



Connections

A newsletter for the entire community

INSIDE THIS ISSUE

Page Topic

- 1 Our Treasured Home
- 1 Employee Appreciation
- 2 Chapel of the Holy Spirit
- 3 Employee of the Month
- 4 Life Engagement
- 4 Transportation Schedule
- 5-7 Upcoming Events
- 6 Gardening at Still Hopes
- 7 Mission: Possible
- 8-9 Christmas at Still Hopes
- 10-11 Healthy Dynamics
- 11 Purge Before You Pack
- 12 Catch Me if You Can

Our Treasured Home

January 2023 finds us continuing to deal with the pandemic, though with a lot of changes in the severity of illness, and better developed federal and state protocols for its ongoing management. Still Hopes continues, by God's grace, to weather this long storm well, though the peripheral issues it has spawned, things like labor shortages, inflation like we have not seen in four decades, unprecedented delays in manufacturing and transporting goods and services, and the list goes on, continue to plague us.

As you think about your new year, please remember to be thankful and grateful for the wonderful place we have here, a place with caring staff and friendly and helpful residents, each working together to achieve a vital and fulfilling life for all. Still Hopes is truly blessed by the presence of each one who calls this place home. For staff it is a work home. For residents it is their full-time home, and for family members it is a home-away-from-home and a treasured place to visit. No matter your place within this broad family, this is a grand and wonderful place to be!

2023 is a promising year for us. We plan to achieve many good and positive things together. The Board of Trustees has just adopted a three-year strategic plan and, as we head into 2023, your Leadership Team of staff will conduct a two-day retreat to bring some life and "legs" to the Board's objectives. Stay tuned for more information in the next two months about these plans; but know that Still Hopes will continue to be a strong player in the senior living field. Our hopes, plans and dreams for that endeavor, whether for you it is a place to live, a place to work, or a place to visit loved ones, will always and forever be top of mind.

Happy New Year!



Danny Sanford,
Chief Executive Officer

Still Hopes Employee Christmas Celebration



Employee Appreciation Fund

This year Still Hopes residents gifted \$245,223.75 to the employees via the Employee Appreciation Fund (EAF). There were 621 checks handed out with a value between \$25 (min) and \$829.01 to employees that worked full time and had over 20 years of service.

Although we did not reach our goal, which was set before we knew the impact of inflation and the decline in the stock market, the EAF committee was thrilled by the generosity of our residents. Many have complimented the committee and myself, as its chairperson, but the real honor goes to the 300 (+/-) residents that responded with their gifts during their own financial uncertainty.

I only wish everyone could have seen the happy and appreciative faces of our employees when the checks were handed out on December 9th. Thanks to all of the residents that made it happen.

Rather than wait until the end of the year to make a substantial gift to the Fund, we suggest you consider authorizing a charge to your account of an average of \$100/mo. per person. We will distribute the monthly authorization forms in January. Thanks again for displaying your appreciation to our valuable employees by your gifts to the Employee Appreciation Fund.

Richard (Dick) Marshall, EAF Chairperson



Chapel of the Holy Spirit

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

Sunday Worship Services

Join us for Worship
in the Chapel of the Holy Spirit
Sundays · 11 a.m.
Communion will be served.

Bible Class

GOSPEL OF LUKE
Led by the Rev. Doug Gray, Chaplain
Thursdays · 10:30 - 11:30 a.m.
Chapel of the Holy Spirit

All welcome to attend. Note sheets are provided.

Morning Prayer

Sundays · 11 a.m.
televised on Still Hopes TV
Channel 1390/122

Bible Studies

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

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

ACTS MEN'S BIBLE STUDY

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

Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy
The next service will be held on
Wednesday, January 11th · 11:00 a.m.
Chapel of the Holy Spirit
A service for all residents of Still Hopes.

*Would you like to learn more
about the Still Hopes
Columbarium Memorial Gardens?*

JOIN FATHER DOUG GRAY AND
CHRISTIE JAMES, DIRECTOR OF
COMMUNITY DEVELOPMENT

Tuesday, January 24 · 1:30 p.m.
Chapel of the Holy Spirit

We fondly remember...

CHARLES HOUSEMAN

Heartfelt sympathy is extended
to family and friends.



Shining Star

STILL HOPES EMPLOYEE OF
THE MONTH: RON DICKERSON

Ron's First Nomination: Ron Dickerson is a great team player and a hard worker. Ron is passionate about his work and is a great teacher. I learned so much working with him in the Bistro and the Main Kitchen. When I started in the Bistro, he trained me with such dedication and patience. He's still working hard for Still Hopes, no matter what kitchen he's in.

