



Connections

A newsletter for the entire community

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Still Hopes Library Donation:

Be It Remembered Volumes

by Cookie Cloyd, Main Street Library

Although the Still Hopes library rarely accepts donations, we have been given an unusual and interesting volume. *Be It Remembered* is a compilation of information about the people and companies that supported the protection and restoration of the formerly known "Ainsley Hall" house. In 1962 due to plans to demolish the house, Mrs. Jennie Dreher physically faced a bulldozer to demonstrate her efforts to preserve the house as a critically important part of Columbia's history. Following is the story of the building never used as a private home - but now the site of the Historic Columbia Foundation: *In 1823 following the purchase by Wade Hampton of the home then occupied by Mr. and Mrs. Ainsley Hall (facing on Blanding Street), the Halls contracted with young SC architect Robert Mills to build a "larger and finer" home across the street. Mills was a student of Thomas Jefferson and a follower of the Palladian style. He later became the first National Architect designing many of the official buildings through out the country such as many courthouses and libraries.*

The efforts of Mrs Dreher were followed with enthusiasm by many leading Columbians and local companies as noted in the book *Be It Remembered*. These names may be familiar and records will show that many also supported the development of Still Hopes - often even living here in their later years. Their stories add much to the picture of the mid 1900s and to the development of greater Columbia. Relatives of these supporters may be found among current Still Hopes residents.

It is with pleasure that the volume has been placed on the round table in the lounge area adjacent to the library. Please enjoy reading of the interests and goals of our predecessors.

TAG

Trenholm Artists Guild

Upcoming Exhibit

The Trenholm Artists Guild will hold their 12th exhibit in our gallery from July 30th until the end of September.

AWARDS CEREMONY & RECEPTION

August 4th
5:00 p.m.

Mark your calendars so you can be a part of choosing the People's Choice Award!



Art Classes

BY JOONG KIM

July 8th & 22nd
12:30 - 2:00 p.m.

Atrium near
Arts on Main

\$12 per class
Includes materials & brush
Save your seat at the Life
Engagement Desk

Shining Stars:

JUNE EMPLOYEE OF THE MONTH: CALEB MURNANE

Caleb's First Nomination: When I heard the soft thud of water dripping in my bathroom, a deep fear struck my heart. I have lived here for over six years without a leak, so this was completely unexpected. Sure enough, the walk-in shower stall was a complete mess, and the floor was covered with water. There was ceiling plaster scattered on the floor and there was a gaping hole in the ceiling around the light fixture. Big drops of water were dripping steadily from somewhere above the light fixture.

I quickly called the Still Hopes Maintenance phone number. In a very short time, Caleb was at my door. He came in, looked around at the problem, and immediately told my upstairs neighbor not to use her shower for a while. We assumed there was a problem with the sealant around her shower drain, so the maintenance crew resealed it. Unfortunately, my problem did not go away, and the water continued to drip.

It took several days to locate the source of the leaking water. It was not from the apartment above, but from a leaking pipe no one had noticed in a nearby maintenance closet. The issue was repaired, but the drywall and flooring were still wet. The maintenance crew brought a large fan to help speed up the drying process. Several more days passed, and Caleb finally thought it was dry enough to remove the drywall and ceiling tile to start rebuilding. After this, the area was repainted and the shower curtain rehung.



During this process, Caleb was in and out of my apartment, keeping me informed of the progress, and letting me know when he would return. I appreciated him keeping me informed and the good repair work he did.

Submitted by Sara Davis

Caleb's Second Nomination: Caleb has always responded to us with a kind attitude, an interest in us, and an obvious desire to help. Caleb makes us feel like nothing is too small or trivial to give his full attention to.

Caleb has always responded quickly to work requests and has kept us informed regarding the progress of the job.

He works efficiently and leaves the workspace clean and neat.

Karl and I heartily recommend Caleb for a the Employee of the Month honor.

Submitted by Karl and Ella Pfaehler

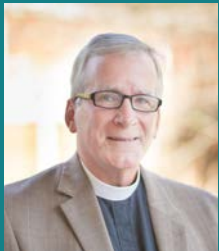
Sanders Resident Profile: Earl Dean

Earl Dean, a retired Air Force master sergeant and highway patrol dispatch, has studied handwriting analysis since the 1970's. Over the years he has taught handwriting seminars for libraries throughout South Carolina, developed materials for law enforcement use, and led multiple study groups. Lawyers have approached him asking him to testify as a witness in courts, medical case managers have sought his advice, and he was once consulted by school district officials to analyze a case of vandalism.

