



Connections

A newsletter for the entire community

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Opening of the Newly Renovated Bistro & Pub!



Paul and Charlotte Holmes were the first couple to enjoy a meal at the upgraded Bistro Grill & Pub during the soft opening.



Chaplain Doug Gray blesses the newly renovated space.

CEO Danny Sanford, Rainey Chatman, Director Of Culinary Services and Hospitality, and Sean Elston, Director of Healthcare Dietary Services, celebrate the grand opening of the Bistro Grill & Pub with a ribbon cutting on October 31.



Just Say Yes *By Christie James, Director of Development*

e.e. cummings wrote this prayer of gratitude: *I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes.* What does he mean, '...which is yes'? Could it be that gratitude is a moment of 'yes!'?

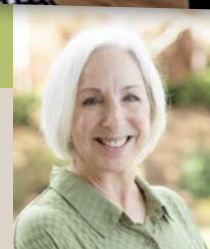
It's been a tricky year for thanks giving. Hot war has dominated our headlines. Rising prices have filled our newscasts and in-boxes. And, the mixed messages! On the one hand, we've been set free to travel. On the other, crowded roads, airports and hotels have us grounded. We expand out of our Covid-centricity, then

are reminded by a momentary mask or quarantine that it's still a focus factor in our daily lives.

So, as we speed down the November hill to Thanksgiving, what fills our pause of gratitude before we jump into the season of giving?

I know what I'll be focused on. I am new to Still Hopes (did I introduce myself? I'm the new Director of Giving ...Um, I mean Development! Casually, the Director of Thanking?!). I've just begun acquainting myself with you all, with the mission and history of Still Hopes, and with the truly special magic that Still Hopes residents and employees cook up here every day. Already, I'm so grateful to be a part of it.

I have witnessed such beautiful acts of generosity and kindness. The gifts of



Connections moving into the digital age

We are moving into the digital age by offering our monthly newsletter, *Connections*, online and emailed directly to your inbox beginning in December. Subscribe for \$35 a year to our mailing list for a glossy, color, printed copy mailed to your home. Let us know if you want to join us and go digital or continue to receive a printed copy.

Let us know!

Just shoot us an email at lifeengagement@stillhopes.org by November 25 with your preference. Include your name, email address, mailing address, and phone number in your correspondence.



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 am
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 am
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, November 9th · 11:00 a.m.
Chapel of the Holy Spirit
A service for all residents of Still Hopes.

Thanksgiving Service

Thursday, November 24
10 a.m.

Prayers of Thanksgiving,
Holy Communion, & a Homily

We fondly remember...

HANNAH TIMMONS JOANNE BROOKS
HAYES MIZELL EVELYN EIDSON
MARY LEWIS MIKE BONNER
HELEN YORK JACQUELYN ROBEY
Heartfelt sympathy is PATRICIA PAYNE
extended to family and friends.

Gratitude Project: Chapel Kneeler Group



Lowry's Cafe | Saturday, Nov. 12 & 19 | 3 p.m.



Shining Star

STILL HOPES EMPLOYEE OF THE MONTH: IVAN TUCKER

Ivan's Nomination: Ivan exemplifies above-and-beyond service and is an outstanding asset to the Still Hopes community. In addition to performing "official job description" duties with professional diligence, Ivan treats residents with family-like compassion--a quality that distinguishes Still Hopes' culture.

If not for Ivan's save-the-day interventions, unfortunate occurrences could have become true emergencies. On one occasion, for example, Ivan came to the rescue during a plumbing malfunction, ensuring that the issue inflicted no damage. Recently, Ivan's exemplary professionalism was on display once again when, after his shift had ended, he changed a flat tire on my car--in the South Carolina summer humidity! In both instances, Ivan never conveyed a "that's not my job" attitude but, instead, took the initiative to correct problems and--with a calming smile--used his multitude of talents to put me at ease.

Indeed, Ivan's diligence, empathy, and capabilities qualify him for "Employee of the Month." He is truly deserving of this accolade.

