

Connections

A newsletter for the entire community

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Crooked Creek Art League 2021 Exhibition at Still Hopes

The Crooked Creek Art League (CCAL) is again honored to conduct its 2021 Fall juried exhibition and sale at Still Hopes, and invites all residents to visit our display of outstanding 2D and photographic works of art. All are invited to a reception and awards ceremony on *Saturday, December 11, 4 pm.*

The CCAL is one of the largest Midlands non-profit artist's guilds, with more than 100 members, focusing on providing opportunities for development and enrichment of members through educational programs, workshops, exhibitions, participation in community art projects, and the opportunity to network with other area artists. CCAL enhances public awareness and appreciation for the importance of the arts by working cooperatively with area arts and civic groups, through participation in local festivals, and by highlighting League artists by placing member art with area businesses and organizations.

This year's Exhibition will feature approximately 50 works of art, and will be judged by South Carolina native, Steven Whetstone, an award-winning artist and teacher with a BFA in Art Studio from the University of South Carolina.

**The exhibition will hang from December 6, 2021 through January 28, 2022. The majority of works will be for sale. A list of works, and artist contact information will be available. All Still Hopes residents are invited to vote for the People's Choice award.*



Winter Coat: In memory of George and Kay Haimbaugh

Dorothy Yaghjian* was born in Glen Ridge, New Jersey. Dot, as she was known, studied at the Arts Student League under William McNulty, Edmund Yaghjian and Harry Sternberg. She moved to Columbia with her husband Ed Yaghjian in 1945. Dot signed her work Candy, her maiden name. Yaghjian set her own course, first in support of her painter husband Ed and second in pursuit of her own watercolors.

Dot Yaghjian was an active member of Trinity Episcopal Cathedral and participated

in Trinity's sidewalk art shows. Many Columbia families have Dot Yaghjian's work – portraits of family members and Carolina coastal scenes.

'Winter Coat' was in the collection of George and Kay Haimbaugh when it was exhibited in 1968 at the Columbia Museum of Art. It moved to Still Hopes in 2000 with the Haimbaugh's and was always accorded an important place in Kay's residences here.

'Winter Coat' is a memorial gift to Still Hopes and is hung at the entrance to the Lounge off Main Street, across from the Palmetto Dining Room.

**Information from The Contemporary Artists of South Carolina published in 1970.*

Winter Coat, watercolor by Dorothy Candy Yaghjian | Prizewinner's Exhibition, Artists Guild of Columbia | September 1968



Photograph by Ed Shmunes

Living a vibrant and full life!

RESIDENTS ARE GIVEN MANY OPPORTUNITIES AND CHOICES OF MAINTAINING A FULL, ACTIVE LIFESTYLE.

Line Dancing

1st & 3rd Mondays | 4:00 p.m.
Petite Studio in HopeWell

Trivia

Mondays | 5:00 p.m.
Keenan Event Center

Nov. 1 Presidents
Nov. 8 American Landmarks
Nov. 22 Thanksgiving
Nov. 29 Toys

Ageless Technology

Thursday, November 4 | 4:00 p.m.
Keenan Event Center

Join us for this month's Ageless Technology. We'll continue reviewing text messaging and using Siri, Google Assistant, and other similar technologies. Bring your cell phone to the class.

The Spy Most Wanted by the Nazis: Virginia Hall

presented by Dr. Carol Kay,
Shepherd's Center of St. Andrews

Tuesdays, Dec. 7 & 14 | 3:30 p.m.
Keenan Event Center

Join us for this two part series to learn about the little-known Woman, who directed the French resistance in South France, despite being young, female, American and having a wooden leg. This true story is better than most spy thriller fiction.

Popcorn Cinema

Fridays | 3:00 p.m.
Keenan Event Center

Nov. 5 "October Sky" Drama/Family
PG | 1 hr. 48 min. | 1999

Nov. 12 "Mrs. Miniver" Romance/Drama
NR | 2 hr. 14 min. | 1942

Nov. 19 "Grumpy Old Men" Comedy/Romance
PG-13 | 1 hr. 43 min. | 1993

Nov. 26 "Fiddler on the Roof" Musical/Romance
G | 3 hr. 21 min. | 1971

Apartment, Cottage, & Concierge Suite Life Engagement Bus Departure Times

Monday, Nov. 1 6:00 p.m.	Chamber Music on Main at Columbia Museum of Art	Friday, Nov. 12 11:15 a.m.	Lunch Bunch Outing at Julia's German Stammtisch	Thursday, Nov. 18 6:45 p.m.	Anastasia the Musical at Koger Center
Thursday, Nov. 4 9:30 a.m.	Anne Frank Exhibit at the University of South Carolina	Saturday, Nov. 13 6:45 p.m.	SC Philharmonic Concert at Koger Center	Friday, Nov. 19 9:00 a.m.	Shopping at Publix
Friday, Nov. 5 9:00 a.m.	Shopping at Food Lion	Saturday, Nov. 14 2:15 p.m.	Elf the Musical at Town Theatre		

