

## FIRST LOOK: OUR NEW MODEL REVEALED

*Recreates an apartment in the upcoming Deerwood building.*

We are excited to announce the opening of our newly-constructed model apartment! Fully-decorated and ready to show, the model features The Hartley II floorplan with two bedrooms and two-and-a-half baths plus a den, fireplace and floor-to-ceiling windows.

To learn more and find out about availability, contact the Marketing team at 704-556-3231.



### COMMUNITY CALENDAR

#### Enrichment Seminars

Thursdays at 4pm in Hunter Hall

#### June 20: "1780- The Year the Presbyterians Saved America"

With local historian, Russell McCullough. Discover the pivotal battles, the forgotten hero's and the Providence that brought it all about!

#### June 27: "KonMari Method"

With Shannon Honeycutt, the only certified KonMari specialist in Charlotte. Walk through the tidying steps detailed in *The Life-Changing Magic of Tidying Up*.

#### Round Table Discussions

Reserve your spot today to learn more about *The Deerwood*. Times are 10am and 2pm.

July 9, 16, 17, 23, 25, 30 and 31

August 7, 8, 14, 15, 20, 21, 27 and 28

### WHAT'S COOKING

*Meet Milton McGowian, director of culinary services*

Milton McGowian has been Sharon Towers' director of culinary services for only 5 months, but he has already begun a transformation. A few minutes of talking with him reveals his deep passion both for food and for senior living. "All my life, I've worked in the food service industry," says McGowian, "in restaurants, country clubs, hotels, but mostly senior living for the last 20 years."



The dedicated director has years of experience, but he also went to culinary school. For that reason, he brings big ambition to Sharon Towers. "My strategic plan," he says, "is to offer excellent food, excellent service, excellent employees and happy

MEET MILTON MCGOWIAN Continued on p. 3

# Why I Love Sharon Towers

*Regina Ebert opens the door to her home in Magnolia Villas II and leaves no doubt that the story of how she came to Sharon Towers has a happy ending. "I love it here!" she tells her visitor. "I love it here! Can I show you my place?"*

