



Connections

A newsletter for the entire community

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Still Hopes ranked #13 in 2022 Beacon Award's Top 25

Still Hopes has been awarded the honor as one of the Top 25 "Best In Wellness" senior living communities in North America for 2022. This award, known as the ICAA NuStep Beacon Award, is a joint award given through the International Council on Active Aging (ICAA) and NuStep. Together, these two entities select the Top 25 "Best In Wellness" communities from the United States and North America who lead the charge in "fostering a wellness environment for all those who live and work in their communities." The ICAA NuStep Beacon Award honors communities who utilize wellness to "create relevant, meaningful opportunities that empower people to live better longer." Still Hopes landed at #13 in the 2022 Beacon Award rankings and we are so honored by this recognition.



2022 Employee of the Year: Ricki Smith, LPN

Ricki embodies everything positive about Still Hopes. Ricki treats each resident with the utmost respect and goes above and beyond when caring for them.

Coworkers and residents consider it an honor to work with and be cared for by Ricki. There is nothing Ricki wouldn't do to help make the lives of Still Hopes residents more enriched and meaningful. We are thankful for her loyalty and never-ending compassion. Congratulations, Ricki!



Opening Reception & Awards Ceremony

SATURDAY, DECEMBER 10

Reception Begins: 4:00 P.M.
Ribbons Awarded: 5:00 P.M.

All Still Hopes residents and their guests, as well as staff, are invited!

Exhibition Dates

DECEMBER 3 -
JANUARY 27

Crooked Creek Art League Juried Exhibition Opening in December

The Crooked Creek Art League will bring a juried show of artworks to Still Hopes for the fifth year this December and January. We anticipate that 50 oil, watercolor, mixed media and photographic works will adorn the walls of the Still Hopes gallery during this highly anticipated exhibition. This year's juror is Barbie Mathis, an

award-winning Columbia artist. First, Second, and Third place awards will be given in two categories: Non-photography (includes 2-D and any 3-D entries that can be displayed as a wall hanging); and Photography. Two Patron Awards will be presented, one for each category, and Still Hopes residents will be able to vote for a People's Choice Award.

Crooked Creek Art League





Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | dagray@stillhopes.org
REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | erdye@stillhopes.org

Sunday Worship Services

Join us for Worship
in the Chapel of the Holy Spirit

Sundays · 11 a.m.

Communion will be served.

Bible Class

GOSPEL OF LUKE

Led by the Rev. Doug Gray, Chaplain

Thursdays · 10:30 - 11:30 a.m.

Chapel of the Holy Spirit

All welcome to attend. Note sheets are provided.

Morning Prayer

Sundays · 11 a.m.

televised on Still Hopes TV

Channel 1390/122

Bible Studies

BIBLE STUDY

Mondays · 11 a.m.
Led by Ella Pfaehler
Chapel

BIBLE STUDY

Mondays · 1:30 p.m.
3rd floor McDowell
Activity Room

ACTS MEN'S BIBLE STUDY

Tuesdays · 11 a.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, December 14th · 11:00 a.m.
Chapel of the Holy Spirit

A service for all residents of Still Hopes.

Service of Lessons & Carols

Sunday, December 18

11:00 a.m.

Chapel

Christmas Day Service

SUNDAY, DECEMBER 25

11:00 a.m. | Chapel

Welcome New Associate Chaplain, Eric Dye!



Eric R. Dye joined the ministry team here at Still Hopes Community as the new Associate Chaplain on September 19. Chaplain Eric, following his service as a regular soldier ('76-80), continued in the Army Reserves while in Seminary and was ordained as a

Presbyterian minister in 1984 in St Louis, MO. He met Margaret and they were married in 1986. They have three children. One daughter, Ruth, and her husband, Steven, who are US Army Medical Service Officers.

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Eric Dye, continued from Page 2

Two sons: Daniel, who is employed at Blue Cross Blue Shield in Columbia, SC and Peter, who is a Staff Sergeant in the US Air Force assigned at the National Security Agency at Ft Meade, MD.

