Checking in on Tab Hunter at York Place

Many of you know that Tab Hunter, previously a member of the Still Hopes Maintenance Team, is now still a member of the Still Hopes family, but in a different capacity. Tab was promoted to the full-time position of Facilities Manager at York Place, which will be a middle market community located in York, SC. Still Hopes is overseeing the development of York Place, in conjunction with the Diocese of South Carolina, and we were thrilled when Tab expressed an interest in this role. Tab has now been in his new role for close to a month and we thought everyone may like a “check in” from Tab to see how he is doing.

Tab says “Wow, I am humbled that folks care enough to ask for an update! My wife and I plan to live on campus at York Place, but I am currently working on the house we are going to move into. Until I get that done, we won’t be moving but we are setting the last week of October as the target for the Big Move. There is work going on with the existing buildings of York Place with lots more to come. There are lots of hands to shake, people to meet and greet, and many things to learn about in York. May the Lord be praised, though, as we make progress.”

Still Hopes CEO Danny Sanford adds “Tab and his wife, Robin, are a wonderful team. I know that this mid-market community will be blessed by Tab’s commitment to being an integral part of its development.”

Gallery Owners are Artists Too

How lucky it is when you are an artist to surround yourself with the very commodity that brings you pleasure and inspiration both at work and in your studio. Wendy Wells, Heather Noe, and Randy Hanna (owners of City Art) and Rob Shaw (owner of Rob Shaw Gallery and Frames) have the fortune and talent to be in that lucky position, surrounding themselves with artistic energy, both self-generated and reflected in the work they choose to offer for sale in their galleries. Plus, both galleries showcase and offer to the Greater Columbia area professional group and solo exhibitions to meaningfully add to Columbia’s vibrant artistic offerings. All are accomplished artists whose talents are well known among patrons of the arts in Greater Columbia.

Heather Noe works in a mixed media format, combining acrylic paint and mediums. Randy Hanna paints mainly acrylic on canvas and watercolor on paper and prominently features vibrant abstracted landscapes. Rob Shaw feels that immersing himself in the art world makes him a more successful artist. Wendyth Wells has worked in the arts for the past thirty-seven years as a painter. The show will be installed the first week of October and runs through the end of November.

RECEPTION & ARTIST TALKS
Thursday, October 6
5:00 pm
Hopewell Gallery
Chapel of the Holy Spirit

**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
television on Still Hopes TV
Channel 1390/122

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**Bible Studies**

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<th>BIBLE STUDY</th>
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**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, October 12th · 11:00 a.m.
Chapel of the Holy Spirit
A service for all residents of Still Hopes.

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**We fondly remember...**

**FRANCES ROBINSON**
**MARGARET WYMAN**
**MARY CHASSEY**
**CAROLINE MARCHANT**
Heartfelt sympathy is extended to family and friends.

---

**Shining Star**
STILL HOPES EMPLOYEE OF THE MONTH: GLENSYS GARCIA

**Glenys’s First Nomination:** From the Bistro to Emilie’s, Glenys’ happy personality shines every day. She is conscientious about her responsibilities and attentive to our needs. I cannot believe she remembers what I like to eat! It is a pleasure to interact with her at mealtimes. She is also very capable of decorating. She’s kept both the Bistro and Emilie’s looking festive. If you did not see her Hispanic Santa during the holidays you really missed out. For all these reasons, I think Glenys should be employee of the month.

Submitted by Vivian Lewis, Resident

**Glenys’s Second Nomination:** Glenys Garcia is a multi-talented person. She is a professional in every area where she has been assigned at Still Hopes. She’s worked in the Bistro, Dining Room Bar, Dining Room, Emilie’s, special meals, and anywhere an extra competent employee is needed. She works very hard in any job she is doing. She makes residents feel like their enjoyment is her desire.

She has a gift for decorating and succeeds in making every holiday special with her personal items. Glenys goes to the trouble to pack up her beautiful decorations to display for our holiday spirit and pleasure. She is always willing to participate in extra activities no matter what is required—special costumes are never too difficult for her.

This lady is very special and deserves to be recognized.

Submitted by Ann Wild, Resident

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**Blessing of the Animals**
Join us on Saint Francis’ Day for a “Blessing of the Animals” led by Chaplain Doug Gray.
October 4 | 3:00 p.m.
In the forest by the putting green
Residents and their furry friends are welcome!

