

# Connections

A newsletter for the entire community

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## Hopewell Gallery Features A Stillness

"To notice them requires slowing down." These words by Michael Cassidy surely come to mind as you stroll through the exhibit currently hanging in the Hopewell Gallery. Cassidy has truly learned how to walk in wonder. In his own words, "These paintings are inspired by encounters and moments in nature that take us outside of ourselves, if only for a moment. I strive to depict a quiet world on the edge of nature and imagination. These animals, plants, and insects are poised, as if messengers between this world and another. If we are quiet, patient and

aware, maybe we can begin to comprehend what they bring. This work comes from slowing down, looking closely, accepting life as it is, as it comes to us, being curious and finding beauty in as much as we can."

Enjoying this show, titled *A Stillness*, requires the viewer to slow down and look closely. Repeated visits to the gallery may also enhance your appreciation, as will reading the bio that is in the gallery.

Michael will discuss his work in the Keenen Event Center on Thursday, October 7, at 3 pm. Don't miss it.

*Shirley Kuiper, Resident Art Committee*

## Cheers for Local First Responders

Over 30 emergency vehicles from our first responders in Lexington County, Cayce and West Columbia participated in our parade where residents all over campus waved and cheered their appreciation for these local heroes. We loved having resident Grand Marshals in the parade. Special thanks

to Margaret Senn, Fran Wheeler, Rhonnie Newton and Retta Miller for leading the parade with safe driver Carrie at the helm of the trolley! We appreciate our creative crafters making treat bags for the first responders and for a gorgeous black and white photo Ed Shmunes took of the parade (pictured left).





# Living a vibrant and full life!

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

## Line Dancing

1st & 2nd Mondays | 4:00 p.m.  
Petite Studio in HopeWell

## Trivia

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

Oct. 4 Fast Food  
Oct. 11 American History  
Oct. 18 State Fair  
Oct. 25 Halloween

## Traveling Tuesdays

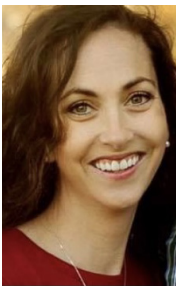
Tuesdays | 3:30 p.m.  
Keenan Event Center

Oct. 4 South America presented by Fran Wheeler  
Oct. 26 The South Carolina State Hospital, Stories from Bull Street presented by author, William Buchheit

## 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](mailto:hcrawford@stillhopes.org)  
803.739.5018

## Ageless Technology

Thursday, October 14 | 4:00 p.m.  
Keenan Event Center

Join John Tasevski and Rhonnie Newton as they discuss using Siri, Google Assistant, and similar voice-activated tools and text messaging.

Wednesday, October 20 | 4:00 p.m.  
Keenan Event Center

**Tech Troubleshooting!** John Tasevski will answer your specific tech questions. Bring your device.

## Popcorn Cinema

### Alfred Hitchcock Series

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

Oct. 1 "Notorious" Thriller/Noir starring Ingrid Bergman & Cary Grant NR | 1 hr. 41 min. | 1940  
Oct. 8 "Rear Window" Thriller/Mystery starring James Stewart & Grace Kelly PG | 1 hr. 25 min. | 1954  
Oct. 15 "Rebecca" Romance/Mystery starring Joan Fontaine & Laurence Olivier NR | 2 hr. 10 min. | 1940  
Oct. 22 "North by Northwest" Thriller/Mystery starring Cary Grant & Eva Marie Saint NR | 2 hr. 16 min. | 1959  
Oct. 29 "Psycho" Horror/Thriller starring Anthony Perkins & Janet Leigh R | 2 hr. 16 min. | 1960

