



Connections

A newsletter for the entire community

2023 Still Hopes Employee of the Year: Ineatha Riley

The Employee of the Year award recognizes outstanding employees who have demonstrated exceptional qualities and contributions at Still Hopes.

The qualifications for the Employee of the Year encompass a range of important qualities aligned with Still Hopes' Mission, Vision, and Values. These include enthusiasm, service excellence, positive attitude, compassion, dependability, dedication to safety, integrity, respect for all, teamwork, personal and professional growth, innovation, excellent quality of work, attendance, and commitment to residents and their families.

The selection process involves a committee that includes the previous Employee of the Year, the Director of Human Resources, two members from the Employee Focus Committee, two members from the Resident Council, and two Department Directors. Together, they are responsible for choosing the Employee of the Year.

By recognizing and honoring outstanding employees who exemplify Still Hopes' values and make significant contributions, the Employee of the Year award serves to motivate and inspire the entire workforce while fostering a positive and supportive work environment.



These are just a few comments that describe this year's employee of the year, Solutions Partner Ineatha Riley:

- An outstanding and compassionate caregiver who is "simply the best."
- Constantly works at improving their resident's quality of life.
- Provides tender, loving care by holding client's hand and singing to them.
- Passionate and committed.
- Goes above and beyond to meet the resident's personal care needs.
- Exceeds all the qualities that are essential for giving the very best care.

Congratulations, Ineatha! Thank you for your dedicated service to Still Hopes and our residents!

Still Hopes Residents Stepping Up for Walking Research

Still Hopes proudly facilitates many opportunities for residents to engage in activities related to health and wellness. Since April of last year, some residents have been participating in two innovative

research projects studying mobility and walking in older adults taking place here on campus. These studies use floor vibrations to measure parameters like walking speed (how fast a distance is covered) and

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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 a.m.

Communion will be served.

Bible Class

THE CHOSEN

*A video series about the life and ministry of Jesus
of Nazareth, with discussion included.*

Led by the Rev. Doug Gray, Chaplain
Thursdays · 10:30 - 11:30 a.m.

Chapel of the Holy Spirit
All are 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

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

MEN'S BIBLE STUDY

1 & 2 Timothy
Tuesdays · 11 a.m.
3rd floor McDowell
Activity Room

BIBLE STUDY*

Mondays · 11 a.m.
Led by Ella Pfahler · Chapel

Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy

*The next service will be held on
Wednesday, September 13 · 11:00 a.m.*
Chapel of the Holy Spirit

A service for all residents of Still Hopes.

We fondly remember...

EMILY ISRAEL

WOODY WOODRUFF

WILLIAM DOUGLAS KING

*Heartfelt sympathy is extended
to family and friends.*



**"The Lord will indeed give
what is good, and our
land will yield its harvest."**

- Psalm 85:12

Please join us for a series on the Apostles' Creed!



Sundays | 11:00 a.m.
Chapel of the Holy Spirit
All are welcome to attend.

Shining Star

STILL HOPES EMPLOYEE OF THE MONTH: JANET HALADAY

Janet's Nomination: Janet was the first person I met when I came for my initial interview at Still Hopes. There was no one at the front desk of Greenway at that time, and Janet caught me wandering around, trying to figure out where I was supposed to go. Janet quickly sat me down out front to wait for my interview.

After the interview, I spoke with my friend, who told me that if I were to get the job, I would love working with Janet, and she was absolutely correct. To know Janet is to love her. She has an incredible work ethic, always arriving early and often staying late. Janet is willing to do whatever is necessary to complete her tasks. She takes her job very seriously because she knows that mistakes can have significant consequences for Still Hopes. Janet is one of the behind-the-scenes individuals who pays great attention to detail and helps make Still Hopes the best in the business.

I have personally witnessed Janet interact with millionaire CEOs, famous local celebrities, and individuals at the poverty level, and she treats them all the same. Janet does not see social class or color; she sees God's children in need of help, and it is her heartfelt desire to assist everyone she can.