Chaplain Eric returned to Active Duty in 1987 as an Army Chaplain with assignments as a Paratrooper Chaplain with the 18th Airborne Corps at Ft Bragg, NC; as a Battalion Chaplain for 2-37 Armor Battalion in Vilseck Germany during Desert Shield Desert Storm; as the Main Post Chapel Pastor for the Combat Engineer School at Ft Leonard Wood, MO; and the Installation Staff Chaplain at RAF Menwith Hill in Yorkshire, UK. While in England the Army sent Chaplain Eric for a Master of Arts Degree at The School of Oriental and African Studies at the University of London, UK. This prepared him to complete his Army service as an Instructor and Subject Matter Expert in World Religions at the US Army Chaplain School at Ft Jackson, SC.

Following his service as an Army Chaplain, Chaplain Eric served Covenant Presbyterian Church in Forest Acres in Columbia, SC as their Senior Pastor for 11 years before receiving a call as a Staff Chaplain at the Veterans Administration Medical Center in Erie, PA.

December Birthdays

01 Chubby Rice	13 Judy Thrana
03 John Anfin	13 Jim Wiseman
03 Sara Freeman	15 Sara Andrews
04 Joe James	17 Wayne Corley
04 Doris Stephens	17 Loretta Snyder
05 Benjamin Gimarc	18 Mike Murrell
05 Sandra O'Neal	18 Sally Pulliam
07 Gail Boule	18 Ida Smith
08 Polly Rogers	19 Martha Campbell
09 Kay Frame	22 Paulann Benfield
09 Claude Lott	22 Harriet Strait
09 Joanne Meccia	23 Bob Malanuk
09 Bob Stearns	25 Gayle Belvin
10 Walter Edgar	25 Clyde Dornbusch
10 Jim Moore	25 George Inman
10 George Ross	27 Clinch Belser
11 Susan Blazon	28 Joe Carter
11 Diane Deford	28 Louise Glenn
11 Ian Thomson	29 Sandra Baker
13 Cheetie Halford	30 Clay Johnson

Shining Star

STILL HOPES EMPLOYEE OF
THE MONTH: RACHEL HAWKINS

Rachel's Nomination: Let me tell you a little about Rachel Hawkins and why I believe she deserves to be Employee of the Month.

Without a doubt, Rachel does her job with great enthusiasm and continually seeks to learn and grow professionally. Whether Rachel is planning an employee appreciation event, assisting individual employees with their day-to-day HR needs, or learning complex new technology systems, she effortlessly demonstrates Still Hopes' mission, vision, and values.

Not only does Rachel do her job well and with passion, but she also regularly goes above and beyond to ensure employees and residents are treated with honor, dignity, and respect. On more than one occasion, I have witnessed Rachel go out of her way to assist a resident, whom she probably knows by name, in areas well beyond the scope of her job description.

Furthermore, over the past several months, Rachel has taken on the critical role of managing the employee data migration into UKG and has proven herself invaluable in this enormous project.

Well done, Rachel!

*Submitted by Andrew Wolff,
Assistant Director of Human Resources*

Welcome New Residents!

KENT DEMARS
JACKIE AND DENNIS HILLSLAND
EMMA AND KEN HUMPHRIES
CAROLINE AND DAVID TRICKEY

We fondly remember...

SIMPSON ZIMMERMAN

ELIZABETH TODD

CHARLES BUNDY

JAMES GETTYS

*Heartfelt sympathy
is extended to
family and friends.*

2022 HALLOWEEN CONTEST WINNERS

Employees

Best Entertainers:
Human Resources,
The Champions



Best Large Group:
Nursing, Pamela
Pumpkin TikTok

Best Small Group:
Sam Weathers
& Lauren Lovett,
Beth & John
Dutton from
Yellowstone



Best Couple: Community
Services, The Hippies



**Best Individual
Costume:**
Lynette Radford,
Hocus Pocus

The Nosts



Life Engagement:
Annie, the Musical

Residents



Wicked Witch:
Linda Dickerson



Three Blind Mice: Pearl Allen,
Daughter & Friend

Thank you to all residents & employees who participated. We had a great time and cannot wait for next year!