## Bridge Party

Friday, Oct. 29 | 10:00 a.m.  
Trinity Building, Multipurpose Room

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

Oct. 8 9:00 a.m.	Shopping at Food Lion	Oct. 12 2:45 p.m.	Savage Brewery Tour and Beer Tasting	Oct. 22 11:15 a.m.	Lunch Bunch- South Carolina State Fair
Oct. 8 1:15 p.m.	Midlands Plant and Flower Show at SC State Farmers Market	Oct. 19 8:45 a.m.	Justus Apple Orchard in Hendersonville, NC	Nov. 1 6:00 p.m.	Chamber Music on Main Concert at Columbia Museum of Art
Oct. 9 6:45 p.m.	SC Philharmonics at Koger Center	Oct. 22 9:00 a.m.	Shopping at Publix		

## Still Hopes Fair Day

Thursday, Oct. 21 | 1:00 p.m. - 4:00 p.m.  
Keenan Event Center

Join us for a fun afternoon filled with games, food, prizes, blue ribbon contests and MORE!

## Midlands Fall Plant & Flower Festival

Friday, Oct. 8 | Depart: 1:15 p.m.  
No Cost

Join us for an afternoon of shopping for seasonal plants, flowers, décor and more at the Midlands Fall Plant & Flower Festival held at the South Carolina State Farmers Market.

## 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.

## Justus Apple Orchard

Tuesday, Oct. 19 | Depart: 8:45 a.m.  
Cost: \$20.00 includes transportation and lunch

Lunch first at A Day in the Country near Hendersonville and time for shopping before heading to Justus Apple Orchard for delicious North Carolina grown apples and sweet treats from their bakery. Purchases at the apple orchard will be self-pay.

## Savage Brewery Tour & Beer Tasting

Tuesday, Oct. 12 | Depart: 2:45 p.m.  
Cost: \$12 includes transportation and beer tasting

Savage Brewery recently opened its doors in West Columbia, SC with a mission to make quality beer, help make West Columbia and surrounding communities a great place to work and live, and supporting veterans, law enforcement and first responders. We will tour the brewery and enjoy a few samples of their beer in the taproom.

## Fair Lunch Bunch

Friday, Oct. 22 | Depart: 11:15 a.m.  
Cost: Self-pay for admission and lunch

Pop in and out of the S.C. State Fair lunch bunch, available from 12p.m. 2 p.m. Pay your entry fee with a refundable \$15 ticket and return to the ticket booth by 2 pm to get your money back.



Hello!

Happy Spooky Season! We have a few exciting things going on this month. Resident Diane Deford has offered to host some beginner's workshops, for anyone looking to learn the fundamentals of sketching! If you'd like to take part, bring a sketchpad and some pencils. You can also purchase all the supplies you need from me at the first meeting, which will be October 9th. Sign up in the activities book on Main Street, if you'd like to purchase a set, so I know how many to purchase!

On October 11th and 18th, please head to Keenan to help with our Holiday Market crafts! If crafting isn't your thing, we have shifts open to sell the crafts at the Holiday Market; check the activities book on Main Street to sign up for a shift!

Please see our schedule for October. We'll be working with melted crayons, wine corks, and ghostly fashion! Hope to see you there!

Wishing you abundant craftiness!

**CARRIE CHALFANT**  
Life Engagement Assistant,  
Independent Living

[cchalfant@stillhopes.org](mailto:cchalfant@stillhopes.org)  
803.739.5058



## Creative Crafters

<b>Mondays</b>	<b>2:00 p.m.</b> Arts on Main
Oct. 4	Pumpkin Decorating: <i>Melted Crayons, Acrylics, or Sharpies: Maker's Choice!</i>
Oct. 11	Holiday Market Craft: <i>In Keenan, Room 3! Cork Trivets</i>
Oct. 18	Holiday Market Craft: <i>In Keenan, Room 3! Ornaments, Textile Crafts</i>
Oct. 25	Ghost Plushies: <i>Sew and dress up a ghost!</i>



**Wednesday Wine & Watercolor:** Residents show off their hydrangea paintings after a Zoom class with artist and stationery designer Kristy Rice.

## Wellness Classes

Please come check out our featured classes in October!

