

Connections

A newsletter for the entire community

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Congratulations to 2021 Employee of the Year, Wellness Assistant Mikyla Sturkie!

For her amazing work during the pandemic year with Human Resources and her continued achievements in promoting good health and wellness in her position at the Wellness Center, Mikyla exemplifies the mission and values of Still Hopes. Congratulations Mikyla! Pictured teaching a class at the Wellness Center and with Denise Heimlich, Director of Wellness.



Christmas at Still Hopes













Living a vibrant and full life!

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

Line Dancing

1st & 3rd

4:00 p.m.

Petite Studio in HopeWell Mondays

Trivia

Mondays

5:00 p.m.

Keenan Event Center

This month's trivia will be a "Happy New Year Mixed Bag!"

Lunch Bunch: Fusco's Market

Friday, January 21

Depart: 10:30 a.m. Cost: Self-Pay

Hometown spot for homemade sandwiches, salads, and casseroles as well as fine wines and delicious desserts.

Cornhole

1st & 3rd

3:00 p.m.

Wednesdays | 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.

Christmas at Biltmore

Tuesday, Depart: 8:30 a.m. January 4 Cost: \$135

Experience the Vanderbilts' family home at its. most enhancing: beautifully bedecked for the holidays. Upon arrival, we will enjoy a threecourse meal at Biltmore's Stables Café before taking a self-guided tour of the Estate that spans three floors and the basement of the luxurious home of the Vanderbilts.

Terrific Thursday

Thursday,

3:00 p.m.

January 20 Keenan Event Center

Peter Barton with Palmetto Opera talks about the non-profit organization and its next opera, Rigoletto.

Rigoletto: Palmetto Opera

Sunday, January 30 Depart: 2:15 p.m. Koger Center for the Arts

Cost: \$60 per person

A classic tale of tragedy, Giuseppe Verdi's Rigoletto is one of the most famous operas ever written. It follows the unforgettable story of a court jester who becomes cursed after enraging the courtiers at the home of The Duke of Mantua. When Rigoletto's daughter, Gilda, is kidnapped by the duke, a father's determination to save the daughter he loves leads to betrayal and revenge.





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

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

Tuesday, January 4 8:30 a.m.	Christmas at Biltmore, Asheville, NC	Saturday, January 15 6:45 p.m.	SC Philharmonic at the Koger Center	Sunday, January 30 2:15 p.m.	Red Velvet Cake War at Town Theatre
Tuesday, January 11 6:00 p.m.	Chamber Music on Main Concert at Cola Museum of Art	Friday, January 21 10:30 a.m.	Lunch Bunch at Fusco's Market in Irmo, SC	Sunday, January 30 2:15 p.m.	The Palmetto Opera presents Rigoletto at the Koger Center
Friday, January 14 9:00 a.m.	Grocery Shopping at Food Lion	Friday, January 28 9:00 a.m.	Grocery Shopping at Publix		



Hollywood, History, & Hot Dogs

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!

THE BRIDGE AT REMAGEN Friday, January 28th | 3:00 p.m.

TO KILL A MOCKINGBIRD Friday, February 25th | 3:00 p.m.

THE LAST OF THE MOHICANS Friday, March 25th | 3:00 p.m.

> CAT ON A HOT TIN ROOF : Friday, April 29th | 3:00 p.m.

HOLLYWOOD, HISTORY & HOT DOGS Monday, January 31st | 11:30 a.m.

HOLLYWOOD. HISTORY & HOT DOGS Monday, February 28th | 11:30 a.m.

HOLLYWOOD, HISTORY & HOT DOGS Monday, March 28th | 11:30 a.m.

HOLLYWOOD. HISTORY & HOT DOGS Monday, May 2nd | 11:30 a.m.



Shining Stars:

STILL HOPES EAGLES WHO SOAR! DECEMBER **EMPLOYEE OF THE MONTH**

BENEATHEA MURPHY

1st Nomination: I would like to nominate Bea Murphy for Employee of the Month. Back in July, my daughter Amy was going to have a birthday party for me. It was to be held in the upstairs hall of Concierge outside my room. Bea came in and said to me that it was not a good idea. I gave her my daughter's number and she worked it out with Amy that the party would be held in one of the Mansion Parlors. Not only did Bea make the arrangements for the party, but she helped Amy get everything set up. It was a birthday to remember - thanks to Bea!