Anastasia

Thursday, Nov. 18 | 6:45 p.m.
Koger Center for the Arts
Cost: \$56.50 Includes transportation and show ticket

Inspired by the beloved film, the romantic and adventure-filled new musical ANASTASIA is on a journey to Columbia at last! From the Tony Award®-winning creators of the Broadway classic Ragtime, this dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family.

November Birthdays

01 Hayes Mizell	13 Wallis Houseman
01 Norma Perkins	13 Rhonnie Newton
01 Ellen Wright	14 Jean Latimer
02 Jim Guignard	14 Patsy Payne
03 Jewel Cannon	15 Mary Kinard
04 Jerry Dell Gimarc	15 Artis Savory
06 John Foster	16 Jean Gasque
07 Frances Case	16 Barbara Webb
07 Beebe James	19 Doris Gasque
07 Charlie Johnson	19 Evie Gibson
09 Elizabeth Brockinton	23 Mary Ross
10 Anna Griswold	25 John Cloyd
10 Bryan Moody	25 Judy Holliday
10 Suzy Weisman	27 Barbara Graybill
11 Elsie Stuart	28 Martha Meade
12 Elizabeth Allison	29 James Smith

Anne Frank Guided Tour

Thursday, Nov. 4 | Departs: 9:30 a.m.
Keenan Event Center

Docent led tour at the Anne Frank Center on the UofSC campus brings to life the story of the young Jewish girl who – in the pages of her world-renowned diary – documented two years of hiding in German-occupied Amsterdam during World War II. By sharing Anne's legacy, the UofSC's Anne Frank Center seeks to inspire our commitment to never be bystanders but instead to stand up together against antisemitism, bigotry and inequality wherever it may exist today. Tour is approximately 70 minutes and requires mostly standing. After the tour, we will hop on the bus for a short ride to the Horseshoe for a delicious lunch at the McCutchen House before returning to Still Hopes.

Charcuterie Board Making Class

Tuesday, Nov. 2 | 4:00 p.m.
Cost: \$16.50 per person

Charcuterie boards are tasty, beautiful, and perfect for any gathering or occasion. Filled with a variety of meats, cheeses, and other delicious fixings, these boards can be customized to your liking. Whether you're looking to impress at your next get together or create the ideal snack to enjoy with your family, meat and cheese boards are the perfect solution. Dereck, Still Hopes Director of Culinary will teach you how to create and style your very own board.

Lunch Bunch at Julia's German Stammtisch

Nov. 12 | Depart: 11:15 a.m.
Cost: Self-Pay

Serving authentic German cuisine in a relaxed environment where everyone is a regular.

Cornhole

2nd & 4th Thursday | 11:00 a.m.
Emilie's Café Courtyard

Join Holly in the courtyard beside Emilie's Café for a friendly game of cornhole. Rules will be explained before playing and no experience is necessary.



Please contact Holly for more information about our upcoming trips and outings!
Holly Crawford, Life Engagement Assistant for Independent Living
hcrawford@stillhopes.org
803.739.5018

Hello!

Our Simply Sketching workshop was a success: resident Diane DeFord has offered to continue to host free beginner's workshops on Saturdays at 10am in November, for anyone looking to learn the fundamentals of sketching! If you'd like to take part, bring a sketchpad and some pencils.

In October, we had fun making Holiday Market crafts! Dorothy Davis, Margaret Senn, and Fran Wheeler were a huge help with leading our trivet craft. Cookie Cloyd, Sarah Conde, Ella Pfaehler, Donna Richter, Lib Guerry, Carmeta Bolt, Patty Hancock, and Vivian Lewis were an equally huge help with making inky ornaments and reusable gift bags! These items and more will be available for purchase on November 16th at the Holiday Market.

Check the Life Engagement Book on Main Street to sign up to help run our booth for a shift!

Wishing you abundant craftiness!