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

Saturday, December 3 6:45 p.m.	Lexington County Choral Society Concert at Saxe Gotha Presbyterian	Saturday, December 10 1:15 p.m.	First Baptist Church of Columbia Christmas Pageant	Tuesday, December 27 5:45 p.m.	Fireflies Holiday Lights at SEGRA Park
Wednesday, December 7 10:15 a.m.	Grocery Shopping at Publix	Tuesday, December 13 8:30 a.m.	Men's Group Golf Outing	Friday, December 30 10:45 a.m.	Lunch Bunch: Poogan's Southern Kitchen
		Wednesday, December 21 10:15 a.m.	Grocery Shopping at Publix		

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

CHRISTMAS CONCERT

Fulmer Middle School Choirs and Orchestra

Monday, December 19
1 p.m.
Keenan Event
Center

Sharing our Gratitude & Traditions Together

December 29 | 3 pm | Keenan Center

Residents and employees are invited to take a break together and share their stories of gratitude and tradition over holiday nibbles and festive drinks.

Sounds of the Season

CHURCH OF THE REDEEMER

Sunday, December 18 | 4 p.m. | Chapel of the Holy Spirit

Blue Jean Ball

THURSDAY,
JANUARY 5

Emilie's Cafe & Courtyard
Bluegrass, Oysters, Barbecue

Hosted with Therapeutic
Riding's In the Company
of Horses



LE: Dressed to impress at *Afternoon at the Speakeasy!*

Crooked Creek Art League, continued from Page 1

The Art League is a dynamic organization of regional artists dedicated to encouraging and stimulating the practice and appreciation of creative arts. Members come from Richland and Lexington counties, as well as the surrounding Midlands, and proudly provide programming that allows artists to grow and to display their works in supportive atmospheres, including area associations, and businesses. CCAL also assists in the growth of emerging artists through its new mentoring program, and actively

takes part in numerous community art activities, such as art festivals and competitions. Still Hopes has, for nearly five years, supported the League by providing a venue for our member artists to display their work, and we are proud to say that several CCAL works of art now hang in the homes of Still Hopes residents.

We urge you to attend, view the exhibition, and meet the artists. Refreshments will be provided by the League and Still Hopes, and names will be drawn for door prizes for guests present. We hope to see you at the reception and that you enjoy this year's exhibition.

Popcorn Cinema

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

Dec. 2 *The Sound of Music*
G | 2 hr. 54 min. | 1956

Dec. 9 *Remember the Night*
NR | 1 hr. 34 min. | 1940

Dec. 16 *The Most Reluctant Convert: The Untold Story of C.S. Lewis*
NR | 1 hr. 13 min. | 2021

Dec. 23 *The Christmas Shoes*
PG | 1 hr. 40 min. | 2002

Dec. 30 *New Year's Eve*
PG-13 | 1 hr. 58 min. | 2011

Lunch Bunch: Poogan's Southern Kitchen

Friday, December 30 | Depart: 10:45 a.m.
Cost: Self-Pay

35TH ANNUAL First Baptist Church of Columbia Christmas Pageant

Saturday, December 10 | Depart: 1:15 p.m.
Cost: Free

Guests will be delighted and entertained by the sights and sounds of Christmas.

Lexington County Choral Society Concert

Saturday, December 3 | Depart: 6:45 p.m.
Cost: \$15/single ticket or \$48 season tickets

Kick off the Christmas season with holiday songs old and new. Please contact Holly Crawford at 803.739.5018 ASAP if you are interested in purchasing season tickets.

Line Dancing

1st & 3rd Mondays | 4:00 p.m.
Wellness Center Aerobic Room

Team 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.

*No Team Trivia on Monday, December 5, 2022.



Holiday Lights at Segra Park

TUESDAY, DECEMBER 27

Depart: 5:45 pm | Cost: \$14

See over one million lights, experience themed areas, holiday shopping, and great food.