### MAT PILATES

**Tuesdays & Thursdays** | 12:30 p.m. - 1:15 p.m.  
Petite Studio in Hopewell  
\$8 per class

### CHAIR YOGA

**Tuesdays** | 10:30 a.m. - 11:30 a.m.  
Petite Studio in Hopewell  
\$10 per class

### FLOOR YOGA

**Thursdays** | 10:30 a.m. - 11:30 a.m.  
Petite Studio in Hopewell  
\$10 per class

### CHAIR AEROBICS

**Tuesdays** | 10:00 a.m. - 10:40 a.m.  
Aerobics Studio  
No cost

## 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 films, 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.

## October Gardening in Zone 8

Cooler temperatures ahead signal seasonal changes in our gardens. Our average first frost date is November 1. By then, most summer annuals will have finished their colorful displays and fall and cool season annuals and perennials will come into play. Here are a few suggestions for October.

**To do's.** *The Old Farmer's Almanac* lists the following tasks for our location in October:

- Plant cool-season annuals
- Clean out annual flower beds and containers
- Divide and/or plant perennials: <https://www.almanac.com/gardening/tips/zipcode/29169>

**Campus plantings of seasonal interest.** Take time to enjoy our beautiful natural and cultivated surroundings and enjoy the early fall transitions. While walking around campus look for patches of Mexican petunia, Oakleaf hydrangea, and, especially, Pink Muhly grass (pictured above), so stunning this time of year. Also noteworthy are the Beautyberry shrubs with their abundant lavender berries, a favorite of robins, mocking birds, and thrashers. Tree leaves will change color late this month.



**Container gardening.** For replanting your container garden, consider asters as an alternative to mums. Readily available in local nurseries, they come in various shades of blue and purple. Keep in mind that cool season annuals should be planted in mid October to give them time to get established before the first frost. Among the most popular for containers are pansies, violas, snapdragons, petunias, alyssum and dianthus. These can be combined with small evergreen plants for good effect.

**Hummingbirds.** Ruby Throated Hummingbirds normally migrate to warmer climes in mid October as the days get shorter and cooler. You'll want to keep feeders fresh until the last of them is gone.

**Excursion to Fall Plant & Flower Festival, Friday, October 8.** It'll be a great opportunity to see and take home some cool season plants. Still Hopes volunteers will be available to help with selection and planting in your containers. Life Engagement has transportation details (see page 3).

Hillary McDonald, Still Hopes Gardening Committee

## ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.

Held annually in more than 600 communities nationwide, the Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. While there is no fee to register, all participants are encouraged to raise critical funds to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.



FIND OUT MORE:  
[alz.org/walk](http://alz.org/walk)

**WHAT:** Walk To End ALZ  
**WHEN:** Saturday, October 30, 2021  
Registration at 9:00am  
Walk at 10:00am  
**WHERE:** Segra Park 1640 Freed Street,  
Columbia, SC 29201

Join the Still Hopes Team on-line at <http://act.alz.org/goto/StillHopes> and turn your page into a Facebook Fundraiser and invite friends to support your efforts for Walk to End Alzheimer's. The donations you receive through Facebook will be reflected on your personal page and will count toward your fundraising goal.



# Shining Stars:

STILL HOPES EAGLES  
WHO SOAR! SEPTEMBER  
EMPLOYEE OF THE MONTH



1st Nomination: Have a question? Ariel has all the answers! When does the mail come in? How can I return this to Amazon? Can you show me why my phone is not turning on? All answers come with understanding guidance and a smile. She is the "Alexa" of Still Hopes! We are so happy that Ariel is part of our team. She deserves to be the next Employee of the Month! - Submitted by Vivian Lewis

2nd Nomination: Ariel has gotten my attention for many reasons. She is always friendly and polite to residents, employees, as well as strangers who come through the front door. She is professional and her work ethic is beyond compare. She is rarely away from her desk and always seems to be at work on her computer or answering the phone. She has amazed many of us with her skills and good judgment. She has helped me in many situations and always makes me think she is willing and happy to do it. She is quick to return phone calls and usually with a solution to any question or problem.

