

## SUCCESSFUL AGING IN ACTION

*Yoga class highlights the emphasis on vitality and well-being*

When residents participate in yoga class, all the poses aren't easy. But the warmth and camaraderie shine through as each person coaxes the best out of the other. The result is great exercise, improved balance and smiles all around.



### COMMUNITY CALENDAR

#### March 22: Enrichment Seminar

*"Swing!" Retired Charlotte librarian, Rosanne Losee, will present on the fabulous music of the Big Bands and of the 30s and 40s.*

#### March 29: Enrichment Seminar

*"Prevention and Reversal of Cognitive Decline" – Mark Osborn from Precision Brain Health will discuss topics such as the risk factors for cognitive decline, treatment options for reversing cognitive decline and more.*

#### March 30: Resident Art Show

*Resident artists will exhibit their works*

#### March 31: Easter Celebration

*From 10am-12pm in the front circle (weather permitting.) Bring your family and friends and join us for an Easter Egg Hunt and pictures with the Easter Bunny.*

### WHAT'S COOKING

*Featured delicacies from the Sharon Towers Catering Department*

There's nothing quite like springtime in the South! Flowers are blooming, birds are chirping and people are out and about. Do I even need to mention the longer days and warmer temperatures that seem to instantly lift spirits and fill up social calendars?

Spring is one of my favorite times of the year to entertain friends. With spring in the air, add a little Southern flair to the hors d'oeuvres you serve. You're sure to impress your guests with this sophisticated and delicious bite. It's enough to stand on its own



or complement simpler dishes like cheese straws and clam dip.

Just be warned, if you serve this Pickled Shrimp Johnny Cake, your home will become the go-to for social gatherings.

PICKLED SHRIMP JOHNNY CAKE Recipe on p. 3



# Why I 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 Lucked Up’

MARSHA JARRELL

For all the blessings of life at Sharon Towers, peace of mind is at the top of the list. No one knows that better than Marsha Jarrell.

Marsha moved into her sixth-floor apartment in South Tower in January 2017. An independent soul, she knew her three sons were right. It was time, in terms of her health, to be part of a community where everyone – residents and staff – looks out for their neighbor. She appreciated that such a move would give her boys the gift of peace of mind. From the comfort of her den, Marsha reflects on her decision and says simply, “This place is like family.”

Marsha loves everything about her new home – being close to her children, church and all that SouthPark has to offer; the cozy den, spacious bedroom, gas fireplace, and enough room (1,500 square feet) for her grandchildren to spend the night. The two younger ones, Jackson and Hannah, even store their sleeping bags at her place. And that automatic door-opener has proven to be a huge convenience.

She has immersed herself in the life of the community: physical therapy and exercise, coffee and muffins with friends afterward in The Bistro, dinner with a regular group and Thirsty Thursdays with the usual crowd of friends in the Wolfe Lounge. Medical transportation, the on-campus library and Movie Night all have



MARSHA JARRELL

enriched her quality of life.

Best of all is experiencing the essence of life that defines Sharon Towers: knowing that you are surrounded by the warmth of residents and that you are able to reciprocate by reaching out in kind to your new friends and neighbors. The constant concern of staff. And the love and care of everyone with whom you cross paths.

Life at Sharon Towers?

As Marsha says, “I lucked up.”

# The Warmth of Sharon Towers

A special story from Helen Schwab, former food writer for *The Charlotte Observer*

It was the snow that did it, finally.

My mother had lived for decades in southeastern Pennsylvania and I’d grown up in that weather: Snow, ice, slush, in about equal measure, four months a year. Shoveling snow from the walk in her lush garden didn’t faze her. Chipping ice off perilously steep steps? No problem – to her.

To me? Problem.

That worry crystallized my others: She was 500 miles away from me. Her stair-filled house was aging. My kids rarely saw her.

So, I asked for the first time, casually: Would she consider moving? I was prepared for refusal and got it.

I didn’t press. But I did begin short



HELEN AND HER MOTHER, SHARON TOWERS RESIDENT HOLLY CRAWFORD

conversations with her, asking what she loved most in her daily life. \*

Her passions: caring for her rescued cat, gardening (her green thumb is family legend), and, because of a career in service fields, she

delights in recognizing people who put their whole hearts into their jobs. She is keenly aware of how seldom a job well-done is acknowledged, and she insists: Exceptional work should be celebrated. Often.

What got in the way of her doing more of what she loved? Shoveling snow. Those stairs. Not interacting as much as she had when she worked.

I’d say it was four months, a Pennsylvania winter, before she said a move might work, if we found somewhere she could do those things.

Her first home here, a Quail Hollow condo, had the first two opportunities. In Sharon Towers, she has all three.

She is fond of telling me how warm people here are. She tells them, too. She, and they, deserve it.

\* A resource I wish I’d had at the time: Atul Gawande’s “Being Mortal.” A key point: Changes are best made when you consider a loved one’s well-being, not just physical safety.

## PROGRAM PROFILE: MUSIC THERAPY



ROSE O'TOOLE

If music is the universal language, then Rose O’Toole, certified music therapist at Sharon Towers, is a master linguist. Armed with an iPad with over 700 songs she has learned to sing and play on her guitar, she helps residents with memory and dementia issues reconnect through familiar and beloved music.

On a recent sunny afternoon, her class of 6 residents sang along and tapped their feet to “Daisy Bell (Bicycle Built for Two)” and other traditional favorites. There was a glint in their eyes as the tune or lyrics came back to them.

“You never know what is going to connect with a particular individual,” O’Toole said before the session. “It could be a song from their childhood or from their wedding. But music has the power to make connections in a way simply talking to them never can.”