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
Sound of Music	Monday, Dec. 5
Friday, Dec. 2 3:00 p.m.	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

Singing Strings Cello Performance

**Suzuki School of Music:
Columbia & USC**

Monday, December 5
6:00 pm
Keenan Event Center

Resident Christmas Caroling

Thursday, December 22 | 10:00 a.m.
Lowry's Coffee Shop

An Afternoon with Mrs. Claus

Sunday, December 11 | 2:00 p.m.
HopeWell Lobby

Enjoy an afternoon with your Grandkids, Great Grandkids or the special little ones in your life to celebrate the holidays! Mrs. Claus and her elves will be serving cookie and cocoa. Please register in the Life Engagement Reservation Book.

Redeemer Lutheran Church Choir Performance

Sunday, December 11 | 4:00 p.m.
Chapel

Let's Deck the Halls, Y'all!

STILL HOPES CAMPUS

Thurs., Dec. 1	Fri., Dec. 2
4:00 p.m.	1:00 p.m.
Evergreen	Main Street &
(Building 6) Lobby	Mansion

Christmas Greenery Workshop

Tuesday, December 13 | 3:00 p.m.
Keenan Event Center | Cost: \$5

Holiday Dance Performance

**SC MUSIC &
DANCE ACADEMY**

Wednesday, December 14
6:30 p.m. | Keenan Event Center

For over 40 years Christy Mills has been teaching students of all ages the love of music and dance at the SC Music and Dance Academy. Join us for an evening of fun entertainment as students show off their talents and spread holiday cheer!

Silver Saints Singers Concert Northside Baptist Church

Thursday, December 15 | 11:00 a.m.
Keenan Event Center

STAINED GLASS ORNAMENT WORKSHOP

Glenda Fesperman from Glenda's Glass Work will guide you step-by-step in creating your very own, one-of-a-kind, stained glass ornament. The cost is \$15 and will be charged to Resident's monthly billing. Space is limited, register in the LE Reservation Book.

Tuesday, December 6 | 2:00 - 4:00 p.m.
Arts by Design Craft Room | Cost: \$15

Veterans Day Celebration



Still Hopes Annual Holiday Market



The Best Gift

Sometimes, the best gift is the one we give. Being able to offer a hand, a smile, a perspective, or a hug can be a gift to our soul. Finding the place and the way that we are needed is as life affirming as any wrapped present under a tree.

As I watch the flow of holiday packages grow, I wonder, what if we spent as much time finding opportunities for sharing our gifts, our talents, our full-heartedness, as we spent finding the right present? What would that look like? I know, maybe not as much fun as picking out that great sweater or wrapping up that ingenious toy, but seriously where would we begin?

Perhaps we would start by thinking of what we have to offer? Or, reverse the view and consider where there is need. I suggest that the answer to both is an overwhelming "everything and everywhere".

It's easy to look at this year and think that the financial challenges are special. Yes, inflation is certainly taking its bite. But in truth, there has always been need, a great deal of need. And, we all hold within us great gifts. It is in giving them that we are reminded that the one gift that gives heft, weight, foundation, and fuel to all other gifts is the gift of the heart.

As you head into the holidays and start your shopping, I'm not going to rain on that parade of present finding and giving. It's fun! As you're walking around feeling the hole burn in your wallet, though, remember: sometimes, the best gift is the one we give of ourselves, the gifts that reveal our care, our vision, our thankfulness, our talent.

So many of you have done this through your giving to Still Hopes in 2022. You've given gifts to residents and employees who've struggled to make ends meet, to employees in gratitude, to beautify the Richardson Forest and return it to native species, to begin to restore the Chapel of the Holy Spirit Chapel Kneelers, to create beautiful artistic experiences, and to handle an unexpected demand or unanticipated mission. You've given prayers, ideas, support and care. In giving, you've magnified joy.

I hope as the pressures to seek and find that perfect gift fill your holidays, you will take a moment and remember that you, dear reader, are Still Hopes' greatest gifts. We treasure you.

*by Christie James,
Director of Community Development*



*Bird Walk with Jay Keck,
SC Wildlife Federation, in the forest*



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 News You Can Use:

Getting to Know You!

