

# Connections

A newsletter for the entire community

#### **INSIDE THIS ISSUE**

Page Topic

- 1 TAG Exhibit
- 1 Andrew Armstrong
- 2 Employee of the Month
- 3 Chapel of the Holy Spirit
- 4 Transportation & Birthdays
- 5 Still Hopes Talent Show
- 5-7 Upcoming Events
  - 9 August Gardening
- 10 Healthy Dynamics
- 11 Solutions for Living at Home
- 11 Past Events
- 12 Chapel Kneeler Donations



# 12th Annual Exhibit at Still Hopes!

Members of Trenholm Artists Guild are excited to have its twelfth show at Still Hopes Episcopal Retirement Community! With more than 100 members, the show is bound to include excellent artwork. Members are drawn to enter this show because

of the great exhibit space, potential to win an award, and the love and appreciation of the staff and residents of Still Hopes.

Forrest Fortier's piece, *Power of Nursing Through Prayer* (pictured left), won the Best of Show Award in the 2021 exhibition. Forrest said, "I so very much appreciate recognition of my work by the judge, Jane Nodine. There's nothing more validating than having this type of recognition. Still Hopes is a beautiful venue and the residents and staff are amazingly supportive of the artists."

Mark Anderson, Lassiter Professor of Art at Presbyterian College in Clinton, SC, has agreed to judge the show. Professor Anderson holds a MFA degree in painting/drawing from the University of Tennessee at Knoxville; a BS degree in art/

art education/psychology from Asbury College, Wilmore Kentucky; and a MA degree in professional counseling from South University. He has over 90 hours in continuing education studying dreams and Jungian dream work and more than 90 hours of continuing education courses on the therapeutic use of art and Jungian dream analysis. He has taught extensively at the college level in multiple mediums.

The show will include all two-dimensional media created by amateur and professional artists.



# Andrew Armstrong in Concert

Thursday, August 30 6:45 p.m. Keenan Event Center Reception to follow in the Atrium

Andrew serves as Artistic Director of Columbia Museum of Art's Chamber Music on Main and enters his third year as Director of the Chamber Music Camp at Wisconsin's Green Lake Festival.



#### TAG AWARDS CEREMONY & RECEPTION

August 4th 5:00 p.m.

Mark your calendars so you can be a part of choosing the People's Choice Award!

## **Shining Star**

STILL HOPES EMPLOYEE OF THE MONTH: MIKE WILSON

Mike's Nomination: When we moved to Still Hopes in 2019, the Bistro became our special place to eat. Mike's quiet personality disguised his quick insight into residents' preferences. He knew our favorite foods and always remembered our apartment number, even when we did not.

We were delighted to greet him when Emilie's opened where, yet again, he demonstrated his talents. Mike ensures that meals are quickly prepared, allergies are accommodated, and even provides generous portions of items he knows we enjoy.

I believe Mike deserves the Employee of the Month recognition for his quiet professionalism and deep concern for Still Hopes' residents.

Submitted by Cookie and John Cloyd, residents



# Amanda Mahan joins Leadership Team as Director of Marketing

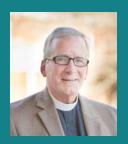


Amanda was born and raised in the suburbs of Baltimore, MD. She received her degree in Public Relations from York College of Pennsylvania. Amanda began her career in hotels in Washington DC; planning weddings and high-end corporate events at The Mayflower

Hotel and The Fairmont Washington before moving to South Carolina. Seeing senior living as the intersection

of healthcare and hospitality; she was Director of Sales & Marketing for Laurel Crest Retirement Community for the past 15 years. She is thrilled to be a part of the Still Hopes family and looks forward to getting to know everyone here. Outside of work, Amanda and her husband Daren are kept on their toes by daughters, Lottie (age 13) and Callie (age 11) in Irmo, SC. They just returned from a visit to Yellowstone National Park and were captivated by the geothermal features throughout the park.





# Chapel of the Holy Spirit

**REV. DOUGLAS GRAY, CHAPLAIN** 803.739.5033 | dagray@stillhopes.org

#### **Sunday Worship Services**

Join us for Worship in the Chapel of the Holy Spirit

Sundays · 11 am

Communion will be served

#### Bible Class

#### CHRISTIANITY AND WORLD RELIGIONS

Led by the Rev. Doug Gray, Chaplain

Thursdays, beginning August 4 10:30 a.m. - 11:30 a.m. Chapel of the Holy Spirit

All welcome to attend. Note sheets are provided.