He explained that Questioned Document Examination is a discipline relating to documents which might be

disputed in a court of law. Certified examiners might, for example, prove or disprove authorship of a certain document by comparing it with a document known to have been written by the person in question. They might also look at questions of forgery, damage, or alteration to documents presented in court. Earl is passionate about handwriting analysis and has shared his experiences with others in the rehab neighborhood.

*John Tasevski, AAP-BC,
Life Engagement Assistant, Sanders
jtasevski@stillhopes.org*



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

CHRISTIANITY AND WORLD RELIGIONS

Led by the Rev. Doug Gray, Chaplain

Thursdays, beginning August 4

10:30 a.m. - 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

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

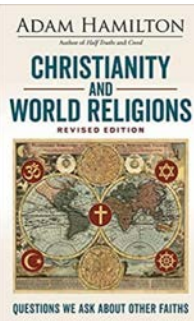
Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy

The next service will be held on
Wednesday, July 13th • 11:00 a.m.

Chapel of the Holy Spirit

A service for all residents of Still Hopes



New Bible Class!

Join our Chaplain, the Reverend Doug Gray, as he leads a new class, "Christianity and World Religions" by well-known Methodist pastor, Adam Hamilton. All are welcome to attend. The class begins on Thursday, August 4 at 10:30 AM in the Chapel. No prior knowledge of the Bible necessary.

We fondly remember...

KENNETH "KEN" BALDWIN
MARSHALL BIRD
NANCY R. DUVALL
LUCINDA MILLER

Heartfelt sympathy is
extended to family and friends.

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.

July Birthdays

01 Sharon Johnson	12 Nancy Brennecke
02 Susan Gillespie	13 Malcolm Foster
03 Missy McIver	13 Marcia Jacocks
05 Cookie Cloyd	13 Alexandra Medlin
05 Barbara Cobb	13 Margaret Payne
06 Fred Pohl	14 Joan Dornbusch
06 Bob Rimbo	14 Nancy Maulding
06 Dave Sennema	15 Nancy Bymaster
08 Betty Ann Richardson	16 Tommy Atkinson
09 Diane Wishart	16 Kathleen Rogers
10 Mary Lewis	16 Joan Yelverton
10 Margaret Senn	17 Hettie Dargan
11 June Allston	18 Katherine Altman
11 Daphney Rushe	18 Richard Harris

19 Paul Goodman	26 Julian Minghi
19 Frazer McCrorey	27 Alex Barron
21 Jane Dorn	27 Alec Chaplin
21 Kitty Inabinet-Vickery	27 Lucy Coleman
21 Jim Smith	28 Harriet Keenan
22 Judy Beazley	30 Reggie Freeman
24 Ed Shmunes	30 Cantey Haile
25 Jack Parrish	30 Judy Shaw
26 Ethel Lowder	

Welcome New Residents!

Gayle and Bill Belvin	Bruce Marshall
Dorothy and Don Blondin	Joanne Meccia
Charlie Bundy	Shell Suber



Charcuterie Class

In June, residents enjoyed a summer themed Charcuterie Class with Derek Graham, Director of Hospitality and Culinary.



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

Saturday, July 2 7:00 p.m.	Fireworks at the Philharmonic, SEGRA Park	Tuesday, July 12 8:45 a.m.	Pat Conroy Literary Center & Lunch, Beaufort, SC, leaving from McDowell	Wednesday, July 20 10:00 a.m.	Grocery Shopping at Publix (River Banks & IL), leaving from McDowell & Greenway
Wednesday, July 6 10:00 a.m.	Grocery Shopping at Publix (River Banks & IL), leaving from McDowell & Greenway	Saturday, July 16 10:45 a.m.	Soda City Market, leaving from McDowell	Friday, July 22 10:45 a.m.	Lunch Bunch, Murray's Grill & Cayce Farmer's Market, leaving from McDowell
Wednesday, July 6 6:00 p.m.	Fireflies Baseball Game at SEGRA Park, leaving from McDowell	Thursday, July 19 10:45 p.m.	Out & About for Jane Bruce Guignard, leaving from Greenway	Friday, July 29 9:00 a.m.	Grocery Shopping at Trader Joe's, leaving from McDowell

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

2022 Rummage Sale Recap

This year's rummage sale surpassed the 2021 sale! Last year, we raised \$3,094.00 for the Resident Assistance Fund. This year, \$4,085.23 will be added to the fund.

