THE PEAK
OF PRESERVE AT FAIRFIELD GLADE

News from Preserve at Fairfield Glade senior living community in Crossville, Tennessee.



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Welcome to the second issue of *The Peak*, the newsletter of in Crossville, Tennessee, where possibilities, people, and purpose come together every day. The Peak gives you an inside look at the experiences, connections, and moments that make life here vibrant and full of energy. From lively events and resident spotlights to behind-the-scenes updates and thoughtful initiatives from Liberty Senior Living, each edition celebrates the creativity, engagement, and care that make **Preserve at Fairfield Glade** feel like home.

Residents gather for engaging programs, explore new hobbies, and share moments that bring joy to every day. Behind the scenes, our team works to ensure each experience is meaningful, while Liberty Senior Living continues to innovate and elevate the community with thoughtful improvements.

Whether you're here to stay informed, feel inspired, or enjoy stories that warm the heart, *The Peak* has something for everyone. Flip through these pages to see what's connecting neighbors, creating memories, and shaping life at **Preserve at Fairfield Glade**; where every day is an opportunity to thrive and celebrate.

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.





BUILDING STRONGER CONNECTIONS IN FAIRFIELD GLADE

Community is more than a place to live. It is a place to connect. Over the past year, those connections have expanded as **The Preserve at Fairfield Glade** has become more engaged with the greater Fairfield Glade community.

A major milestone came when **The Preserve** joined the Liberty Senior Living family, opening the door to new opportunities, programs, and resources. Residents now are part of the Fairfield Glade Community Center, which features recreational spaces, an aquatics center, event venues, and activities for all interests.

The Preserve is also welcoming more visitors than ever. Following the closure of the Wyndham Hotel, we now make cottages available as rental accommodations for guests visiting the area. These provide a convenient stay while introducing newcomers to the warmth and hospitality of **The Preserve**.

Through new partnerships, expanded amenities, **The Preserve** continues to strengthen its role as an active and valued part of Fairfield Glade.





SPIN TO WIN: WELLNESS GETS A FUN TWIST AT PRESERVE AT FAIRFIELD GLADE

What happens when a Wellness Director puts fitness on a wheel? Residents at **The Preserve at Fairfield Glade** are finding out.

Looking for a way to keep people active outside scheduled classes, Wellness Director Jennifer Smith introduced the Wheel of Wellness, a simple but effective fitness challenge. Residents stop by, give the wheel a spin, and complete a series of suggested exercises for a quick workout.

The idea caught on quickly. A second wheel was added to the fitness center, featuring machine-based challenges such as cycling for five minutes or completing a set on the leg press.

The program has become popular with both residents and team members, who are encouraged to spin before or after shifts or during lunch breaks. What started as a creative way to fill a fitness gap has become a fun source of motivation throughout the community.

The Wheel of Wellness proves that staying active can be as easy, and as fun, as a simple spin.





PRESERVE MAKES A STRONG LIBERTY GAMES DEBUT

Residents of **Preserve at Fairfield Glade** recently made their debut at the Liberty Games, a spirited competition for Liberty Senior Living independent living communities. Fourteen residents of Preserve, the maximum number allowed per community, qualified to compete alongside 150 Olympians ranging in age from 56 to 98.

Although it was their first year participating and they had only two months to prepare after joining Liberty Senior Living, **Preserve** residents delivered an impressive performance, finishing sixth out of 12 communities. Along the way, they earned five awards in competitive events and proudly brought home the coveted Sportsmanship Award.

Beyond the competition, residents enjoyed meeting peers from sister communities and praised the welcoming atmosphere, camaraderie, and excitement throughout the event. Back at **Preserve**, fellow residents cheered them on through live streamed coverage, making the experience a community wide celebration.





RINGING IN A YEAR OF JOY

Just over one year ago, a group of residents at **The Preserve at Fairfield Glade** took a chance on something new. Today, the *Liberty Bells Bell Choir* is celebrating its first anniversary and sharing music throughout the community and beyond.

Founded and directed by Amy Fogarty, Life Enrichment Director, the choir welcomes everyone, from experienced musicians to those who had never read a note of music before joining. Together, they have discovered that making music is about more than performance. It is about learning, friendship, and confidence, and spreading joy.

After their first community performance last September, the group quickly gained momentum. They now perform throughout the area, including appearances at the *Art Circle Library in Crossville*, *Azalea Gardens*, and the *Piecemakers Quilt Guild's high tea*, where members donned festive hats and enjoyed homemade treats.

"The residents feel such a passion and love for the group," said Amy. For the Liberty Bells, every performance strikes a joyful chord.



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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$1,500 OFF

when making the move to **Preserve** 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!



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 Connect!

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100 Samaritan Way
Crossville TN, 38558

ThePreserveAtFairfieldGlade.com

Preserve at Fairfield Glade is a continuing care retirement community providing independent living, assisted living, rehabilitation, respite care and skilled nursing

TO LEARN MORE, SCAN QR CODE

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