THE PEAK
OF PRESERVE AT FAIRFIELD GLADE

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



Table of Contents

1 Cover Story

2 Liberty Senior Living Reaches New Heights

3 2nd Top Chef Competition

4-5 Preserve News

6 Leadership with Purpose

7 Culinary Leadership with a Focus on Success

8 Special Events & Contact Information

Welcome to the third issue of *The Peak of Preserve at Fairfield Glade*, your inside look at the people, experiences, and connections that make life at **Preserve at Fairfield Glade** 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 **Preserve at Fairfield Glade** 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 **Preserve at Fairfield Glade**.

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	N	S	P	I	R	E
INCLUSIVE	NUTRITION	SPIRITUAL	PHYSICAL	INTELLECTUAL	RECREATIONAL	ENGAGING

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.



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.

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







CREATIVITY IS ALWAYS IN GOOD COMPANY AT PRESERVE

At **Preserve at Fairfield Glade**, creativity is contagious, and Joyce is happy to share hers.

Joyce has a passion and talent for making greeting cards, a craft she generously shares with fellow residents. She loves creating and sharing her cards and enjoys teaching others how to make them. She is always eager to try something new and seems to have the latest and greatest tools for her craft.

Joyce is one of many residents who bring their own interests and talents to life at **Preserve**. Residents can explore their creative sides through popular activities such as diamond art and painting classes. Some classes are taught by outside professionals, while others are led by residents who enjoy sharing their knowledge and enthusiasm. Resident led classes and activities include current events, various card games, Mexican Train and Mahjong.

This is one more way **Preserve** encourages residents to share what they know, learn from one another and turn their interests into opportunities for connection.





FAIRFIELD GLADE RESIDENTS GO FOR THE GOLD

Move over, Paris. There is a new Olympic venue in town. **Preserve at Fairfield Glade** held its first Olympic Games, bringing residents together for a week of friendly competition, spirited cheering and plenty of reasons to go for the gold.

The opening ceremonies had all the right fanfare, with the community's drumming group setting the rhythm and a newly formed cheer club rallying the crowd.

About 30 residents competed in events that put their skills, strategy and sense of fun to the test, including a water balloon drop, scavenger hunt, yard darts, trivia, shuffleboard, balloon volleyball, water walk and more.

The competition was friendly, but the bragging rights were real. The top competitors earned a chance to represent **Preserve at Fairfield Glade** next spring at the Liberty Senior Games, where they will face off with fellow athletes from sister Liberty Senior Living communities.





MAHJONG MAKES A WINNING HAND AT PRESERVE

Mahjong may be having a moment, but at **Preserve at Fairfield Glade**, the tile game has been a favorite for quite some time. Residents play often and enthusiastically, proving that this popular pastime has staying power.

Recently, **Preserve** turned its love of the game into a way to give back, hosting a Mahjong event that welcomed both residents and members of the greater community. The event raised funds for Alzheimer's Tennessee, an organization that has become an important partner in Preserve's ongoing community involvement.

And the Mahjong tiles are just the beginning. Throughout the year, **Preserve** raises money for Alzheimer's Tennessee through mum sales, silent auctions and raffles. Residents and team members also participate annually in the Walk to End Alzheimer's.

At **Preserve**, a good game is even better when it brings people together and supports a cause that matters.

Scan the QR code on the back page to learn more about the Mahjong craze on Liberty Senior Living's podcast, Liberty Connects.





MEET THE PRESERVE'S MOST POPULAR MEDICAL ASSISTANT

Dr. Wakham always arrives at **Preserve at Fairfield Glade** with his medical bag in hand. But when it comes to making an impression, his most effective medical tool has four paws, a wagging tail and a serious talent for spreading happiness.

Meet Cole, Dr. Wakham's 6-year-old Labradoodle and unofficial medical assistant.

Since Dr. Wakham became Medical Director in May, Cole has been a regular companion on his visits. This big, black bundle of patience, sweetness, and love, has a remarkable effect on the residents. Faces light up, conversations start and residents relax as they pet and visit with him.

Dr. Wakham may bring the medical expertise, but Cole brings something that cannot be prescribed: a warm, comforting presence that lingers long after his weekly rounds are over.



> 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

VETERAN'S DISCOUNT

$1,500 OFF

when making the move to **Preserve** as a thank you to those who have served.

JOIN TODAY

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 Connect!

931-340-9118

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

PRESERVE AT FAIRFIELD GLADE | LIBERTY Senior Living