I believe she truly deserves this recognition for doing her job so well and always with a smile.

Thank you for considering this deserving employee for Employee of the Month. - Submitted by Ann Wild

## Welcome New Residents

Sandra & Gregg O'Neal Carol Anfin  
David Rembert Steve & Marian Fowler

## October Birthdays

04 Mike Bonner	15 Patricia Snyder
05 Nela Edgar	16 Nancy Frick
05 Evelyn Hazen	17 Fran Wheeler
05 Lynn Luce	18 Brantley Bull
06 Mary Dannerback	18 Melinda Parrish
06 Frank Ellerbe	18 Linda Thomas
07 Chrisula Capilos	18 Marcine Thompson
08 Dorothea Owens	19 John Wall
09 Harry Logan	24 Anne Harris
11 Caroline Jones	26 Betty Sturkie
11 Mimi Wannamaker	26 Mary Russell
13 Gayl Averyt	27 Bet Gettys
14 Jacqueline Hatch	28 Charlotte Holms
14 Eddie Pender	29 Dot Poston
15 Betty Hunter	30 Charles Beazley
15 Wendell Mason	31 Marie Bussey



David and Ann Wild

Bob Michalski, Life Engagement Assistant in Rose Gardens, performed in the Saluda neighborhood and a good time was had by all! Bob handed the

microphone over to Charles Lemley who loves singing and listening to music. Charles sang in a gospel band called The Men of Texas and he loves the song "My God is Real." CNA Pat and resident Charlotte Baker enjoyed dancing. David Wild and his sweet wife Ann also enjoyed Bob's performance. David's specialty is singing the bass notes during the Oakridge Boys hit Elvira. Bob sure knows how to put on a show!

Diane Fisher,  
Life Engagement Assistant  
Jane Bruce Guignard Neighborhoods  
dfisher@stillshopes.org



# 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  
The Chapel of the Holy Spirit

## Morning Prayer

Sunday, October 9 • 11 am\*  
televised on Still Hopes TV  
Channel 1390/122

\*Please note that Sunday services will only take place at 11 am in October & service will only be televised on the first Sunday of the month.

## Bible Studies

<b>Mondays • 11 am</b> The Book of Romans with Ella Pfaehler Chapel	<b>Tuesdays • 11 am</b> with Jim Brady, PhL & Stewart Rawson, DMin 3rd floor McDowell Activity Room
<b>Mondays • 2 pm</b> Multipurpose Room	

## Film & Theology Series

The Boys of '36 | 60 min. | 2016

Saturday, 2:00 pm  
Oct. 9 Keenan Event Center

In 1936, nine working-class boys from the University of Washington took the rowing world and the nation by storm, when their eight-oar crew team captured the gold medal at the Olympics in Berlin. These sons of loggers, shipyard-workers, and farmers overcame tremendous hardships — psychological, physical, and economic — to beat not only the Ivy League teams of the East Coast, but Adolph Hitler's elite German rowers. The boys' unexpected victory, and the obstacles they overcame to achieve it, inspired a nation struggling to emerge from the depths of the depression.

"The Boys of '36" recounts their remarkable journey. Pure Americana, with rich archival footage. Prepare to feel pride in this aspect of American experience.

For more information, contact the Whiteheads at [lnrns@gmail.com](mailto:lnrns@gmail.com).

## We fondly remember...

STEWART BRISTOW  
HELEN FANT

Heartfelt sympathy is  
extended to family and friends.



Diver Robert Benfield from the Wateree Dive Center in Columbia shared experiences as well as artifacts and fossils from his many dives during a recent Terrific Thursday presentation at Still Hopes. He has been diving since age 12 which makes Robert an excellent instructor at the center. In his day job, Robert is the Vice President of Risk Management at the SC Association of Counties. He is the son of residents Eric and Paulann Benfield.

At the end of his presentation, Robert gave out shark's teeth for residents to show off to their grand and great children when they visit!



## LIFE ENGAGEMENT

# Friends for the Journey

...Living their best lives, early in the mornings!