Thursday, December 1 | 3:00 p.m.
Keenan Event Center

Come listen and enjoy as some of our newer Still Hopes residents and staff share interesting tidbits about themselves! Let's welcome them into our circle of friends! *We will welcome a little tidbit of chocolate, too!*

Please help us welcome **Katie Wolff** to the McDowell front desk with **Holly Hartung** beginning in December. Holly and Katie will split front desk duties beginning in January. More details to follow!

Hearing Specialist

Thursday, December 1

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.

Parkinson's Support Group Meeting

Friday, December 16 | 10:00 a.m.
Keenan Event Center, Room 3

We welcome those living with Parkinson's Disease and their care partners to join us as we learn from and support each other.

Mindfulness & Meditation

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

Take a few minutes to be quiet, breathe deeply, and re-center. It will make your whole week better!

Podiatry Services

Wednesday, December 28

Please sign up to see Dr. Smith or check your scheduled appointment 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*.

Healthy Dynamics Advisory Team

We need your ideas for the monthly *Healthy Dynamics* programs! Please call Tacey if you are interested in giving input about topics or speakers that interest you.

The Visionaries: Low Vision Support Group

Wednesday, December 21 | 2:00 - 3:00 p.m.
Guignard Dining Room

This group is open to residents who are living with low vision and the members provide a wealth of information about vision support and services.

Prescription Medication Disposal is available

Tuesdays & Thursdays | 9:00 - 11:00 a.m.
McDowell Building 4, Community Services Assistant's Desk

Bring your outdated or unused prescription medication. *Please mark through your name on the medication label, but leave the medication name and dosage intact.* Thank you!

Open to Hope Grief Support Group

Guignard Mansion
1:00 - 2:00 p.m.
Wednesdays, Dec. 14 and 28

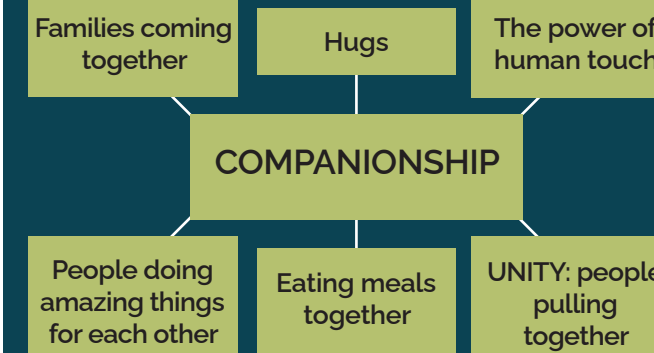
Open to Hope is facilitated by residents **Nela Edgar** and **Beebe James**. We offer support and resources following the loss and while moving through the grief process.

SHARE: Caregiver Support Group

Tuesday, December 6 | 1:30 - 2:30 p.m.
McDowell, 3rd Floor Activity Room

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

We all need a reminder of the things that bring us joy! Listed below are some *good things* that the SHARE Support Group has listed over time:



Holly and Tacey are thankful for the opportunity to love and serve our amazing residents. *May God bless each of you during this Christmas season and every single day.*



Merry Christmas!

NEED A HOLIDAY HELPER THIS YEAR?

Add comfort and convenience to your holiday season.

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

Call us today at
(803) 223-6173!

Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

P.O. Box 2959

West Columbia, SC 29171-2959

stillhopes.org

NONPROFIT ORG
US POSTAGE

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COLUMBIA SC
PERMIT NO 42

Angel Tree

HONOR OR REMEMBER A LOVED ONE THIS HOLIDAY SEASON...

...with an angel on a Still Hopes Angel Tree! Choose for your angel to hang on the Main Street or Greenway Lobby Angel Tree. Each angel (in each location) is \$20. All donations go to the Still Hopes Opportunity fund, which supports Still Hopes' efforts to explore and implement mission opportunities as they arise. We will inform honorees or family members of your gift.



Donate ONLINE! at www.StillHopes.org/donate. Choose the Opportunity Fund and write "Angel Tree" in the Other Fund Designation section.

**Or send a check with this form to the *The Still Hopes Development Office at*
1 Still Hopes Drive | West Columbia, SC | 29169.**

Your name: _____

My angel is in honor/memory of: _____

Which Tree? _____ Main Street _____ Greenway Lobby For Accounting: 38-30-62-050