Janet not only goes above and beyond to serve our residents in Sanders but also excels as a marketing professional. I observed Janet successfully engage with a family who had initially planned to place their loved one elsewhere, but she smoothly intervened and directly asked, "Why aren't you staying at Still Hopes?" Janet knew her client well enough to understand they were a perfect fit for Still Hopes in every way. Before we knew it, instead of watching them leave, we had gained a new full-time resident. Janet truly gets to know the residents; she's not just filling beds.

She possesses extensive knowledge about her job and various aspects of the medical field, allowing her to perceive things differently from most people. Janet is a wise woman and a lifelong learner. If she



doesn't know something, she will take all necessary measures to acquire the information. Janet pours her heart and soul into her job. She loves her work and the residents she serves, making her an exceptionally loyal employee that Still Hopes is fortunate to have. Janet Haladay is a remarkable asset to our Still Hopes team and a blessing to all who know her.

-Submitted by Karen Koon

September Birthdays

01 Ed Hickman	15 Mary Ann Heath
02 Charlie Cate	15 Peggy Savas
02 Fran Gibbes	15 Gerry Shiver
03 David Gies	15 Tom Terrill
03 Warren Holland	18 Fred Quinn
03 Sally Wiseman	18 David Trickey
04 Hugh Graham	19 Charles Russell
04 Elaine McCarrick	19 Nini Ward
04 Lindsay Pressley	20 Sandy Gies
05 Joyce Macauda	20 Janet Morris
05 Lois Rimbo	21 Frankie Porter
06 Joyce Steele	21 Jack Williams
07 Henrietta Gantt	22 Ruta Bly
07 Bernard Manning	24 Ellen Betts
07 George Thrana	24 Dorothy Blondin
09 Eleanor Whitehead	24 Willie Saleeby
10 Ben Franklin	25 Glenda Boozer
10 Jo Lynn Johnson	25 Paul Holmes
11 Gayle Kinard	25 Nina Smith
11 Ruth Marcus	28 Rob Clark
11 Marjorie Stearns	28 Libby Marshall
14 Jewell Hill	29 Dick Marshall
15 Thomas Foster	30 David Blazon

Welcome New Residents!

BARBARA AND AUSTIN BOYD
MARCIA AND AL MONTGOMERY

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*

The Pfaehlers: **Sixty years of love and commitment**

A series about couples celebrating milestone anniversaries this year at Still Hopes

It all began in nursing school for Karl and Ella Pfaehler. Rotating through different disciplines at a hospital, they met in the geriatric unit of

the psychiatric ward. This was Karl's favorite rotation. Psychiatry was not Ella's, however. "He's the only reason I passed," she said. "It was my best grade."

During their 18-month courtship, Karl visited Ella once a month at her parents' home in upstate Pennsylvania. Even a snowstorm could not deter Karl from Ella. He boarded a train from Philly and Ella's dad reluctantly picked him up from the train station. "I don't think he spoke," said Karl with a belly laugh, remembering that cold and snowy day. Ella smiled at her husband, "I think my father wasn't excited about Karl being a nurse, and questioned, 'why not a doctor?'"

While that may have been a question for Ella's father, Karl's love for Ella was unquestionable. They married in 1963. Karl put his nursing degree to work in the US Army where they lived in a variety of destinations raising their two sons, Kris and David. They were separated one year when Karl was stationed at a hospital in Vietnam. Ella stayed in the US with her parents, caring for young David, and pregnant with Kris. Karl met Kris for the first time at age nine months. "It was a hardship being separated," said Karl.

Ella enjoyed military life. "I looked forward to taking the curtains down and putting them up again every three years or so." Her favorite location was San Antonio, Texas. "I loved the Spanish influence there." Karl's favorite was Frankfurt, Germany because of the ease of traveling to different communities every weekend. They had a pop-up Volkswagen camper and could go practically anywhere, even across the English Channel, staying at campsites on the East Berlin side of Germany. One weekend adventure, Ella and the boys were detained at "Checkpoint Charlie."

