

THE NEXT BIG THING: THE DEERWOOD

City approval paves the way for major expansion.

The next several years will usher in exciting changes at Sharon Towers including new living, community, performance and even retail space. Phase one will feature updating and expansion of the health care facilities along with new independent living apartments. The building, called The Deerwood, is set to begin construction in mid-2019.



COMMUNITY CALENDAR

October 30: Lunch Bunch

Lunch Bunch goes to Brewers at 4001 Yancey to check out Chef Drew's new restaurant and bar.

October 31: Happy Halloween!

Join us and wear your costumes for a Halloween Parade. Boos and Booze Halloween Costume Party starts later - Join us for games, refreshments and prizes for the best costumes!

November 1: Enrichment Seminar

"Falconry" with Eric Harrold at 3 pm in Hunter Hall.

November 5: Wine & Cheese

Join us for Wine and Cheese from 5-6 pm in Hunter Hall.

WHAT'S COOKING

Meet Brady Lutz, the new Sharon Towers executive chef

Chef Brady Lutz serves up food the right way, giving basic nutrition a high-end twist. To Brady, a dining experience is more than just the look and taste of the food. It should appeal to all of the senses, and that's exactly what he tries to give diners in his farm-to-fork dishes and small plate features.

Growing up in the restaurant business, Brady learned at a young age that his place was in the kitchen. From washing dishes in family restaurants to culinary school and



MEET BRADY LUTZ
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Why I Love Sharon Towers

Ask new residents what they love about Sharon Towers and there is a lovely consistency to their answers: The beauty of the homes and campus, the friendliness of residents and staff, too many activities to count and a perfect location in the heart of SouthPark. Just ask Lee and Mark Leggett and Sally and Jim Wilkins...

This Is Where We Belong

Even before the last piece of furniture had arrived at their villa, Lee and Mark Leggett knew they were home. Truly home. "We felt like this is where we belong," Lee says. "It's mainly the people here who have made us feel that way."

The Leggetts moved in March into Magnolia Villa II – a two-bedroom, 2½-bath apartment that feels more spacious than its 1,900 square feet. Asked what she loves most about it, Lee is hard-pressed to answer: The large master bath. The cozy den that doubles as a home office. The entrance to their patio from the master bedroom. The exciting experience of picking out colors, carpet and appliances for their brand-new place. Sitting in the living room, beside their fireplace, Lee and Mark agree that they couldn't be more thrilled with the villa.

The same goes for life at Sharon Towers.

Having lived for years in the SouthPark area, they love being so close to their favorite, familiar restaurants and grocery stores. They bask in the warmth of residents and staff. They enjoy walking up to "The Big House," as Lee jokes, for dinner and fellowship at The Center Stage main dining room and Allison's fine dining. Mark is tending to body and soul in the Strong Bodies fitness and meditations classes. Lee joined a book study, represents the 18-unit Magnolia Villa II on the Residents Council, and has benefited from physical therapy. Together, they had great fun participating in a recent benefit fashion show in which residents modeled clothing from the Treasure Chest, Sharon Towers' second-hand clothing shop. And talk about an added bonus: The Leggetts' son-in-law, Topper Amerson, works at Sharon Towers, perfect for seeing him more often.

Considering the next step in life's journey, Lee and Mark thought this move through carefully. They agreed that their house was too big

for them now. They wanted to give their family the peace of mind that comes with them being part of a community. They knew what Sharon Towers had to offer, and they wanted to experience it to the fullest.

What closed the deal was simple: They saw with their own eyes the beauty of the villa and sensed the warmth of their new life to come. Lee smiles at the memory: "I thought, 'You know, I think our furniture would fit nicely in here.'"

We Did the Right Thing

From the moment they moved into their fifth-floor apartment in the North Tower last April, Sally and Jim Wilkins have felt blessed.

Sharon Towers provides them peace of mind knowing there is continuing health care down the road, should they need it. Already, their new home has brought them joy. Taking advantage of the opportunity to have their residence renovated, Sally and Jim worked with Sharon Towers to transform the two-bedroom, two-bath apartment into a bright and airy homeplace. A wall was knocked out to open up the kitchen, and granite countertops were installed. Hardwoods replaced carpet. Crown molding and recessed lighting add lovely touches, as do the amenities that were already there: A spacious patio, peaceful views of the fountain in the dell, a closet big enough to be converted into Sally's office and a laundry room big enough to serve as the "bedroom" for their beloved dog Bogey.

Life beyond their apartment is just as special. From the staff to residents (including the neighbor who came up with a bottle of wine on their first night), Sally and Jim have been stunned by the warmth. "It's genuine," Sally says. "There's an inclusiveness that we should teach everyone in the world to feel." They love the array of activities, including fitness options



MARK AND LEE LEGGETT



SALLY AND JIM WILKINS

that Jim quickly embraced. "The first week," Sally says, "I thought, 'My social life has never been like this.'" They take full advantage of the dining options for lunch and dinner: The Center Stage main dining room, Allison's fine dining, The Bistro for a casual bite, and small plates in The Wolfe Lounge.

Sally and Jim also love being a part of the vibrant SouthPark community, and being so close to restaurants, groceries, shopping and more. They beam as they talk of walking two blocks to the new Starbucks on a pretty Saturday, then stopping by the Farmers' Market next door for some fresh veggies. Their newly renovated home, this busy, new life, friendliness everywhere they turn...

"This was something we really needed to do," Sally says.