There is a loveliness on Main Street early in the morning at Still Hopes. It's quiet; still a little sleepy as it awaits the hustle and bustle of the day. Arriving early for work gives me peace, a time to take in those surroundings, and make way for the day ahead.

A few residents have this routine too. Among them are Hettie Dargan and Shirley Kuiper. Clad in their swimsuit cover-ups, sandals, with colorful pool noodles in tow, my mornings are complete when they pass by my office. On the way to the Wellness Center, they are deep in conversation about those things only friends share with one another early in the morning.

Their routine, friendship, and contributions to Still Hopes, not to mention, their commitment to wellness reminds me of a quote from American poet Mary Oliver. *"Instructions for living a life. Pay attention. Be astonished. Tell about it."*

Hettie and Shirley astonish me. Shirley is the head of the Resident Art Council. She guides and steers their work, collaboratively planning art exhibits with local artist every two months for the HopeWell Gallery.

She is deeply connected to the arts and my conversations with this amazingly intelligent woman



Michelle Rabon  
Director of Life Engagement  
mrabon@stillhopes.org

are always interesting and educational.

Hettie arranges flowers on Main Street with beautiful donations provided by her daughter who owns Cricket Newman Designs in Columbia. Hettie is calm, determined and laser focused in her mission to make our neighborhoods gorgeous. Pay attention to these arrangements on Main

Street for there is something spiritual about them. I strongly believe it's Hettie's wisdom that she breathes into them. Her flowers seem to wave and cheer, all the while infusing color and a breath of fresh air into our lives at Still Hopes.

I am so grateful for Shirley and Hettie's contributions to the arts and for the work they share so graciously at Still Hopes. They will always astonish me with their many gifts, but it is their relationship with each other, in these early mornings with pool noodles under arms, that make me smile and return to work each day. For this is engagement; this is living well. They are connected, and filled with the joys only friends for the journey can provide.

## Retired and Loving It

The first full week of September we observed Labor Day. "Tell me about your occupation" was one of our Labor Day activities. It didn't take me long to realize that I was in good company. Just think, every day I get to spend time with bankers, teachers, a professor, LPN, librarian, chemical salesperson audiologist and even a secretary from the Pentagon! To say, our time together in Rose Gardens is interesting, is an understatement. It's also a continual learning opportunity to be able to draw knowledge from many hard-working people. One resident said there's nothing like retirement!

We didn't have to walk too far to see the First Responders parade. It was right outside our door! Sirens blaring, horns sounding, and flags waving made way for a fun time as our heroes drove by. Thank you, first responders.

Susan McDaniel was very kind in stepping up on a Friday while I was away for training purposes. Susan and friends made their way to our courtyard. They broke out the squirt bottles filled with colorful paint and away they went! No mess, no fuss, just squirt away. The paint colors blended beautifully, and art took a form that turned out quite nice.

We said goodbye to summer, but it was not a sad goodbye. It seems that our favorite season in Autumn. The only concern we had was that eating ice cream seemed to be more of a summer treat.

As on resident stated, "NOT - bring on the ice cream any day, any time!"

Bob Michalski, Life Engagement Assistant,  
Rose Gardens



## RESIDENT SPOTLIGHT!

# Margaret Twomey: Young at Heart

"Fairytale can come true, it can happen to you, if you're young at heart..."



Hannah Jones,  
Life Engagement Assistant  
River Banks  
hjones@stillhopes.org

When I think about Margaret Twomey, the song made famous by Frank Sinatra "Young at Heart" immediately comes to mind. In fact, the more I think about it, the more I am convinced the song may have been written specifically for her. Not simply because of the obvious line "if you should survive to a hundred and five, look at all you'll derive out of being alive," (although we did celebrate the big 1-0-5 this past June) but because Margaret so effortlessly embodies the true message of every verse. Her gracious spirit, quick wit, and thirst for adventure are just the beginning of the wonderful qualities she possesses.

While working in the River Banks Assisted Living neighborhood, I have the pleasure of spending time with Margaret every day and I am so glad she agreed to let me share stories from some of our visits.

