THE KEMPTON CHRONICLE OF CHARLESTON

News from Kempton of Charleston senior living community in Charleston, South Carolina.



Table of Contents

1 Cover Story

2 Letter from Leadership & INSPIRE

3 Top Chef Competition

4-5 Kempton News

6 Liberty and International Council on Active Aging (ICAA)

7 Celebrating Our Veterans

8 Special Events & Contact Information

Welcome to The Kempton Chronicle

We're excited to introduce *The Kempton Chronicle*, our new quarterly newsletter designed to keep you connected, informed and inspired. Each edition will share highlights from Liberty Senior Living, the organization that proudly owns and operates **Kempton of Charleston**, along with the latest happenings right here in our vibrant community.

Inside, you'll find news about Liberty's innovative programs and resources, as well as stories celebrating the accomplishments, creativity and spirit of our residents and team members. From engaging events and wellness initiatives to dining updates and campus enhancements, *The Kempton Chronicle* offers a window into the lifestyle that makes our community so exceptional.

We have much to celebrate and even more to look forward to, and we're delighted to share it all with you.

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

Welcome to the inaugural issue of our Liberty Senior Living quarterly newsletter.

A family-owned company, Liberty Health is celebrating 150 years of service and has continued to evolve with each generation. Liberty Senior Living is one of the newest divisions of the organization and reflects the vision of the fourth generation principal owners. Their leadership has guided the development of new communities along with the thoughtful acquisition and renovation of existing ones.

The past year has been exciting. We have welcomed new senior living communities into the Liberty family, including **The Carlisle Palm Beach** in Lantana, Florida and and **Preserve at Fairfield Glade** in Crossville, Tennessee. We have also strengthened our corporate leadership team with the addition of **Robert Goyette** as Chief Operations Officer and **Max Newland** as Chief Investment Officer. Together they bring experience and insight that will help lead Liberty into its next chapter.

We are also excited to launch our new podcast, *Liberty Connects*, where we share interesting news, insights on senior living and more. Through the podcast and this newsletter, we look forward to keeping you connected to the people, places, and experiences that make Liberty Senior Living special.

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

Whether offering a Zumba class, an outing to an area museum, hosting a guest speaker from a local university, or inviting a local artist to teach a class, our communities custom-design programs and activities to help residents improve all aspects of their physical, emotional, spiritual, and mental health.

Each of our upcoming issues of the quarterly newsletter will focus on one of the key elements comprising INSPIRE. We're excited to have the opportunity to showcase our engaging, innovative and holistic programming.

We are dedicated to providing a wide range of offerings so that there is something (in fact, quite a bit) for everyone. We'll share how many of our programs are suggested/requested by residents, and some are in fact led by residents with special interests, talents, and areas of expertise.

At Liberty Senior Living, wellness thrives when residents feel engaged and empowered. The INSPIRE program brings this to life with opportunities that nurture mind, body, and spirit through meaningful, enjoyable activities.



Congratulations
to our 2025 Winners!

**Chef Pam Ballard &
Sous Chef Fabian**



Top Chefs Take Center Stage in a Celebration of Culinary Skill

Pan-seared scallops and tempura crab over herbed forbidden rice with cilantro, sweet pea purée, garnished with red pepper coral, caviar, and a fried crab leg…these aren't ingredients one typically associates with senior living dining. Yet this was one of the remarkable dishes created by a Liberty Senior Living executive chef during the organization's inaugural Top Chef Competition.

Showcasing Culinary Excellence

The competition was designed to highlight that dining in today's senior living communities rivals upscale restaurants, offering flavorful, diverse, and beautifully presented meals prepared by accomplished professionals.

From Community Kitchens to the Big Stage

The first round of the competition featured executive chefs from Liberty's independent living communities creating a main course. The five top contenders advanced to the final two rounds, held at **The Barclay at SouthPark** in Charlotte, where they prepared an appetizer and a dessert.

Judging with Expertise and Flavor

A panel of five judges including a resident dining committee representative, Liberty corporate leaders, and guest chef Jerry Lanuzza, associate professor at Johnson & Wales University, evaluated each dish on creativity, presentation, and flavor.

Crowning Liberty's Top Chef

Pam Ballard of **South Bay at Mount Pleasant** near Charleston, South Carolina, earned the title of Top Chef.

