THE KEMPTON CHRONICLE OF CHARLESTON

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



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Welcome to the second issue of *The Kempton Chronicle*, your inside look at the energy, creativity, and connection that shape life at **Kempton of Charleston**.

From lively events and resident spotlights to behind-the-scenes updates and thoughtful initiatives from Liberty Senior Living, each edition highlights the people, moments, and ideas that make **Kempton of Charleston** feel like home.

Life here is rich with opportunity. Residents gather for engaging programs, explore new hobbies, and share meaningful moments that spark joy and friendship. Our team works with care and intention to ensure every experience is memorable, while Liberty Senior Living continues to enhance daily life through leadership and innovation.

Whether you are here to stay informed, feel inspired, or simply enjoy a story that warms the heart, *The Kempton Chronicle* offers something for everyone.

We invite you to flip through these pages to see what is happening, what is new, and what makes **Kempton of Charleston** such a welcoming place to call home.

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 INCLUSIVE
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.





Moving with Joy and Kempton

Regular exercise supports strength, balance, mood, and overall health in meaningful ways. At **Kempton of Charleston**, we make movement enjoyable through engaging programs that bring residents together.

Our Beach Ball Bash encouraged laughter, light competition, and constant motion as residents kept the beach ball flying. Exercise classes with Santino keep everyone active, marching, moving, and sharing plenty of laughter. Strolls around campus offer fresh air, connection, and appreciation of our beautiful surroundings.

Together these activities help maintain independence, improve energy levels, and support emotional health. Beyond physical benefits these moments create social connection and a sense of joy that carries through the day. It reminds residents that staying active can be both purposeful and fun reinforcing wellness through laughter movement and community engagement. At Kempton exercise is not a chore, but a shared experience that enriches daily living and builds lasting friendships as well.





Thank You for Being a Friend

At **Kempton of Charleston**, "Thank You for Being a Friend" was more than just a catchy theme song. It was the inspiration behind a *Golden Girls* celebration that had residents laughing, reminiscing, and enjoying cheesecake.

With so much in common between the beloved television quartet and the women who call **Kempton** home, the event was an instant hit. Like Dorothy, Rose, Blanche, and Sophia, **Kempton** residents are smart, witty, independent, compassionate, and always ready for a good conversation.

The gathering featured favorite episode discussions, memorable clips from the series, and socializing. Residents shared their favorite characters, traded one-liners, and debated which Golden Girl they were most similar to.

Just like on the show, friendships were celebrated, stories were shared, and every problem seemed a little easier to solve over a sweet slice of cheesecake. At **Kempton**, we celebrate icons like the *Golden Girls*, whose wit, friendship, and legacy endure.





Midweek Music and Merriment

At **Kempton of Charleston**, Wednesdays come with a standing invitation to relax, connect, and have fun. The community's weekly Happy Hour has become one of the most anticipated events on the calendar.

Each week features live entertainment, including talented singers, energetic DJs, and performances that keep toes tapping and spirits high. Residents enjoy dancing, singing along to favorite songs, and catching up with friends. Whether joining the dance floor or simply enjoying the show, there is something for everyone to enjoy.

The celebration is made even better with refreshments that include wine and beautifully arranged charcuterie boards featuring an assortment of meats and cheeses. Happy Hour is a highlight of the week.

At **Kempton**, Wednesdays are proof that good times are even better when shared with friends.





Faith and Kindness in Action

At **Kempton of Charleston**, our residents are known for their kindness and compassion and for their strong commitment to giving back to the community.

Through the Faith and Kindness Cards Initiative, residents recently creates inspirational and encouraging cards that accompany home-cooked meals distributed to individuals experiencing homelessness. Each card shares messages of hope, faith, and kindness, offering comfort and dignity alongside a warm meal prepared with care. This meaningful outreach reflects the community spirit at **Kempton** and the desire of residents to make a positive difference in the lives of others.

It also provides residents with a creative and fulfilling way to express compassion while working together on a shared mission of service. Residents often say the experience brings joy and deepens their sense of purpose while reinforcing the importance of small acts of kindness that can have a lasting impact in the wider community every single day at **Kempton**.



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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when making the move to **Kempton of Charleston** 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 Connects!

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KemptonOfCharleston.com

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