She knew better than to tell the officers that her husband was military. Mostly they questioned her about the "goods" she had purchased. Separated from Karl, who had the receipts for the purchases, it took Ella almost two hours to negotiate her way back to him. "I was a little worried," said Ella. "But there was no way I was leaving without my purchases!" Ever the steadfast, determined Ella, she conversed with the Russian military, declaring ownership of the goods, and was released without incident with her purchases!

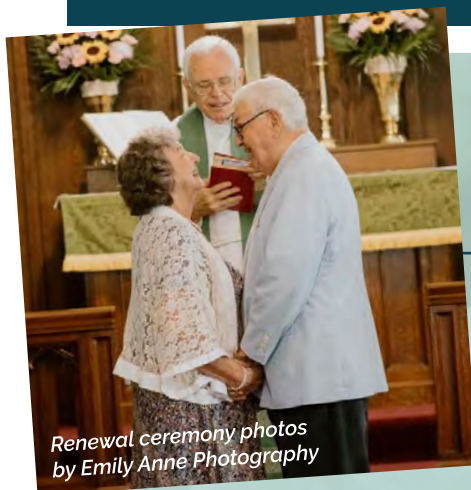
Sixty years later, the magic ingredients of their marriage remain the same. Strong faith, kindness, and not holding a grudge against one another," said Ella. "We apologize to each other; not everything is a big issue." She continued, "It's important to pick your battles."

Ella and Karl renewed their vows recently in the same chapel in Pennsylvania where they were married six decades before. Karl's brother and Ella's sister stood beside them for a second time at the altar. Grandchildren Kirsten, Jason, and Chelsea were also present with 20 other family members. The beautiful ceremony was as meaningful as the couple had hoped it would be. "Thank you both for being a beautiful example of God's love through your marriage and in the way you love and serve those around you. Your example has made a lasting impact on all of us," said Kirsten in a social media post to her grandparents after the ceremony.

"It was a promise we made to each other before God. We took it seriously," said Ella. "We were committed then. We still are."

Special touches: Ella made her jacket worn at the renewal ceremony by sewing together parts of her wedding dress. She also made Karl's pocket square from the tie he wore on their wedding day.

In October, read about the Dornbusches who celebrated their 70th wedding anniversary this year.



*Renewal ceremony photos
by Emily Anne Photography*



Ella & Karl, June 15, 1963

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

Tues., Sept. 5
10:15 a.m. Grocery Shopping
at Publix

Fri., Sep. 29
10:45 a.m. Lunch Bunch at Brookland
Baptist Church Buffet

Sun., Sept. 10
2:15 p.m. *The Sound of Music* at
Town Theatre

The Sound of Music

AT TOWN THEATRE

Sunday, September 10

Depart: 2:15 p.m. | Show Time: 3:00 p.m.

Cost: \$20 for non-season ticket holders

Broadway in Columbia

We will offer transportation to Broadway in Columbia's 2023-2024 Season shows opening night performances.

To order tickets or for more information, please contact the Koger Center box office at KogerBoxOffice@sc.edu or 803-777-5112.

FIRST MUSICAL OF THE SEASON:
Come From Away (Tues, Oct. 17)

Hollywood Hits

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

Sept. 1 *Frank and the Robot*
PG-13 | 1 hr. 30 min. | 2012

Sept. 8 *Only the Brave*
PG-13 | 2 hr. 13 min. | 2017

Sept. 15 *Roman Holiday*
G | 1 hr. 58 min. | 1953

Sept. 22 *Swing Time*
NR | 1 hr. 43 min. | 1936

Sept. 29 *The Apartment*
NR | 2 hr. 5 min. | 1960

Publix Grocery Shopping

Tuesday, September 5 | Depart: 10:15 a.m.

Please note, transportation for grocery shopping at Publix will now be the first Tuesday of every month!

Ageless Technology

Thursday, September 7 | 3:00 p.m.
Keenan Event Center

Topic: Facebook Security Features

Tech Troubleshooting

Wednesday, September 13 | 3:00 p.m.
Atrium

Join us for a Resident Art Show

from MONDAY, OCTOBER 16
at 1:00 P.M. to
WEDNESDAY, OCTOBER 18
at 3:30 P.M.