CARRIE CHALFANT
Life Engagement Assistant,
Independent Living

cchalfant@stillhopes.org
803.739.5058



Creative Crafters

Mondays | 2:00 p.m.
Arts on Main

- | | |
|---------|--|
| Nov. 1 | Resin Guitar Picks
<i>Make one to take home!</i> |
| Nov. 8 | Resin Bookmarks
<i>Make one to take home!</i> |
| Nov. 15 | Resin Bottle Openers
<i>Make one to take home!</i> |
| Nov. 22 | Resin Coasters
<i>These will be sold in the gift shop!</i> |
| Nov. 29 | Resin Free Choice
<i>Make any of the above crafts to take home!</i> |

Welcome New Residents

Vivian Evans	Marian & Steve Fowler
Susan & David Blazon	Virginia & Warren
Lois & Bob Rimbo	Holland

Perfect Fall Fun!

It is a beautiful, sunny, blue-sky-and-white-clouds kind of day. And the temperature? It's a warm 75 degrees! It may be too warm for fall but it is the perfect temperature to take residents outside for some fresh air. We've toured the beautiful displays of flowers, pumpkins, and gourds in the foyer of Greenway and outside the front doors. We've also viewed the change in colors of leaves on the Still Hopes trails! Residents have also enjoyed poetry and short stories, and sang hymns, and old popular songs on the piano. I've given manicures, called bingo, and heard wonderful stories from your loved ones. Soon we will be painting pumpkins. I also love the month of November when we focus on being thankful. I am thankful to be with your family members.

Diane Fisher, Life Engagement Asst.
Jane Bruce Guignard Neighborhoods
dfisher@stillhopes.org



November Gardening

October has faded into November and the resulting cooler temperatures bring some welcome relief. This is a special time of year to notice and take pleasure in the glorious colors of fall. The peak color season in the Midlands is late October to early November, although some fall colors will still show through the end of November.

Q & A. *What makes trees leaves change color?*

- a. Cooler temperatures
- b. Shorter days, i.e. less sunlight
- c. Chlorophyll diminishment
- d. All of the above

See answer below.

Campus plantings of seasonal interest. This time of year it is all about the trees peaking and, lucky for us, we have many splendid deciduous tree species on campus to admire. Notable among them are Red maple, American sweetgum, Eastern redbud and Tulip poplar, all native to eastern North America. There



Red Maple



American Sweetgum

are many Red maples planted throughout the campus, with several sited at the Still Hopes Drive and Exum intersection, and many more scattered about The Forest. Sweetgum, with their prickly seed pods known as gumballs, are plentiful in The Forest, as well. The maple, oak and sweetgum leaves all turn various shades of yellow, orange, red and purple, while yellow leaves are characteristic of the Tulip poplars and Eastern redbud.

Did you know that Bald cypress also lose their leaves? It is a deciduous conifer that drops its russet-colored, lacey leaves in the fall. Hint: look near The Forest meadow for some handsome specimens.

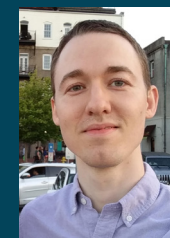
Q & A. *d. All of the above.* Changes in the length of day and changes in temperature cause the trees to stop their food-making process. The chlorophyll in the leaves breaks down, the green color disappears, and the yellow, orange and red colors become prominent and give the leaves their fall dazzle.

Hillary McDonald, Still Hopes Gardening Committee

Reflecting on Spiritual & Seasonal Changes

We've been spending lots of time outdoors enjoying some beautiful fall weather. We're also decorating pumpkins leading up to the Halloween parade at the end of October. We are grateful to the recently retired Reverend Rich Crozier, who ministered to so many rehab residentws and guests during his tenure. Now we'd like to welcome our new chaplain, the Reverend Doug Gray, who will be sharing his spiritual gifts and services with us. Spiritual wellness is considered one of the Eight Dimensions of Wellness. It involves living with meaning and purpose according to values and principles, regardless of one's background or faith tradition.

John Tasevski, AAP-BC, Life
Engagement Assistant, Sanders
jtasevski@stillhopes.org



Leland Williams (standing) and Clyde Dornbusch enjoyed a trip to Justus Orchard for apples, apple doughnuts and lunch at A Day in the Country.



