



# Connections

*A newsletter for the entire community*

## *Solutions for Living at Home Receives 2023 Best of Home Care Awards*



Solutions  
for living at home

A MINISTRY OF STILL HOPES

Since 2007, Solutions for Living at Home, a ministry of Still Hopes Episcopal Retirement Community, has been providing compassionate and quality home care to individuals of all ages with varying circumstances and needs. Our goal is to exceed the needs and expectations of those we serve in the Midlands and surrounding counties.

Solutions for Living at Home recently received the distinguished 2023 Best of Home Care – Leader in Experience, Provider of Choice, and Employer of Choice Awards from Home Care Pulse, the leading firm in experience management for home care businesses and endorsed by the Home Care Association of America. The Leader in Experience Award is the highest recognition awarded and is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. As a Leader in Experience, Solutions for Living at Home is now recognized among the top 10% of home care providers participating in the nationwide HCP Experience Management Program.

This accomplishment demonstrates Solutions for Living at Home's long-term dedication to excellent care and quality improvement. To qualify for this award, 10% of Solutions for Living at Home's clients and caregivers were interviewed each month by HCP. Over a 12-month period, Solutions for Living at Home

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## Around the World with Missy McIver

*Coming to the Hopewell Gallery | April/May 2023*

"Around the World with Missy McIver" has been a long time in the making. She was born in Summit, NJ and educated at Smith College. She bought her first 35 mm camera, an Asahi Pentax, in the 1970's. She was working in the Stanford Art Library at the time and was mentored by Leo Holub, a well-known photography teacher at Stanford who was a contemporary and friend of Ansel Adams and Imogene Cunningham, who had singled out Missy's work for comment in a student exhibition.

Leo taught her film processing and printing and from then on, she was hooked. She spent a year studying photography at the California College of Arts and Crafts. She admired the work of the great photographers Cartier Bresson, Edward Weston, Dorothea Lange, Walker Evans, and Diane Arbus.

Though toying with the idea of continuing in photography, she chose instead to pursue a Masters in Educational Psychology. She became a child and family

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# Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | [dagr@stillhopes.org](mailto:dagr@stillhopes.org)  
REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | [erdye@stillhopes.org](mailto: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.

#### THE BOOK OF REVELATION

Begins Thursday, March 23  
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

### MEN'S BIBLE STUDY

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

### BIBLE STUDY

The Book of Daniel  
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, March 8th · 11:00 a.m.  
Chapel of the Holy Spirit

A service for all residents of Still Hopes.

## We fondly remember...

MARTHA SHIPPEY

GEORGE ROSS

Heartfelt sympathy is extended  
to family and friends.

### SERMON SERIES:

## The Meaning of the Cross of Christ

SUNDAYS DURING LENT  
11:00 A.M. · CHAPEL

## Trinity Lenten Series at Trinity Episcopal Cathedral

The weekly Lenten speaker series and  
luncheon will be held on Wednesdays,  
beginning March 1, 2023 through  
March 29, 2023.

### TRANSPORTATION

Wednesdays, 11:00 a.m.  
from March 1 - 29 | Depart from McDowell  
By Reservation · Self-Pay



## Shining Star

### STILL HOPES EMPLOYEE OF THE MONTH: KENNETH JENKINS

**Kenneth's First Nomination:** Kenneth is a special part of our Still Hopes Team. He is employed as a waitstaff in the Palmetto Dining Room. I recall when Kenneth first waited on our table. He did not know that Pinot Noir was a red wine. However, he learned that very evening and has always been eager to learn the necessary skills to become accomplished in his wait staff abilities. Kenneth maintains just the right amount of attention to his tables and makes every effort to bring what is desired to each person he serves. He is courteous and friendly. It is a joy to be seated at one of his tables.

- Submitted by Anna Griswold

**Kenneth's Second Nomination:** Kenneth is a wonderful addition to the wait staff in the Palmetto Dining Room. He is always smiling and pleasant. He remembers everyone's name, and the service he provides is excellent.