Submitted by Retta Miller and son, Ronald Miller

Welcome New Residents!

DEEDIE BARBER
DON GREINER

State Museum Dark History Tour



Each Saturday in October, the State Museum offered a "Dark History Tour" exploring a variety of infamous and legendary tales throughout South Carolina's history.

We discovered the true story of Columbia's catacombs, a series of mysterious tunnels that were built to hide anything from politicians to Confederate gold and heard stories from Gullah Geechee folklore that are sure to keep us up at night. From ghost hounds to witches in Fairfield County, we strolled through South Carolina's history and even shared some chilling stories of our own!



November Birthdays

01 Ellen Wright	13 Rhonnie Newton
02 Jim Guignard	14 Jean Latimer
04 Joan Easterling	15 Mary Kinard
04 Jerry Dell Gimarc	15 Ardis Savory
07 Frances Case	16 Barbara Webb
07 Virginia Holland	19 Evie Gibson
07 Beebe James	19 Ernie Squarzini
07 Charles Johnson	23 Donald Blondin
09 Elizabeth Brockington	23 Mary Ross
10 Anna Griswold	25 John Cloyd
10 Robert Moody	25 Judy Holliday
10 Suzy Weisman	26 Martha Meade
11 Elsie Stuart	27 Barbara Graybill
13 Wallis Houseman	30 Susan Hendricks

New Directors Join Still Hopes Leadership Team



Rainey Chatman, Director of Culinary Services & Hospitality

Rainey Chatman is originally from New York but moved to Philadelphia at age 12. She went to college at Virginia State University then transferred to Cal State Long Beach where she majored in Marketing. She has one son BJ and one daughter Caryn. Her career started in the music industry doing marketing and promotions for record companies. After 10 years of travel, she landed in the field of hotel hospitality. She has held the titles of Executive Housekeeper and Director of Sales. Rainey has held the position of General Manager for various hotels throughout Virginia including Atlantic Sands Oceanfront, Courtyard Marriott, and Residence Inn. After learning all she could, Rainey changed her focus from hotel hospitality to culinary. She worked for Yum Brands (Taco Bell, Pizza Hut, Long John Silver) for 5 years then was scouted by Aramark where she worked in their higher education's division at East Carolina University. This is where she met her fiancé, John Charles, who is also in the culinary world. The two of them transferred to the University of South Carolina with Aramark. Rainey furthered her experience by taking the position of Catering Director for SSA at the Riverbanks Zoo and Garden. Her most recent position has been the Director of Dining at Laurel Crest, where she utilized all she has learned to satisfy the residents who live there. Rainey is excited to be at Still Hopes! A lifelong learner, Rainey is currently back in school working on her master's degree in Healthcare Management. Please welcome Rainey to the Still Hopes family.



Christie James, Director of Community Development

Christie James joined Still Hopes in August as the Director of Community Development. Originally from Columbia, she earned her bachelor's degree at University of South Carolina, then promptly headed for New York where she worked in advertising and studied acting. She then spent several years working in marketing, internet development, and broadcasting in North Carolina before returning to Columbia. Over the last fourteen years, she's enabled the professional development of many throughout the midlands as a corporate trainer focused on public speaking, creativity, and leadership skills. Christie's happy to be back home amidst family and friends, and enjoys being 'neighbors' with her mother, Beebe, a Hopewell resident. She loves movies, writing, and the beach!