Shining Stars:

STILL HOPES EAGLES WHO
SOAR! OCTOBER EMPLOYEE
OF THE MONTH

1st Nomination: We moved into a cottage recently. Tab Hunter came to help finish some structures which were either unfinished or not working properly. He is a master craftsman who understands construction in a way only a few do. He assesses the problem and makes a plan. Then, he efficiently executes the plan. Tab is considerate of the resident's needs and

is trustworthy in his respect of property and for the resident's autonomy. Tab is not the only staff at Still Hopes who performs at a very high level, but I found him extraordinarily competent. - Submitted by Anna Griswold

2nd Nomination: I first became aware of Tab's carpentry ability when he was sent to repair the ceiling on the 3rd floor of McDowell. Other workers had been sent to repair the soggy ceiling tiles with little success. Tab covered the hall rug, scraped off the old tiles, and put up a new ceiling, which he then carefully painted white. That looked fine, but he also added molding to make it look special. Tab takes pride in his work.

How lucky was I - 3 weeks later - when Tab answered my work order to replace 2 old blinds. He carefully removed the old ones and installed the one new, large blind. He did the work so carefully and all of the mess was quickly cleaned up. We are lucky to have Tab here at Still Hopes. - Submitted by Vivian Lewis

3rd Nomination: Tab came to my apartment fully prepared for what lay ahead. In no time at all he aligned and stabilized two closet doors. Then he knew exactly what to do with the kitchen drawer that fell on the floor. I am so pleased and grateful. Tab deserves to be Employee of the Month. - Submitted by Julie Shaylor

New Culinary Directors

We have grown our campus significantly over the past few years. With growth comes change and we are excited to announce that we can expand the culinary department to accommodate two directors. Previously, the culinary department was structured with a Director of Culinary services and an Assistant Director. Going forward, we are now going to have two Directors within the Culinary Department.

We are excited to announce that our very own Sean Elston has accepted the role of one of those directors as, Director of Health Care Dietary Services. This will give us the



Derek Graham

opportunity to use his experience and innovative ideas to take our licensed area culinary team to the next level.

We are also excited to announce that we have hired Derek Graham who will serve as Director of Hospitality and Culinary Services. His office will be outside of Lowry's where the Director of Culinary Services was previously located. He will bring his years of management and working as a chef to ensure Still Hopes continues to provide world class cuisine and hospitality. Sean and Derek will work as a team to assure the success of the culinary department as we continue to grow and change in the coming years.*

*Contact Derek at dsgraham@stillhopes.org or Sean at selston@stillhopes.org.

Film & Theology Series

Age of Innocence | 133 min. | 1993

Saturday, | **2:00 pm**
Nov. 13 | Keenan Event Center

In an adaptation of the Pulitzer Prize winning novel (Edith Wharton), three wealthy and prominent New Yorkers are drawn into social and sexual scandal, amid the grandeur and hypocrisy of the city's high society in the Gilded Age.

Daniel Day Lewis stars elegantly as Newland Archer, a proper and upstanding attorney who secretly longs for a more exciting life. He is engaged to the lovely but predictable socialite May Well and (Winona Ryder), resigning himself to a life of quiet complacency. When May's cousin Ellen Olenska (Michelle Pfeiffer) returns to New York, Newland must decide whether to risk losing everything for a chance at an adventurous life. The "Age of Innocence" is a spellbinder portrait of manners and morals, passion, propriety, and, perhaps, regret. Directed by Martin Scorsese.

Chapel of the Holy Spirit

PHONE: 803.739.5033

Sunday Worship Services

Join us for Worship
in the Chapel of the Holy Spirit

Sundays • 11 am

Communion will be served

Morning Prayer

Sundays • 11 am

televised on Still Hopes TV
Channel 1390/122

Bible Studies

Mondays • 11 am

The Book of Romans
with Ella Pfaehler

Chapel

Tuesdays • 11 am

with Jim Brady, PhL &
Stewart Rawson, DMin

3rd floor McDowell
Activity Room

New Bible Study Class
Led by the Rev. Doug Gray, Chaplain

Thursdays • 10:30 am
Multipurpose Room

This will be a 17-week class beginning Thursday, November 4th. Focusing on the Gospel of Mark, this class includes in-depth teaching, discussion, and Q&A.

No previous knowledge of the Bible required!
Pre-printed note sheets will be provided.

We fondly remember...

Thomas Baker
Juanita Byrum
Sarah Clarkson

Katherine DuBose
Barbara Griffin
Rod Hull

Heartfelt sympathy is
extended to family and friends.

The Reverend Douglas Gray Named New Chaplain



Bishop Andrew Waldo, and Nikki Robertson, VP of Health and Wellness at Still Hopes Episcopal Retirement Community are pleased to announce that the Reverend Douglas (Doug) Gray became the seventh Chaplain for the Still Hopes Community at the retirement of The Reverend Richard Crozier in September 2021. Chaplain Doug's first Sunday with Still Hopes was October 9.