This annual event is a collaboration between resident volunteers, Life Engagement, Plant Ops, and our employees! Thank you for your treasures and for shopping 'til you drop! While there wasn't much left over from the sale, all was donated to our local Goodwill store.



And we are so happy Jimmy Doctor from Plant Ops made his wife happy by purchasing the lovely luggage set as seen in the photo to the left. We hope you travel to some amazing places Jimmy! We also expect to see Boyd, from Plant Ops, in Walter Edgar's prized bowties at next year's Kentucky Derby Party. Such wonderful gems purchased this year.

Still Hopes employees and residents...you are amazing. Thank you, thank you for making this event successful year after year!

A Traveling Tuesday Presentation



Life's a Peach when living on the farm.

BOWERS FARM

A story about a beautiful and hard working family in Pomaria, living off the land, full of faith, and amazing stories about sustainable, local, and ethical farming in South Carolina.



Tuesday, July 19 | 2:00 p.m.
Keenan Event Center

Meet the Bowers, hear their story, & enjoy peach ice cream.

STILL HOPES' GOT TALENT

July 21 | 2:00 p.m.
Keenan Event Center

GRAND CAMP at Still Hopes

July 14 & 15 | \$35 Registration Fee per Child | Ages 4-13

The Life Engagement team will offer a variety of activities over two days allowing Residents and Grands the opportunity to spend quality time together making GRAND memories! Registration forms located in the LE Reservation Book.

Popcorn Cinema: Pat Conroy Series

Fridays	3:00 p.m. Keenan Event Center
July 1	Hacksaw Ridge R 2 hr. 19 min. 2016
July 8	Conrack PG 1 hr. 46 min. 1974
July 15	The Lords of Discipline R 1 hr. 43 min. 1983
July 22	The Prince of Tides R 2 hr. 12 min. 1991
July 29	The Great Santini PG 1 hr. 55 min. 1979

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 in the Club Room Monday, July 11th due to the CNA Skills Fair in the Keenan Center.

Film & Theology Series

Ryan's Daughter, 1970

**Saturday,
July 9** | 2:00 pm
Keenan Event Center

In a small and isolated Irish coastal village, Rosy (Sarah Miles) longs for love. She marries Charles, the older village schoolmaster (Robert Mitchum), and finds herself still longing. A mystery ensues (Who did what? Who knows what? Who told? Who is to blame?) and one thing is certain: the villagers harshly judge what they sense has happened. Other stars include John Mills, Christopher Jones, and Trevor Howard.

Unlike last month's movie, a turn of the plot at the end of this story provides a satisfying closure. Because the run time is over three hours (198 minutes), there will be an intermission with refreshments. Introductory information will be printed, and in lieu of discussion following the movie, questions will be provided for your consideration over dinner, so you should be free for a 5:30 reservation if you wish.



Mary Ross and Sally Wiseman discovering all that nearby Newberry has to offer at the Tea Room and local museum.

Fresh Flower Arranging

PRESENTED BY
MARGIE BARRON

Tuesday, July 26
2:00 p.m. | Keenan Event Center
By Reservation Only

TRAVELING TUESDAY

Pat Conroy

PAT CONROY LITERARY CENTER

**Tuesday,
July 12** | Depart: 8:45 a.m.
Beaufort, SC

Docent led tour of the Pat Conroy Literary Center and lunch in Historic Beaufort, SC. Space is limited. Register in the Life Engagement reservation book.

Line Dancing

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

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.

Creative Crafters

Mondays | 2:00 p.m.
Arts on Main

- July 4 Patriotic Gnome Hanger
- July 11 Lanyard Making/Name Tag Holder
- July 19* Air Dry Clay Jewelry Dishes
- July 25 Painting Air Dry Clay Jewelry Dishes

*Note: July 19 is a Tuesday. Class time is 4:00 p.m.



FATHER'S DAY COOKOUT

Residents enjoyed a cookout in River Banks in honor of Father's Day. There was live music, good food and wonderful fellowship. A good time was had by all!



