launched podcast brings energy, humor, and curiosity to the realities of aging well.

This is where grandmas are gaming, pickleball sparks friendly debate, and someone finally says what everyone is thinking about noisy restaurants.

Episodes lean into everyday moments that feel familiar, surprising, and often funny, including "Storage Units and Other Expensive Forms of Denial," "Procrastination: Humanity's Favorite Hobby," and "The Elephants in the Room: Stuffed, Shelved and Slightly Worthless." Even technology gets a fresh look in "Beyond Quacks and Commands," which explores how virtual voice assistants are reshaping daily life.

Hosted by veteran broadcaster Lisa Fielding, Liberty Connects is a monthly podcast created for anyone who believes aging should be anything but boring... certainly seniors, but also their children, grandchildren, friends and anyone who wants some timely info and suggestions without being preachy.

Each episode is structured into five short segments, making it easy to listen in quick moments or sit back for a longer experience. We're having Liberty Connects events at our communities, during which residents can listen and then discuss the episode. They're enjoying it as much as we enjoy putting it together.

At its heart, Liberty Connects is about staying curious, building connection, and embracing life with humor and purpose. We encourage you to tune in and enjoy!

To listen anytime, visit www.LibertySeniorLiving.com today for more.

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Check out *Liberty Connects*, Liberty Senior Living's podcast exploring wellness, technology, travel, lifelong learning, and more, all designed to inspire connection, curiosity, and vibrant living.

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

828-266-0141

6 Rhododendron Way
Candler, NC 28715

PisgahValleyRetirement.com

Pisgah Valley is a continuing care retirement community providing independent living. Pisgah Manor offers rehabilitation and skilled nursing, and Pisgah Villa offers assisted living on-site.

TO LEARN MORE, SCAN QR CODE

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

LIBERTY Senior Living

EQUAL HOUSING OPPORTUNITY
ADA COMPLIANT