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

Wednesday, November 2 10:15 a.m.	Grocery Shopping at Publix	Sunday, November 13 3:30 p.m.	Bach Vespers at Trinity Cathedral	Monday, November 21 9:30 a.m.	Student Interview at WKHS
Saturday, November 5 10:00 a.m.	Trinity Cathedral Bazaar	Tuesday, November 15 8:30 a.m.	Men's Group Golf Outing	Tuesday, November 22 10:45 a.m.	Lunch Bunch: Bogarts Restaurant
Saturday, November 5 6:45 p.m.	SC Philharmonic at the Koger Center	Wednesday, November 16 10:15 a.m.	Grocery Shopping at Publix	Tuesda November 29 6:45 p.m.	UofSC Symphony Orchestra at the Koger Center
Monday, November 7 6:00 p.m.	Chamber Music on Main at Columbia Art Museum	Thursday, November 17 8:45 a.m.	Mepkin Abbey-Creche Festival in Moncks Corner, SC	Wednesday, November 30 10:15 a.m.	Grocery Shopping at Lowes Foods
Tuesday, November 8 6:45 p.m.	Elf the Musical at the Koger Center	Saturday, November 19 9:30 a.m.	Soda City Market		

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

Mission: Possible

Residents packed over 400 kits for men and women during our Mission: Possible endeavor for local non-profits Oliver Gospel Mission and the Period Project.



French Conversation & Culture with Jim Guignard

Wednesdays, November 2 & 16
11 a.m. | Mansion

AN AFTERNOON AT THE SPEAKEASY

Featuring Dick Goodwin's Jazz & Dixieland Bands
THURSDAY, NOVEMBER 10 • 3 P.M.
KEENAN EVENT CENTER



Still Hopes Oktoberfest Celebration!



Just Say Yes," continued from Page 1

grace, joy, compassion, wit, understanding, and just plain helping out are all around. If you don't see it, take a chair in Lowry's, on Main Street, at the Pub...in the Greenway living room and sit for a bit. You can't help but begin to notice the giving going on all around. It's amazing. And that's just the beginning. There's so much that we in the public spaces don't see.

I've lived much of my life occupied with the creative arts; the visionary side of life. The side of life where we immerse in ideas, what we want, what should or could be. I start this position hoping that my office is a place where dreams come true; where the rubber hits the road, so to speak. A home to those who aren't just satisfied with what

could be, but with making it real. A home of 'it will be', of e.e. cummings' 'yes!'.

So this year, tucked in amongst my gratitude for family, for friends old and new, for getting to today safely and with a modicum of sanity, I'll be adding my gratitude for the simple, natural, infinite urge within us to give to each other whatever we can to make life better, more fun, more kind, more adventurous, more interesting...

This Thanksgiving, I hope you'll join me in saying a big thank you, a yes of gratitude for the natural and infinite human capacity not just to dream, but to give the love, grace, enthusiasm, sympathy, smiles, laughter, support, understanding and wherewithal to make dreams come true.

Popcorn Cinema

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

Nov. 4 | All the King's Men | Noir/Drama
NR | 1 hr. 49 min. | 1949

Nov. 11 | The Best Years of Our Lives | War/Drama
NR | 2 hr. 52 min. | 1946

Nov. 18 | Mr. Holland's Opus | Drama/Musical
PG | 2 hr. 23 min. | 1995

Nov. 25 | Holiday Inn | Musical/Romance
NR | 1 hr. 40 min. | 1942

Lunch Bunch: Bogarts Restaurant

**Tuesday,
November 22** | Depart: 10:45 a.m.
Cost: Self-Pay

EAST AFRICA ADVENTURE 2022

Presented by Fran Wheeler

**Tuesday, November 8
3:00 p.m.**
Keenan Event Center

Join us to learn about all the exciting places and new adventures Fran experienced on her recent trip to East Africa.

Classical Conversations

*with Morihiko Nakahara,
Music Director of the SC
Philharmonic Orchestra*

**Wednesday,
November 2** | 4:30 - 5:30 p.m.
Keenan Event Center

Ageless Technology

**Thursday,
November 3** | 4:00 p.m.
Keenan Event Center

We will review The Hub. Please bring your electronic device and your Apple ID or Google Play log-in credentials.
No prior experience needed!

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 Trivia on Monday, Nov. 14 due to Holiday Market setup. Also, Team Trivia will be moved to Tuesday, Nov. 22 at 5 pm in the Club Room due to the UofSC Opera Recital on Monday, Nov. 21.*

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

All the King's Men | **Monday, Nov. 7**
Friday, Nov. 4 | 3:00 p.m. | 12:00 p.m.