Margaret was born June 2, 1916 and was the eighth of nine children. She grew up here in Columbia, attended Columbia High School and went on to graduate from the University of South Carolina with degrees in English and economics. She then became the secretary of the University of South Carolina Athletic Department where she met her husband, Gamecock Line Coach Ted Twomey. In addition to inspiring her love of Carolina football, he also taught her to fly her other true love - a two-seater, metal Luscombe airplane which she owned and continued to fly for many years.

Those days in the sky are now some of Margaret's fondest memories, "when you're up that high seeing all of God's beautiful things, you feel like you own the whole world."

I told you she had a thirst for adventure.

Margaret will be quick to tell you that exploring new interest and staying involved are key factors to remember when pursuing a long and fun-filled life. Even at the age of 103, she picked up a new hobby and regularly attended yoga classes in our wellness center.

One day during one of our visits, I asked Margaret what advice she would give to the younger generation, specifically what would she say to her younger self if she had the chance. Without hesitation, she replied "Ask questions and do your research. We all have to learn to think for ourselves and there are many things you'll never know if you don't have the courage to ask."

Margaret has always been a mover and a shaker. In fact, when she moved to Still Hopes she spearheaded the task of installing the flagpole in front of McDowell leading to our treasured Fourth of July flag raising ceremony.

She is often asked to divulge her secrets for achieving the triple digits and with a giggle will answer "It's such a secret, I can't remember!" However, she does advise keeping a close circle of friends and family, a positive attitude, a spirit of thankfulness, and ALWAYS keeping your hair appointments. As a self-proclaimed "chocoholic" she will also admit that a snickers bar,

a glass of wine, and a good sense of humor will go a long way, too!

So, the next time you hear the song "Young at Heart," eat a piece of chocolate and raise a glass to Margaret Twomey.







# Healthy Dynamics

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

Tacey Gohean | Community Services Director | 803.739.5047

## Medicare Open Enrollment

### Separating Fact from Fiction

Thursday, 3:00 PM  
Oct. 28 | Keenan Event Center

Come to Healthy Dynamics to gain insight and get your questions answered about selecting optimal insurance coverage for 2022! ...Chocolate will be optimal as well!

### 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.



## Vaccine Clinic

Monday, Oct. 4 | Tuesday, Oct. 5  
12:30 - 4:30 p.m. | 9:30 - 12:30 p.m.

Location: Keenan Event Center  
Flu, Pneumonia, and Shingles Vaccines will be offered!!

### Stay Tuned...

for news in October on Caregiver Support Group meetings and Healthy Dynamics Advisory Team meetings!!

## COVID Vaccine Boosters

Information on COVID boosters will be provided once we have received more guidance from federal and state authorities.

## Podiatry Services

Wednesday, October 27

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

## Hearing Specialist

Thursday, October 7

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

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

## Parkinson's Support Group Meeting

Friday, October 29 | 10:00 AM  
Activity Room, McDowell, 3rd Floor

We welcome those living with Parkinson's Disease and their care partners! Please join us!

## Mindfulness and Meditation

### Mindfulness Sessions:

Oct. 6	Loving Kindness
Oct. 13	Compassion for Others
Oct. 20	Self Compassion
Oct. 27	Joy
Nov. 3	Equanimity

Join us for a five week series of mindfulness and meditation sessions about living fully in the present moment.

Sessions led by Susan Yelverton, Therapist with Live Oak Counseling Center.

Wednesdays, 4:30 p.m. -  
Oct. 6 - Nov. 3 | 5:45 p.m.