Everybody loves Ron!

Submitted by Glenys Garcia

Ron's Second Nomination: Ron Dickerson has been cooking good meals for us for a number of years. He is a friend to every resident, and I'm sure to other employees with whom he works. He is very special to us for many reasons, but we'll try to list a few. He's friendly, always in a good mood, professional, always willing to listen, and tries to please every resident. He was the heart of the Bistro, taking special orders while multitasking at the Grill. We have marveled for years at how he accomplishes such delicious cheeseburgers. Even outside guests have made compliments about his burgers. If a resident wants certain additions such as spices, he is quick to accommodate if he possibly can. Occasionally he will burst out in song and make everyone smile.

We think it is time this special man receives some thanks from the folks who appreciate him so very much!

Thank you for considering Ron for this acknowledgment of appreciation.

Submitted by Laurely Nance, Joyce Steele, Sarah Parker, Ann Wild, Dorothy Pondy, Sandra Williams

Welcome New Residents!

BERNADETTE SCOTT
MYRA AND JESS TORRES
SUSIE & PAT VANHUSS

January Birthdays

01 Bob Holliday	16 Vera Tellis
01 Roy McCrorey	17 Sara Kitchens
04 Shell Suber	17 Ella Pfaehler
06 Reba Hull	19 Dan Dannerbeck
07 Roberta Case	19 Carolyn Godsey
09 Martha Shippey	20 Carmeta Bolt
09 Margaret Wilson	20 Donna Richter
10 Mary Duffie	21 Joyce McDonald
11 Amaryllis Duvall	23 Nelson Lacy
14 Susan Boyd	26 James Martin
14 Sarah Brown	28 Peggy Haraision
14 Barbara Carter	28 Katherine Stribling
14 David Rembert	30 Lynne Mahaffey
15 Pam Morris	30 Judy Milone
16 Eric Benfield	31 Kaye Clark
16 Joyce Mann	31 Malcolm Fletcher
16 Virginia Lacy	31 Henrietta VanArsdall
16 Roberta Moore	

James Busby's Watercolor Class

Sign up at the
Reservation Desk!

Right: Anna Griswold
Below: Mike Murrell
and Abbott Carnes



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



Dorothy Davis

More than 26 trees were decorated this year at Still Hopes. Two new ones were added. One is the amazing Chrismon Tree located at the foot of the Mansion on Main Street.

The 150 Christmas ornaments were handmade and stitched by residents over the last year. Each ornament represents the forms of centuries-old religious symbols. One of my favorites is the butterfly. It symbolizes the resurrection of Christ and those who die in Christ. To learn more about the history of the tree, and the symbolism of each ornament, read the *What are Chrismon Ornaments?* written by Teri Kuhs; located by the tree. Dorothy Davis, Marie Bussey, Jan Cambre, Sandra O'Neal, Patsy White, and Teri Kuhs are responsible for this majestic and meaningful tree.



The second is the flocked Christmas tree in the Keenan Event Center. I felt this space needed a more modern, yet

traditional touch this year. I happened to vocalize the vision for the tree when Eric Benfield walked by my office. He heard me say, "I wish I had a sled." That week, Eric delivered this beautiful wooden sled and wooden cross-country skis which a member of his family used on the slopes years ago. They are classic, traditional pieces and a beautiful addition to our snowy Christmas tree in Keenan.

In Greenway, Life Engagement Assistant Hannah Taylor, decorated the lobby with beautiful red and white packages, a beautiful addition to the 12.5-foot peppermint tree she decorates every year from the top of the tallest ladder owned by Still Hopes! Hannah has no fear of heights or creativity!



Valentine's Dinner & Dance Party

FEATURING THE HEART & SOUL BAND

Thursday, February 2
7:00 p.m. | \$27 per person

Make reservations soon on the Hub or see a Life Engagement Assistant.