#### **Morning Prayer**

Sundays · 11 am televised on Still Hopes TV Channel 1390/122

#### **Bible Studies**

#### **BIBLE STUDY**

Mondays • 11 a.m. Led by Ella Pfaehler Chapel Tuesdays · 11 a.m.
3rd floor McDowell

**MEN'S BIBLE STUDY** 

**Activity Room** 

#### **BIBLE STUDY**

Mondays · 1:30 p.m.

3rd floor McDowell

Activity Room

# Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy

The next service will be held on Wednesday, August 10th · 11:00 a.m.
Chapel of the Holy Spirit
A service for all residents of Still Hopes

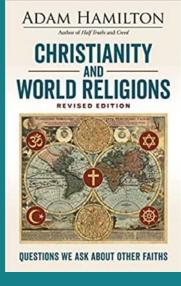
## We fondly remember...

KATHERINE ALTMAN
JOHN W. FOSTER
ALEXANDRA "SANDY" MEDLIN
KATHLEEN A. WHITE
LELAND WILLIAMS
Heartfelt sympathy is
extended to family and friends.

Kneeler donations are being accepted at this time.

See back cover for more information.

## New Bible Class Coming this Month!



Join our Chaplain, the Reverend Doug Gray, as he leads a new class, 'Christianity and World Religions" by well-known Methodist pastor, Adam Hamilton. All are welcome to attend. The class begins on Thursday, August 4 at 10:30 AM in the Chapel. No prior knowledge of the Bible necessary.

## **August Birthdays**

- 01 Melba Reeves
  01 Jacquie Williams
  03 Carol Anfin
  05 Elizabeth Todd
  07 Gene Rogers
  08 Lita Ashley
  19 Jane Moorefield
  20 Barbara Kelly
  21 Anne Barber
  21 Margie Barron
  22 Frankie Porter
  23 Margaret Wyman
- O9 Susan Parker
  O9 Sarah Terill
  O9 Suzanne Wall
  26 Intergal et Wy
  27 Intergal et Wy
  28 Elliot Cooper
  29 Suzanne Wall
  26 Rob Graybill
- 09 Mary Wells
  11 Betty Jean Ireland
  13 Marion Martin
  27 Nancy Dunbar
  27 Elizabeth Guerry
  27 Patsy Holman
- 13 Helen York14 Margaret Jenkins29 Julie Shaylor29 Bill Payne
- 17 Jacquie Corley30 Charlton Law17 Carolyn King31 Barbara Moody
- 18 Jammes Egglezos19 Nibbie Boyle31 Laurely Nance31 Bill Salisbury

19 Coleman Chambliss

#### Welcome New Residents!

CHARLIE CATE
VIRGINIA LACY
JULIANA RIEGER



June Allston from the Rose Gardens neighborhood shows off her patriotic "Color My World" project.

# Jane Moorefield: Chemist Published in Journal of Physical Chemistry entered USC for a masters in physical



Jane Moorefield grew up in Columbia with a love for numbers and calculations. Her father was the chief highway engineer in SC and her two brothers were both engineers. After graduating from Columbia High, Jane decided to attend Sweet Briar College

31 John Thomas

in Virginia and majored in chemistry with a minor in math and physics. Upon returning to Columbia Jane

entered USC for a masters in physical chemistry. She was the only woman obtaining this degree! Her thesis was published in the journal of physical chemistry. Jane worked for the highway department

(DOT) as a chemist for 35 years. Jane enjoyed playing golf, plays bridge and loves to read.