Gene Rogers, his wife Elsie Stewart and their good friend Nelson Lacy.



Al Alvarez



Charlie and Judy Beazley



Gene Rogers and Elsie Stewart



Bill Salisbury



Richard & Vickie

CAROLINA BEACH PARTY!

Featuring Heart & Soul Band

ENJOY DANCING AND
DESSERTS UNDER
THE BOARDWALK!

**Thursday,
August 11** | 7:00 - 9:00 p.m.
Keenan Event Center

Reservation forms will be
available on July 5



WELLNESS COMES FULL CIRCLE

by Marlena D Crovatt-Bagwell, originally published on sc.edu

Under blue skies on a Friday morning in June, 25 residents and staff members from Still Hopes Episcopal Retirement Community gathered on the facility's Mansion Porch for a drum circle. Under the leadership of University of South Carolina School of Music Professor of Music Education faculty member Wendy Valerio, participants "rumbled" to familiar songs including "When the Saints Go Marching In," "Swing Low Sweet Chariot" and "She'll Be Coming Round the Mountain."

The faces of residents radiated as they tapped out a rhythm on individual drums and lifted their voices in song. Timid onlookers watched curiously from the perimeter of the circle, drawn in by the sounds of music and laughter.

The Still Hopes percussionists were not Valerio's typical students.

Soon after Valerio joined the School of Music in the fall of 1995, she started the Children's Music Development Center (CMDC), a community outreach program that provides Music Play music engagement for infants-age 5 (now infants-age 3) and their caregivers. CMDC has provided music education for St. Peter's Catholic Elementary School K-6 (now PK-Grade 6) since 1997 and at the University's children's development center.

Joining Valerio at the Still Hopes drum circle was recent School of Music Master of Music Education graduate Robert Spearman. He studied under Valerio during his undergraduate and graduate programs and now teaches early childhood classes with her at St. Peter's.

"I have taught a range of grades from early childhood up to high school choir, but my real passion is teaching elementary school and reaching out to communities," says Spearman.

Together, they have taught children as young as babies.

"Did you know that the ear fully functions in a typically developing fetus at five months in utero? So, babies hear very clearly. They hear everything like they are underwater. Their ears are working — and they're listening, which is the most important job of all musicians," says Valerio.

"We believe everyone on Earth is a musician. Only some were meant to get paid for it and some were not!" she jokes.

Valerio believes experiencing the joy of music is essential for all age groups.

"In Spring 2020, I was fortunate to attend two Music for People Music Facilitator Trainings led by Mary Knysh. Music for People's mantras, such as, 'There are no wrong notes,' has freed my approach to music engagement and facilitation among all ages."

Valerio had an opportunity to reinforce this mantra when contacted by Michelle Rabon, Still Hopes Director of Life Engagement. Rabon says she is always looking for exciting opportunities to keep residents of the independent living community for seniors to stay active — mentally and physically.

"Events like this drum circle are therapeutic. They are about making social interactions, wellness and joy. For some people, our planned activities are just a reason to get up in the morning," Rabon explains. "This is important to our residents. It was great to see who came out today."

Rabon says she looks forward to an ongoing partnership with the School of Music. She won't have to wait long.

Valerio's mentor Mary Knysh will be in Columbia, July 18-22 to lead Inclusive Music Circles a course designed for music educators, music therapists and drum circle facilitators. Valerio hopes to include a drum circle at Still Hopes during the week-long session.

"I think there'll be a buzz about the drum circle. That's usually what happens when a group enjoys an event — they spread the word. Then the next time, we have an even bigger level of participation, because so many of our residents have a fear of missing out," Rabon says.

The discovery of joy in making music together surprised many participants.

"I didn't expect to be delighted by the drum circle. I just wanted to be supportive of the collaboration between the School of Music and Still Hopes. With Wendy Valerio's enthusiasm, energy and assurance all sounds were music, it was a grand morning drumming and singing. I look forward to another session here at Still Hopes," says Still Hopes resident Jerry Dell Gimarc.



French Soiree

A wonderful evening at the French Soiree - Each course, all four, were perfectly executed, delicious, and beautiful, for this French country, family-style meal to conclude our French series with presenter Jill Hinat, retired French teacher at White Knoll High School. Chef Greg received a standing ovation, along with Derek, Katie, and nine Life Engagement team members who served the meal. Together, we entertained 56 residents, as a string quartet from the SC Phil serenaded them throughout the evening.