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

Wednesday, January 4 10:15 a.m.	Grocery Shopping at Publix	Wednesday, January 18 10:15 a.m.	Grocery Shopping at Food Lion	Monday, January 23 6:00 p.m.	Chamber Music on Main at the Columbia Museum of Art
Sunday, January 8 3:30 p.m.	Bach Vespers at Trinity Cathedral	Thursday, January 19 8:30 a.m.	Men's Group Golf Outing	Saturday, January 29 2:15 p.m.	Freeman Concert Series at the USC School of Music
Saturday, January 14 6:45 p.m.	SC Philharmonic at the Koger Center	Friday, January 20 10:45 a.m.	Lunch Bunch at Tiffany's Bakery		

Popcorn Cinema

- Fridays | 3:00 p.m.
Keenan Event Center
- Jan. 6 *The Peanut Butter Falcon*
PG-13 | 1 hr. 37 min. | 2019
- Jan. 13 *Hidden Figures*
PG | 2 hr. 7 min. | 2016
- Jan. 20 *King in the Wilderness*
NR | 1 hr. 51 min. | 2018
- *Saturday, Jan. 21 *MLK/FBI*
PG | 1 hr. 46 min. | 2020
- Jan. 27 *The Great Locomotive Chase*
NR | 1 hr. 25 min. | 1956

Lunch Bunch:
Tiffany's Bakery

Friday,
January 20 | Depart: 10:45 a.m.
Cost: Self-Pay

Classical
Conversations
with Morihiko Nakahara,
Music Director of the SC
Philharmonic Orchestra

Wednesday,
January 11 | 4:30 - 5:30 p.m.
Keenan Event Center

Bach Vespers – *Mein gott,
wie lang, ach lange?* at
Trinity Cathedral

Saturday,
January 8 | Depart: 3:30 p.m.
Cost: Free

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

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.

HUB Help Session &
HUB Directory Photos

Tuesday,
January 10 | 3:00 p.m.
Keenan Event Center

Life Engagement Staff will help residents log on to the HUB (Still Hopes Resident Portal), set up resident profiles and take complimentary directory photos. Note: if you need to download the App on your phone or tablet, please make sure to have your Apple ID and password.

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
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

Gardening at Still Hopes: January

Our own extraordinary horticulturists: Linda Thomas and Marion Martin. Well known hereabouts for their beautiful homegrown orchids and African violets, Linda and Marion are passionate hobbyists, cultivating and showing their special plants for their enjoyment and our amazement.



Marion Martin has an extensive production with more than 100 African violets with 30 different varieties in her apartment living room greenhouse. She grows an unexpected range of plant and flower sizes and varieties with flower colors from blue purple to violet and white. She asserts the violets "have as many personalities as people do,"

and from the looks and vitality of her collection, she is well attuned to their idiosyncrasies. Her favorite violet flower is ruffled white with blue markings.

Marion grows her violets in small pots with a wick and tiny plastic tank of water. The pots are neatly lined up on trays arranged on five lighted racks. Marion roots new plants by putting a single leafed stem in a mix of specially formulated potting mix and vermiculite. Once established, some of her "babies" are made available in the Shoppe on Main for a small donation to a resident fund.

Marion and her husband, Jim, moved to Still Hopes from Lexington in 2019. She first acquired an interest in growing African violets as a Biology major at Marywood College in Scranton, Pennsylvania. Along with her plants her interest and skills are thriving.



Linda Thomas specializes in two orchid species: Cattleya and Phalaenopsis. Her eastern exposure in McDowell is ideal for her nine, light-loving Cattleya. She grew her favorite yellow and red flowering Cattleya from a seedling and patiently waited eight years for it to mature and bloom. It has rewarded her

dedication every year since then; it unpredictably bloomed three times one year!

Linda's four Phalaenopsis, or "moth orchids," spend summers on her north-facing balcony and are moved to a sunny window indoors when temperatures drop below 50°. This popular orchid is fairly low maintenance. As a tropical houseplant, it grows in a bark mixture and needs watering just once a week (no ice cubes, please). It blooms only once a year, usually in February, and the blooms last several weeks. Linda regularly displays her spectacular orchids in the Still Hopes Library for all to enjoy. She is well known as a "go to" source on how to successfully grow these species.

Linda and her husband, John, moved to Still Hopes in 2018 from Charleston, via Irmo. Her interest in orchids began with a gift from a friend in 2007. In addition to orchids, Linda and John have an active interest in our many Eastern Bluebirds nesting in the nearby forest.

Hillary McDonald, Still Hopes Gardening Group

House Plants Presentation

Tuesday, January 24 | 3:00 p.m.
Keenan Event Center

Britney Burnside, Still Hopes Landscape Supervisor, will acquaint you with the amazing world of house plants: what they are, what they do for you, which plants to select, how to take care of them and enjoy them.