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



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

ı	5		, 0			
	Tuesday, August 2 1:45 p.m.	Columbia Museum of Art	Wednesday, August 17 6:00 p.m.	Fireflies Baseball Game at SEGRA Park	Tuesday, August 23 1:45 p.m.	Catesby Exhibit at UofSC Library
	Wednesday, August 10 10:15 a.m.	Grocery Shopping at Publix	Friday, August 19 11:45 a.m.	Lunch Bunch at Ariana's Greek Restaurant	Wednesday, August 24 10:00 a.m.	Grocery Shopping at Publix
	Tuesday, August 16 8:30 a.m. 8:45 a.m.	Men's 9-Hole Golf Pickup from HopeWell & McDowell	Saturday, August 20 9:30 a.m.	Soda City Market	Wednesday, August 24 6:00 p.m.	Fireflies Baseball Game at SEGRA Park

#### LIFE ENGAGEMENT

## Living a vibrant and full life!

Residents are given many opportunities and choices of maintaining a full, active lifestyle.



Michelle Rabon Director of Life Engagement mrabon@stillhopes.org 910-367-9711

## STILL HOPES' GOT TALENT

Our fabulous residents & staff took to the stage in July for Still Hopes' Got Talent!

Celebrity Jeapordy

The Still Hopes Line Dancers





EAROLINA BEACH PARTY

Featuring Heart & Soul Band

Hannah Jones, Life Engagement Assistant for the Riverbanks Neighborhood was the judge's winner with her vocal performance of "Girl in 14G." "Thomasina," also known as John Thomas, modeling beachwear was the people's choice award winner.



ENJOY DANCING AND DESSERTS UNDER THE BOARDWALK!

was our emcee extraordinaire,

and to Regina Morin-Sevrie,

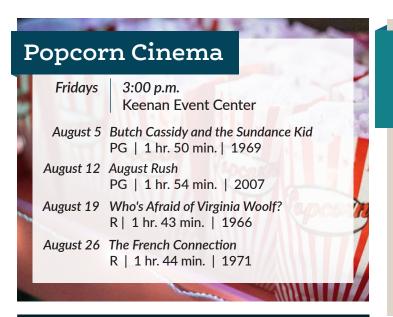
Life Engagement Assistant in IL, who coordinated and produced

the show!

Thursday, August 11 7:00 - 9:00 p.m. Keenan Event Center

Reservation forms available Resident Charge: \$22.50

4



## Ageless Technology-**Anchor Investment** Management

Thursday, 3:00 p.m.

August 4 Keenan Event Center

Are you looking for apps to increase your knowledge of the stock market and economy? If so, please join us for this August's Ageless Technology session with Anchor Investment Management, who will provide a current economic outlook and keep you up to date on today's latest apps used by wealth managers.

## Film & Theology Series

"Carmen" as Never Before

You don't like the Opera? This is for you!

Saturday, August 13 2:00 pm

Keenan Event Center

This production of Bizet's popular opera is different from all others in at least six big ways:

- 1. You know what is happening because there are clear subtitles onscreen.
- 2. It has been shortened (just over two hours).
- 3. The fabulous singers are also fabulous actors especially that naughty temptress Carmen.
- 4. ....and all the stars are convincing fit their roles. (You want to see this bullfighter!)
- 5. The story was filmed on location not in a studio, but out where the action is: in the Spanish countryside, in the cigar factory where Carmen works, in an old prison, at the bull ring, and in a village square.
- 6. And there is a real bullfight (fascinating, though not pretty).

Throughout this sumptuous 1984 production you will hum the familiar melodies that have been loved loved for over 100 years. Julia Migenes stars as Carmen, with Placido Domingo as Don Jose, the soldier and lover. Ruggero Raimondi completes the love triangle as the glamorous toreador.

Expect passion! Jealousy! Deception and treachery! Sex! Murder! Mayhem!

And, of course, a theological reflection to follow.



## Line Dancing

1st & 3rd 4:00 p.m.

Wellness Center Aerobic Room Mondays









#### **LUNCH & LEARN**

Child Evacuation from London in WWII: Trauma or Adventure?

> Thursday, August 25, 2022 11:30 am | Keenan Event Center Charge: \$5

Presented by Dr. Julian Minghi, Distinguished Professor Emeritus of Geology, College of Arts and Science at the University of South Carolina.



#### **Trivia**

Mondays

5:00 p.m. Keenan Event Center

Think you know it all? Prove it! Teams are formed upon arrival. Questions are based on a weekly theme which will be announced before the game starts.

