TEMPLETON TIMES

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



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Welcome to the third issue of *Templeton Times*, your inside look at the people, experiences, and connections that make life at **The Templeton of Cary** 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 Templeton of Cary** 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 Templeton of Cary.**

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 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.





A View From Our Window

A window can offer more than a view. Sometimes, it offers a glimpse into someone else's world.

Residents at **The Templeton of Cary** recently took part in a unique art exchange sponsored by Cary Sister Cities, a nonprofit that helps connect Cary with its sister cities around the world. The project paired **Templeton** residents with residents of a senior living community in Markham, Canada, for a creative exchange across the miles.

The prompt was simple: "A View from My Window."

Armed with art supplies and plenty of creativity, **Templeton** residents transformed their views into colorful postcards, capturing the scenes and perspectives that caught their eyes. The finished artwork was then exchanged with their counterparts in Canada.

For **Templeton** residents, the project offered a chance to get creative, share a little piece of their world and discover what life looks like through someone else's window. It was a reminder that art can connect people, even across an international border.





Casino Night Brings the Fun

After an outing to an area casino, the team at **The Templeton of Cary** decided it would be fun to bring the excitement back to the community. Lady Luck was in the house when their Casino Night brought residents together for an evening of cards, dice, friendly competition and plenty of laughs.

Residents tried their luck at the games, cheered each other on and enjoyed the playful suspense that comes with not knowing what the next roll or deal might bring. Whether they were seasoned players or simply there for the experience, everyone got into the spirit of the night.

The real jackpot, however, was the opportunity to gather with friends, share some laughs and enjoy a lively night together. With excitement around the tables and plenty of enthusiasm throughout the room, Casino Night proved that you do not need to hit the jackpot to have a winning evening.





Science Was in Session at The Templeton

At **The Templeton of Cary**, residents recently proved that you are never too old to get a little bubbly about science. During a hands-on Science Olympiad facilitated by NC State, residents put their curiosity, creativity and teamwork to the test with experiments that were as entertaining as they were educational.

The Ship Shape Challenge had residents designing and building barges, then loading them up to see how much cargo they could carry before sinking. It was a floating lesson in buoyancy, displacement and Archimedes' principle, with plenty of suspense when the water started rising.

Then came Boo Bubbles, where dry ice created fog filled bubbles and introduced residents to gas density, surface tension and states of matter. The day wrapped up with Science Sketchers, a lively drawing and guessing game featuring scientific terms and concepts.

From floating barges to mysterious bubbles, there was plenty of brain power, teamwork and laughter. Turns out science can be pretty fun when you get to experiment with it yourself!





Turn Up the Music, Get Moving!

What happens when favorite songs, rhythm instruments and a room full of enthusiastic residents come together? At **Swift Creek at The Templeton of Cary**, the answer is Rhythm and Motion!

Designed for Memory Support residents, this lively activity turns music into an invitation to move, participate and connect. Residents sing along, clap their hands, play rhythm instruments, and interact with the people around them. There is no wrong way to join in. If the beat inspires a little toe tapping, that counts. If it leads to a full-on musical performance, even better!

The program combines something residents naturally respond to, familiar music, with purposeful movement. Along the way, residents have opportunities to work on coordination, physical activity, cognitive stimulation and socialization while supporting emotional well-being.

And then there is the most important part: fun. A familiar song can get the room humming, tapping and moving together.



> **“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."

Special Offers & More

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$1,500 OFF

when making the move to **The Templeton of Cary** as a thank you to those who have served.

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PRIORITY PARTNER PROGRAM

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

LIBERTY Connects

Brought to you by LIBERTY Senior Living

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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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

ADA COMPLIANT