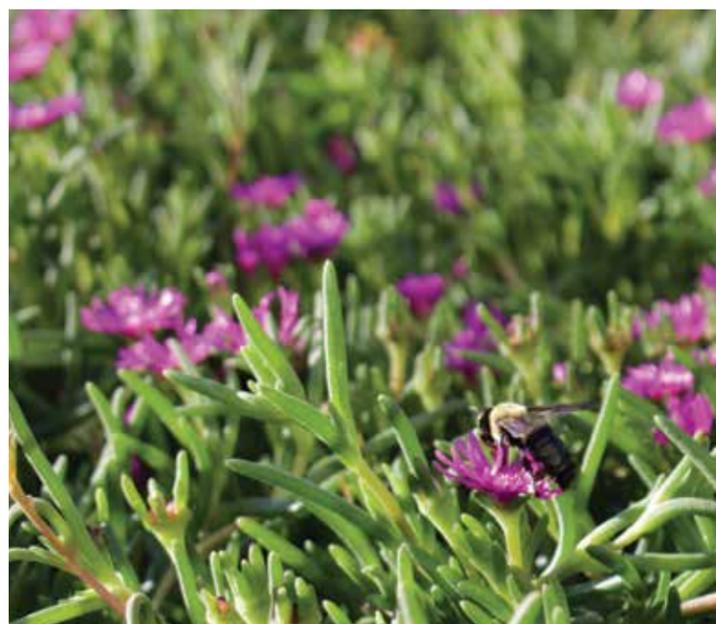




## THE HEART OF SOUTHPARK

*Sharon Towers evolves along with the iconic neighborhood*

SouthPark has seen many changes since 1969, when Sharon Towers opened. More business...more people – and it shows no sign of slowing down. Sharon Towers is also changing, but remains an important fixture as the area grows up around it. Active residents enjoy the walkability and access to dining, shopping and natural beauty in the midst of the hustle and bustle.



### COMMUNITY CALENDAR

*Upcoming Enrichment Seminars every Thursday at 3 p.m. in Hunter Hall*

#### November 16: Enrichment Seminar

*"The Most Interesting Street in Charlotte" with Dr. Tom Hanchett, Community Historian. What do Family Dollar, novelist Carson McCullers (The Heart is a Lonely Hunter), evangelist Billy Graham and Harris Teeter supermarkets have in common? All trace their early history to Central Avenue. Community historian Dr. Tom Hanchett explores those stories and looks at the avenue's international landscape today.*

#### November 21: Blood Drive

*Donate with the Community Blood Center of the Carolinas, all blood stays local, from 1-5PM in Hunter Hall. Contact Kelly Stranburg at [kstranburg@sharontowers.org](mailto:kstranburg@sharontowers.org) or 704-553-1670.*

### WHAT'S COOKING

*From Chef Drew Ward, who creates both fit and down-home favorites*

As temperatures drop, we all look forward to a warm meal at the end of the day. What better way to satisfy this craving than a rich and hearty pasta dish?

I like to create multi-dimensional recipes, combining different flavors, textures and food groups for a well-balanced meal. The earthy flavors of the mushrooms and kale are enhanced by the woody taste of sage, and complemented with hints of cream and salt.

You can serve this pasta in a multitude of ways – as the only dish,



as the main dish paired with a simple salad or as the *primi* course for a fancier occasion. *Buon appetito!*

WILD MUSHROOM AND KALE PASTA Recipe on p. 3

# Why We Love Sharon Towers

Sharon Towers residents can attest to the beauty of their homes and wooded campus, the friendliness of staff and residents, and the many activities that keep you as busy as you want to be. There is yet another slice of life that makes the Sharon Towers experience so special: Here in the heart of the SouthPark area, the best that Charlotte has to offer is at your fingertips.

## 'I Love Being In SouthPark'

ROGER AND SHERRILL SUITER

Such is the good life at Sharon Towers, Roger and Sherrill Suiter had to delay their interview for this story so they could finish lunch with their daughter and her family at the Rusty Bucket, a few blocks from the home they have come to love.