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Chapel kneeler donations are being accepted at this time.
Make Memorial and Honorarium contributions to the business office.

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**October Birthdays**

02  Leah Zivony  17  Fran Wheeler
04  Michael Bonner  18  Brantley Bull
05  Nela Edgar  18  Melinda Parish
05  Lynn Luce  18  Linda Thomas
06  Frank Elerbe  18  Marcine Thompson
09  Harry Logan  19  John Wall
12  Caroline Jones  21  Faye Simmons
12  Mimi Wannamaker  24  Anne Harris
12  Ann Alexander  26  Mary Russell
13  Juliana Rieger  27  Betty Gettys
14  Jacqueline Hatch  28  Charlotte Holmes
14  Eddie Pender  29  Dot Poston
15  Betty Hunter  29  Amazonia Zivony
15  Pat Snyder  30  Charlie Beazley
16  Nancy Frick  31  Marie Bussey

---

**James Busby’s Watercolor Class**
LIFE ENGAGEMENT
Living a vibrant and full life!
Residents are given many opportunities and choices of maintaining a full, active lifestyle.

EUDORA WILDLIFE SAFARI
Camels and Zebras and Llamas, Oh My!
The first drive-thru safari park in South Carolina built with the mindset of providing an experience that would address the education, preservation, conservation, and the protection of the environment for the entire community. Rose Gardens and River Banks neighborhoods enjoyed the tour and feeding the animals.

First Responders Breakfast & Appreciation Parade
First Responders in West Columbia, Cayce, and Lexington County were invited to a breakfast in their honor and an appreciation parade. Pictured right is Laurely Nance with Chief Cowan and first responders during our annual breakfast.

What made our day is retired Lt. Col and two-star General Commander of the State Guard Nelson Lacey pictured right with our community’s finest before the parade (along with Army veteran Elliot Cooper and Gail Kinard as his back-up crew from River Banks).

OktoberFest
German Food, Music, & Beer
Atrium & Keenan Event Center
Wednesday, October 26 | 6 - 7:30 pm
Featuring Die Lustigen Musikanten (pronounced Dee Loose’-Tee-Gun Moose-Ee-Kahn’-Ten), which translates to The Happy Musicians!

Lexington County Early Voting
Lexington County will provide early voting:
Oct. 24 - Nov. 5 | 8:30 a.m. - 6:00 p.m
“B” Street polling place

Residents and Staff are encouraged to participate! Following the costume contest, participants are invited to parade through the neighborhoods of Still Hopes to share with others the various costumes created for this event.

Halloween Costume Contest
10:00 am
Keenan Event Center Monday, October 31

Welcome New Residents!
Betsy & Crosby Adams
Joan Easterling
Kay Frame
Shirley Grover
Susan & Lloyd Hendricks
Claude Lott
Pam Morris
Nina and Jim Newcomb
Julia Whitsitt & Robert Morris

Afternoon Tea
Tea set donated by Liz Wheeler

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Susan Milton enjoying the Columbia Fireflies Baseball Game with first responders Eddie and Bruce. Several residents donated tickets to the game in honor of our community firefighters and law enforcement.

Tea with the musicians
Melinda talks with the musicians
Eudora Wildlife Safari
Camel and Zebras and Llamas, Oh My! The first drive-thru safari park in South Carolina built with the mindset of providing an experience that would address the education, preservation, conservation, and the protection of the environment for the entire community. Rose Gardens and River Banks neighborhoods enjoyed the tour and feeding the animals.

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Elliot Cooper with Elliott the giraffe
Katherine feeding Elliott
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**Ageless Technology**

Thursday, October 6 | 4:00 p.m. | Keenan Event Center
We will talk about Instagram and Facebook. 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.

**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!

**Lunch Bunch: Julia's German Stammtisch**

Friday, October 21 | Depart: 10:45 a.m. | Cost: Self-Pay
Serving authentic German cuisine in a relaxed environment where everyone is a regular.

**Mission: Possible**

Tuesday, October 11 | 3:00 p.m.
Discover local non-profits, how you can participate in missions, and assemble kits regularly for Columbia women and men in need. From the United Way to Oliver Gospel Mission, don’t miss this opportunity to give back to your community.