Gardening at Still Hopes: July

What's wonderful about July? Peaches, peaches, peaches. Without a doubt Lexington County peaches are among the best. To see and taste an abundance of locally grown peaches, take in the annual Peach Festival in Gilbert on July 4. Visions of ripe peaches and peach ice cream are dancing in my head!

A few facts about peaches. Did you know peaches originated in China and were first introduced in North America in the 1500's by Spanish explorers? Commercial production didn't begin until around 1850. Currently, South Carolina produces more peaches than does Georgia, normally about 60,000 tons/year. How about that?

And there's more to get excited about: fresh corn and local tomatoes. Fresh produce is abundant this time of year and readily available at the Cayce Farmers Market on the Charleston Highway, #321, about 3½ miles away, as well as roadside or parking-lot markets nearby. Don't settle for imported supermarket produce when you can easily find fresh, ripe, locally grown fruits and vegetables. We know that eating seasonally and locally for the best tasting, freshest and most healthful produce and supporting the local farmers while doing so are good rules to live by. For inspiration on eating seasonally and locally, read Barbara Kingsolver's book, *Animal, Vegetable, Miracle*. And, yes, we can prepare and enjoy fresh fruits and vegetables in our own kitchens.

To Do's. Lightly fertilize your annuals and perennials with a water soluble fertilizer high in phosphorous. Deadhead your flowering annuals and perennials to encourage more blooms. And, water your potted plants early in the morning and as frequently as temperatures dictate.

Campus Plantings of Seasonal Interest. While out for a walk take note of the large, conical shaped flower clusters of the native Oakleaf hydrangeas growing in the cottage area and the dwarf varieties in the Forest. Elsewhere you'll be able to enjoy the showy big leaf hydrangeas, mophead and lacecap, and in the Hopewell entrance, Hydrangea paniculata 'Pee Wee.'

On the west side of the campus stop to admire the dark purple leaves of the standout redbud tree, 'Forest Pansy,' and the long blooming day lilies, 'Stella d' Oro,' fronting Sanders. Also, notice the many new bird feeders that offer bird watching entertainment for the residents.

Now is a good time to take a walk around Polly's Pond (Building 5) and admire the lovely shade gardens planted and tended by Ardis Savory, Fran Wheeler, and Margaret Senn. The shady, wet habitat supports a delightful collection of ferns, hostas, astilbes and a graceful weeping Japanese maple.

Did you know that bees and other pollinators play a critical role in agriculture production and are responsible for 90% of pollination for flowering plants? Slightly smaller than a bumble bee, the honey bee is the most common bee in South Carolina. Our many oak, maple, tulip poplar and hickory trees are early sources of pollen

for them. Flowering native perennials such as salvia, milkweed, and goldenrod are especially good nectar and/or pollen sources for bees and butterflies. You can readily observe these beneficial insects atop brightly colored flowers such as zinnias, asters, and petunias about campus and upon the large lantana tucked into a front recess of Building 6. Bee happy!

Hillary McDonald, Still Hopes Gardening Group





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 Session 2 of Summer School 2022!

Living Our Best Lives

Thursday, July 28 | 3:00 p.m.
Keenan Event Center

Mary Ellen Haile, RN and Wellness Coach will discuss *Sleep Hygiene: How to Rest Well at Night so that Our Days are the Best!* ...and chocolate makes days better too!

Hearing Specialist

Wednesday, July 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.

The Visionaries: Low Vision Support Group

Wednesday, July 20 | 3:00 p.m.
Guignard Mansion

This group is open to all residents who are living with low vision. Please join us!

Special thanks to Mary Ann Heath, who met with our Visionaries in June to share information about the Gentech Clinical Trial she has been involved with for macular degeneration. Retina specialists Dr. Jack Wells and Dr. Lloyd Clark are implanting vials in the eye that alleviate the need for monthly shots in the eye for macular degeneration. The vials contain slow-release medication and are filled only every six months. Mary Ann recently has had a vial placed in her 2nd eye. *This treatment has recently been approved by the FDA and is covered by Medicare!* Thank you, Mary Ann, for being a pioneer in the treatment of macular degeneration!

