

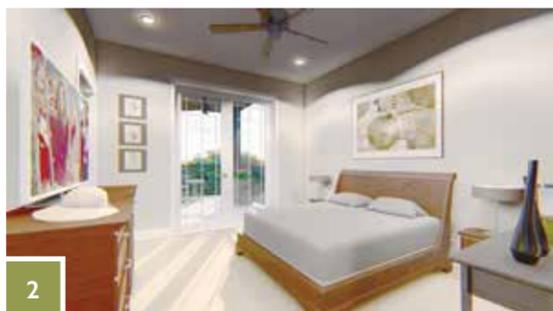
APARTMENTS IN THE DEERWOOD ARE MOVING QUICKLY!

The Devin with terrace-view balconies and “right-sized” The Tegan are still available.



Reception to the smart and attractive floorplans for The Deerwood apartment homes has been overwhelmingly positive. Still, many of the most desirable views are still available.

However, if you or someone you know is looking for options to move to a brand-new home in the latest Sharon Towers concept, the time to act is now. Don't wait, or your chance could be gone! Contact the Marketing team at 704-556-3231.



1. The Tegan great room 2. The Tegan master bedroom 3. The Devin bedroom 4. The Devin kitchen and living room areas 5. The Devin balcony overlooking the terrace

COMMUNITY CALENDAR

November 2: Charlotte Walk to End Alzheimer's
Join us at BB&T Ballpark. Registration at 9am. Ceremony at 10am. Walk starts at 10:30am. For information, contact Jessica at 704-553-3812 or jbourque@sharontowers.org.

November 11: Veteran's Day Luncheon
Noon in Hunter Hall. RSVP to Jessica at jbourque@sharontowers.org. Chef-prepared meal with entertainment by barbershop quartet "Sage Advice". All servicemen and women are welcome. No guests.

November 15: Discovery Place Outing
We take a day trip to view the new "Cuba" exhibit and take in an IMAX movie.

Round Table Discussions
Reserve your spot today to learn more about The Deerwood. Times are 10am and 2pm.
November 6, 7, 13 and 14

WHAT'S COOKING

"The Graying of America" extends beyond menu choices

In a recent blog post on SharonTowers.org, Director of Dining Services Milton McGowian discussed the effect that the "graying of America" is having on healthier dining choices. That means more menu choices with lower fat – even vegan and gluten-free items. But what about the service aspect of the dining experience?



"I try to impress upon my servers that they do more than just set down the plate and walk away," McGowian says. "We are creating a dining experience to rival the finest restaurants in the city. And part of that is relating to the people you're serving."

Recognizing that the diner might be from the "Silent Generation" and

WHAT'S COOKING Continued on p. 3

Why I Love Sharon Towers

Mattie Solice Grigsby

There are so many great reasons to make Sharon Towers home: The beautiful residences and grounds, friendly neighbors and staff, delicious cuisine, a calendar full of activities, and a perfect location in the heart of the bustling SouthPark community.

With all that and more, it might be easy to overlook the main motivation that brought Mattie Solice Grigsby to our community (lucky us!): Peace of mind.

Mattie and her husband, Donald, had a wonderful life together in west Charlotte. He was a mailman. Over her career, she taught math at Myers Park High School, worked in the library and taught math at her beloved Johnson C. Smith University and worked for the United Negro College Fund. Together, they attended church at First United Presbyterian uptown, and cheered on the JCSU basketball team in the famed CIAA basketball tournament. Donald passed away in 2007. Mattie was content to continue living at home, until one frightening night several years ago. Home alone, the power went out. Her phone wouldn't work. Darkness overtook her.

"That was a terrible night," Mattie says. "Something came over me that scared me to death." Waiting for the lights to come back on, she said to herself, "It's time to make a change."