Chaplain Doug has been an ordained priest for 24 years and has served Episcopal parishes in Virginia, Colorado, and South Carolina. Recently, he served for seven years as the Senior Chaplain of a life-plan (retirement) community in Virginia Beach. Doug has been married for 34 years, to Tricia, and has three adult children, all in their twenties—two daughters living in Charleston and a son in Atlanta. Currently, Tricia is a 4th grade public school teacher in Virginia Beach. Tricia and their dog, Bo, will remain in Virginia until the end of the school year and plan to join Doug here in Columbia in June of next year. Doug has a B.A. from the University of Maryland in College Park, Maryland in Speech Communications and a M.Div. from Virginia Theological Seminary in Alexandria, Virginia.

Doug is a passionate college and pro football fan. He also enjoys playing pickleball, bocce, and beach tennis—though he's aware that there's not much of an opportunity for beach tennis here in Columbia! This year, Doug authored his first book entitled, *The Name: Discovering Power, Grace, and Healing in the Name That Is Above Every Name*. His book will be published and available on Amazon in paperback and electronic versions sometime this fall.

Doug loves preaching, pastoral care, and teaching Bible classes. He is excited about his new ministry at Still Hopes and looks forward to getting to know everyone in the weeks and months ahead.

Welcome, Chaplain Gray!

Contact Chaplain Gray
dagray@stillhopes.org

LIFE ENGAGEMENT

Love Letters to Home

Share your story for your loved ones to cherish for years to come.



Michelle Rabon
Director of Life
Engagement
mrabon@stillhopes.org

My young niece by marriage recently recorded an interview with her grandparents. In the recording, I learned so much about her Noni and Popi that I didn't know. I laughed at their stories, cried tears of joy for the love expressed for their family, and smiled at fun facts reported throughout the recording like their favorite memory, color, hobbies, and food. It seemed less like a recording and more like a love letter to all of us in the family who loved them dearly.

Popi, otherwise known as Leroy Rabon, was my beloved father-in-law. He died in 2017. When I'm missing him, I am even more thankful for my niece's recording. Hearing his voice fills my heart again, with memories of his life as a gentlemen and semi-pro golfer.

This month of thankfulness, I invite you to record a video for your loved ones. We have a partnership with OneDay, a storytelling company, which will take your Love Letters to Home and turn them into mini professional videos with music that you can share with your family and friends.

I have asked Jerryana Williams-Bibiloni, Life Engagement Assistant for Independent Living, to lead this endeavor. Together, we have created a list of 10 questions for you to consider answering when making your video. However, you can customize your

questions yourself, or just have a conversation with Jerryana about anything that's on your mind. It is your Love Letter! It can be five, 15, or 30 minutes long. There is no cost to you or your family. We are thankful for you, your lifetime of stories – the wisdom, the humor, the tears, and joy. It is our gift to you.

Jerryana will record your story, send it to OneDay for editing, and then make it available to you and your family for keeps! The finished product will be in digital form. Once you have the link, it can be shared by email, text and/or on social media. If you want to make Love Letters to Home with Life Engagement, please sign up in the Life Engagement reservation book outside Arts on Main. You can also contact Jerryana or me directly. We are excited about this opportunity and look forward

to sharing your Love Letters (yes, you can do more than one video) with your family and friends.

Picture: Frank Brown and his wife, Sarah, are our first couple to create a Love Letter to Home.



The Important Thing

October was one of those months we will gladly put behind us. We have had our challenges. Last month's edition of Connections, we shared about our occupations. With the Lord's help throughout the years, we were blessed to have nice things- we worked hard.

Throughout the month of October I was blessed to be able to do more one/one interaction with our Rose Garden residents. At times we would sit in front of our 3 tiered water fountain located in the beautiful courtyard - just the two of us. Other times I would pull up a chair and sit outside the rooms and listen to amazing stories of the days gone by.

Whether we were in our rooms or outside in the courtyard, I heard one continuous theme as I listened.

Not once did I hear about those "nice things" mentioned earlier. The common theme was family memories, living in a wonderful country and my favorite... a God that loves us. Wow!