Podiatry Services

Wednesdays: July 13 & July 27

Please sign up to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium. Check the schedule to confirm your time if you are already signed up.

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, July 5 | 1:30 - 2:30 p.m.
McDowell, 3rd Floor

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

Open to Hope Grief Support Group

July 6 & 20 • 1:30 - 2:30 p.m.
Guignard Mansion

Join us for support and resources following the loss of a loved one, and while moving through the grieving process. Open to Hope is facilitated by residents Nela Edgar and Beebe James. If you have questions, please reach out to Tacey at 803-739-5047.

Mindfulness and Meditation

Wednesdays
4:00 - 4:30 p.m.
Guignard Mansion

We all need some respite and some quiet in our lives, and a chance to re-center ourselves. Please join us!

Parkinson's Support Group Meeting

Friday, July 15 | 10:00 a.m.
Gabriel's Dining Room
(back of Palmetto Dining Room)

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

COVID Booster Records

If you happened to get your 2nd COVID 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 the McDowell Front Desk for Holly to copy.

Meet our Solutions for Living at Home Administrative Assistants



ABBY BLUME
Administrative Assistant
ablume@stillhopes.org
803-223-6173

I started working with Solutions for Living at Home on August 4, 2020, as a Solutions Partner/CNA and moved into my current position as an Administrative Assistant on March 19, 2021.

- I was born and raised and still live in Batesburg – Leesville, SC.
- I live with my parents Sam and Lisa and older sister, Emily. We have 3 family pets, 2 cats (Sandy and Danny) and 1 Dog (Bailey). I have 5 show rabbits that were my FFA and 4-H project in high school and 1 dog (Katie) that

my boyfriend and I adopted in December after her owner passed away.

- During my Senior year of high school, I took the Certified Nursing Assistant (CNA) class my school district offered so and graduated with my CNA certification. One day I hope to go back to school to get a degree in Pharmacy.
- When I am not working, I enjoy getting my nails done, shopping, spending time with my friends, going to the lake and beach and learning to play golf.
- I love working with our caregivers and getting to know our clients and residents at Still Hopes and Solutions.
- I serve on the Still Hopes Employee Focus Committee and many other sub committees. I am also part of the Still Hopes Walk to End Alzheimer's Committee which is very near and dear to my heart since my grandfather had Alzheimer's.



MAYCIEL ABANO
Administrative Assistant
mdabano@stillhopes.org
803-995-8079

I joined Solutions for Living at Home in September of 2021. It is refreshing to work with a team where everyone is in pursuit of a common goal to provide quality service.

- I am originally from the Philippines and moved to the United States in September of 2018.
- I graduated with my Bachelor of Arts in Economics in 1997 and Bachelor of Science in Nursing in 2011.
- Prior to Solutions, I worked as an Administrative Assistant and Day Program Coordinator at an Assisted Living facility. Before coming to the United States, I was a Humanitarian worker at Save the Children International as part of the

Finance Team and Action Against Hunger, as a Sub-base Admin/Finance Coordinator. I also worked as a School Registrar for 10 years.

- I love to travel to other countries and learn about their culture and food.
- One area that I am passionate about is self-development and self-improvement. I am always looking to challenge myself and learn new things.
- I feel very proud and humbled to be a part of this company. I am new, but I can tell this is the best place to work. Our bosses are very supportive and always upfront about the challenges we face day by day. It gives me faith, even when times are tough, they will continue to lead with integrity.
- If I am not at work, I usually stay at home, watch movies and documentaries. If my husband and I have long weekends, we drive or fly to nearby states and explore. I also, loved to cook and organize things.

Call us today at (803) 223-6173!

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



Columbia Fireflies Baseball Game

Wednesday, July 6

Depart: 6:00 p.m.

Game Time: 7:05 p.m.

Cost: \$26.50 Includes game ticket to
reserved open air suite, buffet dinner,
soda, and water

Enjoy Fireflies Baseball with friends
at SEGRA park in beautiful downtown
Columbia. SEGRA park is a cashless facility,
and they enforce a clear bag policy.

INDEPENDENCE DAY CELEBRATION

Monday • July 4

10:00 a.m.

McDowell Front Entrance

PATRIOTIC SING-ALONG WITH ED HICKMAN

Tuesday • July 5

4:45 p.m.

Club Room/Pub