



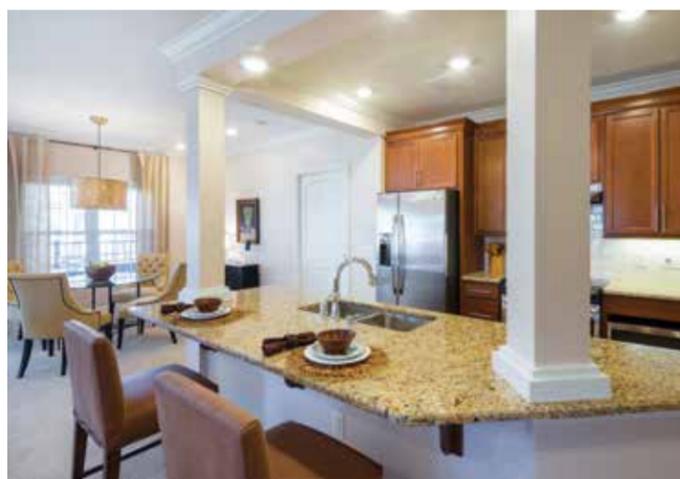
## MAGNOLIA VILLAS DEBUT

*Villa I Residents Settle In As Construction Continues on Villa II*

Have you heard the buzz around the Sharon Towers campus? The long-awaited arrival of Magnolia Villas is finally here! Villa I is filled with residents who delight in their open floor plans, stainless steel appliances and

private balconies. Villa II's construction is well underway, with a small number of homes still available. Both buildings offer easy access to the Sharon Towers hub and all that SouthPark has to offer.

*To tour the model villa apartment please call our Marketing team at 704-556-3231 or email [MagnoliaVillas@sharontowers.org](mailto:MagnoliaVillas@sharontowers.org).*



## COMMUNITY CALENDAR

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

### June 15: "Six Continents – An Illustration of PhotoArt"

*Resident, Trudy Muegel, shares and discusses her renowned "PhotoArt".*

### June 22: "Great Plains"

*Planet Earth, episode 7, which reveals the most impressive migrations and boldest hunts on the planet.*

### June 29: "Jungles"

*Planet Earth, episode 8, which examines an environment that occupies only three percent of the planet, yet is home to more than half the world's species.*

## WHAT'S COOKING

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

One of the first signs of spring in the culinary world is the appearance of ramps. This tangy spring onion is native to North Carolina and provides the perfect zesty complement to the salty and savory steamed mussels.

Mussels are such a versatile crowd pleaser. You can dress them up as a centerpiece to a meal or keep it simple as an appetizer. They've always found a place on the menu in my restaurants.



**SPRING ONION STEAMED MUSSELS**  
Recipe on p. 3

This take on steamed mussels is simple and elegant – a great combination of French cuisine tradition and southern charm.

# Why We Love Sharon Towers

*The opening of Magnolia Villas marks the start of a wonderful new chapter in the life of Sharon Towers. Meet two couples who have transformed their beautiful villa into a happy home.*

## *'We made the right decision.'*

ROGER AND NANCY SCHMIDT

Nancy Schmidt doesn't mince words when asked how she's enjoying her new home. "Love it, love it love it," she says, her husband Roger nodding in agreement from the sofa in front of a warming fireplace on this late winter afternoon.

The Schmidts have felt right at home since moving into their villa in January. They chose the Eastover model, featuring three bedrooms (they converted one into an office) and 2½ baths in a spacious 1,940 square feet. They are delighted by the bright, open floor plan, and how the sun bathes the master bedroom in light. She enjoys watching TV in the guest bedroom. He reads his newspaper from the sofa in the master bedroom. The kitchen's granite counter bar is perfect for a light breakfast or lunch. On pretty days, they sit out on the spacious patio, overlooking the site of the next villa. The Schmidts were seeking sturdy new construction in a community that could offer them independence, yet peace of mind down the road. When their daughters visited Sharon Towers before the decision was made, they each told Mom and Dad, "I want to live here!"