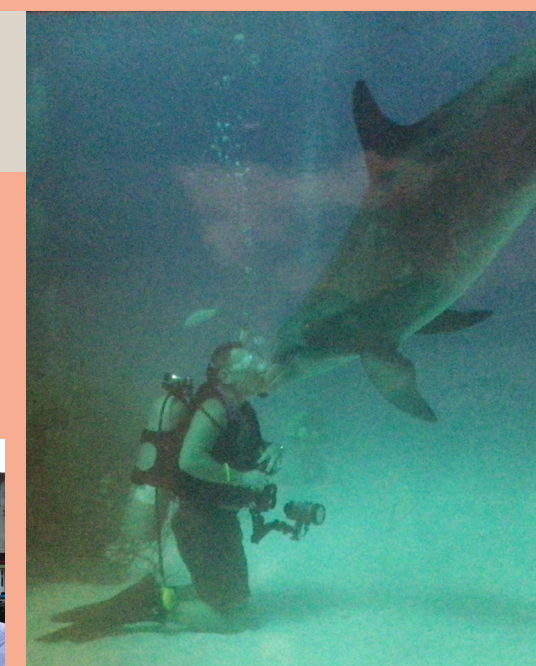
Please sign up in the Healthy Dynamics Activity Book on Main St. near the Atrium.  
Note: Limited to 20 participants.

## Sanders Rehab Guest Shares Diving Encounters with a Kissing Dolphin

One of our rehab guests, Mr. Ira Bell, has captivated us with stories of his scuba diving encounters. Ira has decades of experience with underwater diving and photography. A former real estate appraiser, he has gone on diving trips in Alaska, Hawaii, Florida, and throughout the Caribbean. Along the way he has seen sharks, schools of fish, and shipwrecks, but no sunken treasure so far. Sometimes after encountering a pod of dolphins at sea, he and his dive partner would swim through the middle of the group. One day while diving in Key Largo, a dolphin descended and kissed him on the mouth.

Now some of you might be thinking, "Yeah right!" Well, fortunately the camera was on, and he got this once-in-a-lifetime shot.

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



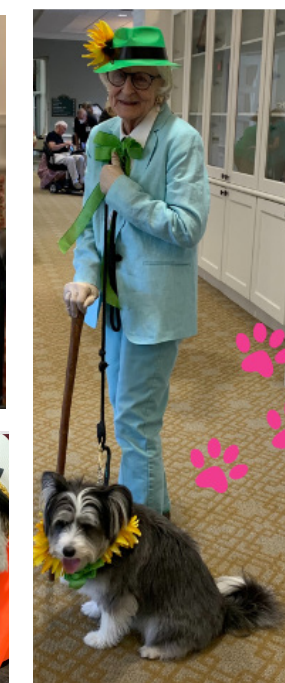
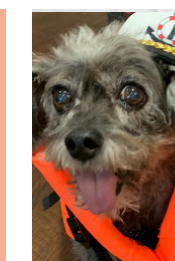
## Martial Arts Demonstration



Dan Bernardo, owner of Wellwithin Martial Arts in Columbia, demonstrated how intentional movement, mechanics, and harmony can prevent falls and maintain balance while standing. He taught residents the first three movements of Yang Style 24 Step Taijiquan. Dan also showcased his love of Chinese calligraphy by painting a scroll illustrating "balance." Patsy White (pictured with Dan) was the door prize winner of his beautiful scroll.



We had a "Paw"some time at our Pet Parade and Paw-ty!





# Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

P.O. Box 2959  
West Columbia, SC 29171-2959  
[stillhopes.org](http://stillhopes.org)

NONPROFIT ORG  
US POSTAGE

**PAID**

COLUMBIA SC  
PERMIT NO 42

## HALLOWEEN COSTUME CONTEST

Friday, October 29  
10 a.m. | Keenan Event Center

*Residents and Staff are encouraged to participate!*  
Following the costume contest, participants are invited to parade through the neighborhoods of Still Hopes to share with others the various costumes created for this event.

*Save the Date*

STILL HOPES  
ANNUAL  
HOLIDAY MARKET

Tuesday, November 16  
10 a.m. - 5 p.m.  
Keenan Event Center

Vendors, reserve your booth  
at the market by contacting  
Holly Crawford at 803.739.5018  
or [hcrawford@stillhopes.org](mailto:hcrawford@stillhopes.org).