Submitted by Nancy Bymaster

2nd Nomination: Beneathea is concerned, responsive, a great communicator, and a consistent source of support for our residents. She has excellent assessment skills, a wonderful approach with our residents, remains calm in difficult situations, and does not hesitate to follow up with residents to see how they are doing and check in on them. She has a good working knowledge of our emergency system and protocol and is adept at responding to emergency situations. She is also extremely responsive and helpful to residents and staff in non-emergent situations; never failing to lend a hand and work toward resolving problems. Beneathea is an excellent choice for Employee of the Month.

Submitted by Tacey Gohean, **Director of Community Services**

Welcome New Residents

ANN ALEXANDER SARA ANDREWS

January Birthdays

- 01 Bob Holliday 01 Roy McCrorey
- 17 Ella Pfaehler
- 04 Rankin Craig 06 Reba Hull
- 19 Dan Dannerbeck

17 Sara Kitchens

- 06 Charles Lemley
- 19 Carolyn Godsey
- 09 Margaret Wilson
- 20 Carmeta Bolt 20 Donna Richter
- 10 Mary Duffie
- 21 Joyce McDonald
- 11 Amaryllis Duvall
- 26 James Martin
- 14 Susan Boyd
- 14 Sarah Brown
- 28 Peggy Haralson
- 14 Barbara Carter
- 28 Katherine Stribling
- 14 David Rembert
- 30 Lynne Mahaffey 30 Judy Milone
- 16 Eric Benfield
- 16 Roberta Moore
- 31 Kaye Clark 31 Malcolm Fletcher
- 16 Vera Tellis
- 31 Henrietta Vanarsdall



The Busy Needlers donated 49 blankets and two pillows to SC Oncology Associates (SCOA) in December. The blankets will go to patients in cancer treatment. We appreciate Lead Supervisor and Social Worker Nicole receiving the blankets in person and meeting our Busy Needlers on the bus.



Residents enjoyed an afternoon at Mepkin Abbey Monastery in Mocks Corner where they toured the 2021 Annual Crèche Festival. The festival featured 95 displays from Mepkin's collection created by artists around South Carolina and around the globe.



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

Morning Prayer

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

Bible Studies

BIBLE STUDY

Mondays · 1:30 p.m.

3rd Floor McDowell **Activity Room**

MEN'S BIBLE STUDY

Tuesdays · 11 a.m. 3rd floor McDowell **Activity Room**

BIBLE STUDY

Mondays ⋅ 11 am Led by Ella Pfaehler Chapel

Bible Class

GOSPEL OF MARK

Led by the Rev. Doug Gray, Chaplain

Thursdays • 10:30 a.m. - 11:30 a.m. Chapel

Please join us for our study on the Gospel of Mark. No prior knowledge of the Bible is necessary to attend! All are welcome.

Film & Theology Series

The Cowboys | 133 min. | 1972

Saturday,

2:00 pm

January 15 Keenan Event Center

John Wayne as Wil Anderson and Roscoe Lee Brown as Jedediah Nightlinger together undertake the role of Father in this unlikely tale. It's the adventure of every young boy's fantasy: being whisked from the schoolhouse into a man's world, and life as a real cowboy on a real cattle drive.

When Anderson's regular ranch hands forsake him for a gold rush, he is forced to hire a dozen schoolboys, 11- to 15-year-olds, in order to get his herd of several thousand cattle to market. The drive to Omaha is "400 miles of the meanest country of the West," and it is loaded with hardship, danger, loyalty, moments of comedy, triumph, and, in the end, surprise. You're invited to come and enjoy the 400-mile romp! Along the way you will also enjoy seeing in minor roles Slim Pickins as an outlaw and Colleen Dewhurst as a merry madame.

But... Will the boys and the cattle make it to Omaha?

We fondly remember...

JAMES BRADY DORIS GASQUE JUNIE HICKMAN LAURA TAYLOR **NANCY TEETER SUSAN TERRY**

Heartfelt sympathy is extended to family and friends.



Happy New Year, Still Hopes!

We've had a good deal of interest from residents in starting a performance group. Poets and Clowns is the beginning of that input coming to life. We will be reading some poetry from one of my favorite poets, the children's author Shel Silverstein. His poetry still makes me laugh, and I'm excited to share his work with you. We will be reading together, doing 'reader's circles', playing some games to spark imaginative choices in your performances, and learning the basics of performance art.

To join, please sign up in the Life Engagement Book on Main Street. Each installment of Poets & Clowns will be six weeks long, with a charge of \$30. It will include water and a snack, as well as the use of printed reading materials. You'll want to come to each of the six sessions of an installment you sign up for! You might come to each of the first six weeks, skip the next six weeks, and rejoin again. Eventually, we can discuss performing together in a showcase in 2022. We may also move on to theatrical material, creative writing, and more, based on your input.

