

# Connections

A newsletter for the entire community

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## Watercolor Artist Joong Kim's work featured in HopeWell Gallery this summer



Joong Kim is a nationally acclaimed artist whose work has appeared in Artfields and the South Carolina State Fair. He is also part of the Trenholm Art Guild and has received numerous awards from juried exhibitions including "Best of Show" in the seventh annual Still Hopes Exhibition.

Raised in South Korea, he started painting at a young age. He later immigrated to South Carolina where he retired from Rockwell International. Joong's focus is watercolors where he embodies art from his Asian culture and heritage. His paintings include vast landscapes, peaceful wildlife and heartfelt cherry blossoms.

*A reception and artist talk will be held at the HopeWell Gallery on Wednesday, June 1 at 3:00 p.m. where Joong will share and discuss the collection of work displayed.*

## Still Hopes Safety Pop-In

The Hopewell Grand Courtyard was "popping" on Friday, April 15, 2022, for the staff Safety Pop-In, where the posters from the 2021 Super Safety Campaign were revealed. The Super Safety Campaign is a staff event where employees submit entries related to workplace safety here at Still Hopes. For the 2021 campaign, all departments competed against each other. The entries were then judged by residents and the top fifteen entries were a part of a photoshoot, conducted by Janice Sanford. The photos were then edited and turned into safety posters that will be displayed throughout the Still Hopes campus. Congratulations to the Admin, Life Engagement, and Solutions teams for being our top winners. See below for all winning teams and their safety slogans.

During the Safety Pop-In, staff could come by and see the safety posters, grab some popcorn and a drink, and enjoy fellowship with other staff and residents. Our top 15 winners were (listed alphabetically):

- Admin (1<sup>st</sup> Place): "Safety Works When You Work Together"
- Environmental Services: "Don't Learn Safety by Accident"
- Facilities Services: "Think Smart Before You Start"
- Greenway Culinary Services: "Brewing Up Safety"



- Human Resources: "If You Spill It, You Gotta Put a Sign on It"
- IT Services: "Don't Get a Bite from Phishing"
- Jane Bruce Neighborhoods: "If You Need a Lift, Call for a 2-Person Assist"
- Landscaping: "Do Your Work with Pride, Put Safety in Every Stride"
- Life Engagement (2<sup>nd</sup> Place): "Diving into Safety"
- Marketing & Accounting: "Safety Begins With YOU"
- PDR Culinary Services: "When in Doubt, Throw it Out"
- Riverbanks Neighborhood: "Do All You Can to Stay Protected"
- Rose Gardens Neighborhood: "Llama, Llama No Safety Drama"
- Solutions for Living at Home (3<sup>rd</sup> Place): "Finding SOLUTIONS to Make Our World a Safer Place"
- Wellness: "Use Your Brain, Avoid the Strain"

Susan Lenz:  
April & May  
Featured Artist  
in Hopewell  
Gallery



Exhibit  
Reception &  
Artist's Talk

Thursday, May 19  
3:00 - 4:00 p.m.  
Hopewell Gallery

exhibitions and at fine craft shows including the Philadelphia Museum of Art and Smithsonian Craft Shows. Her work is in the permanent collection of the Textile Museum in Washington, DC and the McKissick Museum in South Carolina.

Susan Lenz, a nationally acclaimed fiber artist, has appeared in national publications and juried

Welcome New Residents!

MARY AND RICHARD HARRIS  
FAYE SIMMONS

May Birthdays

- |                      |                       |
|----------------------|-----------------------|
| 01 Anne Hinson       | 19 Cynthia Murphy     |
| 01 Suzanne Smith     | 19 Peggy Nettles      |
| 02 David Wild        | 19 Sarah Parker       |
| 03 Cantey Heath      | 20 Abbot Carnes       |
| 05 Kay Murrell       | 22 Mary Lou Price     |
| 07 Bob Hinson        | 24 Ann Callison       |
| 08 Adelyn Price      | 24 Verna Goodman      |
| 08 Mary Lloyd        | 25 Vivian Evans       |
| 09 Kate Swanson      | 25 Charles Litchfield |
| 10 John Haralson     | 25 Lucy McCain        |
| 12 Kathleen White    | 27 Faye Pender        |
| 14 Ann Wild          | 28 Hillary McDonald   |
| 15 Keith Davis       | 29 Nelson Weston      |
| 16 Anna McCord       | 30 Martha Helen King  |
| 16 Barbara McCutchen | 31 Duck Lomas         |
| 16 Pat Murphy        | 31 Effie Phillips     |
| 18 Susan Herin       |                       |



Naval Academy Graduates

It is a small world when the grandson of residents and an employee's son graduate from the Naval Academy in the same month. Congratulations to residents Charlie and Sharon Johnson and Plant Operations staff member Tab Hunter.