**Classical Conversations**

Wednesday, October 5 | 4:30 - 5:30 p.m. | Keenan Event Center

**Symphony Speaks**

Tuesday, October 18 | 4:00 pm | Keenan Center

Hear Conductor Scott Weiss’ pre-concert conversation about the upcoming UofSC Symphony Orchestra performance.

Attend the concert at the Koger Center on Tuesday, October 25 with your neighbors from Still Hopes. Transportation Provided.

Scott Weiss is the Director of Orchestras at the University of South Carolina and the Music Director and Conductor of the Aiken Symphony Orchestra.

**Trail Blazers Walk at Columbia’s Riverfront Park**

**Dark History Tour at the SC State Museum**

Get ready for a special kind of history tour! The State Museum is offering a “Dark History Tour” exploring a variety of infamous and legendary tales throughout South Carolina’s history. Discover the true story of Columbia’s catacombs, a series of mysterious tunnels that were built to hide anything from politicians to Confederate gold. Hear stories from Gullah Geechee folklore that are sure to chill you to the bone and learn about the path General Sherman took during his march through Columbia.

**STILL HOPES 9-HOLE GOLFING GROUP**

Bus Departs: 8:30 a.m. from Hopewell 8:45 a.m. from McDowell

For more information, contact Dick Marshall at marshallrichard943@gmail.com

**Apple Picking**

Saturday, October 15

Depart: 10:15 AM
Cost: $3.00 per person
Gardening at Still Hopes: October

Bistro landscaping. The construction site has been cleaned up, the surrounding grounds graded, and an irrigation system installed. Planting is now a work-in-progress. Grounds Supervisor, Britney Burnside, created a mixed planting scheme for beds fronting the renovated restaurant. With a culinary theme, Ms. Burnside chose Meyer lemon trees, blueberries, American pomegranate, prostrate rosemary and other herbs. Native plants and perennials, including hydrangea paniculata, bearded iris and native grasses, will be added to create form, color and shape variety and seasonal interest.

The Bistro landscaping will complete the circle around Polly’s Pond, making it an even lovelier place for a leisurely walk or social hour with friends on the open deck. Planted beds on all three sides of the building and a small turf area will enhance the enjoyment derived from the tranquil garden spot. And, like other reptiles, become inactive.

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A little chocolate keeps us thriving, too! will discuss ways to keep our brains thriving with Dr. Myriam Sollman Neuropsychology & Our Healthy Brain.

Please join us for News You Can Use! October 27 Thursday, 3:00 p.m. Keenan Event Center

Dr. Sollman is a clinical Neuropsychologist with Prisma Health. She specializes in cognition and movement, and changes to the brain due to aging, injury (trauma or stroke), or disease. She will discuss ways to keep our brains thriving despite the health issues that may affect us. A little chocolate keeps us thriving, too!

Hearing Specialist

Thursday, October 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.

How to Practice Tai Chi for Balance

Join Dan Bernardo, head instructor of Well Within Martial Arts, on a holistic journey to balance, mobility, coordination, and more confidence in movement. The class will focus on subtle shifting of weight and developing good posture for ease of movement. All research has shown that Tai Chi improves balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing. This class does not take place on the floor.

Please sign up to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium.

Healthy Dynamics

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

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

Podiatry Services

Wednesday, October 26
Please sign up to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium.

Wellness Checks!

Mondays & Thursdays
9:30 - 11:00 a.m.
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, October 4
1:30 - 3:30 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, October 19
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.

Welcome to Massage Therapy Services

Please join us in welcoming our new massage therapist, Lisa Kerlin. Lisa moved to South Carolina in 2005 from Northwest Indiana. She has two wonderful children, a 7th and 9th grader that attend Gray Collegiate Academy. She studied massage therapy in 2014. She loves what she does and enjoys the ability to help others. We look forward to having Lisa here, and she is looking forward to working with all of you. Please contact the Wellness Center about price options and how to schedule your appointment!
SAVE THE DATE

Still Hopes Annual Holiday Market

TUESDAY, NOVEMBER 15
10:00 a.m. - 4:30 p.m.
Keenan Event Center
Guests are welcome to attend!