It didn't take long for Mattie to settle on Sharon Towers, moving in in March 2017. She says it was love at first sight. She's comfortable in her one-bedroom, two-bath apartment on fifth floor East. She enjoys pointing out her view of the garden at the main entrance and showing visitors the family photos that fill her home. She looks forward to lunch and dinner downstairs, and doesn't miss cooking or cleaning one bit. When she needs to hit the nearby mall or Harris Teeter Morrocroft, friends are happy to take her. Bingo, lectures, card games (she prefers pinochle), movie night – Mattie takes in as much as she can.

And such warmth. Residents, dining area folks, other staff all help make Sharon Towers what it is: Home. Mattie especially loves the fact

that everyone knows her name. With a laugh, she says, "That's why I am always inviting my friends to see the wonderful place I call home."

That night in the dark is long gone. Today, Mattie enjoys the sweet, bright life she found at Sharon Towers.

"I'm content," she says.

Ed & Agnes Weisiger

The map of the world on a wall in Ed and Agnes Weisiger's new home at Sharon Towers tells you all you need to know about their go-go-go lifestyle. It's filled with pins marking the many places they've been, including Antarctica. No wonder Agnes is enjoying Sharon Towers and the type of living for which she has coined a phrase:

Independent independent!

After 36 years, the Weisigers have moved from their family home to a single-family home on Sunnybrook Drive, a stone's throw from Magnolia Villas. Sharon Towers purchased the home and two others beside it on neighboring Sunnybrook. Each offers residents the best of all worlds: Enjoy the warmth and amenities of Sharon Towers while living in a beautifully renovated home of your own. So, when Ed and Agnes aren't taking a trip, doing civic work or hosting corporate events on their 1,700-acre farm in Lancaster, S.C., they're enjoying a Wednesday evening glass of wine with friends at Wolfe Lounge. And there's Ed now, walking over to get his mail, and taking advantage of the fitness center and physical therapy department (too much golf!).

"We have felt very welcomed by past friends and new friends," Agnes says. "The house is working out nicely, and even our Irish Lab Daniel is meeting new dog friends and learning to play in his yard."

When it came time to downsize, Sharon Towers was the obvious destination. The Weisigers' relationship with Sharon Towers dates back to the 1970s: Ed had a cottage built for his mother and father in 1974. Agnes made rounds in



MATTIE SOLICE GRIGSBY



ED & AGNES WEISIGER

the health care unit when she worked as a certified adult nurse practitioner. Ed and Agnes have each served on the board. Both are enthusiastic advocates of the transition to a more open campus, one that connects residents with the community. "That's the future," Agnes says. "No one wants to live behind closed gates." Being in the middle of the bustling SouthPark area, of course, is a bonus for all who live and work at Sharon Towers.

Their 2,000-square-foot home includes two bedrooms, 2½ baths, a screened-in porch and enclosed garage. The Weisigers use the space imaginatively. The half bath is ideal for storage. The guest room is home to some of her wardrobe, including formalwear for the many charitable gatherings they attend. The living room includes their home office. A fireplace, granite countertops, spacious laundry room – all add to the comfort of what Agnes calls *independent independent* living.

The Weisigers have come to Sharon Towers to stay – first on Sunnybrook, then to whatever level of residence and care they might need down the road. Agnes smiles and says don't rush them: "Give us a couple of years."



PROGRAM SPOTLIGHT: COMFORT MATTERS

For the fourth year in a row, Sharon Towers' Comfort Matters program has been accredited, demonstrating 100% competency. Sharon Towers remains the first and only facility in North Carolina to receive full accreditation in this initiative.

Comfort Matters is a national methodology that was launched in 2005 in Phoenix, Arizona. The goal is to ease the symptoms and stresses of dementia at every stage by prioritizing day-to-day comfort, even if that means relaxing rules and schedules. This innovative

program integrates family input with a person-centered focus to empower every staff member to do what is best for each resident individually, rather than to apply one set of rules to all. So, for example, if a resident with dementia awakens at 3 a.m. and wants a bite to eat, the team can make that happen.

At this time, only the memory support wing of the Health Care Center has fully implemented Comfort Matters. However, we hope to expand it in the future to all who call Sharon Towers home.