As much as they love their villa, they love life at Sharon Towers: The warmth of staff and residents, and the fellowship already flowing among neighbors in the three-story, 18-unit

Magnolia Villas. Fine dining at Allison's and relaxing at Wolfe Lounge. The tree-lined campus. The quick walk to the dining room while knowing there's a trolley to ride in bad weather. The easy drive to the Harris Y for Roger and to Charlotte's best shops for Nancy.

At this stage in their lives, Magnolia Villas has fulfilled the Schmidts' every hope. Now it's Roger's turn to speak for his wife: "We made the right decision."

## *'A New Community'*

JACK AND SANDRA HARDY

The plaque that hangs in the den of Jack and Sandra Hardy's new villa says it all: "Good Times."

The Hardys exude contentment since moving into their Cotswold-style villa – a 1,365-square-foot, two-bedroom, two-bath unit that meets their needs. Indeed, they turned their second bedroom into a den/office, complete with pullout sofa for when teenage grandson Jack spends the night. They love the open floor plan and brightness that fills their new home, and the patio sure to be a blessing on warm days.

Like all who experience the Sharon Towers way of life, the Hardys are taken by the warmth of residents and staff, the amazing location in the heart of SouthPark, and the upbeat energy that fills the community. Often sharing a light breakfast in their full-service kitchen, they enjoy the food and service at Allison's, and have taken to meeting friends in Wolfe Lounge. When they walk over for lunch and dinner – good exercise, Sandra notes – someone invariably



ROGER AND NANCY SCHMIDT



JACK AND SANDRA HARDY

sees them and says, "Come and sit with us." The second-floor residents of Magnolia Villas have already enjoyed a get-acquainted reception in the community room on the third floor.

The Hardys were looking for a beautiful home, a feeling of independence and yet a sense of peace in knowing they will be taken care of in the days to come. They've found it all, and a new lease on life that comes with it. That's worth celebrating, especially for Sandra, who's proud to say she's a three-time cancer survivor.

"We're learning a new community," Jack says.

Sandra added, "I'm here for the rest of my life."

## PROGRAM SPOTLIGHT: VITALITY DISCOVERY



The Sharon Towers Vitality Discovery provides a wonderful baseline benchmark for residents who choose to participate. The process entails learning preferences and interests of each resident through a questionnaire focused on emotional, spiritual, and social well-being, and the "Functional Fitness Test."

Physical fitness is critical for seniors. Older adults require adequate strength, flexibility, and endurance to accomplish even ordinary, everyday tasks. The "Functional Fitness Test," formerly called the "Senior Fitness Test" is a safe and enjoyable assessment of

the functional fitness of older adults. It meets scientific standards for reliability and validity, and it has accompanying performance norms from actual performance scores of over 7,000 men and women between the ages of 60 and 94.

All of this information is then used to help craft the best possible menu of appropriate classes and programs to meet each resident's needs, interests, and future goals.

*For more information about the programs at Sharon Towers, contact our Marketing team at 704-556-3231.*

## LESSON LEARNED

### *Selling Your Treasures While Downsizing*



Adele Mahan is owner of Fresh Start Transitions, helping homeowners transition to smaller spaces since 2005. Contact Adele at 704-307-1112.

One of the most difficult parts of transitioning to smaller living spaces is giving up some of the cherished items collected over many years. A hot real estate market means there is little time to sort through a lifetime of personal belongings. So it is important to understand the options and quickly create a plan.

Our clients often struggle with the logistics of downsizing. To help them with this cumbersome task, we have put together a list of the different selling options:

- 1. Estate Sales** are the easiest and fastest way to liquidate the entire contents of a home. The sellers remove all belongings they wish to keep, and the remaining items are sold on site, everything goes! Commission is typically 40-50%. The entire process (set up, sale, clean out) usually takes 10-14 days, so a seller needs to be able to move out prior to closing.
- 2. Auction Houses** move personal belongings to their facility to hold auctions. They usually charge 30-40% commission. This is a good option if timing is tight, but there are typically no set prices, not all items can be sold, and the market sets the ultimate selling price.
- 3. Consignment Stores** are a good option for selling selected pieces. Pick up services are often available and commissions are similar (40-50%). The downside to consignment stores is that it takes longer to sell items; and stores will often donate unsold items in three months.
- 4. Clean Out Guys** are helpful at the end of the selling process for all of the remaining, inexpensive items, generally for a fee.