With a reception for
residents and artists.



Forever Patsy Cline

Starring Eliza Spence

THURSDAY, SEPTEMBER 14 | 6:30 P.M.
KEENAN EVENT CENTER

No Charge, Reservations Required

The "Forever, Patsy" show will be a fun trip down memory lane for residents. The show will consist of two old friends talking and singing, one being Louise, a divorced mother of two living a VERY normal small-town life, and her best friend, and country music star, Patsy Cline. The show pays homage to the fact that those from different parts of the world can find each other and come to realize maybe they aren't so different after all. It shows the two ladies laughing together and crying together and how, against all odds, they became the very closest of friends throughout Patsy's short lifetime. The show will give a bit of history of how Patsy rose to fame and how her songs really did speak truths about different moments in her own life, as well as being so relatable in Louise's own humble life.

Event Sponsored By



Solutions
for living at home

A MINISTRY OF STILL HOPES

FIRST THURSDAYS

Music with Mike

*Hosted by Mike Arndt, Still Hopes
Hearing Specialist*

Thursdays, September 7 & October 5

6:15 p.m.
Emilie's Café & Courtyard

This series is sponsored by Resound, the makers of Omnia Hearing Aids, and hosted by Mike Arndt with Digital Hearing. Free trials offered during the series on the latest Omnia technology which promises 150 percent reduction of background noise.

You Are Invited!
Evening at the Mansion



Sept. 21, 2023

Guignard Society Annual Fundraiser for the
Resident Assistance Fund.

Open to all residents and their guests
\$150/person. One-Half ticket price is a donation.

Cocktails 5:30pm
Dinner 7:00pm
Black Tie Optional

RSVP
Christie James
cejames@stillhopes.org

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.

IT'S TIME FOR COLLEGE FOOTBALL!

Football Season Kick-Off Party

Saturday,
September 2 | 7:00 p.m.
Keenan Event Center

Huddle up for a football kickoff party before the USC football season opener game. Be sure to wear your team colors. BYOB and a snack to share! **USC vs. UNC football game starts at 7:30 p.m. and will be shown on the Keenan Center Drop Down Screen.**



Games on the Big Screen

Saturdays
in the Fall | Various Times
& Locations

Join your friends and watch the Clemson or USC football games on the big screen. **Check the Monthly Life Engagement calendar, The Hub or the Weekly Highlight posters around campus for game time and location.**

ARTISTS FOR AFRICA

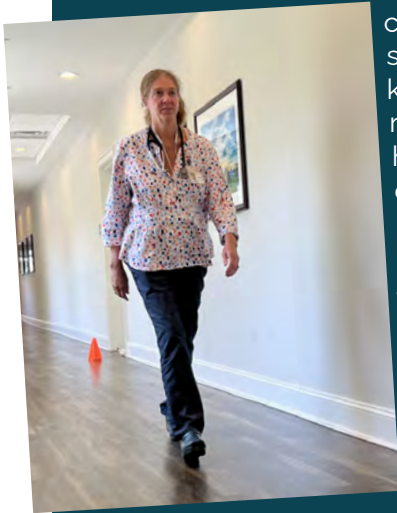


Artists for Africa is a nonprofit organization that provides free arts education programs and training to children living in impoverished areas of Kenya. The organization was founded by Columbia native, former professional ballerina Cooper Rust, and has enabled thousands of students to participate in visual arts, dance, music, and writing classes for the first time.

Artists for Africa hosts two fund-raising events each year. Each August, dancers, musicians, actors, singers, and other performing artists from across the Midlands come together for a fun-filled celebration of the arts. The event features some of the student dancers from Kenya, and this year, Cooper Rust and her student dancers brought a special performance to Still Hopes. These talented teenagers captured our hearts.

Each February, Artists for Africa hosts a Post Card Art event. It's an exciting and distinctive art sale in which artists are asked to contribute postcard sized (4"x6") canvases of their work. All artwork is sold for \$75, with funds going directly to support creative arts programs and services. All Still Hopes artists are invited to participate! **For more information and a free canvas, contact Fran Wheeler at 803-791-8361.**

"Stepping Up, continued from page 1



cadence (how quickly the steps are taken). Researchers know these measurements relate to fall risk and other health outcomes, but they can be hard to measure or require specialized equipment or personnel.