The Suiters moved into their one-bedroom apartment in the East Tower in September 2016. They enjoy having two full baths, a kitchenette with plenty of cabinet space, and a laundry room with ample room for storage. They quickly immersed themselves in the life of the community – Roger's in a Bible study and exercise class, Sherrill plays bridge, and they both enjoy eating and socializing in the dining room, especially at Allison's.

Having lived in their home a quarter-mile from Sharon Towers for 30 years, they have picked up where they left off, taking full advantage of everything the SouthPark area has to offer. In hot weather, Sherrill takes her walks at SouthPark Mall. Roger enjoys his walks around the neighboring, tree-lined Fairmeadows community. Their church, Sharon Presbyterian, is across the street. They go to the movies at Phillips Place, shop the many grocery stores in the area, and, of course, when it's time for lunch with their son or daughter, son-in-law and two grandkids, there are options galore.

"This felt like we were moving home," Sherrill says. "We love being in our old neighbor-

hood, where we can walk to places we know so well. I love being in SouthPark."

Life at Sharon Towers?

"I love it here," Sherrill says.

To that, Roger adds, "I do, too!"

## 'It's Easy To Love It'

CATHERINE ODOM

From her one-bedroom apartment in the West Tower that she shares with her cat Gracie, Catherine Odom reflects on life at Sharon Towers and declares, "There's a lot of goodness in the air."

Seeking peace of mind. Catherine moved to Sharon Towers from her Myers Park condo in February 2017. She's found that peace and much more, taking advantage of exercise and fitness opportunities, her book club, Movie Night and a "Memories To Memoir" writing group. She squeezed a hammock onto her patio, a perfect spot for reading and relaxing. There's plenty of room in the living room for her keepsakes and knickknacks. The everyday warmth that envelops this community, too, touches her soul. "People speak to you. It's never just 'Hello.' There's a smile on their face."

Catherine loves the convenience of being in the SouthPark area. Her bank is close by, she typically shops at two of the nearby groceries, takes in movies at Phillips Place, the Manor and Park Terrace, and browses one of her favorite retail stops, the massive Barnes & Noble bookstore. She still drives, though the Sharon Towers shuttle, she notes, makes it easy for ev-



ROGER AND SHERRILL SUITER



CATHERINE ODOM

everyone to enjoy the amenities that are a hop, skip and a jump from your front door.

On a pretty Sunday afternoon, from the comfort of her favorite chair overlooking the patio, Catherine puts a period on this conversation about life at Sharon Towers, and the vibrant community at her doorstep.

"This is a very comfortable, very close community. It's easy to live here. And it's easy to love it."



JUNE PARSONS

## PROGRAM PROFILE: THE HOME CARE SERVICE

Sharon Towers offers homecare and companion services to residents, Sharon Club members and anyone who lives within a 10-mile radius of us. Our Home Care Service is perfect for caregivers who need someone to help them care for their loved one so they can spend some time outside of the home, as well as for those who live alone and need a bit of assistance with everyday tasks.

Our Home Care Manager, June Parsons, is a licensed registered nurse and will visit you in your home to get to know you and discuss ways in which we could provide services to you or your loved one. If you decide our Home Care Service is right for you, our trained staff will come to your home to assist with bathing, dressing, cooking light meals, running errands, etc. All of our staff are licensed CNAs who provide hands-on care.

*For more information on pricing and services, please contact Sharron Aleshire at 704-556-3234 or [saleshire@sharontowers.org](mailto:saleshire@sharontowers.org).*

## LESSON LEARNED

### *The Importance of Powers of Attorney*



Stephanie Daniel is a partner with Smith Moore Leatherwood LLP in Charlotte focusing on the areas of estate planning, trust and estate administration, and estate and gift taxation. Stephanie

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Typically, in the estate planning process, people are focused on what happens after death rather than what happens during lifetime. Powers of Attorney (“POAs”) are needed to allow someone to act for you during your lifetime if you are unable to act or make decisions for yourself. There are two types of POAs – a Financial POA that is used to appoint someone to make financial decisions and a Health Care POA that is used to appoint someone to make medical decisions.