"We did the right thing to get here," Jim adds.



CAROLINE EAST BERARDI

MEET THE NEW SHARON TOWERS CHAPLAIN

Caroline East Berardi is a more-the-merrier kind of person. As the chaplain of Sharon Towers, she wants all residents and staff to feel welcome in her Sunday night Vespers service and more personal meetings during her office hours, regardless of their religious affiliation. And more than that, she wants to connect people through faith.

After receiving her Master of Divinity from Princeton Theological Seminary, Caroline can

be anything from an academic authority to a more general spiritual counselor to a traditional religious leader. Though an ordained minister in the Presbyterian Church, USA, she will meet you wherever you are in your spiritual journey.

In the spirit of inclusivity, Caroline is adding an additional, dementia-friendly worship service.

If you see her around, introduce yourself to Caroline. And call her Caroline. She wants to be on a first-name basis with everyone here.

LESSON LEARNED

A Closer Look At Your Power Of Attorney



Stratford Kiger, founder of Kiger Law, is a Certified Financial Planner and Specialist in Elder Law. Her firm specializes in finance-related matters including estates, trusts, taxes and elder law.

The Uniform Power of Attorney Act (UPOAA) provides a simple way for people to deal with their property by providing a power of attorney in case of future incapacity. While chiefly a set of default rules, the act also contains safeguards for the protection of an incapacitated principal. In other words, UPOAA enhances the effectiveness of a power of attorney, and helps prevent, identify and redress the abuse or misuse of a power of attorney by an agent.

Pop quiz time! Answer the questions below to familiarize yourself with and to ensure you're protected by the Uniform Power of Attorney Act (UPOAA):

- Have you ever executed a general power of attorney (financial)?
- Do you know where the 'original' version of your power of attorney document is?
- Did you execute a power of attorney in the state where you currently reside?
- Are the individuals named in a power of attorney still alive, competent, and the ones you want to act on your behalf?
- Do you know if your power of attorney is durable (survives your incapacity/incompetency), is springing (requires an event to take place to become effective), allows gifting (restricted or unrestricted), and is compliant with the adoption of the UPOAA by North Carolina?

If you answered "no" to one or more of these questions, consider obtaining a new durable general power of attorney (financial) from a competent Estate Planning or Elder Law attorney. Beware of using a free online form. It's best to be cautious when granting someone else financial and legal control over yourself. Plus, you may mistakenly use an out-of-date form made useless by UPOAA.

For questions or assistance, contact Stratford at 980-318-5900 or Stratford.Kiger@kigerlaw.com. Or, if you'd like more information on the UPOAA, contact a competent Estate Planning or Elder Law attorney.

FROM THE CEO

Anne Moffat on Sharon Towers' growth strategy

The reason: Baby Boomers are looking for a different senior living experience than what's been available before. They're active, vibrant and want to be engaged in the community. To meet their desires, our campus needed to evolve.

Following up on the success of the Magnolia Villas, the next phase of campus development includes more independent living apartments plus the updating and expansion of our health care facility. The tiered, 3-5 story, 46-unit building, which will be called "The Deerwood" is set to begin construction mid-next year. Its location, which will sit adjacent to Sharon Road, is a departure from other buildings on our campus, yet it will be in complete harmony with them.

While we're building The Deerwood, we're making significant improvements to our health care facility, too. When it's complete, it will feel more home-like. We're adding lots of windows for more natural light and a living room in which residents and their families can gather.

The most publicly visible change we're making is an upgrade to our entrance. Turning left out of Sharon Towers onto Sharon Rd. will be easier once the update is completed. The new entrance will create shorter crosswalks and allow for greater walkability in every direction. It's just the first of many exciting changes which will take place on the campus over the next several years. I look forward to



Sharon Towers CEO Anne Moffat says the growth on the campus is a visible sign of the community opening itself up to its SouthPark neighbors. Our SouthPark campus is undergoing a remarkable transformation. We're expanding and enhancing what's here, while maintaining the feeling of peace and tranquility our residents love.

providing more information in future articles.

For nearly half a century, Sharon Towers has been hidden in plain sight. The "new" Sharon Towers – both the look and philosophy – will emerge during our 50th anniversary year. We are opening up Sharon Towers in 2019 to the community like never before. That's good for our residents and our neighbors.

We'll no longer be secluded. We'll be highly visible and an integral part of SouthPark life.

Anne Moffat
CEO

MEET BRADY LUTZ

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working as an executive chef in a Palm Beach restaurant to catering, he's spent his whole life perfecting food. He found his way to Charlotte to pursue new opportunities, *et voilà*, he's now at Sharon Towers.

As our executive chef, Brady is excited to

shake things up. Not only is he remodeling the kitchen to be on one floor, but he wants to keep surprising his clientele with new dishes. To Brady, cooking is all about delivering quality, innovation and experience.

Bon appétit!



Sharon Towers

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Sharon Towers CONNECTION

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OUR RESIDENT/EXPERT

Butterflies, one of Nature's Miracles

Back in 1995, Peggy Baird noticed that worms were eating her potted plants. Turns



out, these worms weren't worms at all – they were Easter Black Swallowtail butterflies. And the rest is history. She's

been raising butterflies ever since.

She moves them to a jar and feeds them until they turn into a chrysalis. For 9 to 12 days, the chrysalis is attached to the side of



the jar before hatching into a butterfly.

This year, she started with 28 monarch larvae and 20 hatched!

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