The spirited competition celebrated Liberty Senior Living's culture of excellence, spotlighting the talent, creativity, and pride of its chefs.





Enjoying Charleston, One Outing at a Time

Outings are among the most highly anticipated experiences at **Kempton of Charleston**, giving residents the chance to stay connected to the city they love. Residents from assisted living, memory care, and skilled nursing regularly head out together to enjoy one of the most celebrated cities in the world.

Charleston is known for its rich history, and incomparable culinary scene, and **Kempton** residents take full advantage of it all. Weekly outings include lunches at local restaurants, visits to neighborhood parks, trips to the Cat Café, and cultural stops at places like the Gibbes Art Museum and the Charleston Museum. Residents have explored the Charleston Tea Plantation, strolled the Folly Beach Pier, gone shopping, created crafts, built terrariums, and even set sail on a schooner for harbor tours.

These shared adventures create joy, conversation, and a sense of freedom, reminding residents that life at **Kempton** extends well beyond its walls and into the heart of Charleston itself.





Impacting with Connection and Care

Selena Melton joined **The Kempton** in January 2024, bringing her passion and dedication for senior living. Inspired by her relationship with her great-grandparents, Selena knew she wanted to make a difference in residents' lives. She loves listening to their stories and celebrating their accomplishments, becoming someone they can truly rely on.

Starting as a personal care assistant in memory care, she quickly advanced to medication technician and, earlier this year, transitioned to leading activities for memory care. "I've never worked for a company that has noticed my dedication until I arrived at The Kempton," Selena shared. "It makes me feel seen, valued, and respected."

In her new role, Selena delights in creating activities that spark curiosity and joy. Seeing residents' smiles light up or discovering new interests, brings her daily fulfillment. "They may not always remember my name, but the activities we share make them remember me," she said, proving the lasting impact of connection and care.





Let the Games Begin. Kempton Residents Take on ALympics

Residents at **Kempton of Charleston** recently had the chance to shine in ALympics, an exciting offshoot of Liberty Senior Living's signature Liberty Senior Games. Launched in 2018 for independent living communities, the Games encourage movement, mental engagement, and meaningful connection. This year, Liberty expanded the spirit of friendly competition with ALympics, created especially for assisted living residents. **Kempton** residents were eager to jump in.

The festivities began with a joyful opening ceremony led by the community's oldest resident, age 101, who proudly served as torchbearer. Approximately two dozen residents competed in a wide variety of events including bowling, balloon volleyball, axe throwing, and walking races. Everyone cheered each other on and celebrating every victory. ALympics showed that every resident can participate feel included and celebrate their strengths.





When Generations Connect

Kempton of Charleston's close proximity to The Citadel and nearby universities creates meaningful opportunities for residents to connect with younger generations. Being located near these respected institutions makes it easy to welcome student visitors who bring fresh energy and genuine joy into the community.

Students from the College of Charleston Delta Gamma sorority recently reached out, eager to volunteer their time. Life Enrichment Director Leah Hall shares **Kempton's** monthly activities calendar with them, and the students thoughtfully choose ways they would like to be involved. Their visits include playing Rummikub and card games, helping with art therapy, and spending time with residents in both assisted living and memory care.

Cadets from The Citadel also visit regularly, stopping by to chat, play games and cards, and work through word puzzles with residents.

Residents enjoy learning where the students are from and what they are studying, while students gain perspective and lasting relationships that make each visit truly special.







Membership and Involvement with ICAA

Members of Liberty Senior Living's independent living wellness and life enrichment teams annually attend the International Council on Active Aging (ICAA) conferences. They return bursting with ideas for new programs to offer their residents. Involvement with ICAA reflects Liberty Senior Living's deep commitment to promoting health and wellness programs throughout communities. It ensures their professional team is equipped with the latest knowledge and research regarding healthy aging, integral to Liberty's mission of helping residents stay as independent as possible.

Awards

For the third consecutive year, a Liberty Senior Living community received the ICAA Beacon Wellness Award, honoring the top 25 senior living wellness programs in North America. This year's recipient was **The Barclay at SouthPark** in Charlotte, North Carolina. The award recognizes senior living communities and leaders who embrace wellness as a core value that shapes culture, sparks innovation, and enhances quality of life.

