THE CARROLLTON COLUMN

News from The Carrollton New Orleans senior living community in New Orleans, Louisiana.

Table of Contents

1 Cover Story

2 Liberty Senior Living's 2nd Leadership Summit

3 5th Annual Liberty Games

4-5 Carrollton News

6 UNCW Hall of Fame Honors Haley Kinne-Norris

7 Introducing: *Liberty Connects* Podcast

8 Special Events & Contact Information

Welcome to the second issue of *The Carrollton Column*, your inside look at the energy, creativity, and connection that shape life at **The Carrollton New Orleans.**

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 **The Carrollton New Orleans** 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 Carrollton Column* offers something for everyone.

We invite you to flip through these pages to see what is happening, what is new, and what makes **The Carrollton New Orleans** 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 Inaugural Leadership Summit

Liberty Senior Living recently hosted our inaugural 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 N S P I R E

I – Inclusive
N – Nutrition
S – Spiritual
P – Physical
I – Intellectual
R – Recreational
E – Engaging

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.

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.

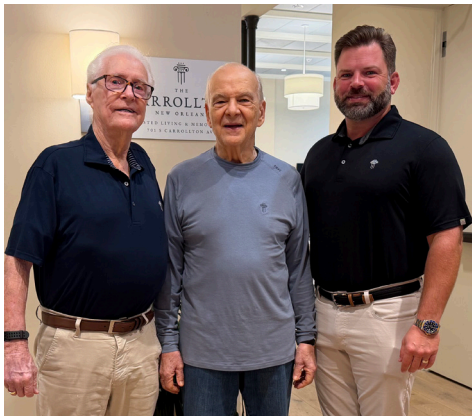
The Games opened with a keynote from Olympic gold medalist Charlie Houchin, followed by a spirited team introduction. Participating communities included **The Barclay at SouthPark, Brightmore of South Charlotte, Brightmore of Wilmington, Carolina Bay at Autumn Hall, Pisgah Valley, Quail Haven Village, South Bay at Mount Pleasant, The Templeton of Cary, Wellington Bay, The Carlisle Palm Beach,** and **Preserve at Fairfield Glade.**

150 PARTICIPANTS.
12 COMMUNITIES.
3 DAYS.
2 DOZEN EVENTS.
AGES **56 TO 98.**

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.



More Than a Logo: The Story Behind The Carrollton Collection

What started as an appreciation for a logo has grown into a unique way for residents, families, and team members to show their Carrollton pride.

The Carrollton Collection is a custom apparel line created in collaboration with tasc Performance, a local, family-owned clothing company known for its proprietary bamboo blend fabrics.

The idea was sparked by Executive Director Jim Mathews, who believed **The Carrollton of New Orleans** logo deserved more than a place on stationery and signage. After sharing the concept with Cindy Andrews of tasc Performance, who serves on **The Carrollton's** advisory board, the two developed a clothing collection that reflects the community's spirit and sense of belonging. Over the past months, they carefully selected colors, styles, materials, and pricing designed for residents, families, and staff.

More than apparel, the collection is a visible expression of connection, community pride, and home.

A New Star Takes the Stage at The Carrollton

The Carrollton New Orleans is pleased to welcome Dwayne Walker as its new Activity Coordinator, a role that perfectly combines his years of senior living experience with his remarkable talent for entertaining and engaging older adults.

A certified clown and accomplished performer, Dwayne is known for bringing music and laughter to residents. His performances are more than entertainment, sparking memories and encouraging social interaction throughout the community.

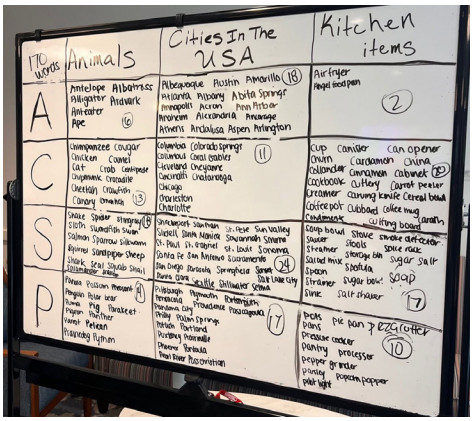
Beyond the spotlight, Dwayne brings extensive experience in senior living and a special gift for working with residents in memory care. His compassionate nature and ability to connect with individuals at every stage of aging help residents feel valued, understood, and included.

Dwayne joined Dinah James, **The Carrollton's** Activity Director, and the team's enthusiasm and positive energy are creating a fun environment with their unique blend of compassion, dedication, fun, and showmanship.

The Carrollton's Greatest Amenity: New Orleans

Few cities can match the culture, history, music, cuisine, and unmistakable spirit of New Orleans. At **The Carrollton New Orleans**, residents enjoy the unique advantage of calling one of the world's most celebrated cities home while exploring its treasures through fabulous outings and excursions.

Recent adventures have taken residents to some of the city's most beloved destinations. At *Spanish Plaza*, they posed for photos beside the statue of *Governor Bernardo de Gálvez* and admired the iconic fountain overlooking the Mississippi River. Residents also explored the *American Italian Cultural Center* and the *Donald Hanson Sr. Museum*, gaining deeper insight into the people and stories that helped shape New Orleans. Art lovers have enjoyed the *Sculpture Garden* at the *New Orleans Museum of Art*, while Black Catholic History Month inspired visits to several historic Black Catholic churches. Even a ride aboard the famous New Orleans streetcar becomes a memorable experience when surrounded by such rich history and charm.



Making Every Word Count

Every Monday afternoon, residents at **The Carrollton of New Orleans** put their minds to work during one of the community's most popular activities, Brain Games. The program encourages residents to sharpen their thinking skills while enjoying plenty of laughter and friendly interaction.

Activity Director Dinah Jones writes a large word on a dry erase board and challenges residents to create as many smaller words as possible using its letters. The only rule is that each new word must contain at least three letters.

Residents eagerly call out answers while Dinah fills the board with their discoveries. By the end of the 50-minute session, the group often generates more than 100 words.

Resident Marie G. is one of the game's biggest fans. "It makes us think," she says.

The activity proves that exercising the brain can be just as rewarding and enjoyable as exercising the body.

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.

Special Offers & More

Veteran's Discount

$1,500 OFF

when making the move to **The Carrollton** 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!

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!

504-576-1621

701 South Carrollton Ave.
New Orleans, LA 70118

TheCarrollton.com

The Carrollton offers assisted living, memory care, and respite care.

TO LEARN MORE, SCAN QR CODE

THE CARROLLTON | LIBERTY Senior Living

EQUAL HOUSING OPPORTUNITY ADA COMPLIANT