WELLINGTON BAY *WHISPERER*

News from Wellington Bay luxury senior living community in Wellington, Florida.



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Welcome to the third issue of *Wellington Bay Whisperer*, your inside look at the people, experiences, and connections that make life at **Wellington Bay** 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 **Wellington Bay** 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 **Wellington Bay**.

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.





There's a Buzz at Wellington Bay and Lisbet at Wellington Bay

There are some new pollinators in town, and they are already making a buzz.

Wellington Bay and **Lisbet at Wellington Bay** recently launched a new beehive in partnership with Alvéole, an urban beekeeping company that professionally maintains the hive. The initiative gives residents and team members an opportunity to enter the fascinating world of bees while supporting environmental sustainability and giving back to the local ecosystem.

The hive is also bringing plenty of activities to the communities, including a Name the Queen Bee contest, What's the Buzz workshops, a special honey tasting and more. And the sweetest part may be yet to come. The culinary team is looking forward to incorporating the community's own honey into special menu creations.

From learning about the important work of bees to tasting the fruits, or rather honey, of their labor, there's a lot to bee excited about.





Let the Games Begin!

It is officially the beginning of one of the most exciting seasons of the year: **Wellington Bay** Olympics season!

Excitement is building as residents prepare for the competition, and the action is already underway. Residents gathered for an Olympics Practice Rally to sharpen their skills, test their strategies and, perhaps most importantly, build camaraderie before the real competition begins.

With bragging rights on the line and a chance to advance to the Liberty Games next spring, there is plenty of motivation to bring their A game. Friendly competition, teamwork and a whole lot of fun are all part of the experience.

Whether the goal is to claim a top spot, cheer on teammates or simply enjoy the excitement, residents are ready to play.

The **Wellington Bay** Olympics are coming, and judging by the practice rally, these competitors are not here to take it easy!





Artistic Pursuits at Wellington Bay

At **Wellington Bay**, creativity comes in many forms. Residents can pick up a paintbrush, try their hand at jewelry making, explore mixed media or settle in for a morning of diamond art. The emphasis is on having fun, trying something new and discovering the artist within.

Art educator Jamey Kahl Lennane visits **Wellington Bay** each month to lead residents through a new artistic experience. Classes have included watercolor, acrylic painting, drawing, live model sessions and mixed media. Jamey also helps residents showcase their work through the community's annual art show.

Creative opportunities continue beyond Jamey's classes. Resident artist Marlene Gurst leads jewelry making, while Elyse Fuhr teaches craft classes, often featuring diamond art. Elyse also leads a weekly Diamond Art Club on Friday mornings.

Whether creating a colorful painting or a sparkling piece of diamond art, **Wellington Bay** residents find plenty of ways to turn creativity into connection and fun.





No Passport Required: Dinner Is Going Places

At **Wellington Bay**, residents can explore the flavors of the world without ever having to go far, and sometimes without leaving home.

Each month, the culinary team creates a themed dining experience, turning dinner into a mini vacation. So far, residents have enjoyed Greek, Southern, Chinese, Italian, Irish, French, Mexican and Western cuisine, plus a Breakfast for Dinner night.

The Culinary Director and Executive Chef create special menus featuring authentic flavors, while the team gets into character. Hawaiian Night brought out the leis, while French Night called for berets.Specialty drinks and interactive cocktail stations add to the fun. Western Night, for example, featured beer and bourbon tastings.

The culinary adventures also extend beyond **Wellington Bay**, with outings to local restaurants giving residents opportunities to discover new eateries and experience the area's diverse dining scene.



> "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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when making the move to **Wellington Bay** as a thank you to those who have served.

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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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Wellington Bay's Independent Living offers an active, upscale lifestyle. Assisted Living, Memory Care and Respite Care are also offered on-site at Lisbet at Wellington Bay.

TO LEARN MORE, SCAN QR CODE

ASSISTED LIVING FACILITY LICENSE NUMBER OF #13793

WELLINGTON BAY | LIBERTY Senior Living

EQUAL HOUSING OPPORTUNITY | ADA COMPLIANT