Louis Hunter, oldest son of Tab Hunter, will graduate from The Naval Academy at Annapolis, MD on May 27, and be commissioned as an Ensign in the Navy, serving as a Surface Warfare Officer aboard the USS Gettysburg at Norfolk, VA.

Matthew Fadel, grandson of Charlie & Sharon Johnson, will graduate from the Naval Academy in May. His major is Cyber Security, and he will be commissioned as a 2nd Lt. in the United States Marine Corps.



Maundy Thursday  
Basket Weaving with  
Mary Graham-Grant

In April, crafters had a chance to hand-make their very own sweetgrass creation! Working with South Carolina artist Mary Graham-Grant on Maundy Thursday, they learned the tools and techniques needed to weave their own mini-baskets.



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

GOSPEL OF JOHN

Led by the Rev. Doug Gray, Chaplain

Thursdays • 10:30 a.m. - 11:30 a.m.  
Chapel of the Holy Spirit

All are welcome to attend.

Note sheets are provided at each class.

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

MEN'S BIBLE STUDY

Tuesdays • 11 a.m.  
3rd floor McDowell  
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

Second Wed. of the Month beginning  
Wednesday, May 11th • 11:00 a.m.

Chapel of the Holy Spirit

A service for all residents of Still Hopes

Thank you!

Thank you to all our Chapel Altar Guild  
volunteers who continue to offer their time  
& talents to beautify our Chapel and enhance  
this wonderful holy space! *You are a blessing!*

We fondly remember...

NANCY AYRES

JOHN BENTON

JEWEL CANNON

MILES HAYES

CAROLYN HARDEE

Heartfelt sympathy is  
extended to family and friends.

BASCOM LYNN

FRANCES MOORE

HARRY PARKER

INGRID WILLIAMS

Columbarium Project  
Now Complete



Still Hopes is proud  
to announce the  
completion of  
our long-awaited  
Columbarium project.  
The Columbarium  
can now be found  
on the left hand side  
of our Chapel of  
the Holy Spirit. The  
Columbarium contains

80 niches, which can hold up to two standard sized  
urns. We are so pleased with how this beautiful  
project turned out and we welcome this addition to  
our campus. If you wish to find out more details about  
our Columbarium, please contact Stephanie Parker at  
(803) 739-5002 or sparker@stillhopes.org.

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

In appreciation, each resident chose a daisy, geranium, or strawberry plant. The daisy, geranium, and strawberry plants were chosen on purpose to resemble how each and every resident volunteer had *bloomed where they had been planted*.

Special thanks to Life Engagement Assistants, Holly Crawford and Hannah Taylor for creating a wonderful celebration for our resident volunteers on Tuesday, April 19, 2022.



Resident Volunteer Appreciation Celebration:

Bloom Where You Are Planted

Over the generations, people have attributed the phrase *bloom where you are planted* to the Bible, and while that is not exactly correct, the message does have a connection to the Catholic Church. The Bishop of Geneva, Saint Francis de Sales (1567-1622) is credited with having said: *Truly charity has no limit; for the love of God has been poured into our hearts by His Spirit dwelling in each one of us, calling us to a life of devotion and inviting us to bloom in the garden where He has planted and directing us to radiate the beauty and spread the fragrance of His Providence.*

In April, Life Engagement celebrated and gave a heartfelt thank you for how residents have “radiated that beauty and bloomed where they are planted” over the past two years during Covid.

Like beautiful flowers, plants, and trees, they found cracks in the concrete where the smallest slivers of sunlight shined...and they bloomed. On dark days that could have kept them in fear and without hope, they were resilient, as the strong and mighty as an oak, and as hearty, as the colorful marigold...and they bloomed! Without visits from family members and friends, they remained steadfast in finding ways to be a blessing for their resident neighbors, our staff, and our community...and they bloomed!