Two interdisciplinary research teams are combining knowledge from the fields of engineering, physical therapy, and medicine to develop new approaches for gathering information that

they hope will reduce falls and improve safety in older adults. One study, Assessing Walking Using Floor Vibrations, is investigating how traditional measurements of walking compare with how people normally walk and move in their homes. A second research study, Mitigating Falls in Older Adults from Floor Vibrations, aims to develop a system to simplify walking measurement and then use that information to predict the risk of falling. Dr. Hirth of Geriatric Health and Wellness is involved in both studies.

The in-home study, conducted by researchers at the University of South Carolina, has installed systems in 13 different homes with a goal of 20. One resident,

Shirley Kuiper, said about the in-home study, "I believe it is important for residents to participate because the findings will have a direct impact in care for health issues that we might experience. I found the experience to be easy, unobtrusive. I was rarely aware of the equipment being in my apartment. Occasionally I thought about it. The most time-consuming part was just at the end with the removal of the equipment."

The in-office study is a collaboration between USC researchers and a local technology start-up, ASSET, LLC. They have enrolled 23 residents from across Still Hopes with a goal of 50 or more. Early findings from that study show that the participants as a group have had an average walking speed of 1.03 meters per second. This is great news for our residents, since previous research shows that a walking speed below 1.0 meters per second is linked with increased fall risk. Residents who participate can find out their individual walking speed during the study.

Both studies are actively seeking participants who are 65 or older and who can walk with or without a device. The in-home study is specifically looking for independent living residents who have had any type of recent health change. The in-office study is able to enroll any long-term resident of Still Hopes, their first-degree family members, and any staff who otherwise qualify. ***For more information about either study, you can contact the USC Research Coordinator, Denise Strickland, at 803-766-0431.***

STILL HOPES COUCH TO 5K OR 1 MILE FUN WALK PROGRAM

Participate in the
PAWS FOR ELEE
1 MILE FUN WALK OR 5K
NOVEMBER 4 | SALUDA SHOALS PARK

If you are interested in participating in this 1 Mile fun walk/run or 5K event, the Still Hopes Wellness Center will begin a Couch to 5K training program to help you achieve this goal. Our program is designed with group and solo workouts to prepare you to have a successful race day!

Please register for the program with the Wellness Team by Friday, September 1.

Yoga Classes

**BEGINNING TUESDAY,
SEPTEMBER 12**

Course 6 weeks, 2 classes per week
Cost \$120 for all 6 weeks
Location Petite Studio in Hopewell

Registration is Required!
Please contact the Wellness Team at (803) 223-6177 to register or for any questions!

**Tuesdays &
Thursdays**
1:30 - 2:30 p.m.

CHAIR YOGA

Learn the Universal Principles of Body

Alignment through yoga positions and become empowered through the joy of Present Movement Awareness. Achieve improvement in brain health and attitude through control of the breath and meditation...all while sitting in a chair!

**Tuesdays &
Thursdays**
11 a.m. - 12 p.m.

FLOOR YOGA

A gentle method of increasing flexibility and

strength and practicing safe transition from the floor to standing. Bolsters, blocks, blankets and straps keep you comfortable and supported on the mat. Guided meditation decreases anxiety and depression and aids in pain management. This class greatly benefits spine health!

Lunch Bunch: Brookland Baptist Church Buffet

FRIDAY, SEPT. 29

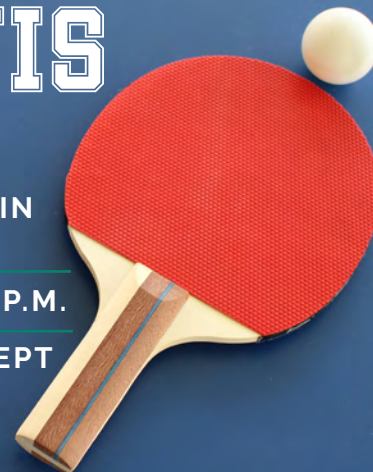
Depart: 10:45 a.m.
Cost: Self-Pay

TABLE TENNIS

**PETITE STUDIO IN
HOPEWELL**

9:00 A.M. - 5:00 P.M.