I dearly miss those healing hugs and they will return. However touching heart to heart is much more healing than a hug. So as you go about doing life, remember what your Rose Gardens neighbors are celebrating... we have each other and that is enough - that's the "important thing"

I have not stopped giving thanks for you, remembering you in my prayers.
Ephesians 1:16 NIV

Bob Michalski, Life Engagement Assistant,
Rose Gardens, bmichalski@stillhopes.org



In Honor of our Veterans

— THANK YOU FOR YOUR SERVICE TO OUR COUNTRY —

Still Hopes Residents

Julian Adams Air Force
Alberto Alvarez Air Force
Tommy Atkinson Army
National Guard
Kenneth Baldwin Army
Air Corps/SC National Guard
Alex Barron Navy Reserve
Charlie Beazley Army
Wallace Behnke Navy
Clinch Belser Navy (JAG)
Eric Benfield Air Force
Johnny Benton SC Air
National Guard
Mike Bonner
Army/Navy/Air Force
Jerry Brennecke Marines
Charles Bussey Army
CJ Cambre Marines
Joe Carter Air Force
John Cloyd
SC Air National Guard
John Conde Air Force
Ed Cottingham Navy
Dan Dannerback Air Force
Alex Dickson Army Reserve
Pat Dorn Army Reserve
Walter Edgar
Army/Army Reserve
Frank Ellerbe Air Force
John Foster Army
Malcolm Foster Navy
Steve Fowler Army

Reggie Freeman
Army Reserve
Jim Gettys Army
Benjamin Gimarc Navy
Paul Goodman Air Force
Rob Graybill
Army National Guard
Tommy Gregory
Navy/Air Force
Ed Griswold Army
James Guignard Navy
Cantey Heath Army
Bob Hill Army
Bob Hinson Air Force
Warren Holland Air Force
Bob Holliday Army
Graham Inman Navy
Charlie Jacocks Navy
Joe James Army
Joe Jones Air Force
Thom Jones Army
Tru Kelly Army Reserve
Kermit King Army
William Kitchens Air Force
Bascom Lynn Army
Bernard Manning Army
James Martin Army
Roy McCrorey Army
Jim Moore Navy
Richard Murphy
Navy/Air Force
Mike Murrell Army

Gregg O'Neal Navy
Harry Parker Army
Jack Parrish Army
Bill Payne Navy
Karl Pfaehler Army
Fred Pohl Navy
Fred Quinn Army Air Corps
David Rembert Air Force
Norman Robertson Army
George Ross
Marines/Air Force
Charles Russell Air Force
Richard Sasnett Army
Dave Sennema Army
Henry Shaw Army
Ed Shmunese
Commissioned Corps of the
US Public Health Service
Jim Smith Navy
Karl Snyder Army
Phillip Wackym Army
John Wall Army
John Ward Army
Don Weisman Army
Nelson Weston Air Force
Frederick White Army
Philip Whitehead
Navy Reserve
David Wild Army
Leland Williams Navy
Eli Wishart Army
Ben Yelverton Navy

Still Hopes Employees

Mark Allen
Shelly Bennett
Andrew Burbage

Irene Chapman
Linda Faulkner
Edward Langford
Lauren Lovett

Velma Onyango
Lolita Roberts
Yolanda Rosario

Every effort has been made to maintain this list as accurately as possible. Please contact 803.739.5018 if we have inadvertently omitted someone or if corrections are needed.



Healthy Dynamics

AN ON-SITE, ONGOING PROGRAM FOR APARTMENT, CONCIERGE, AND COTTAGE RESIDENTS

Tacey Gohean | Community Services Director | 803.739.5047

Cognitive Concerns & Memory Loss

The Facts, and Approaches for Staying Connected

Thursday, Dec. 2 | 3:00 PM
Keenan Event Center

Join us for a presentation by special guest speaker, **Dr. Victor Hirth**. Memory loss and dementia can be frightening and overwhelming, whether experienced by you, by a loved one, or by a friend. Come arm yourself with correct information and helpful approaches that can make life better for all. *...And we won't forget the CHOCOLATE!*

Medicare Open Enrollment

(Annual Enrollment Period)

...starts on **October 15** and runs through **December 7, 2021**. This is the time to make sure the insurance plan(s) that you have or choose now will be the right plan for you in 2022.

You may be getting phone calls and advertisements to switch from your current plan to one that costs less and appears to offer more. Please don't be hasty and don't be fooled—if it seems too good to be true, it very likely is! And if the person trying to sell it to you is not someone you know and trust, **BEWARE!** They likely do not have your best interest at heart!

Podiatry Services

Wednesday, Nov. 10 & Monday, Nov. 29

Dr. Keyoka Smith, Podiatrist, will be available on these dates. *Please sign up* to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium.

UPDATE on the Moderna Booster!

Moderna Boosters will be given at Still Hopes on **Tuesday, November 9 & Wednesday, November 10**.