Save the Date

## **FIRST RESPONDERS BREAKFAST & APPRECIATION PARADE**

FRIDAY, SEPTEMBER 9



## HOLLYWOOD, HISTORY, & HOAGIES

With Dr. Walter Edgar: Author, Professor, & Host on SC Public Radio

Watch a special Popcorn Cinema movie on a Friday! Then sign up to attend a historical lecture about the movie, the Monday following!

MOVIE SHOWINGS 

LUNCH & HISTORY

Cleopatra Sunday, Oct. 2 | 2:00 p.m.

Monday, Oct. 3 12:00 p.m.

All the King's Men Friday, Oct. 28 | 3:00 p.m.

Tuesday, Nov. 1 12:00 p.m.

Sound of Music Friday, Dec. 2 | 3:00 p.m.

Monday, Dec. 5 12:00 p.m.

The Great Locomotive Chase Monday, Jan. 30 Friday, Jan. 27 | 3:00 p.m. § 12:00 p.m.

Movies & presentations in Keenan Event Center | \$5 resident charge

## **BRIDGE IN AUGUST**

Sign-up is required for each bridge event. Sign-up sheets are in the Life Engagement Book.

#### **DUPLICATE BRIDGE**

Wednesday, August 10 & 24 Trinity Multipurpose Room | 9:30 a.m. Contact: Frazer McCrory | 803.528.8042

#### **BRIDGE PARTY**

Friday, Aug. 26 | Trinity Multipurpose | 10:00 a.m. Contact: Sally Wiseman | 803.924.0084 Dorothy Pondy | 803.794.6128

#### **BRIDGE REFRESHER & COACHING WITH TERI**

**Saturday, August 13, 20 & 27** Emilie's Cafe | 11:30 a.m. Contact: Teri Kuhs | 803.360.1447

#### **SOCIAL BRIDGE**

Sunday, August 21 | Emilie's Cafe | 2:00 p.m. Contact: Verna Goodman | 843.422.9756

# Columbia Fireflies Baseball Game Wednesday, August 17 & 24 Depart: 6:00 p.m. Game Time: 7:05 p.m. Cost: \$26.50 Includes game ticket to reserved open air suite, buffet dinner, soda, and water Enjoy Fireflies Baseball with friends at SEGRA park in beautiful downtown Columbia. SEGRA park is a cashless facility,

and they enforce a clear bag policy.

## CATESBY COLLECTION Irvine Department of Rare **Books & Special Collections** University of South Carolina Library ••••• Tuesday, August 23, 2022 Depart: 1:45 pm Cost: \$10 ..... Immerse yourself in the innovative work and influence of 17th-century English naturalist Mark Catesby.

## Gardening at Still Hopes: August

Already upon us are the Dog Days of August, named after the heliacal Dog Star, Sirius, the brightest and hottest star in the night sky. Aside from its astronomical significance, the identity and associated Greek myths are indicative of summer heat and humidity, and, for us, a kind of lassitude.

or weariness. Here, in the Northern hemisphere, weather patterns show prevailing high temperatures peak from mid July to early August, and then begin to drop a few degrees as the summer season slowly transitions.

You can expect many perennials to finish blooming and most annuals to look tired and ragged by the end of the month. Gardening in the heat of the summer is challenging, to say the least, although heavy rains kept most of our plants in good condition through July. August, however,

with an average of only 2.5" of rain in this "famously hot" Columbia area, will be predictably stressful for many gardens (and gardeners).

Still, there are noteworthy hardy floras to appreciate. Native plants such as the tall swamp marrow with red hibiscus-like flowers, Queen Anne's lace, and goldenrod, come into their own this time of year. If possible, go for a drive in the country and look for patches of them growing wild in their natural habitat of roadside ditches and other uncultivated areas.

Climate changes have advanced the subtropical zone favorable for many plants, such as hibiscus, canna lilies, mandevilla, palms and bamboo, all of which thrive in our hot humid weather and are popular hereabouts. These cultivars should flourish until the first frost in late October then die back, while the evergreen bamboo and the palms will survive as is.

**Campus Plantings of Seasonal Interest.** Crape myrtles, Lagerstroemia indica, continue their bold show. Stop and admire the colorful plantings around campus, along city streets, and in residential gardens. Many varieties will bloom through the end of summer, adding dramatic hues of red and welcome cooling shade to the urban landscape. Called the "lilac of the South," their beauty and low

maintenance make them a favorite of Southern gardeners. And, as a plus, they are attractive to bees and provide ready bird nesting sites.