- Hanging Art on Main Street and HopeWell Gallery
- Crafting on Saturdays
- Visiting residents in Greenway
- Calling Bingo
- Making donations to the resident assistance and employee assistance funds
- Assembling HR gifts for nurses and other staff
- Tirelessly planning the HopeWell Tour of Homes (cancelled twice)
- Leading Still Hopes Singers
- Directing Still Hopes Handbell Ringers
- Categorizing and pricing items for the Rummage Sale
- Sorting & managing books for the Main Street Library
- Presenting lectures & programs in the Keenan Center
- Laboring and lovingly sewing alterations
- And the list continues....

Many of you know that Mary Oliver is one of my favorite poets and storytellers. Her quote is applicable to the resident volunteer celebration: *Tell me, what is it you plan to do with your one wild & precious life?*

Thank you for blooming where you are planted at Still Hopes, finding hope in dark places, and sharing your blessings with so many over the past two years. We appreciate your volunteerism at Still Hopes and sharing the gifts of *your one and wild precious life* with us!

To name a few and certainly not all, those blessings took the shape of:

- Mass mask making for employees
- Making hand-made presents for departments
- Quilting lap quilts for cancer patients
- Teaching bridge and drawing classes
- Leading Bible Studies
- Delivering newspapers and packages
- Creating beautiful wreaths and handmade items for the Holiday Market
- Serving in the Shoppe on Main
- Decorating at Christmas and other seasons
- Making table toppers for Greenway dining rooms
- Serving on the new gardening group
- Giving up time with family to serve on Resident Council
- Arranging fresh flowers at entrances and on Main St.
- Watering poinsettias during Christmas
- Distributing flyers to resident mailboxes
- Making Crismon ornaments
- Providing Altar Guild assistance in the Chapel
- Serving on the Resident Art Committee

Are you planning to vote in the June 14 primary?

Need to change your address, or vote absentee?

Want to help determine our next governor? State superintendent of education? Attorney general? June 14 SC primaries will determine our choices in November  
Nonpartisan voting and election information:  
[www.VOTE411.org](http://www.VOTE411.org).

411 Desk at Still Hopes

Desk is hosted by the League of Women Voters on the following dates:

Tuesday, May 3 1 - 4 p.m. Hopewell Lobby	Friday, May 6 9:30 a.m. - 12 p.m. Lowry's Cafe during Coffee & Conversation
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Belles & Bowties  
KENTUCKY DERBY PARTY

Thursday, May 12 | 6:30 p.m.  
Hopewell Grand Courtyard

Wear your best dressed Kentucky Derby Attire. Enjoy Mint Juleps and the sounds of Dick Goodwin's Dixieland Band!

ANNUAL LIFE  
ENGAGEMENT EMPLOYEE  
FIELD DAY

Tuesday, May 24 | 10:30 a.m.  
Still Hopes Forest

Residents Vote for Team Spirit Award!  
Boiled peanuts and water will be served.

Ageless Technology

Thursday, May 5 | 4:00 p.m.  
Keenan Event Center

Join Rhonnie Newton and Life Engagement Assistants John Tasevski and Holly Crawford at the Ageless Technology class. Please bring your electronic devices. We will discuss using the Wallet, Weather, and Maps applications.

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

Tuesday, May 3 2:00 p.m.	Strawberry Picking in Gilbert, SC	Tuesday, May 10 6:45 p.m.	South Pacific: Broadway in Cola. at The Koger Center	Friday, May 20 9:00 a.m.	Grocery Shopping at Publix
Thursday, May 5 1:45 p.m.	Quilts Exhibit at the SC State Museum	Friday, May 13 9:45 a.m.	Iris Gardens Swan Lake Sumter, SC	Wednesday, May 25 10:15 a.m.	Hampton-Preston Garden Tour
Friday, May 6 9:00 a.m.	Grocery Shopping at Food Lion	Sunday, May 15 2:15 p.m.	Jekyll and Hyde at Town Theatre	Wednesday, May 27 10:30 a.m.	Lunch Bunch at Comfort Scratch Kitchen