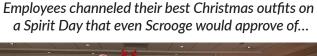
How do you know if Poets & Clowns is a good fit for you? You'll want to be able to read on your own, feel comfortable reading in front of a group, enjoy having people laugh, and be comfortable with constructive feedback from me. However, experience in performance art is completely unnecessary. Whether you are a seasoned performer or have never been on stage, I welcome you, and look forward to seeing you!

A little bit about my background in performance: in high school, I was a semi-professional actor with the Columbia Children's Theatre. I majored in theatre in college at UofSC, where I directed a couple of shows, stage-managed in others, and acted in others. After college, I worked in stage props at the Walnut Street Theatre in Philadelphia, and in costumes on Hilton Head Island's arts center. I love all aspects of theatre but took a big step back from it during the pandemic. I hope to rekindle that joy in performance with you through Poets & Clowns!

My Best,

CARRIE CHALFANT Life Engagement Assistant, Independent Living

cchalfant@stillhopes.org 803.739.5058







Our Creative Crafters in Independent Living made Christmas tree table toppers for our neighbors in the Jane Bruce Guignard neighborhood!

Love Letters to Home **>oneday**

Who: You or a loved one!

What: An opportunity to film a story through OneDay, a storytelling company, who will create a message that is shareable via email or text.

When: We will set up a time that works for you! Why: To craft a personal video letter for your loved ones.



How: Reach out to Jerryana or sign up in the LE Reservation Book to film a 10 question interview with a range of topics.

JERRYANA WILLIAMS-BIBILONI

Life Engagement Assistant, Independent Living

JWilliams-Bibiloni@stillhopes.org 803.739.5051

Poets & Clowns!

Read aloud poetry and stories with Life Engagement Assistant Carrie Chalfant!

Wednesdays, Starting January 4th

4:00 p.m. - 5:30 p.m. Activity Room, McDowell, 3rd Floor Cost: \$5 per session (covers refreshments and literature)

Adopt A Grandparent Pen Pal Project

White Knoll High School and Still Hopes Partnership

Sociology is the study of the development, structure and functioning of our society. A major portion of this study is known as gerontology which is the study of the aging process. From Gerontology the study of the interaction with these people is called intergenerational studies.

A major project and portion of our students' grade for the Sociology course will be our own intergenerational gerontology study called *Adopt A Grandparent*.

The goal through this project is to connect with a Still Hopes resident and develop an intergenerational relationship with them through letter-writing.

During certain days in the Spring 2022 semester, we will take time to write to our selected Still Hopes

residents. The students will write the first letters by introducing themselves to the residents.

There will be four letter writing days for students during the semester, February 15, March 4, March 25, April 21. During the letter writing days, the entire class period will be devoted to reading mail and writing. Still Hopes Resident's letters will be due on March 2, March 23, and April 19. We also have a social planned for you to join us at White Knoll High School during class time on May 17. The students are going to be asked to hand write the letters, not type them, to earn credit for the project, however residents are more than welcome to type theirs if they wish.

If you are interested in participating, please sign up in the Life Engagement Book.



An Afternoon with Mrs. Claus was a festive occasion for residents and their grandchildren. The work of our Life Engagement Assistant Holy Crawford, stories were read, crafts were made while Christmas cookies were eaten and served with a delicious hot chocolate bar. Mrs. Claus posed for pictures and discussed the North Pole, Santa's whereabouts, and Rudolph's red nose.





Life Engagement Assistants in River Banks, Rose Gardens, and Jane Bruce Guignard neighborhoods delivered Christmas cakes and gift bags to residents before Christmas. One resident named her new snowman "Homer" because she couldn't wait to take him home with her!



LIFE ENGAGEMENT

New Year Brings Transitions in Rose Gardents

& Travel Bucket Lists!



Michelle Rabon
Director of Life
Engagement
mrabon@stillhopes.org

Since 2012, we've had the pleasure of experiencing the dedicated and talented work of Life Engagement Assistant Bob Michalski. His vocal and instrumental concerts for residents and employees have warmed hearts and minds. His stand-up routine, full of jokes and humor, have brightened the days of residents in Greenway and Independent Living. Specifically in his care and thanksgiving for your loved ones in Rose Gardens, Bob has helped residents maintain an active and enriched lifestyle at Still Hopes.