Late summer blooming perennials include native bee balm, liatris, salvia, gaillardia and coreopsis, some of

which can be seen in Margie Barron's and Dorothy Davis' cottage gardens. And, just across the street in Walter Edgar's garden, long blooming mixed beds and bird feeders continue to attract attention from birds and us foot travelers, alike. In the Forest, near the open lawn area, see the ripening figs, a bounty for birds and small critters.

While driving or walking through the west side of campus notice the three raised beds next to Rose Gardens

and SH Operations where one lone sunflower grew tall. The beds recently have been readied for residents' use - expect to see new plantings soon. Along Still Hopes Drive in the natural, protected water shed area invasive bamboo and kudzu are thriving in the hot, wet habitat.

**To Dos.** Keep deadheading your flowering perennials and annuals. Most importantly, water, water, water. Growing plants in pots is not easy, especially if they are subject to the hot afternoon sun. Soil temperatures in pots equalize at ambient air temperatures, meaning the plant and the soil can get awfully hot. And, be ruthless with your potted plants. Pull up any remaining cool season annuals and other strugglers and toss them in the compost pile. Continue to clean and refresh hummingbird feeders.

**New Grounds Supervisor.** We enthusiastically welcome our new grounds supervisor, Britney Burnside, to the Still Hopes community. She and an able crew of four will oversee the maintenance of our nearly 40 acre campus, a big job indeed. Her knowledge and experience in horticulture no doubt will serve our community well. She and her team can expect to enjoy the support and appreciation of all of us who highly value our landscaped campus. We look forward to seeing her plans unfold, and will gladly offer our help and encouragement as needed.

Hillary McDonald, Still Hopes Gardening Group

#### Interested in Volunteering on the Grounds?

Thursday. August 18

3:00 p.m.

Keenan Event Center

Still want to get your hands in dirt? Here's a chance to meet the new Grounds Supervisor and volunteer to help keep our community well tended.

### Beatrix Farrand's American Landscapes Documentary

Tuesday, 2:00 p.m.

Keenan Event Center August 16

A film about America's first female landscape architect features some of her designed private estate gardens and her lasting, inspirational concepts from the early 20th Century. Her best known work is Dumbarton Oaks in Washington, D.C.



# Healthy Dynamics

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

Tacey Gohean | Community Services Director | 803.739.5047 | tgohean@stillhopes.org

Please join us for a rescheduled of Summer School 2022!

### Living Our Best Lives

3:00 p.m. Thursday.

Keenan Event Center August 25

Sara O'Brien, Physical Therapist will discuss Body **Mechanics: Addressing Common Body Challenges** for a More Comfortable Life...and chocolate makes life better too!

\*Note: this program is rescheduled from its original date in June.

#### **Hearing Specialist**

#### Friday, August 12

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.

## 3D Digital Mammography

Tuesday, September 13

The Mobile Mammography Unit from Prisma Health will be at Still Hopes in September. If interested, please sign up in the Healthy Dynamics book on Main Street near the Atrium. You will find more information in the Healthy Dynamics Book as well. To schedule an appointment, please call 803-434-6050.

\*No doctor's order is required for individuals over 40 years of age.

### Parkinson's Support **Group Meeting**

Friday, 10:00 a.m.

August 19 Keenan Event Center, Room 3

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

## **Podiatry Services**

#### Wednesday, August 31

Please sign up to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium. Check the schedule to confirm your time if you are already signed up.

#### Wellness Checks!

Mondays &

9:30 - 11:00 a.m.

Thursdays

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.

### **SHARE Caregiver** Support Group

Tuesday, August 2

1:30 - 2:30 p.m. McDowell, 3rd Floor

This group is open to all residents who are care partners for a spouse.

## Open to Hope **Grief Support Group**

**Guignard Mansion** 

Open to Hope meets on Wednesday afternoons and is facilitated by residents Nela Edgar and Beebe James. Join us for support and resources following the loss of a loved one, and while moving through the grieving process. Stay tuned for August meeting schedule. If you have questions, please reach out to Tacey at 803-739-5047.