**EVERY DAY EXCEPT
TUES. & THURS.**



The Wellness Team would like to present the addition of Table Tennis, donated by resident Walter Edgar. We will have a sign-in sheet for those that come to play. Please enjoy this new addition!



Designs by Juanita ALTERATIONS

First & Third Wednesdays
10:00 - 11:00 a.m.
McDowell Building
Second Floor Card Room
Resident Charge Only

Juanita has over 30 years of experience at her business on Washington Street in Columbia, SC!

Healthy Dynamics

AN ONSITE, ONGOING PROGRAM FOR APARTMENT,
CONCIERGE, AND COTTAGE RESIDENTS

Jonathan Kimball | Community Services Director | 803.739.5047 | JoKimball@stillhopes.org



Please give a warm Still Hopes welcome to our new Community Services Director, Jonathan Kimball!

Jonathan and Tacey will be working together to insure a smooth transition and seamless support!

Hi, my name is Jonathan Kimball and I will be the new Director of Community Services here at Still Hopes. I am very excited to be given the opportunity to be a part of your life, and I would like to share with you a little about mine.

I was born and have lived in Rock Hill, South Carolina my entire life. I even attended Winthrop University in Rock Hill where I obtained my masters degree in science with a concentration in fitness and wellness. During this early period of my life, I was also able to take gerontology at Winthrop and organize a research study on the exercise habits of independent living senior adults. After completing my education and research, I knew I would live a life committed to senior service.

Over the past 17 years, my entire professional career has been dedicated to working with seniors in every stage of the aging process, and helping them develop a sense of well-being and vitality. I have served in the role of Fitness and Wellness Director

and in recent years been the Executive Director at an assisted living and memory care community. Prior to Still Hopes, I was the Executive Director at an independent living community in Rock Hill.

Although difficult at times, I consider work fun. I was once told, "Find a job you like and you will never have to work another day in your life." Working in this industry gives me that kind of satisfaction. However, when I'm away from work I like to exercise, enjoy art and painting, listening to and playing music on my guitar and hanging out with my family. I have a wonderful wife and two kids that are growing like weeds. My kids are my life.

Now you know a little about me, but I want to learn a lot about you! Developing new relationships is at the foundation of my approach to work. I hope and have prayed that you will give me the opportunity to connect you with services that will enhance your life and well-being. My goal is for you to thrive at Still Hopes and have the right support as you continue to engage life.

Our September session is: **Protecting Ourselves from Scams**

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

Join us as an expert from the *South Carolina Department of Consumer Affairs Identity Theft Unit* informs us on how to avoid identity theft; elder fraud; credit card, debit card, and insurance card breeches, and other scams by phone, computer, and mail. Don't miss this important presentation, and remember: no one is going to scam us out of our chocolate!

SHARE: Caregiver Support Group

Tuesday, September 5 | 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.



Prescription Medication Disposal

Tuesdays & Thursdays | 9:00 - 11:00 a.m.
McDowell Front Desk

Bring your outdated or unused prescription medication. ***Please mark through all personal information on the medication label.*** Thank you!

Podiatry Services

Wednesdays, | Wellness Center
September 13 & 27 | Spa Room

Current patients of Dr. Smith can sign up to see her or check your scheduled appointment in the Healthy Dynamics Book on Main Street near the Atrium.

New patient appointments with Dr. Smith are able to be scheduled on a limited basis due to her continued full schedule, and the need to accommodate her existing patients first. Please call **Holly Hartung at 803-995-8133** to join the wait list for an appointment with Dr. Smith.

The Visionaries: Low Vision Support Group

Wednesday, | 2:00 - 3:00 p.m.
September 20 | Guignard Dining Room

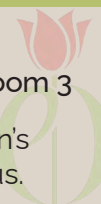
This group is open to all residents who are living with low vision.