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**

SC Opera Students Recital

Students of Ellen D. Schlaefer

Monday, November 21 | 4:00 p.m.
Keenan Event Center

Interview with WKHS Sociology Students

**Monday,
November 21** | 9:30 a.m.
White Knoll High School

Sociology students at WKHS will interview Residents of Still Hopes to understand intergenerational gerontology study.
Light refreshments will be served.

TUNES ON TUESDAY SOCIAL

1:30 p.m.
Bistro Club

November 8
Skey Caskey

November 22
Diane Fisher

Bach Vespers

Music of Purcell at Trinity Cathedral

SUNDAY, NOVEMBER 13
DEPART: 3:30 PM

Bach Vespers is a beautiful service that consists of music, readings, and prayers.
Vespers will be held in the Cathedral at 4:00 p.m.

Trinity Cathedral Bazaar

Saturday, November 5
Depart: 10:00 a.m.
Transportation Only Event

The event is a one-day, family-friendly autumn event featuring homemade foods such as pickles, preserves, relishes, baked goods and frozen foods, hand-crafted items for home and wardrobe, gifts, plants and decorative items for home and garden, new and gently-used clothing and furniture, musical instruments, household decor, and 'trinkets & treasures'.

MEPKIN ABBEY CRECHE FESTIVAL

Thursday, November 17
Depart: 8:45 a.m. | Cost: \$34

Join us on our annual trip to the Creche Festival at Mepkin Abbey. We will have lunch at the Barony House and then tour the creche festival. Mepkin Abbey is a community of Roman Catholic Monks established in 1949 on the site of Historic Mepkin Plantation located on the Cooper River. This is a treat you will not forget! Over One hundred Nativity scenes from all over the world! In addition to the exhibit, you will experience the peace of the Monastic traditions. Lovely gardens, amazing ancient Live Oaks Alee', sculptures and statues. The gift shop has a great collection of Christmas arts and crafts, and Nativity Scenes for sale. *Begin your Christmas season as we witness the story of the true meaning of Christmas, Jesus's birth!*

Poetry Reading

**Tuesday,
November 29** | 2:00 p.m.
McDowell 3rd Floor Activity Room

Libby Bernardin is the author of Stones Ripe for Sowing (2018, Press 53) and two Chapbooks, The Book of Myth chosen by Kwame Dawes. Journal publications include, The Asheville Poetry Review, Southern Poetry Review, Kakalak. She has won poetry awards from the Poetry Society of South Carolina, and the North Carolina Poetry Society. Her new book, House in need of Mooring is forthcoming from Press 53 in 2022. She is a lifetime member of the Board of Governors of the SC Academy of Authors.

Meet & Greet with Miss SC



Jill speaks with residents

2022 Miss SC, Jill Dudley, stopped by Still Hopes for an afternoon full of singing and story-telling on the River Banks patio.

As Jill shared about her personal life and pageant journey, we learned that she is from Socastee, SC and graduated with honors from Coastal Carolina University with a degree in English and a minor in Political

Science. Before winning the overall title in the Miss South Carolina competition, Jill was also named Miss Congeniality AND won the talent portion of the pageant for a vocal performance of Never Enough. We were lucky enough to have Jill sing for us during her

visit and agree that the judges made the correct decision!

In addition to her titles, sash and crown, she has been awarded over \$60,000 in scholarships which she plans to use to further her education at the University of South Carolina School of Law.

Her favorite pastime as Miss SC is visiting people of all ages and giving back to the state she loves so much. Jill is as beautiful on the inside as she is on the outside and we can't wait to cheer her on as she competes in the Miss America competition this December!

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



Jill with Elsie Stewart



Jill & Glenda Booser



Gardening at Still Hopes: November

Chilly mornings and brilliant shades of red and yellow tree leaves tell us it must be Fall. As the season prescribes, the Still Hopes Grounds Crew has been busily planting cool season annuals and replacing some shrubbery. Shedded leaves are returning precious nutrients to the soil. Hollies are fruiting, some Camellia sasanquas are flowering, and ornamental grasses' feathery plumes are dancing.