People often assume that a family member will inherently have the right to act for them if the person becomes incapacitated but oftentimes this isn't the case. Typically, if you do not have the necessary POAs in place, a family member must be appointed by the court to serve as your guardian to have the ability to make financial and medical decisions for you in the event you cannot make decisions for yourself. A guardianship action can be lengthy and costly. However, it can usually be avoided if validly drafted POAs are in place in advance of your need for them. Additionally, through the guardianship process the court may or may not choose someone you trust to serve as guardian and to make decisions for you. In some cases, the court will select a court-appointed attorney to serve as guardian which is rarely the person you would designate to make these types of decisions for you.

Do you have your POAs in place? If not, it is important to contact your estate planning advisor so that the appropriate documents can be put into place before you need them.

*“I have to pinch myself that I am still alive on Earth and not living in heaven!”*

– ISABEL DRAPER,  
SHARON TOWERS RESIDENT

## FROM THE CEO

### *Anne Moffat on the link between Sharon Towers and its SouthPark neighborhood*

Realtors say the three most important considerations in buying property are location, location and location. They have a point. We all want to be surrounded by beauty, friends and conveniences.

Our wooded SouthPark campus allows us to have it all.

SouthPark has grown in a way that has put our property in a sweet spot – close to everything residents need, yet still hidden behind thick tree cover. Residents can walk to many of the places we normally think of as being a car ride away – great restaurants (from high-end, to trendy, to healthy), plentiful shopping (our mall is the city's most desirable retail destination) and top-notch medical facilities.

SouthPark isn't just a shopping hub; it's a social hub. And social connection is a big part of our successful aging program. We encourage residents to spend time with people of different ages and cultures. Here in SouthPark, we're surrounded by those opportunities. Whether you walk to a restaurant or take our shuttle to the bank, drug store or movies – we're convenient to anything our residents might want.

We want to be an essential part of this neighborhood. My frequent message to the folks around us is: “Sharon Towers is here for the long term. We're keeping pace with the area's growth in order to stay viable.”



Sharon Towers CEO Anne Moffat likes the fact that cars are becoming less necessary in SouthPark. “Everything you need is within walking distance,” she says.

That means being attentive to the shifting needs of our prospective residents. Newer residents – and those planning to move here in the next few years – want to be fully integrated into the fabric of the community. Our residents don't live in a cocoon, nor do they want to. They want to enjoy life. And part of that is being active in the community. We're working on ways to achieve that.

SouthPark is truly becoming a place with personality. And Sharon Towers is an important part of that renaissance. I'm excited to see where SouthPark is heading and thrilled that Sharon Towers is part of the evolution.

Here's to being an integral part of Charlotte's most desirable neighborhood,

*Anne O. Moffat*  
CEO

## WILD MUSHROOM AND KALE PASTA

*from page 1*



### INGREDIENTS:

- 1 lb of wild mushrooms (oyster, shiitake, cremini etc) rough chopped
- 1 bunch kale de-stemmed and chopped bite size
- 2 cups cream
- 2 cloves garlic chopped
- 3 Tbsp parmesan cheese
- 1 tsp kosher salt
- 1 Tbsp butter
- 2 Tbsp Sage chopped
- 1 lb spaghetti or pasta of choice

### METHOD:

1. Cook pasta according to package directions, drain reserving 1 cup of pasta water
2. In a stainless steel pan add cream, garlic, sage, and mushrooms
3. Cook until mushrooms are tender and sauce reduces by half
4. Add kale and salt
5. Check seasoning, add parmesan and butter
6. Toss with pasta and serve

\* If the sauce seems to thicken, add the reserved pasta water to the cream to thin



*Sharon Towers*

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*Sharon Towers*  
**CONNECTION**

FALL 2017

 *Download a copy at  
[sharontowers.org/connection](http://sharontowers.org/connection).*

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**ON THE GO**

*Sharon Towers  
Cohosted Local  
Wellness Fair*

Sharon Towers partnered with neighbor Sharon Presbyterian Church to host the SouthPark Wellness Fair, held on the church's grounds. The goal of the event was to introduce attendees to area businesses and services that support overall health and well-being for people of all ages.

Vendors participating included Whole Foods, Harris YMCA, Bar Method, Camp



Gladiator, King of Pops, Smoothie King and Tyvola Senior Center, to name a few. Zumba classes and an obstacle course were offered as well.

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