### Mindfulness and Meditation

Wednesdays 4:00 - 4:30 p.m **Guignard Mansion** 

We all need some respite and some quiet in our lives, and a chance to re-center ourselves. Please join us!

### The Visionaries: Low **Vision Support Group**

Wednesday. August 17

2:00 - 3:00 p.m. **Guignard Mansion** 

This group is open to all residents who are living with low vision. Please join us!

#### 2022 CNA & Nurse Skills Fair

In June, 275 of our CNAs and nurses (Patient Care Specialists, Companions, Med Techs, Solutions Partners, RNs and LPNs) completed up to eight skills stations for the 2022 CNA and Nurse Skills Fair. Annual training is a regulatory requirement for CNAs and Nurses to be considered competent for their specific roles. Competency is the ability to apply skill, knowledge, and experience to perform job duties correctly. It is one thing to be able to memorize a policy, yet it is another to be able to successfully perform a procedure in real life. The Skills Fair provided opportunities for caregivers to demonstrate specific skills with training devices and apply critical thinking to different scenarios. The Still Hopes leadership team and department team members assisted the Training and Development Coordinator with each station allowing more team members to efficiently complete stations. Training topics included infection control and prevention, safe lifting techniques,

emergency preparedness, proper documentation, safe medication administration, and nursing procedures. An Escape Room component "Escape the KEC" was also added this year to add a fun, interactive element to the required training. Participants gathered clues from each station to fill in a crossword puzzle. A completed crossword puzzle meant they received an additional entry into one of the prize baskets.

More than two years into the pandemic, what a gift it was to be able to reunite again and train together. The CNAs and Nurses left the Skills Fair feeling empowered knowing that they are well equipped to care for our residents.

Training & Development Center





Nicole Snider, social worker at SCOA, thanked the Busy Needlers by letter for the "personal touch and thought that goes into each piece."

Busy Needlers are pictured with social worker Joni.

Take charge of your fitness in 2022!

## **Chair Aerobics**

Aerobics Studio Tuesdays | 10:00 a.m.

Enhance your aerobic conditioning on our chair aerobics class. Seated aerobic movement is set to music. Standing exercises for lower body strengthening and balance are an added benefit!

When asking residents why they attend this class, this is what Vivian Lewis had to say:

"I enjoy this class because I can raise my heart rate without being on my feet. It's a very nice thing to do at 10 am. You feel energized for the rest of the morning!"

11

# Connections

A newsletter for the entire community



P.O. Box 2959 West Columbia, SC 29171-2959 stillhopes.org

NONPROFIT ORG
US POSTAGE
PAID
COLUMBIA SC
PERMIT NO 42

Dear Friends,

We are truly blessed to live here at Still Hopes and to have access to the Chapel of the Holy Spirit, a beautiful place of worship for all. I am writing to tell you about a possible project that would improve the Chapel kneelers. If you attend services here and have used the current kneelers you are aware that they have lost their density and are painful to our aging knees.

I have been a member of the Trinity Needlework Guild for many years and was privileged to work on the creation of the new kneelers at the Cathedral. I hope to have your support as I propose that funds be collected to create new kneelers with beautiful needlework tops and fresh foam and upholstery.

I met with Danny, Doug and Stephanie for permission and direction regarding this project. I have also investigated the prices to obtain a design from Linda Mote (a nationally known designer of Eucharistic canvases who designed the recent pieces for Trinity), the canvas and wool supplies, blocking and reupholstery. Using these prices and possible COL increases, I believe that the project may require \$8,000 and at least one year to 18 months for completion.

I would appreciate your feedback, and hopefully contributions to the project. Funding will be handled by Carolyn Twisdale by checks made out to Still Hopes with "Chapel Kneelers" in the memo line and left in the business office. There are opportunities for memorials and honorariums and written acknowledgment in a simple brochure. You may also cut off the bottom portion of this letter to include with your check.

I look forward to hearing from you - in person, by email (mcloyd@aol.com) or text (803-606-1566). Thank you for your thoughts and consideration of this project.

and consideration of this project.		
Faithfully, Cookie Cloyd		
nation to the Chapel Kneelers from:		
Memorial/Honorarium:		
Acknowledgement to:		
(Please include address)		