Raised bed gardening. Recently seven Still Hopes residents took advantage of the raised beds located alongside Rose Gardens. Straddling the growing seasons, the Shaw/McDonald bed is modeled after a French kitchen garden in which flowers and vegetables are typically planted together. Colorful yellow marigolds and white vinca excite the eye while cool season vegetables and herbs, e.g. lettuce, parsley, chives, basil and radishes, are thriving. If you look closely you may be able to see welcomed Black Swallowtail Butterfly caterpillars munching on the curly-leaf parsley. Before too long a hard frost will put an end to the annuals; the vegetables and herbs will continue, however.

Birds in our forest. Did you know that the SH Forest is an ideal stopover for many migrating birds? Among them are Yellow Shafted Northern Flickers that travel from Canada down the Atlantic coast to spend winters here. Their habitat is an open forest where they feed on ants, beetles and other insects. Listen to their calls at



Swallowtail Butterfly



Northern Flicker

And more to anticipate... We have some beautiful sculptures in our Still Hopes gardens. Where are they? A treasure hunt is in store for January. Meanwhile, start looking.

Hillary McDonald, Still Hopes Gardening Group

Bird Identification Walk

NOV. 2 | 4 P.M.

Jay Keck, SC Wildlife Federation, is returning to lead us on a walk to identify and listen to birds on the grounds. Meet at the Mansion.

audubon.org and look for them while you're out walking.

Wildlife enthusiast Jay Keck, South Carolina Wildlife Federation, will return on November 3 to lead us on a late afternoon walk through the Forest. We'll hope to see and hear the Northern Flicker and other woodpeckers, as well as Eastern Towhees, and tiny Ruby-Crowned Kinglets.

Coming Soon: A hands-on holiday greenery workshop in early December. We'll use home grown fresh greenery plus some berries or little ornaments to create decorative arrangements. "Crafty" Dorothy Davis and Barbara Carter are coordinating. More information and sign up sheets available later.

In Honor of our Veterans

THANK YOU FOR YOUR SERVICE TO OUR COUNTRY

Still Hopes Residents

Julian Adams Air Force
Alberto Alvarez Air Force
Tommy Atkinson Army
Alex Barron Navy Reserve
Charlie Beazley Army
Clinch Belser Navy
Eric Benfield Air Force
Jerry Brennecke Marines
Charles Bussey Army
Charlie Cate Navy
Joe Carter Air Force
John Cloyd
SC Air National Guard
Elliot Cooper Army
Wayne Corley Army
Dan Dannerbeck Air Force
Alex Dickson Army Reserve
Pat Dorn Army
Walter Edgar
Army/Army Reserve
Frank Ellerbe Air Force
Malcolm Foster Navy
Steve Fowler Army
Reggie Freeman
Army Reserve
Jim Gettys Army
Benjamin Gimarc Navy
Paul Goodman Air Force
Hugh Graham Army
Rob Graybill
Army National Guard

Tommy Gregory
Navy/Air Force
Ed Griswold Army
James Guignard Navy
Cantey Haile Air Force
Richard Harris Army
Cantey Heath Army
Bob Hill Army
Bob Hinson Air Force
Warren Holland Air Force
Bob Holliday Army
Chuck Houseman Marines
Graham Inman Navy
Charlie Jacocks Navy
Joe James Army
Joe Jones Air Force
Thom Jones Army
Tru Kelly Army Reserve
Nelson Lacy Army
Claude Lott Army
Bernard Manning Army
James Martin Army
Roy McCrorey Army
Jim Moore Navy
Richard Murphy
Navy/Air Force
Mike Murrell Army
Jim Newcomb Army
Jack Parrish Army
Bill Payne Navy
Karl Pfaehler Army

