TEMPLETON TIMES

News from Templeton of Cary luxury senior living community in Cary, North Carolina.



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Welcome to the second issue of *Templeton Times*, your inside look at the energy, creativity, and connection that shape life at **The Templeton of Cary**.

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 **The Templeton of Cary** 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, *Templeton Times* offers something for everyone.

We invite you to flip through these pages to see what is happening, what is new, and what makes **The Templeton of Cary** 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 UTRITIoN
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.





Nature's Classroom at The Templeton

One of the many advantages of life at **The Templeton** is its location in Cary, a community known for its beautiful parks, abundant wildlife, and commitment to preserving the natural world. Residents regularly enjoy opportunities to connect with nature through engaging educational programs and outdoor experiences.

Residents were captivated by an up-close presentation from falconer Chip Gentry of *Hawk Manor Falconry*, who introduced several magnificent birds of prey while sharing insights into their unique characteristics. The experience brought residents face-to-face with some of nature's most remarkable creatures.

For Earth Day, residents attended a presentation of the documentary *Blue Glacier: Then & Now*, which inspired thoughtful discussion about environmental stewardship.

The community's appreciation for nature continues with peaceful morning walks around *Yates Mill Pond Park*, where residents enjoyed fresh air, scenic views, wildlife sightings, and meaningful conversation with friends.





Creating Beauty Together

Creativity is flourishing at **Swift Creek at The Templeton of Cary**, where assisted living residents are discovering new ways to express themselves through engaging art classes. These hands-on programs encourage imagination, foster friendships, and provide a meaningful outlet for self-expression.

Residents have explored a variety of artistic techniques, including grain mosaic art, a unique project that combines creativity, texture, and fun. Using colorful grains and seeds, participants create intricate designs that showcase both patience and artistic vision. Residents have also been introduced to the delicate art of origami,

Beyond the finished projects, the classes offer valuable opportunities for residents to learn new skills, challenge themselves, and enjoy time with friends as participants take pride in creating something uniquely their own. These art experiences bring beauty, accomplishment, and connection to daily life, proving that creativity can continue to grow and inspire at any age.





Cheering on the Tar Heels in a Classic Rivalry Matchup

Residents of **The Templeton** recently enjoyed an unforgettable evening at the ballpark as they cheered on UNC Baseball during an exciting matchup against Duke. The outing provided the perfect combination of school spirit, camaraderie, and America's favorite pastime.

Fans joyfully filled the stands, proudly supporting the Tar Heels enjoying the excitement of a rivalry game. Residents enjoyed every moment, from the crack of the bat to the cheers of the crowd, while sharing the experience with friends and fellow baseball enthusiasts.

The highlight of the evening came before the first pitch when resident Charlie Hughes took center stage and had the honor of throwing out the ceremonial first pitch. His memorable moment on the mound drew enthusiastic applause and made the night even more special for everyone in attendance.

The outing was a wonderful opportunity to connect with the local community, celebrate school pride, and create memories that residents will be talking about for years to come.





Seed Oil Free Certification

The Templeton of Cary has become among the first senior living communities in the United States to earn the Seed Oil Free Certified™ Cooking Oil designation from the Seed Oil Free Alliance.

In doing so, **The Templeton** reimagined wellness-focused dining by eliminating industrial seed oils such as soybean, canola, corn, and sunflower oil from its kitchens.

The culinary team now prepares house-made alternatives using certified oils, including olive oil-based dressings, vinaigrettes, and beef tallow mayonnaise. These not only produce enhanced flavor but also healthier options.

The Templeton 's dining philosophy is centered on from-scratch cooking, organic and locally sourced ingredients, and wholesome alternatives. We are deeply committed to ensuring that all meals are delicious and aligned with the community's culture of promoting holistic wellness, supporting healthier aging without compromise.



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.

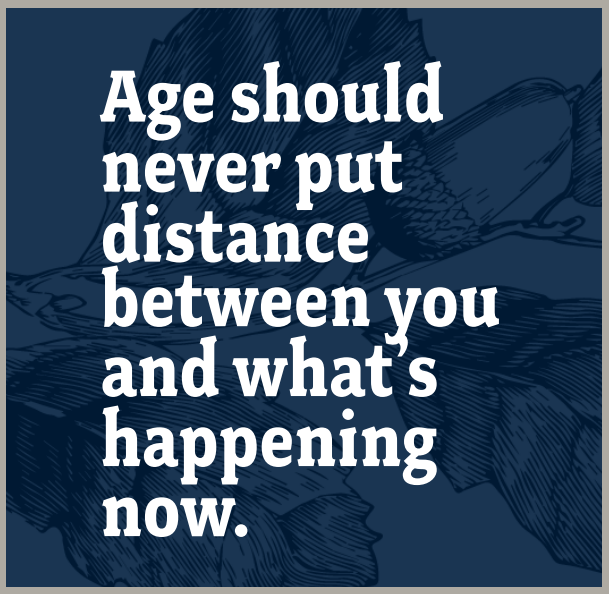
Additional initiatives of Haley's include the Annual Liberty Games, ALympics competitions, Senior Beach Day, and a World War II veterans luncheon.

"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.







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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Join the list now so your ideal home is ready when you are!



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!

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Cary, NC 27518

TheTempletonofCary.com

The Templeton is a continuing care retirement community providing Independent Living, Assisted Living, and Memory Support services all on one campus. Residents also benefit from priority access to Rehabilitation and Skilled Nursing services as their needs change.

TO LEARN MORE, SCAN QR CODE

THE TEMPLETON OF CARY | LIBERTY Senior Living

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