As overwhelming as the process of transitioning to a new living space can be, it is important to remember that there are services out there that can help. We urge our clients to take a picture of their treasures to create a wonderful memory. Then, it's time to let go – and focus on what they need for the new home. After the move, turn the process over to the professionals. This process gives the new resident a fresh start and allows them to enjoy their new life without all of the burdens of their former house.

## FROM THE C.E.O.

### *Anne Moffat on the role of vitality and well-being*

Our vision at Sharon Towers is to partner with residents to improve quality of life rather than simply to provide care and a place to live. With the value our culture puts on ease, it is natural to fall into sedentary habits that lead to decline. That is why we focus on vitality and well-being at Sharon Towers, working with residents to determine each person's objectives on the path to achieve their best selves.

Under the highly qualified leadership of Kelly Stranburg, our Director of Vitality and Well-Being, we recently launched the Vitality and Well-being Awards (VAWA). After this year's ceremony, one of our residents told me, "This whole 'vitality and well-being' thing is fantastic!" He admitted that he had been skeptical at first but has grown to appreciate what it has done for him and for the Sharon Towers community as a whole.

A great example of our program's success is this year's VAWA "Towers Award" winner. He started out in HealthCare, struggling to stay upright in the pool during the early days of his physical therapy. But neither he nor our therapists gave up. Over time, he gained strength and was able to move to independent living. He actually reversed the continuum!

We are finding that our focus on vitality and well-being is attractive to the growing wave of baby boomers who do not like the traditional approach to senior living. Instead, they prefer to be more active – to exercise,



Sharon Towers C.E.O. Anne Moffat believes a focus on vitality and well-being is good for residents ... and it's helping attract new – and even younger – residents.

eat a healthy diet, enjoy their social network as they retain their connected lifestyles and guide their own futures.

Nowhere do we see this better than in the new space of the Magnolia Villas. With 18 units per building, the villas create small communities within Sharon Towers, ensuring any needed support while allowing residents to retain their independence and maximize their vitality. And, at the end of the day, the apartments are just well-designed, great places to live.

We are striving every day to make Sharon Towers the place where I will want to live in retirement.

To living your best life,

*Anne O. Moffat*  
C.E.O.

## SPRING ONION STEAMED MUSSELS

*from page 1*

### METHOD:

1. In a large bowl cover mussels with cold water, discarding any mussels that do not close
2. Melt butter in a large pot with lid on medium heat
3. Add garlic, onion whites and lemon zest
4. Once butter is melted add mussels and kosher salt
5. Stir mussels around a few times and then add white wine and cover
6. Cook for 5 minutes or until the mussels have opened
7. Once the mussels are opened, add heavy cream and onion greens
8. Cook for 3 more minutes

### To Serve:

Place mussels into two bowls and pour liquid over.

*Goes great with crusty bread and a glass of Sauvignon Blanc.*



### INGREDIENTS:

- 1 lb mussels, cleaned
- 2 cloves of garlic thinly sliced
- 2 spring onions, thinly sliced white and green and separate
- Zest of 1 lemon
- 1 Tbsp butter
- 2 Tbsp heavy cream
- ½ cup dry white wine (such as sauvignon blanc)
- 1 Tbsp kosher salt



Sharon Towers

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## Sharon Towers CONNECTION

SPRING 2017



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

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### SHARON CLUB UPDATE

#### *Are You In The Club?*

The Sharon Club is a members-only program for prospective residents featuring exclusive perks and access to an array of Sharon Towers offerings, including:

- Dine in Allison's Fine Dining restaurant (once per quarter)
- Aquatics fitness classes
- Exclusive Sharon Club events
- Complimentary newsletter
- Fee-based homecare, personal trainer and outpatient therapy
- Enrichment and entertainment activities



The Sharon Club is a great way to get to know the community and all it offers. To learn more, contact Judy Beard at 704-556-3231 or [jbeaird@sharontowers.org](mailto:jbeaird@sharontowers.org).

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