## Try and stop her.

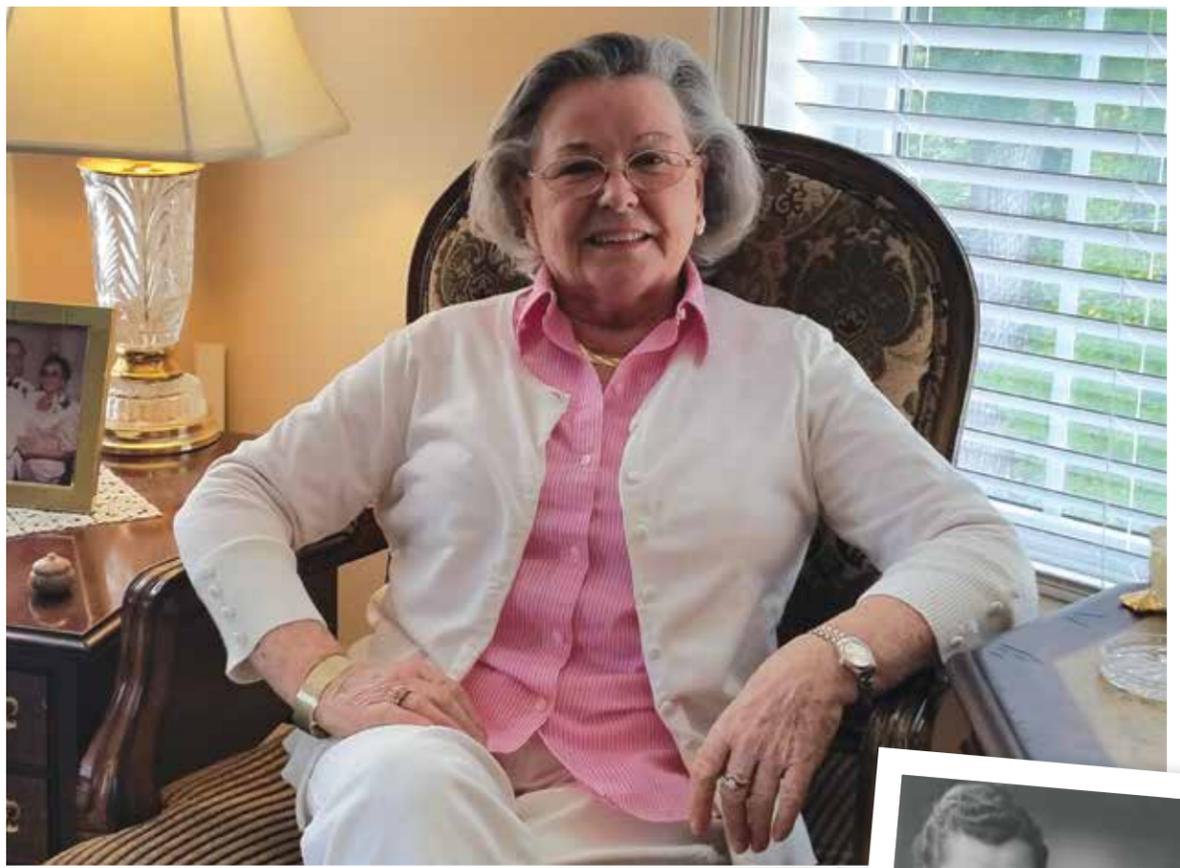
Regina moved to Sharon Towers in February 2018 from the family home in Tega Cay, S.C., eager to downsize and embrace the warmth of life among new friends and neighbors. She settled quickly into a two-bedroom, two-bath villa on the third floor, filling it with the lovely needlepoints she creates and the knickknacks she treasures. As many residents do, she turned her second bedroom into a "catch-all" room that also serves as a home office. She loves everything about her home, including the peaceful patio with a garden view, spacious living room, granite kitchen countertops, ample closet space and her favorite amenity: a spacious master bath.

She shares all there is to celebrate: The friendliness of residents and staff, a delicious choice of places to eat on campus, frequent lunch and dinner invitations from friends and neighbors, Saturday night movies, proximity to SouthPark, her church (Carmel Presbyterian) and her volunteer job holding babies at Atrium Health Pineville, the morning light that pours into her bedroom, the convenience of being able to see her doctor and take physical therapy on campus...

"They spoil me abundantly," Regina says. "Isn't this an awesome place?"

The journey that brought her to Sharon Towers makes it even more awesome.

Regina Landrock, an only child, was born in East Germany during World War II. Her father, Paul, went off to war, where he was captured and imprisoned in a Russian labor camp until 1949. Regina will never forget her childhood memories: fleeing to the basement with her mother, Lisbeth, to escape the bombings, walking with other children behind American tanks after the war ended, scurrying to pick up the chocolate the soldiers tossed to the kids,



REGINA EBERT

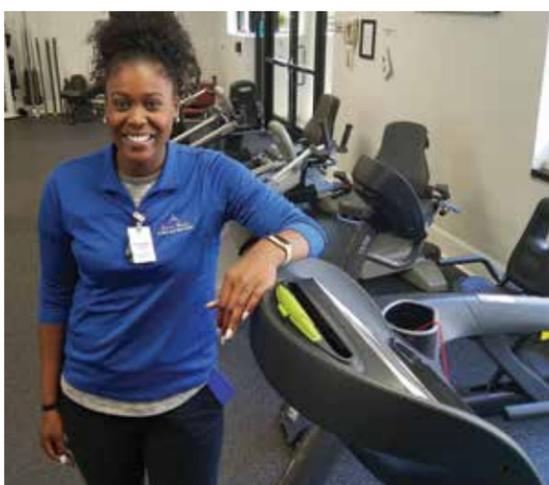
suffering under Russian occupation, including having to eat potato peels to survive while her mom made watery potato soup, nearly dying after being hit by a truck driven by drunken Russian soldiers. Through all that she experienced in East Germany, Regina turned to God for comfort and still does: Her Bible is by her bedside.