## Popcorn Cinema

<b>Fridays</b>	<b>3:00 p.m.</b> Keenan Event Center
<b>May 6</b>	"CODA (Child of Deaf Adults)" Drama PG-13   1 hr. 51 min.   2021 Academy Award Winner for Best Picture
<b>May 13</b>	"African Queen" Drama/Adventure PG   1 hr. 45 min.   1951 Katharine Hepburn & Humphrey Bogart
<b>May 20</b>	"Encanto" Disney Musical PR   1 hr. 45 min.   2021
<b>May 27</b>	"Dunkirk" Historical Drama PG-13   1 hr. 46 min.   2017

## 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.

*\*Trivia will be held at 1:00 pm on Monday, May 16th in the Keenan Event Center*

## Film & Theology Series

**Belfast** | Directed by Kenneth Branagh | 2021

**Saturday, May 14** | **2:00 pm**  
Keenan Event Center

In *Belfast*, Director Kenneth Branagh depicts Ireland's civil war in 1969 through the experiences of the endearing nine-year-old son in a working-class family, Jude Hill as Buddy. For his parents and grandparents, Branagh's brilliant cast selections include Dame Judy Dench as the matriarch.

You may watch the movie as a story about the enduring ties of family and place; or you may reflect on what can happen when the church is co-opted by politics. Either way, the film is engrossing! The film received 7 Academy nominations, including Best Picture in 2021.

## Line Dancing

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

## Drayton Hall Stories

*A Place and Its People Presented  
by Author, George McDaniel*

**Tuesday, May 10** | **2:00 p.m.**  
Keenan Event Center

This landmark book, the first of its kind in the nation, features over 50 interviews with descendants (White and Black), architects, historians, preservationists, and more about Drayton Hall.

## Cornhole

**1st & 3rd Wednesdays** | **3:00 p.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.

## Bridge in May

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

### DUPLICATE BRIDGE

**Wednesday, May 11 & May 25** | **10:00 a.m.**  
Trinity Multipurpose Room  
Contact: Frazer McCrory | 803.528.8042

### BRIDGE PARTY

**Friday, May 27** | **10:00 a.m.**  
Trinity Multipurpose Room  
Contact: Sally Wiseman | 803.924.0084  
Dorothy Pondy | 803.794.6128

### BRIDGE REFRESHER /PRACTICE

**Saturdays in May** | **11:30 a.m.**  
Emilie's Cafe  
Contact: Teri Kuhs | 803.360.1447

### SOCIAL BRIDGE

**Sunday, May 15** | **2:00 p.m.**  
Emilie's Cafe  
Contact: Verna Goodman | 843.422.9756



## Afternoon with an Author: Cassandra King Conroy

**Wednesday, May 11** | **3:00 p.m.**  
Hopewell Lobby & Emilie's Cafe  
Reception to follow presentation

Meet Bestselling Author, Cassandra King as she discusses her new book *Tell Me A Story: My Life With Pat Conroy*. The book details her life and the man she shared it with, paying tribute to her husband, Pat Conroy, the legendary figure of modern Southern literature.

## South Carolina Music & Dance Academy Performance

**Friday, May 13** | **6:30 p.m.**  
Caroline's Café, Greenway

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 before their big end of the year recital.

## Welcome to Karli Fisher

I would like to congratulate and welcome our new Wellness Assistant, Karli Fisher! Karli recently graduated from the University of South Carolina with a Bachelor of Science in Exercise Science. She has always been very passionate about health and wellness for most



of her life, starting with her love of competitive swimming. She was a competitive swimmer growing up and even into her college days, swimming on the Club Swim Team at the University of South Carolina. She has been the Wellness Intern for Still Hopes since January and is excited to join the Wellness Team in her new role as the Wellness Assistant.

Karli grew up in Columbia, South Carolina and comes from a large family, where she is the second oldest of five siblings. In her free time, you will find Karli spending time with friends and family, entertaining her energetic dog Apollo, and taking any chance to travel and spend time outdoors.