For additional information on the music therapy program at Sharon Towers, please contact Director of Vitality and Well-Being Kelly Stranburg at 704-571-7117 or [kstranburg@sharontowers.org](mailto:kstranburg@sharontowers.org).

## LESSON LEARNED

### *Truths and Myths about Revocable Trusts:*



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**MYTH:** I don't need a Revocable Trust because I own only real property which passes to my beneficiaries at my death.

**TRUTH:** If you own real property in more than one state at the time of your death, a probate may be needed in each state to transfer legal ownership of the property which can be costly and time consuming. A Revocable Trust can help avoid probate.

**MYTH:** I don't need a Revocable Trust because my assets consist of insurance policies and retirement benefits with beneficiary designations.

**TRUTH:** While it is true that these types of assets avoid probate, the assets may need to be payable to a Revocable Trust if the intended beneficiaries of these assets are minors.

**MYTH:** Everyone can benefit from a Revocable Trust.

**TRUTH:** If you would like the beneficiaries of your assets to be a private matter rather than part of the public record, a Revocable Trust provides privacy regarding the identity of the beneficiaries as well as the timing and amount of distributions made from the Trust to its beneficiaries.

**MYTH:** Revocable Trusts protect your assets from estate taxes.

**TRUTH:** Revocable Trusts are considered to be disregarded entities for tax purposes. Consequently, assets owned by the Trust are included in your estate for estate tax purposes.

**MYTH:** Once a Revocable Trust is established, no further steps need to be taken.

**TRUTH:** When property utilized, a Revocable Trust is an effective estate planning tool.

*To consider whether you would benefit from a Revocable Trust or if you want to know whether you are using your existing Revocable Trust to its fullest extent, be sure to meet with an estate planning attorney so he/she can discuss more specific pros and cons with you.*

## FROM THE BOARD CHAIR

### *Mike Fischer on upholding fiduciary responsibility through current initiatives*

These days, it seems more and more people want to age at home, a trend that's driving considerations by the board at Sharon Towers and helping shape the community. It's not so much home, but the feeling of being at home and part of the community that people value and want to preserve.

Sharon Towers has created an environment that truly feels like home. And since many residents have spent much of their lives in or around SouthPark, that feeling of home extends to being able to stay in their familiar neighborhood. Consequently, our reputation of being a caring community in a highly desirable location has created more demand than our current facilities can hold, and thus a substantial waitlist. That's a big driver for our recently announced expansion.

However, the new Deerwood building is more than just an expansion. It represents a trend for Sharon Towers that will allow us to welcome additional residents while inviting in the SouthPark neighborhood. With a prominent position on our property facing Sharon Road, the new buildings will clearly signify that Sharon Towers is a growing community. In turn, SouthPark may be more excited about having us as a neighbor.

As residents' needs have evolved, Sharon Towers has integrated the concept of successful aging into its core offerings. Unlike when I was on the board 20 years ago and the emphasis was on increasing space, now



The new board chair discusses how growth, an emphasis on successful aging and building a vibrant community will help Sharon Towers prosper.

we need to also concentrate on the programs that address the needs of residents who are focused on living longer, more active and healthier lives.

Of course, the board's primary responsibility is fiduciary, guiding the organization with a steady hand. Though the stock market has seen volatility recently, the board's decisions are not dependent on the daily ups and downs of the equities market. We're blessed with financial resources invested for the long term, and a group of people with diverse backgrounds and opinions who recognize what and what not to worry about. My vision is to provide support for Sharon Towers to continue to be a caring community with good stewardship of its resources.

Mike Fischer  
Board Chair

## PICKLED SHRIMP JOHNNY CAKE

*from page 1*

### INGREDIENTS:

#### For the Shrimp:

- 2 pounds of 41/50 shrimp
- 2 cups apple cider vinegar
- 2 cups water
- 4 cloves of garlic peeled
- 1 Tbsp cumin
- 1 Tbsp coriander
- 2 Tbsp kosher salt
- 2 lemons sliced thin
- 1/2 cup olive oil

#### For the Johnny Cake

- 1 cup AP flour
- 1 cup cornmeal
- 2 eggs
- 2 1/2 tsps baking powder
- 1 tsp salt
- 1 1/2 cup buttermilk
- 1/3 cup melted butter

### METHOD:

#### Shrimp:

1. Bring water, vinegar, lemons, and all spices to a boil
2. Add the shrimp and cook for 2 minutes
3. Pour shrimp/liquid into a stainless steel/glass container
4. Top with olive oil and refrigerate for 8 hours
5. Strain before serving

#### Johnny Cake:

1. Mix all dry ingredients in a bowl
2. Mix wet ingredients in a separate bowl
3. Add wet to dry. Mix until incorporated but slightly lumpy

#### Two options:

1. Pour batter into a baking sheet, bake on 400 degrees for 25 minutes. Let cool down and then cut circles with a ring cutter or cut squares
2. In a warm pan with light butter cook small cakes just like pancakes. Use a 1/4 cup scoop to make small cakes. Platter the cakes and serve with a shrimp on each cake





Sharon Towers

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## Sharon Towers CONNECTION

SPRING 2018



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

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### SHARON CLUB UPDATE

## *The Benefits of Membership*

Susan Grove's membership in the Sharon Club came courtesy of a broken hip in 2015. After she came out of the hospital, she began coming to Sharon Towers for her rehab. Two knee replacements later, the therapy she receives has become even more important.

"I can't say enough about what a great experience my therapy has been. The care is excellent. Courtney and the staff could not be more helpful," she says. "You should spread the word!"



Are you in the club? To learn more about exclusive access to dining, fitness, events and much more, contact Judy Beard at 704-556-3231 or [jbeard@sharontowers.org](mailto:jbeard@sharontowers.org).

## *Sharon Towers Board of Directors 2018*

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