Ten years later, Bob has decided to make the move toward retirement. While residents and staff will continue to see and work with Bob in 2022, his hours at Still Hopes will be in the capacity of PRN. He will work between 15 and 20 hours leading the Still Hopes Band, conducting concerts in Rose Gardens and Independent Living, as well as, assisting Life Engagement throughout the community with events and activities where needed.

As we head into the New Year, we'll continue recruiting for the full-time Life Engagement position in Rose Gardens. We are searching for someone equally as energetic, musical, and collaborative as Bob was, especially in his partnerships with the wonderful nursing and Home for Solutions staff in the memory care neighborhood.

In the next weeks if you have questions, please do not hesitate to contact me at 910.367.9711 or mrabon@stillhopes.org.



What's on Your Travel Bucket List?

Tuesday, January 25 2:00 p.m. Keenan Event Center

Creating a travel bucket list is a fun way to pursue your travel dreams. Perhaps you've always dreamed of visiting certain places, but you've just never gotten around to it, or you think it's beyond your reach. We need your ideas to create meaningful travel plans that will fulfill at least some of your travel wishes.

Join Michelle Rabon, Fran Wheeler and Ingrid Long to share your ideas and to learn about some ready-made opportunities offered by Simply Special Tours of Lexington SC.



New Opportunities & Words to Live By

Typically, an article like this would start out by saying, "with a heavy heart." Those that know my situation and circumstances will probably understand the time has come for me to head to retirement...but not with a heavy heart. I have the amazing opportunity of giving back to my wonderful mother as her care giver. I will however be at Still Hopes for concerts, the Still Hopes Band,

outings and special events.

Nand "mass Twas Chris so di her v holic it fro

Nancy Bymaster is the "master" of storytelling.
Twas The Night Before
Christmas never sounded so dramatic. Nancy poured her whole self into the holiday classic as she read it from cover to cover. The residents were touched and

made me promise we will have Nancy return. She agreed to come back!

Hopefully Volunteers like Nancy, musicians, artists and such...will be able to visit more often. We are excited about that!

The past ten years I spent at Still Hopes flew by.
Along the way we did some crying, laughing, hoping, praying and living. I have a plaque in my office that faces the door as I walk in every day. It reads "Live, Laugh and Love." That pretty much sums it up.
Thank you for sharing your loved

ones with the Rose Gardens family. May the good Lord bless and keep you until we meet again.

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



One Hour Services Offered on Campus

If you need an occasional helping hand for an hour or two in your apartment or cottage, Solutions for Living at Home has the perfect solution for you. We have Solutions Partners who serve in the role of floater on the Still Hopes campus. Throughout the day and evening on both weekdays and weekends, floaters work with multiple residents who need two hours or less of in-home support or services.

These services include but are not limited to medication reminders, grocery shopping, assistance with personal care, dog walking and pet care, purging, cleaning, packing, and unpacking. Floaters can also assist with meal prep, ordering and picking up meals from any of the dining areas on campus and accompanying residents to the Wellness Center and other appointments.

Meet our three weekday floaters, Patricia Wallace, Stephanie Steele and Sharline Davis, and see what they have to say about working as a floater on the Still Hopes campus.



Patricia Wallace, who has worked at Still Hopes for 8 years and a total of 10 years in homecare said, "The advantage of being a floater is being able to move around campus to help a variety of residents. My passion is to help others and Still Hopes is a great

facility that shows love and companionship to everyone, we are one big family. Every person deserves the best

quality of life possible for every day they have and that's what Still Hopes offers."

Stephanie Steele, an 11 year Still Hopes' employee has been with Solutions for Living at Home for the past 8 months. Stephanie likes the flexibility of being a floater and getting to do a mixture of work including administrative work in the Solutions office and working with residents in both independent living and the licensed care areas of campus. Stephanie is passionate about the care she provides and the relationship she builds with her clients. Many of her clients consider

her part of their family and Stephanie feels the same way.



Sharline Davis has been with Solutions for Living at Home for the past 3 years and said she enjoys every minute of it. Having spent the past 15 years in homecare, Sharline feels fortunate

to be working at Still Hopes. Sharline loves getting to see and meet new residents on campus and getting to keep up with what's going on around campus. Sharline treasures her time with residents who share their love of history and traveling with her.

For more information about being added to the floater schedule, call the Solutions for Living at Home office at 803.223.6173 and ask for Jennifer Hendricks or Beth McCrary.