Parkinson's Support Group

Friday, | 10:30 - 11:30 a.m.
September 15 | Keenan Event Center, Room 3

We welcome those living with Parkinson's Disease and their care partners to join us.



3D Digital Mammography Screening

The Mobile Mammography Unit from Prisma Health will be at Still Hopes on

Thursday, September 14

If you have scheduled an appointment for a mammogram, please come to the parking lot off of the service hallway (behind the Atrium). This is the same location in as previous years.

Please call **Holly (803-995-8133)** or **Tacey (803-739-5047)** with questions.

Hearing Specialist

Thursday, September 7

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.

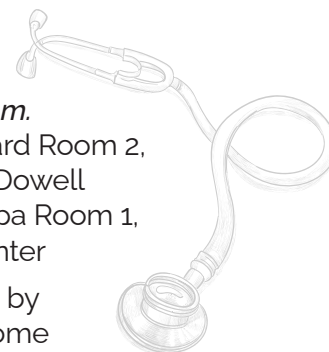


Wellness Checks!

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 registered nurses.

*Please note there will be no Wellness Check on Labor Day (Monday, September 4)



Vaccine Clinic Coming in October!

We will hold our annual vaccine clinics the first week of October! More details and scheduling to come! Please stay tuned!

Open to Hope Grief Support Group

Guignard Mansion

1:00 - 2:00 p.m.

Wednesdays, September 13 & 27

Please join group leaders **Nela Edgar** and **Beebe James** for support and resources following the loss of a loved one.

Mindfulness & Meditation

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

NO EXPERIENCE NECESSARY!

"It always seems impossible until it's done." -Nelson Mandela

The Shoppe on Main

The Shoppe on Main has a variety of gifts for your neighbors, visitors, and grandkids. From boutique and unique items, books, and jewelry, to purses, candles, and bath bombs, the shoppe also offers toiletries and lifestyle items. Grab-n-go treats such as candy bars, snacks, soda, water, and Martha's Menna Cheese are top picks. Coming soon, Christine's Petite Treats. Her mini cheesecakes are delicious and like Martha's Menna Cheese, locally made in Columbia. **Contact Holly Crawford, Life Engagement Coordinator for IL, if you would like to volunteer as an attendant in the shoppe at hcrawford@stillhopes.org.**



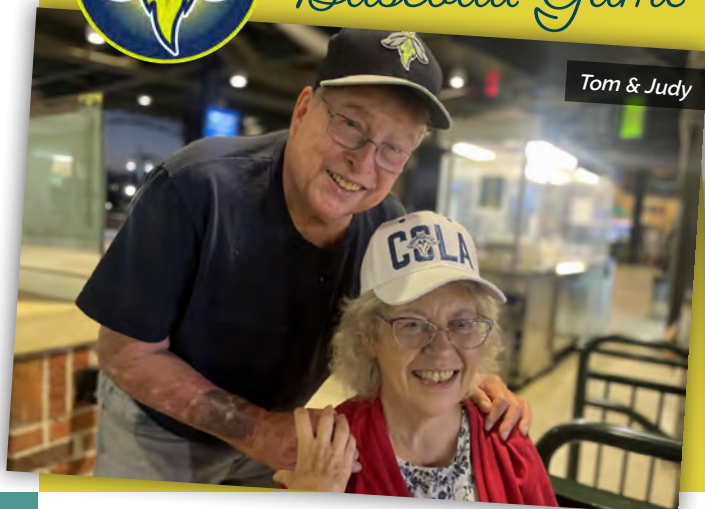
The Bookends Book Club

The *Bookends* Book Club at Still Hopes finished their second book, *Lessons in Chemistry*, by Bonnie Garmus with Supper at Six on Sunday, August 14. Residents shared homemade dishes and discussed their favorite characters of the book including the adored Six Thirty, the main character's dog. Our next *Bookends* series begins on Tuesday, September 5 in Gabriel's at 11 a.m. *Tom Lake* by Ann Patchett is our next book, chosen by our current *Bookends*' members. **For more information, contact Michelle Rabon, Director of Life Engagement at mrabon@stillhopes.org. Books are available for \$20 in the Shoppe on Main.**



Columbia Fireflies Baseball Game

Residents beat the heat with a lively evening game of baseball with the Columbia Fireflies at Segra Park.