She and her husband, Bernd, met at a dance hall ("He was looking for girls," she says, laughing) and were married in 1959. They prayed together that one day they might escape to freedom. That day came in 1961. It was just months before the Berlin Wall went up, which would have made the journey even harder. By foot, train and bus, they made it to an American refugee camp near the airport in West Berlin before finally settling in West Germany, in peace. Seven years later, in 1968, drawn by the promise of a more active Christian community and a good job in the textile industry for Bernd, they came to Charlotte. They later moved to Tega Cay, to be on Lake Wylie. Together, they raised

three children and were blessed by six grandchildren. Bernd passed away in 2012 at age 73. They were married for 53 loving years. His handsome picture hangs in Regina's villa, to this day bringing a smile to her face.

That's how Regina spends her days, smiling at life's blessings, enjoying the company of friends and neighbors, savoring the comfort of her villa, recommending Sharon Towers to others, and thanking God for the journey that has taken her to what she knows will be her last home.

"Leaving East Germany with nothing, I can live here now," Regina says, beaming. "He prepares a place for me."



PATRICE HINNANT

## MEET THE HEALTH & FITNESS MANAGER

After earning degrees in exercise science and health science, Patrice Hinnant took a job with a senior living community. She found that work so personal and fulfilling that when a similar position opened up at Sharon Towers six months ago, she jumped at it. "I'm surrounded by inspiration in Sharon Towers residents," says Patrice. "Whether we are working together to help them be more independent or better able to play with their

grandchildren, they always keep me thinking of new ways to engage and motivate them." When asked what her favorite success story has been so far, Patrice recalls a resident who started in healthcare and made enough progress to move back into assisted living. "This was a great accomplishment for the resident and was a testament to a lot of hard work and dedication on their part," says Patrice. "To me, it's what 'successful aging' is all about."

## LESSON LEARNED

### *SouthPark Homeowners: The Timing Is Right*



Catharine Pappas, Dickens Mitchener Relocation Director, has 25 years of real estate experience and specializes in customizing your experience to suite the specifics of your move. Contact her at 704-661-2402 or cpappas@dickensmitchener.com.

Located six miles from booming Uptown Charlotte, SouthPark is home to beautiful residential areas that range from older ranches to newer million-dollar houses and everything in between. The popular neighborhood boasts walkability and accessibility to some of Charlotte's best shopping, restaurants and breweries. Summer brings Pops in the Park to SouthPark, a tradition that brings people together to hear the Charlotte Symphony from picnic blankets under the stars.

With the spring market ending, this summer will be the perfect time to buy with interest rates continuing to stay low. Announcements of many companies moving and growing their headquarters in Charlotte has prevented the usual summer slow-down. Firms bringing in large numbers of employees like Honeywell, BB&T/ SunTrust, and AvidXchange making it a great time to list your home. Centrally located, SouthPark is the perfect place for a Charlotte transferee to call home with an easy commute to Uptown.

If you are considering taking advantage of this busy market and selling your house, a real estate professional can help make your move as stress-free and easy as possible. Selling your house, packing boxes, sorting through what furniture to take, figuring out where to store that extra couch or chair, unpacking, designing and space planning - moving always comes with a daunting, never-ending to-do list. Your realtor will happily help you conquer that lengthy list and simplify your entire move, from start to finish.

With buyers out in full force and continuing strong home prices, it is the perfect time to sell your house.



## FROM THE CEO

### *Anne Moffat on Sharon Towers' golden anniversary*

The 50th anniversary of Sharon Towers is a joyful confirmation of the vital role we have played in Charlotte since we welcomed the first resident in 1969. As we celebrate that heritage, we also embrace the future, poised for change yet mindful of our founding mission: To offer senior living without peer.

Our board and leadership have been busy crafting a vision for the next 50 years and beyond, which inspires the question: What does the future look like at Sharon Towers?