Sign up for your time in the Healthy Dynamics book on Main Street near the Atrium. Don't forget to *bring your original vaccine card* (not the laminated card) to the Booster clinic.

Health Updates:

Our apartment, cottage, and Concierge residents received

293

vaccines here at Still Hopes on October 4 and 5! Flu, pneumonia, shingles vaccines and Pfizer COVID boosters were available. Thank you, CVS, for partnering with us to keep our awesome residents healthy!

20

residents received mammograms here at Still Hopes in September from the Prisma Mobile Mammography team! Thank you, Prisma Health!

Hearing Specialist

Thursday, Nov. 4 & Thursday, Dec. 2

Hearing Specialist **Mike Arndt** will be at Still Hopes. *Please sign up* to see Mr. Arndt in the Healthy Dynamics Book on Main Street near the Atrium.

Wellness Checks!

Mondays & Thursdays | 9:30 - 11:00 a.m.
Mondays: Card Room 2, 2nd floor McDowell
Thursdays: Spa Room 1, Wellness Center

Please note: There will be no Wellness Check on Thanksgiving Day, Thursday, November 25th.

Wellness Checks are staffed by our Solutions for Living at Home nurses *Allison, Vickie, and Raquel*.

Medical Transportation

Please note that medical transportation is on a first come, first serve, first basis and is provided Monday through Friday.

Transportation leaves as early as 8:00 am with the last appointment of the day being a 2:00 appointment. Earlier appointments may be available upon request. For the schedule to run smoothly we schedule on the half hour. (Example: If you have a 10:00 appointment we will pick you up at 9:30. If you have a 10:15 appointment we will pick you up at 9:30.)

We kindly request that you be on time for your scheduled pick-up time. If you are 10 minutes or more late for your scheduled pick-up time it may be necessary to reschedule. Some days we may run a very tight schedule and if you are 10 minutes or more late it can cause a back log on the schedule.

If you have a scheduled medical/dental appointment any time remaining in 2021 or any time in 2022 and need our service, please call to get on our schedule. We already have residents on the schedule through October 2022. We make every effort to accommodate your request provided we have adequate notice.

If you have any questions concerning transportation, please feel free to contact Susan McDaniel, Transportation Coordinator at:

803-609-3156 | Cell Phone
803-995-8125 | Office Landline

Mindfulness and Meditation

Living fully in the present moment with **Susan Yelverton**, Therapist with Live Oak Counseling Center

Nov. 3 | 4:30 p.m. - 5:45 p.m.

The topic of the final session of the Mindfulness and Meditation series will be *Equanimity*. *Thank you, Susan, for bringing more loving kindness, compassion, joy, and balance to our lives!*

Need a holiday helper?

Solutions for Living at Home is here to help you this holiday season!

- ▲ Shopping
- ▲ Gift Wrapping
- ▲ Tree Trimming
- ▲ Decorating
- ▲ Errands
- ▲ Other Services Available

Call us today at
(803) 223-6173!



Solutions
for living at home
A MINISTRY OF STILL HOPES



HOLIDAY MARKET VENDORS			
Earrings a La Go Go	Handmade Jewelry	xoxoJLo-	Crochet Items
Tickled Pink by Tammy	Handmade Jewelry	Crocheted Creations	
Allen Burn Designs	Home Décor	New Leaf ReImagined	Wood Signs, Jewelry
Bee Lee Bags	Handmade Bags & Masks	Glenda's Glass Works LLC	Stained Glass
It's My Sister's Fault	Handmade Jewelry	SNS	Jewelry
Tastefully Simple	Spices, Sauces, & Dips	Sassy Lassies	Jewelry, Handbags, Totes
Laura's Cookie Jar	Cookies	Mary Kay	Skincare/Cosmetics
The Princess and the Pearl	Jewelry	J McLaughlin	Mens & Womens Clothing
Palmetto Specialty Scents	Candles	Klassy Kats Shop	Paparazzi Jewelry
N'Style	Purses, Wallets	Chele's Country Crafts	Ornaments, Towels
Savin' Green with Michelle Tupperware	Tupperware	Southern Creative Solutions	Home Décor
		Simple Dimple Art Co	Jewelry, Ornaments, Canvas

Welcome to our new VP of Operations, David Smart!