Healthy Dynamics

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

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

The Current Economic Climate & Outlook for 2022

Kickoff 2022 with News You Can Use!

Thursday, 3:00 p.m. January 27 Keenan Event Center

Join us and welcome special guest speaker John Moorman with Anchor **Investment Management.**

John will discuss current economic and investment issues and trends as well as possibilities and challenges for 2022. Be there for vital insights...and chocolate!

Prescription Medication Disposal

Thursdays

Tuesdays & 9:00 - 11:00 a.m.

Resident Services Assistant's Desk McDowell Building 4

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

Podiatry Services

Wednesday, January 26

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, January 6

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.

We need your help!

We need copies of your new or updated insurance and Medicare cards that you may have received for the new year! Please bring them by the business office for us to copy for your records.

Parkinson's Support **Group Meeting**

Friday,

10:00 a.m.

January 28 Activity Room, McDowell, 3rd Floor

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

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.

Caregiver **Support Group**

Tuesday, January 4 1:30 - 2:30 p.m.

Activity Room, McDowell, 3rd Floor

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

The Visionaries: Low Vision **Support Group**

Please join us!

January 5

Wednesday, 2:00 - 3:00 p.m.

Guignard Dining Room This group is open to all residents who

are living with low vision.

Take charge of your fitness in 2022!

CLASSES TO INCREASE STRENGTH, STAMINA, FLEXIBILITY, **BALANCE WHILE REDUCING PAIN AND ANXIETY:**

Tai Chi

Join Dan Bernardo, head instructor of WellWithin Martial Arts, on a holistic journey to balance, mobility, coordination, and overall more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing.

Chair Yoga

Connect the mind and body with physical and mental practices while increasing strength and flexibility with Monica Faller. Learn the Universal Principles of Alignment in mind and body and become empowered through the joy of Present Moment Awareness. Achieve improvement in brain health, attitude, sleep, and posture while learning to control breath and reduce anxiety. No previous experience necessary. This class is great for those with challenged abilities or the able-bodied.

Chair Aerobics

Challenge your aerobic conditioning with seated rhythmical movement set to music. Lower body strengthening and balance exercises while standing behind the chair are an added benefit.

Water Aerobics

Improve your endurance, coordination, and balance through continuous motion in the pool. A series of limbering, cardio, and strengthening exercises are combined with a "go at your own pace" style aerobic portion. Exercising in water is easy on the joints and is therapeutic for circulation and pain. You need no previous experience nor do you need to know how to swim.

Strong Bodies

This strength & conditioning class is performed seated in a chair and standing behind a chair for support. Upper and lower body strength exercises with dumbbells and stretch bands are designed for increasing or maintaining strength, balance, and agility to perform daily activities.

Stretch & Align

Move and stretch on floor mats to reduce joint stiffness. The focus on core strength builds the foundation for a strong lower and upper body. Benefits include relaxing tight muscles and building strength in the abdominals and low back muscles. The resulting muscle balance relieves pain and correctly aligns the body.

Class schedules available on The Hub or in the Wellness Center.

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

NONPROFIT ORG **US POSTAGE** PAID **COLUMBIA SC** PERMIT NO 42

4th Annual Still Hopes Art Exhibition Winners



FIRST PLACE - NON-PHOTOGRAPHY

'Peeling Back the Layers" by Rebecca Horne (pictured left)

FIRST PLACE - PHOTOGRAPHY

'The Bell" by Kim Case

SECOND PLACE

'Swan Lake, Iris Garden, Sumter, SC -Lady of the Lake" by Dale T. Bishop

THIRD PLACE

'Orchid With Torn Edges" by Renea Eshleman

PATRON AWARD -**NON-PHOTOGRAPHY**

'Schooner 2" by Bobbi Sorensen

'Migration #4 - The Interloper" by Tommy Thompson

PATRON AWARD - PHOTOGRAPHY

'Persimmon Tree Cardinal" by Brian Fox



Play Bridge in the New Year!

DUPLICATE BRIDGE

Wednesday, January 12 & 10:00 a.m.

Trinity Multipurpose Room

January 26

Contact: Frazer McCrory | 803.528.8042

BRIDGE PARTY

Last Friday of every Month! January 28

10:00 a.m.

Trinity Multipurpose Room

Contact: Sally Wiseman | 803.924.0084 Dorothy Pondy | 803.794.6128

BRIDGE REFRESHER

Every Saturday, Beginning

January 8

11:30 a.m. **Emilie's Cafe**

Contact: Teri Kuhs | 803.360.1447