*We are excited to have Karli join the Wellness Center Team!*

## ANNUAL RUMMAGE SALE

**Wednesday, June 8**

**DONATIONS ACCEPTED:**  
**Mon., June 6** | **9:00 a.m. - 4:00 p.m.**  
**& Tues., June 7** | Keenan Event Center

Our Annual Rummage Sale is coming up! Items donated will be categorized, tagged, and placed in the Keenan for sale. Employees and residents, if you have a donation, please hold onto it until the week of June 6. Life Engagement will help coordinate delivery of large or bulky items such as furniture, TVs, or small appliances for residents. Clothes are not accepted at the Rummage Sale. Residents who would like to volunteer at the sale, please contact a Life Engagement staff member or sign up in the Hub.

*For more information, contact Michelle Rabon, Director of Life Engagement, at 803.995.8134/ mrabon@stillhopes.org; or Holly Crawford, Life Engagement Assistant, 803.739.5018/ hcrawford@stillhopes.org.*

## A Brush With Watercolor

**Friday, May 6 & 20** | **1:00**  
Arts by Design | \$10

*Join art teacher Lance Davis in this  
beginner's watercolor class. No  
experience needed.*

Reservations Required, Resident Charge



## Container Gardening

Wednesday, May 4 | 10:00 a.m.  
Emilie's Café Courtyard

Container Gardening presentation by Master Gardener, Alleene Smith. *Pots and Flowers* donated by Seven Oaks Plant Shop.

**Lunch Bunch:**  
**Comfort Scratch Kitchen**  
Friday, May 27 | Self-Pay  
Depart: 10:30 a.m.

## Hampton Preston Mansion Garden Tour

May 25, 2022 | Departs at 10:15

## Gardening at Still Hopes: May

**May is Garden Month.** For those of us who find much pleasure in gardens and gardening, May offers splendid opportunities to enjoy an abundance of new growth and colorful flowers. Right around Easter is the best time to replace the pansies with perennials or warm season annuals. With limited space, planted containers on our patios or balconies offer great possibilities and rewards.

**Containers.** In establishing or maintaining a container garden, it's best to keep these three components in mind: container, soil, and plants. First, choose large clay containers with a drainage hole to allow room for an appreciable display of plant mass. Importantly, large containers can be labor saving inasmuch as their capacity to retain moisture means less frequent hand watering.

**Soil.** Secondly, use a good quality potting soil designed for bedding plants. Recommended: Miracle Grow Flower & Plant Potting Mix. Hint: a coffee filter in the bottom of the pot will keep the soil from washing out and a little gravel will facilitate drainage.

**Plants.** And, finally, when considering which plants to use, think about exposure first. Many annuals need full sun, e.g. 6 hours a day. Sun loving and easy to grow annuals include geraniums, marigolds, and petunias. Annuals that tolerate partial sun/shade include torinia, impatiens, and begonias. Shade loving plants include hostas, ferns, and coleus. And, for hummingbird and butterfly ease of feeding, choose single rather than double flowers and tubular shapes. For variety, combine flowering

plants with herbs or leafy green plants, such as ivy, liriop, or caladium.

When composing a mixed pot, think about the design elements of color, texture, size, and form. While at the nursery, group plants together to check their combined appearance and consider shape, color and size of pot as part of the whole. And, most important, choose the plants and colors that bring you joy.

**Maintenance.** Regular and frequent watering is essential for successful container gardening. Checking soil moisture by touch is reliable and easy; watering as needed is prescribed. Potting soil usually contains fertilizer; however a supplemental water soluble fertilizer may be needed as the season progresses. Be sure to use one formulated for flowers, such as Miracle Grow Flower Food.

**Campus plantings of seasonal interest.** Late spring/early summer emerging plants are now showing beautifully here. Red shrub roses in the Mansion center garden are in peak season, bearded iris are on display, and the blue flowering agapanthus in the Emilie's courtyard are a delight. Evergreen farfugium, or leopard plant, with their large, lily pad shaped leaves,

and ferns at the McDowell entrance continue to invite notice, while, in the Hopewell courtyard, large patches of lime-green sedum, pink dianthus and blue ajuga are dramatically featured.

Hillary McDonald, Still Hopes Gardening Group



Pink Dianthus

## May is National Nurses Month!

Join us in celebrating our Solutions for Living at Home Nursing Staff during National Nurses Month.