David began his involvement in aging services as a young man working for his father at Maple Knoll Village, a large continuing care retirement community in Cincinnati, Ohio. He has a Master's Degree in Gerontology and Long-Term Care Administration from Naropa University in Boulder, CO. During his time in aging services, David has worked in various capacities and gained experience as a front-line worker or director. David comes to Still Hopes after 20 years in Colorado working primarily in affordable housing for low-income seniors. He is the former CEO of Eaton Senior Communities in Lakewood, CO and former Associate Director of Operations at Golden West Retirement Community in Boulder, CO. David served on the LeadingAge Colorado Board of Directors for several terms and was the Board Chair 2016-2018. David was a fellow in the inaugural LeadingAge Leadership Academy in 2007 and served as a coach for the Leadership Academy 2014-2016. Contact David at dsmart@stillhopes.org.



Happy retirement, Father Rich!

After almost 5 years at Still Hopes, Rev. Richard Crozier has retired. The Still Hopes Director team had a fun breakfast with him to officially wish Rich farewell and the best of luck. *Thank you for all your years of service!*

STILL HOPES FAIR DAY

Congratulations to our fair contest winners!

PLANTS

- 1st Marion Martin, African Violet
- 2nd Sara Freeman, Peace Lilly

BAKED GOODS

- 1st Jean Latimer, Cookies
- 2nd Patsy White, Maple Pecan Tarts
- 3rd Mary Ross, Cookies

Honorable Benjamin Gimarc, Bread
Mention

HOMEMADE TEXTILES

- 1st Dorothy Pondy, Quilt
- 2nd Joyce Steele, Sweater
- 3rd Caroline Jones, Belt

Honorable Janet Morris, Quilt
Mention

HOMEMADE FINE ARTS

- 1st Barbara Carter, Painted Pitcher
- 2nd Hattie Dargon, Painting
- 3rd Benjamin Gimarc, Toy Airplane

Honorable Mary Lou Price, Painted Bowl
Mention



**Pumpkin
Painting
and Simply
Drawing
with Diane**



HALLOWEEN COSTUME CONTEST



Top Dogs with Cruella



Cleopatra



The Flappers

Life Engagement's "Top Dogs with Cruella" hosted the 2021 Halloween Costume Contest on Friday, October 29.

After the contest, those dressed to impress participated in the Halloween Costume Parade on Main Street, through Emilie's Café, and Greenway neighborhoods. Congratulations to all the winners!



The Care Bears

RESIDENT WINNERS

Best Individual Costume: Susan Herin, Witch ("Witches don't give speeches!")

Best Couple Costume: Ella & Karl Pfaehler, Chef & Pizza

EMPLOYEE WINNERS

Best Individual Costume: Janet Holliday, Cleopatra

Best Couple Costume (tie): Alissa Galloway & Katie Kendrick, The 80's Girls

Michael Wilson & Glenys García, Pizza Man & Tacos

Best Small Group: Tacey Gohean & Elizabeth Banks, The Flappers

Best Large Group: The Care Bears, Solutions for Living at Home

Best Entertainers: The Skittles, Greenway Nursing Staff & Healthcare Dietary



Cat in the Hat



Skittles



Chef & Pizza

Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

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West Columbia, SC 29171-2959
stillhopes.org

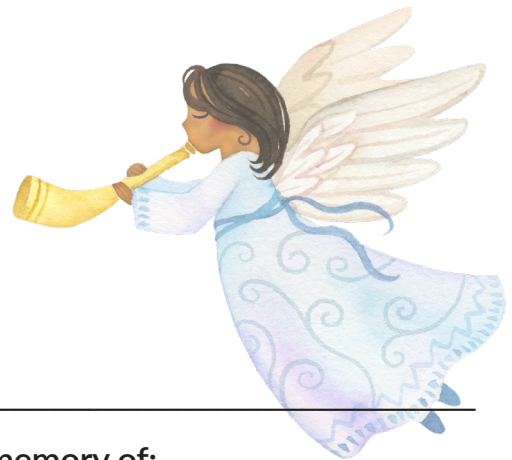
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Angel Ornaments

**HONOR OR REMEMBER YOUR
ANGEL THIS HOLIDAY SEASON.**



We will have two Still Hopes Angel Christmas Trees: one on Main Street and one in the Greenway lobby. All donations for the Still Hopes Angel Paper Ornament Trees will go to the Still Hopes Opportunity Fund, which will put the Still Hopes Board of Trustees in a position to investigate and implement mission opportunities. Those who are honored or remembered, or their families, will be notified of your gift.

Please cut this form and mail with a check to The Still Hopes Development Office, 1 Still Hopes Drive, West Columbia, SC 29169.

Your name:

My angel is in honor/memory of:

_____ Check here for the Main Street Tree

_____ Check here for the Greenway Tree

One name & location per angel: \$20 each.