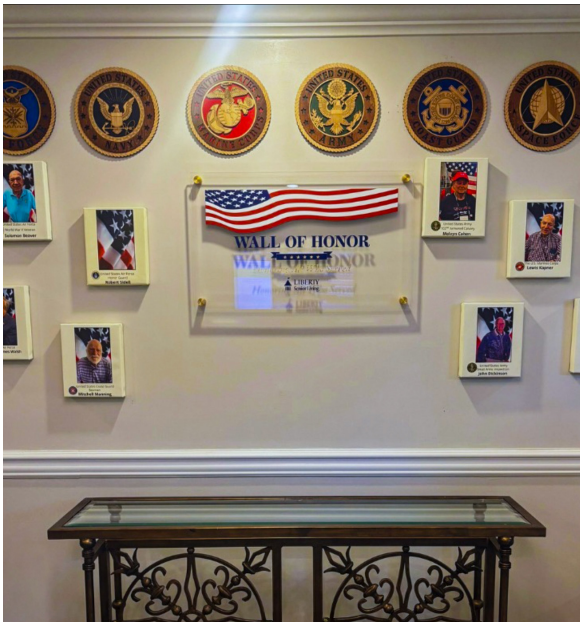
Additionally, this past year, Liberty Senior Living earned the prestigious ICAA 100 Member designation, highlighting its commitment to whole-person wellness across all levels of care, adding assisted living, memory care, and skilled nursing to the independent living membership. This has already inspired enhancements to Liberty's hallmark Olympic games, introducing ALympics competition for assisted living residents.

Looking Ahead

Liberty Senior Living's association with ICAA continues to inspire innovation, collaboration, and growth. By embracing the latest research and ideas in active aging, Liberty reaffirms its commitment to helping every resident live life to the fullest in body, mind, and spirit.



> “Honoring veterans is not only our duty, but also our profound privilege.”



Liberty Senior Living Honors Veterans with Walls of Honor and Community Celebrations

A Day to Remember

On Veterans Day 2025, Liberty Senior Living honored nearly 700 residents and team members who are veterans across its communities. Each community unveiled a new Wall of Honor featuring plaques, folded flags, and the names and photos of veterans. Every veteran also received a challenge coin from Liberty.

Standardizing Recognition Across Communities

"We want to ensure all of our communities are honoring all of our residents and staff who have served,” said Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness. “This initiative ensures we’re recognizing veterans consistently and meaningfully.”

Celebrating with Ceremony and Song

Celebrations included a ceremony at Liberty’s corporate office in Wilmington, North Carolina, featuring local high school color guard, the resident choir from the **The Kempton at Brightmore**, and a flag ceremony. Every Liberty community held similar events to honor their veterans.

Honoring World War II Heroes

In September, Liberty Senior Living had hosted a special luncheon marking the 80th anniversary of the end of World War II at its two Wilmington communities, **Brightmore of Wilmington** and **Carolina Bay**. Seven World War II veterans were honored with challenge coins, and family members shared photos and biographies of their loved ones.

Respect, Gratitude, and Inspiration

“Honoring veterans is not only our duty, but also our profound privilege,” said Will Purvis, President of Liberty Senior Living. “Through our initiatives, Liberty Senior Living ensures veterans receive the respect and gratitude they deserve while inspiring future generations to remember their courage and sacrifice.”

Special Offers & More

Call Today!

LIMITED AVAILABILITY.

Join Today!

PRIORITY PARTNER PROGRAM

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



Liberty Connects!

Liberty Connects podcast sparks ideas, shares inspiration, and celebrates what's possible for every stage of life. Brought to you by Liberty Senior Living, *Liberty Connects* is all about helping older adults stay engaged, curious, connected and entertained. You'll hear from fascinating seniors, and creative and passionate professionals and experts who are constantly rethinking what senior living looks like today, from wellness to tech, travel to lifelong learning, and everything in between.

854-227-3762

194 Spring Street
Charleston, SC 29403

KemptonOfCharleston.com

Kempton of Charleston provides assisted living, memory care, rehabilitation and skilled nursing.

TO LEARN MORE, SCAN QR CODE

KEMPTON OF CHARLESTON | LIBERTY Senior Living