Fred Pohl Navy
Fred Quinn Army Air Corps
David Rembert Air Force
Norman Robertson Army
Eugene Rogers Marines
George Ross
Marines/Air Force
Charles Russell Air Force
Richard Sasnett Army
Larry Sease Army
Dave Sennema Army
Henry Shaw Army
Ed Shmunes
Commissioned Corps of the
US Public Health Service
Jim Smith Navy
Karl Snyder Army
Ernie Squarzini Air Force
Shell Suber Air Force
Phillip Wackym Army/
SC National Guard
John Wall Army
John Ward Army
Don Weisman Army
Nelson Weston Air Force
Frederick White Army
Philip Whitehead
Navy Reserve
David Wild Army
Eli Wishart Army
Alice Wyatt Navy
Ben Yelverton Navy

Still Hopes Employees

Lee Bolton
Irene Chapman

Linda Faulkner
Edward Langford
Lauren Lovett

Velma Onyango
Lolita Roberts

Every effort has been made to maintain this list as accurately as possible. Please contact 803.739.5018 if we have inadvertently omitted someone or if corrections are needed.



Healthy Dynamics

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

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

Due to Thanksgiving, there will be no Healthy Dynamics in November.

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!

Hearing Specialist

Thursday, November 3

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, November 18 | 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

Wednesdays, November 9 & 30

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.

SHARE: Caregiver Support Group

Tuesday, November 1 | 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.

The Visionaries: Low Vision Support Group

Wednesday, November 16 | 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.

Medicare Open Enrollment (Annual Enrollment Period)

...began on October 15 and runs through December 7, 2022. This is the time to make sure the insurance plan(s) that you have or choose now will be the right plan for you in 2023.

Now is the time that you may be receiving advertisements to consider plans that sound less expensive on the front end. Please don't be hasty and don't be fooled—if it seems too good to be true, it very likely is!

Original Medicare along with a Medicare Supplement continue to provide the most comprehensive health plans for our residents.

Help Us Measure the "6th Vital Sign"!

VOLUNTEERS NEEDED
for a research study on walking & falls.

You may qualify if you:

- Are 65 or above
- Can walk independently or with help

For more information:

- Contact Denise Strickland at 803-766-0431 or research@asset-us.com
- Ask Dr. Hirth or other staff at Geriatric Health & Wellness

Research conducted by: **UofSC** **ASSET**

October Vaccine Clinic Recap

The October Vaccine Clinic was a real SHOT-IN-THE- ARM success!

Thank you, CVS, for partnering with us, and all of the staff volunteers who helped! We appreciate you and absolutely could not have done it without you!!

260 of our apartment, cottage, and Concierge residents received vaccines at our Still Hopes booster clinic on October 12th and 13th.

Total Vaccines Given:

Flu: 214
Moderna Booster: 165
Pfizer Booster: 40
Pneumonia: 33

Open to Hope Grief Support Group

Guignard Mansion
1:30 - 2:30 p.m.

Wednesday, November 9

Open to Hope 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.

Join our Strong Bodies Class!

Monday, Wednesday, & Friday
9:30 a.m.
Wellness Center Aerobics Studio

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.

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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Still Hopes Annual Holiday Market

TUESDAY, NOVEMBER 15

10:00 a.m. - 4:30 p.m.

Keenan Event Center

Guests are welcome to attend!

Let's Deck the Halls, Y'all!

STILL HOPES CAMPUS

Monday, November 28 - Friday, December 3

Mon., Nov. 28
1:30 p.m.

Concierge

Tues., Nov. 29
4:00 p.m.

*McDowell
(Building 4) Lobby
& HopeWell
(Building 7) Lobby*

Wed., Nov. 30
4:00 p.m.

*Trinity (Building 5)
Lobby & Cottages
(Building 5) In-
House Mailboxes*

Thurs., Dec. 1
4:00 p.m.

*Evergreen
(Building 6) Lobby*

Fri., Dec. 2
1:00 p.m.

*Main Street &
Mansion*