With the understanding that location is our greatest asset, we are committed to making Sharon Towers an ever-more integral part of SouthPark. As we take advantage of all that the flourishing community has to offer, we are eager to welcome neighbors into *our community*. The seniors of today and tomorrow do not want to be isolated from the world beyond our door. They want to be involved and engaged, whether it's dining out or doing some Christmas shopping at the mall.

We will preserve the natural beauty of our 28-acre campus. Think of us as an oasis in an urban setting. Think green.

We will continue to expand the variety of accommodations, starting with The Deerwood, the 46-unit independent living apartment set to begin construction this year. Such an affirmation: we are starting to see a third generation of families interested in living at Sharon Towers. They are drawn to our tradition of excellence yet eager to enjoy the latest in floor plans, health care services, amenities and more.



Sharon Towers CEO Anne Moffat discusses the significance of the first 50 years of Sharon Towers' history as well as some of the changes ahead for the residents, the communities and South Park. Look for changes to the campus - and even the roll of Sharon Towers in the community. However, the legacy of warmth and caring will remain.

We will keep our residents as busy as they want to be. No one should ever say, "What can I do today?" We want you to say, "How can I choose from all the options?"

The friendliness that has been a way of life at Sharon Towers since we welcomed the first resident in 1969? That will never change.

These are exciting times for the Sharon Towers family. As we carve a path toward tomorrow, I invite your input and questions. And I invite you along for the journey.

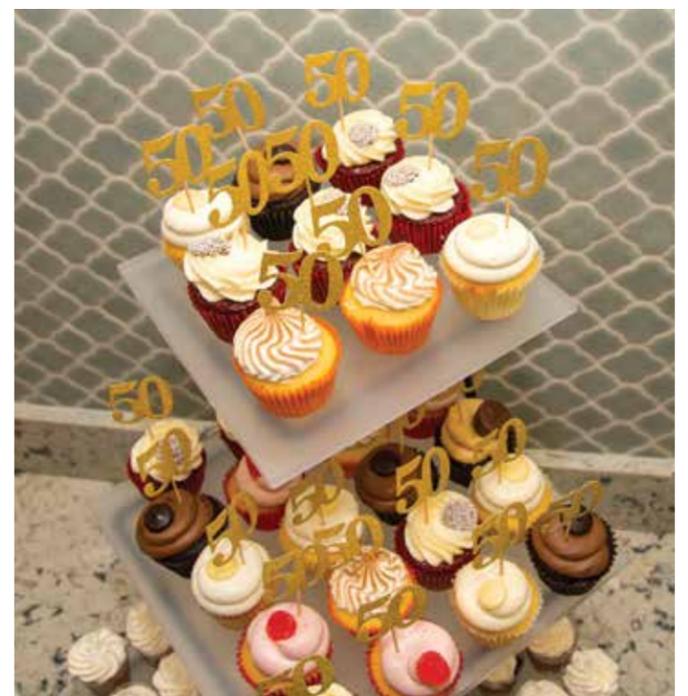
Anne Moffat,  
CEO

## MEET MILTON McGOWIAN

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residents to the Sharon Towers community. And to invest in developing our staff to make that plan succeed."

When asked what has pleased him most since taking this position, McGowian says it is how genuine the residents are. "We're here to work for them, and for them to be so forthcoming and to give feedback in such a positive way... that's a bit of a surprise to me."





Sharon Towers

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Sharon Towers

CONNECTION  
NEWSLETTER

SUMMER 2019



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

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#### ON THE GO

### *Residents Enjoy Unique Exhibit At Daniel Stowe Botanical Gardens*

Residents are excited to attend the Grandiflora: Gamrath Glass exhibition at Daniel Stowe Botanical Garden in June. This display of larger-than-life botanical glass sculptures by Seattle-based artist Jason Gamrath, includes 10-foot orchids, vivid pitcher plants, energetic Venus flytraps and more.

The exhibition, made up of hundreds of these unique, hand-crafted glass pieces, is part of the Garden's 20th anniversary and



will show through September 29th. Resident tours began in late May.

### *Sharon Towers Board of Directors 2019*

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