The Kneelers Stitchers Update



The Kneeler Stitchers group is working diligently on the new canvases for the Chapel. 10 of 12 canvases have been received and all are being worked on - either by an individual or several members taking turns working. These pictures show the beauty of the pieces and the amazing talent of the group. *The group will gather again in Lowry's on January 6th and any one interested is welcome to visit and join the team.*



Mission: Possible Service Projects

Hello everyone! My name is Regina Morin-Sevrie and I'm a Life Engagement Assistant here at Still Hopes. One of my biggest passions is serving others and being at Still Hopes offers me that opportunity in so many different ways. In October, Life Engagement began to schedule something new on the calendar, called Mission: Possible that you may have seen and wondered exactly what it is. Similarly to me, a lot of you are quick to take any opportunities to serve that come your way. For the past few months, I have been working with local (and not so local) non-profit organizations to form symbiotic relationships that allow us to assist each other. So far some of those organizations are The Oliver Gospel Mission, The Period Project, and Water Mission. We have had a speaker from each organization come in, explain what they do and how they can use our help, and finally we put our hands to work. In just two months a dedicated group has helped pack over 400 Period Packs! Of those 400, 200 went

to Dent Middle School, a school in Forest Acres. We also packed over 50 packs for Oliver Gospel Mission and are impacting people quite literally in our own back yards! Our Mission at Still Hopes is to provide a faith-based community where life will be rich and full as God intends it to be, holding to our values, serving one another with dedication and promoting health and wellness for all. We do that by simply giving our time and service to those in need. Please join us next time! We welcome anyone and everyone who has a giving heart. If you have a connection with a non-profit or have any suggestions about whom we could form connections with, please let me know.

by Regina Morin-Sevrie,
Life Engagement Assistant
rnmorinsevrie@stillhopes.org



Greenway Christmas Decorating Contest Winners

BEST NEIGHBORHOOD:
Saluda Santas (Saluda neighborhood)

BEST DOOR:
Winter Wonderland (Broad den door)

Wreath Walk and Contest Winners

RESIDENT OVERALL WINNER:
Ella Pfaehler (left)



OVERALL WINNER:
Culinary (right)



HONORABLE MENTION:
Human Resources

SING-ALONG WITH ED HICKMAN

Remembering the Jazz Singer Al Jolson

Tuesday, January 17
4:45 p.m. | Pub

Freeman Sunday Concert at the USC School of Music

SUNDAY, JANUARY 29
DEPART: 2:15 P.M. | COST: \$10

Featuring USC Faculty:

PIANO Philip Bush,
Nicholas Susi, & Omar Roy
VIOLIN Ari Streisfeld
VIOLA Dan Sweaney
CELLO Claire Bryant
PERCUSSION Greg Stuart
VOICE Dominic Armstrong

Christmas at Still Hopes



Crooked Creek Art Show Reception



Church of the Redeemer
Lutheran Church Christmas
Music Ministry



Elizabeth, Director of Nursing,
at Greenway Grinchmas



Gale and Rudolph



Christy Mills Dancers



Lake Murray Minstrels performing at River Banks



First Presbyterian Carolers



Suzuki Academy of Columbia and USC Concert



Volunteer Flo Johnson



Silver Saints Singers Performance



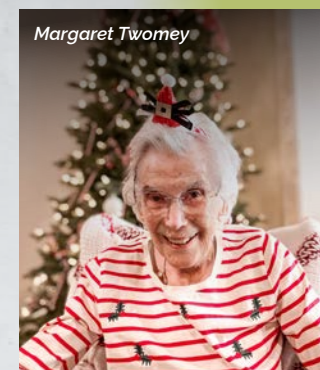
John Thomas as Singing Santa



Greenway Grinchmas



Mary Duffie with Fulmer
Middle School Students



Margaret Twomey



Christmas with the Healthcare Team



Wear Your Tree Skirt Day



Family Christmas Drop-In



Christy Mills Dancers Backstage



Rose Gardens Christmas Tree



Bobby's Seal of Approval



Greenery Workshop



Glenda Boozer



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:

FINANCIAL WELLNESS:

2023 Economic Climate & Financial Outlook

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

John Moorman with Anchor Investment Management will discuss economic and investment trends and challenges for 2023. We will enjoy a bit of "rich" chocolate, too!

A New Face at the McDowell Front Desk

Beginning in January, we welcome **Katie Wolff** to the McDowell front desk on Tuesdays, Wednesdays, and Thursdays. **Holly Hartung** will continue to be there on Mondays and Fridays. Holly will be at the new Community Services office on Main Street during the middle of the week. **You will continue to reach the McDowell Front Desk by calling 803-739-5046.**

Hearing Specialist

Thursday, January 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.