LESSON LEARNED

Downsizing: Cleaning Out Your Home



Adele Mahan is owner of Fresh Start Transitions, helping homeowners transition to smaller spaces since 2005. Offering organizing, moving, staging and estate sales. Contact Adele at 704-307-1112.

Downsizing and moving into a retirement community can be the perfect solution as you age and many feel freedom once the house is sold. However, the process can be very stressful and many worry about how to clean out the contents of their home.

One of the fastest options for selling your treasures is a local auction house. Their commission is usually cheaper, and all will be sold at the first auction. They can take more items such as tools and rugs. Prices start low and the bidding war begins leaving a mystery to the selling price until the end.

Consignment is another option and usually best if you just have fewer nice items to sell. The pricing starts high and then goes down over time. The contract is usually for 3 months and be aware as to what happens to items not sold.

If you have a full house of items to sell the Estate Sale is the best option. You and your family take everything you want and walk away. Everything sells from used cleaning supplies, garage items to fine antiques. All will be displayed and priced for buyers to come to the house to purchase. Unlike auctions and consignment, you will not need to pack up the small items or deliver to an outside location. Entire homes can be cleaned out within 10 days.

It is never too early to start the process... cleaning out closets and drawers is the best place to start!



FROM THE BOARD CHAIR

Mike Fischer reflects on his time as board chair

Recently, in Anne Moffat's office, I saw an artist's vision of the anticipated Sharon Towers campus, and an image came to my mind of my first sight of the main building here through the folding doors of the First Presbyterian van over twenty years ago.

It occurs to me that Sharon Towers, itself, is successfully aging.

People loved Sharon Towers then as they love it now, rich with the caring that the staff has for the residents and that the residents have for one another. The heart of this community has remained constant, while the look and feel continue to grow more vibrant with every new development.

When the board of directors began discussing our master plan, we spent a lot of time being educated about what seniors want today and about what seniors in the future are likely to want. We sketched out the plot lines of Sharon Towers' future. Then we set out to share that story--reflecting the value of the Sharon Towers that people know and love and including the change that our research convinced us is essential to providing a desirable community for seniors going forward.

It would have been easy for a board to look at a project this big and shy away, or to choose to do something not as impactful. I am proud that this board has had the courage to begin to bring this story to life. I am thankful for their many specialized talents and thrilled to see the vision beginning to become a reality.

As my time as chair draws to a close, I know that the board will continue to assess



Mike Fischer has served three times on the Sharon Towers Board of Directors, this time as chair.

opportunities and make decisions that may be hard at times, but that is what the most valuable boards do. They will need to stay engaged, to collaborate, to maintain our vision and to have the courage to execute our plans. They will need to continue to tell the story about what we are becoming.

In my vocation, I have invested money for not-for-profit organizations; personally, I have been invested in enriching lives at Sharon Towers. When experience and interest come together, that seems like a calling.

It has been my privilege to have been called to serve on the Sharon Towers Board of Directors.



Mike Fischer,
Board Chair

WHAT'S COOKING

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the server could be a "Generation Z" is important. "We see the relationship between our servers and residents as a partnership. The servers gain wisdom and knowledge from the residents. The residents enjoy the enthusiasm and vitality of a young person just getting started in life," according to McGowan.

Sharon Towers also encourages culinary services team members to earn certifications as they learn to be the best at their position. "Many residents have earned degrees and certifications throughout their lives," says McGowan. "That means our team members have something to aspire to."





Sharon Towers

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Sharon Towers

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FALL 2019



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ON THE GO

Fall Trip to San Antonio

Earlier this fall, a group of Sharon Towers residents traveled to San Antonio, Texas for a relaxing yet immersive experience. We dove into the rich colonial history, visiting can't-miss spots such as the legendary Alamo, Mission San José, a regional history museum and the Botanical Gardens.

The group also went off the beaten path a bit. Highlights included day trips to the LBJ Ranch and Fredericksburg, olive oil and wine tasting, a cruise along the Paseo del Rio and a group dinner at a restored convent.

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