**ALLISON CARROLL**  
Registered Nurse  
[acarroll@stillhopes.org](mailto:acarroll@stillhopes.org)  
803-609-6944

*I have worked for Solutions for Living at Home for 7 ½ years. I am originally from Columbia and have lived in Lexington for 26 years. I have been married to my husband Scott for 37 years. He is an*

*Emergency Medicine physician. We have 2 sons, Scotty and Slade and 2 daughters, Taylor and Lexie, 3 grandchildren and 2 Maltese dogs.*

- I studied Fashion Merchandising and Retail Management at University of South Carolina then changed my major to Nursing. I graduated from Midlands Technical College with an Associate's Degree in Nursing.
- I have been a nurse for 34 years. I previously worked at Lexington Medical Center with experience in Surgical Intensive Care, the Emergency Department, and

Outpatient Post Anesthesia Care. I also worked as a substitute school nurse in Lexington School District 1.

- I served on the Athletic Booster Club Board at Lexington High School and fundraised for athletics by managing the stadium spirit store. I was responsible for all the design and merchandising of spirit wear and gear and launched an additional store inside of the school.
- I like to spend my free time with family. We enjoy the outdoors and sports, especially attending USC and Coastal Carolina Football games, spending time on the lake and at the beach. I also enjoy cooking, gardening, and decoratively painting furniture.
- I am a member of Lexington Baptist Church.
- My favorite thing about Still Hopes is it's a beautiful place to work. The employees are happy and friendly. I especially enjoy getting to know all the wonderful residents and hear about their interesting stories and life experiences.
- I am honored to have been chosen as Still Hopes Employee of the Month in August of 2021.



**RAQUEL WESTON**  
Registered Nurse  
[rweston@stillhopes.org](mailto:rweston@stillhopes.org)  
803-609-1823

*I worked 6 years as a Solutions Partner and have been a Solutions RN for the past year. I am originally from Columbia, SC and still call it home. I have two beautiful and outgoing toddlers,*

*Christian age 3 and Reina age 1.*

- I have a Bachelor of Arts in Public Health from USC Columbia and a Bachelor of Science in Nursing from South University.
- I am a Daisy Award Recipient, which recognizes extraordinary nurses and their daily contributions.

- I enjoy spending time with my family.
- I am very passionate about teaching and sharing knowledge to others that will help elevate them to the next level. I am a strong believer in God, and I believe with faith and obedience to Him, opportunities are endless.
- My favorite thing about working for Solutions is the residents. I adore my interaction with each resident. I love to sit and talk to them and gain insight into their knowledge and how they feel.
- When I am not working for Solutions, I can be found watching HGTV, reading a book, or spending time doing self-care activities. I give so much to my children and work, so I like to spend time re-fueling my tank so I can give my best to those who depend on me.



**VICKIE FANNING**  
Licensed Practical Nurse  
[vfanning@stillhopes.org](mailto:vfanning@stillhopes.org)  
803-609-1823

*I have been with Solutions since 2019 as a nurse. I live in Neeses, SC with my husband of 37 years, my son, and my daughter. I also have two other children who live close by with my two*

*grandchildren. We have two dogs, Chester and Leroy.*

- Before joining Still Hopes, I worked as a nurse in various settings since obtaining my LPN from Orangeburg-Calhoun Technical College in 2003. Those have included primary care, nurse manager, home health and inpatient hospital settings.
- My hobbies include sewing, quilting, monogramming, painting, playing softball, gardening, puzzles, and being active in my church.
- My favorite part about working at Still Hopes is getting to interact with the residents, learn about their interests, and help provide their medical needs.

Call us today at (803) 223-6173!



# 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!

## Cognitive Concerns & Memory Loss: The Facts, and Approaches for Staying Connected

Thursday, May 26 | 3:00 p.m.  
Keenan Event Center

Join us for special guest speaker Dr. Victor Hirth. Memory loss and dementia can be frightening and overwhelming, whether experienced by you, by a loved one, or by a friend. Come arm yourself with correct information and helpful approaches that can make life better for all...and we won't forget the CHOCOLATE! This is a rescheduled program, and we are so glad to have Dr. Hirth and his expertise with us this month!

## Hearing Specialist

Thursday, May 5

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.

## Open to Hope Grief Support Group

Stay tuned for the May meeting date & time.

Loss of a loved one is difficult, and grieving is an important part of moving into the future. Our grief group, Open to Hope, will be led by Nela Edgar and Beebe James. This group will provide support and resources for sharing and healing following loss of your spouse, a friend, a family member, or beloved pet. Please sign up in the Healthy Dynamics book on Main St. near the Atrium. If you have questions, please reach out to Tacey at 803-739-5047.