Parkinson's Support Group

Friday, January 20 | 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.

Podiatry Services

Wednesdays, January 11 & 25

Please sign up to see Dr. Smith or check your scheduled appointment in the Healthy Dynamics Book on Main Street near the Atrium. **NOTE: Dr. Smith will be in the Spa Room in the Wellness Center for her January visits.**

Open to Hope Grief Support Group

Guignard Mansion

1:00 - 2:00 p.m.

Wednesdays, January 11 & 25

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

TERRIFIC THURSDAY What's Shaking? Health Insights from Footsteps

Thursday, January 19 | 3:00 p.m.
Keenan Event Center

Dr. Victor Hirth, along with two teams from **USC and ASSET, LLC** will present information about opportunities for Still Hopes community members to enroll in research that measures walking from floor vibrations. Attendees can participate in a live demo of the technology and learn about how walking measurements relate to overall health. **Treats will be provided!**

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!

"The bad news is that time flies. The good news is that you're the pilot." - Michael Altshuler

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**.

The Visionaries: Low Vision Support Group

Wednesday, January 18

2:00 - 3:00 p.m.

Guignard Dining Room

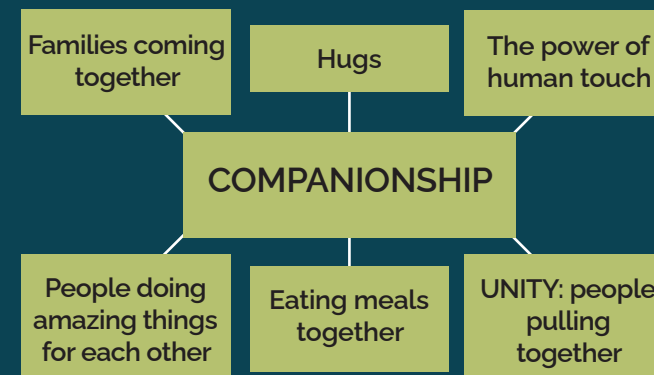
This group is open to residents who are living with low vision and the members provide a wealth of information about vision support and services.

SHARE: Caregiver Support Group

Tuesday, January 3 | 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.

Acknowledging our blessings and things that bring good feelings is important! Listed below are some **good things** that the SHARE Support Group has listed over time:



Intern Alert!

We welcome **USC Master of Social Work** intern **Havyn Little**, who will be working with us until April 2023!! We are so glad to have Havyn join us in Community Services! Havyn will graduate with her Masters in May 2023. *She looks forward to meeting and working with you!*



PURGE BEFORE YOU PACK



Solutions for Living at Home has Solutions Partners who can help you purge before you pack!

Call us today at 803-223-6173 to schedule a floater to help you purge and pack your Christmas decorations, household, and wardrobe items you no longer need or use. We can also take these items to your storage unit.

Floaters have flexibility in their daily schedule to service multiple residents

in a day for a minimum of a one hour shift up to a four-hour shift.

Floaters can also assist with or provide the following services:

- Medication reminders
- Grocery shopping and other errands
- Accompany to doctor's appointments
- Laundry and light housekeeping

Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

P.O. Box 2959

West Columbia, SC 29171-2959

stillhopes.org

NONPROFIT ORG
US POSTAGE

PAID

COLUMBIA SC
PERMIT NO 42

BLUE JEAN BALL

**THURSDAY,
JANUARY 5**

Emilie's Cafe & Courtyard

**Bluegrass, Oysters,
& Barbecue**

*Hosted with Therapeutic
Riding's In the Company
of Horses*

Catch Me If You Can

Mileage Challenge

February 27, 2023 - April 28, 2023

STILL HOPES VS. BISHOP GADSDEN

Take a walk with your neighbor, swim a few laps in the pool, or ride on an exercise machine! We are competing in our first *"Catch Me If You Can Mileage Challenge"* against Bishop Gadsden Retirement Community!

This challenge is a friendly, campus-wide competition against a neighboring retirement community in Charleston, SC. The purpose of this challenge is to increase intentional exercise within each community and have fun while doing it.

The Wellness Team will send out further information regarding rules and regulations closer to the event and hold informational sessions to ensure everyone is ready to compete!

Both Residents and Staff in all areas of living are encouraged to participate in this 9 week event. Begin brainstorming ideas to increase your intentional exercise throughout the day and notify all of your neighbors and coworkers to participate with you!