Tom & Judy



Susan & Friend

Forks, Knives, & Spoonbills Conservation Dinner

with the SC Wildlife Federation

Our Forks, Knives and Spoonbills dinner was an elegant, informative fundraiser with five delicious courses, and outstanding dining service. We heard bird calls, and conservation efforts to help imperiled birds thrive as well as how those species inspired each course. Special thanks to Jay Keck, Industry Habitat Manager with the SC Wildlife Federation for hosting the event with Life Engagement and our Director of Culinary Services Sean Elston. The amazing meal was prepared by Chef Tony Brooks, IL Kitchen Manager; Chef Rodney Williams, Greenway Kitchen Manager; Chef Mike Barrett, Greenway Cook; and Cook Nick Benn.



Sara, Executive Director of SCWF



Ann & Family



Jay Keck with Hilary & Nancy

SOLUTIONS FOR LIVING AT HOME: Transportation Services

Do you need transportation to run errands or go on excursions? Whether you need to go grocery shopping, pick up a birthday gift, or find a new outfit, Solutions for Living at Home can help.

Our transportation services are available to anyone, and you certainly don't have to have caregivers in your home to take advantage of this enjoyable service. We have many clients who solely utilize our transportation services.

Our services include a vehicle and a caregiver/companion who will stay with you the entire time. We don't just drop you off and pick you up later. Our caregivers are trained to provide assistance and companionship, so you can relax and enjoy your outing.

We have two vans available: a standard van that can accommodate up to 10 passengers and a wheelchair-accessible van with an automatic lift.

To learn more about how Solutions for Living at Home can make your life easier, please call us at (803) 223-6173.



Solutions Partner, Davonda McMichael, heads out to transport a client!



Solutions
for living at home

A MINISTRY OF STILL HOPES

DOG PAW-TY & PARADE!

For the second year, residents in the River Banks neighborhood made homemade dog treats for the annual Dog Parade and Paw-ty. Otis was a taste-taster and gave two paws up for the banana and peanut butter ingredients. Owners and their dogs enjoyed photos with their pets, and meeting their resident friends in Greenway, on Main Street and in Lowry's Café.



Mudd leads the parade to "Who Let the Dogs Out"



Cantey with CB & BW



Jess & Emma



Sue with Treats



Jim & Sonny



Honeybun



Pam & O'Malley



Otis the Taste Tester



David & Miss Buff

BACK TO SCHOOL MEMORIES!



Fine Portrait Photography by Kimberly Oakley



The Still Hopes community will have an opportunity to view fine portrait photography by Kimberly Oakley (formerly known as Kimberly Case) in October and November. Kimberly's prize-winning work has previously hung at Still Hopes in exhibits by the Trenholm Artists Guild and the Crooked Creek Arts League. She has appeared in several South Carolina art venues, such as The Koger Center for the Arts, The SC State Fair, and Art Fields in Lake City, often taking home a top award. The lead photographer and co-owner of Studio 3P, Kimberly says: "In my art I portray themes of quiet strength. My images have a peaceful calmness and dignity to them."

Look for a fuller description of the coming show in your October issue of Connections.

Rose Gardens Lunch Outing



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Connections

A newsletter for the entire community



STILL HOPES
Episcopal Retirement Community

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stillhopes.org

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FIRST RESPONDERS APPRECIATION PARADE

FRIDAY, SEPTEMBER 8
10:00 A.M.
CAMPUS WIDE

Come watch the parade and show your appreciation for our local first responders. Please be outside or on your porch holding a sign, waving, cheering and thanking them as they parade through campus.

Andy Armstrong

*Artistic Director for Music on Main at the
SC Museum of Art*

In Concert

TUESDAY, SEPTEMBER 26
6:30 PM
KEENAN EVENT CENTER

*Reception in the Atrium following
the Piano Concert*