## 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.

## Podiatry Services

Wednesdays: May 11 & May 25

Dr. Keyoka Smith, Podiatrist, will be at Still Hopes on these dates. Dr. Smith's May 11 schedule is already full! Please sign up to see Dr. Smith on May 25 in the Healthy Dynamics Book on Main Street near the Atrium. Check the schedule to confirm your time if you are already signed up!

A HUGE thank you and fond farewell to our Community Services Administrative Assistant Elizabeth Banks. Elizabeth moved to Charlotte at the end of April and will be working for Southminster Retirement Community. She has been an integral part of our department and will be greatly missed! Tacey is currently interviewing candidates for the position.

## The Visionaries: Low Vision Support Group Art Museum Touch Tour

The Visionaries will be traveling to the Columbia Museum of Art on the afternoon of Monday, May 9th for a Touch Tour. We are very excited to participate in this special program! This will serve as our meeting for the month of May. Please call Tacey for more information if you are not yet signed up to go.

## SHARE Caregiver Support

Tuesday, May 3 | 1:30 - 2:30 p.m.  
Activities Room, McDowell, 3rd Floor

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

## Vaccine Booster Update

Thanks to our partners in health CVS and their wonderful pharmacists for making our COVID booster clinic and other vaccine clinics a priority!

Our most recent booster clinic was held on April 26 and 27. You should be getting the laminated copies of your cards soon!

If you happened to get your 2nd booster at a location other than Still Hopes, we would still like to get a copy of your Vaccination Record Card for our records. Please bring your card by for Ariel (Resident Services Assistant at McDowell) or Tacey to copy.

## Rose Gardens Neighborhood

Rose Gardens has had a busy Spring month!



Celebrating Joanne's birthday with family and friends.

Going to Lake Murray and sharing history and memories was a great morning outing.



Residents made flower arrangements for the dining room. We can't wait to decorate our hats for the Derby event!



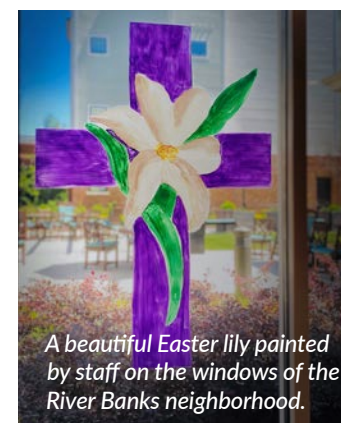
## Take-home messages from our March Staying Safe in an Emergency Healthy Dynamics:

- Placing the VACANT magnet on the outside of your door in the event of a fire alarm is no longer necessary: the firemen are going to check each residence regardless of the presence of a magnet.
- Still Hopes is no longer assigning or overseeing the "buddy" system for checking on a neighbor in the event of a fire or another emergency.

## Parkinson's Support Group Meeting

Friday, May 27 | 10:00 a.m.  
Activities Room, McDowell, 3rd Floor

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



<sup>27</sup> Consider the lilies, how they grow: they neither toil nor spin,[a] yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>28</sup> But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!

Luke 12:27-28, ESV

## Pet Visit with Sarah



Graham was delighted over his afternoon visitor – a tiny chihuahua named Sarah, who makes up for her petite size with her large and loveable personality. As he gingerly patted the top of Sarah's head, he recalled his own childhood dog named Caesar... "There's something special about that little dog."

# Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

P.O. Box 2959

West Columbia, SC 29171-2959

stillhopes.org

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COLUMBIA SC  
PERMIT NO 42

*Visit the  
Strawberry  
Patch!*

Tuesday, May 3  
Depart: 2:00 p.m.  
Cost: Self-Pay, Cash or Check only

Pick your own Strawberries or buy  
pre-picked from the Farmers Shed  
located on site.

BINDINGS &  
BETWEENS:  
*South Carolina  
Quilts Exhibit*

**South Carolina State Museum**

Thursday | May 5  
Depart: 1:45 p.m.



**Compliments of Friends of Finn**

Includes entrance to the State  
Museum and docent led tour  
of the Quilt Exhibit.