- Submitted by Dick and Libby Marshall



**Kenneth's Third Nomination:** Kenneth Jenkins joined the Still Hopes staff last year. From day one, he has always been courteous, helpful, and efficient with great energy and a very positive attitude. He has a smile and a kind word for everyone and if he sees something that needs to be done, he does it. He is a great host and greeter and is a real asset to Still Hopes. We are blessed, indeed, to have him here. - Submitted by Mike and Kay Murrell

Charm is an asset for any employee, but when it is combined with efficiency, consideration, and attention to detail, that employee stands out among others. Kenneth Jenkins is such an employee. In the Palmetto Dining Room, Kenneth makes it a point to learn residents' names and then continually greets them by name from that point forward. When he oversees a table, he accurately records orders and then follows up after serving to see they are correct. We are so fortunate to have a loyal, caring employee like Kenneth. - Submitted by Barbara Carter

## Welcome New Residents!

PRISCILLA REYNOLDS  
HARRIETT SHULER  
MARGIE BROWN

*Around the World With Missy McIver, continued from page 1*

therapist, first in the San Francisco Bay area and later in Seattle. She moved to Columbia in 1992 to assist in caring for her parents.

The career change and move allowed her to launch into world travel. She was drawn to exotic places, and the list includes India, Mongolia, Laos, Myanmar, Ethiopia, Botswana, Zambia, Zimbabwe, Morocco, Chile, Argentina, Peru, Japan, and most recently Bali. Drawing upon a previous career that focused on family dynamics in a home environment, she was similarly drawn to people and their relationships within communities, families and the subject and herself. She describes this compelling and delicate connection as "the vulnerability of the moment."

The Still Hopes Art Committee is happy to showcase Missy's work in this round-the-world adventure.

## March Birthdays

01	Joy Padgett	13	Myra Torres
01	Karl Pfaehler	15	Charlotte Rowell
02	Crosby Adams	15	Liz Wheeler
05	Ann O'Farrell	16	Ann Romaine
06	Lee Minghi	21	Charles Bussey
08	Reid Ellis	23	Pearl Allen
08	Patsy Malanuk	26	Lloyd Hendricks
09	Trina Carter	26	Peter Lloyd
09	Richard Sasnett	30	Mary Townsend
10	Sara Conde	31	Emilie Guignard
13	Alice Thurstin	31	Agnes Kuhs



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

For the Love of Trains

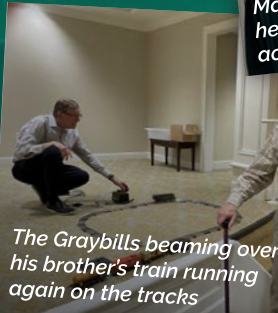
Our love of trains may have started with a toy Lionel locomotive, after viewing the incredible 1956 movie *The Great Locomotive Chase*, or because family worked for the railroad. At *Hollywood and History* last month, residents shared stories that even surprised historian and presenter Walter Edgar.

*The Great Locomotive Chase* portrays Union spy Andrews and his men during the Civil War stealing a Confederate train and driving it to Union territory. Along the way, they destroy the Confederate railway system. Mary Ross was fortunate to see the filming of the movie up close and personal. She witnessed the making of the movie as a member of her college history class in Georgia. Mary even met one of the stars of the film. She met the very tall and attractive actor Fess Parker, best known for his leading roles in television as Davy Crockett (1950s) and Daniel Boone (1970s).

Liz Wheeler's father worked for the railroad. She showed attendees his watch, a beautiful heirloom, which she said kept perfect time, accounting for accurate train schedules while he worked on the CNO Chesapeake and Ohio trains.



Mary Ross telling her story of meeting actor Fess Parker



The Graybills beaming over his brother's train running again on the tracks



Walter Edgar, historian and toy train collector, examines the 1930s Lionel train



Liz Wheeler showcases her father's watch

Martha Campbell spoke at the event and shared her family was no stranger to the business of railroads. Her father was president of the Columbia, Newberry, and Laurens Railroad.

Rob Graybill's train was on display, along with Walter's, during Christmas at Still Hopes. Walter took an interest in Rob's Lionel Lines train set. The historian noted it was made before 1940 because of its metal build and gray color. In December, Rob's train was not operational. A little magic bestowed on the 1937 train by Walter, and the electric toy was back circling its track. Rob said he was overjoyed to see the toy chugging along again on the stage at *Hollywood and History*. It was given to his brother for Christmas in 1942 by his parents and it makes perfect sense for the Graybill boys to have an interest in trains. Rob's father was a station master in Augusta, Georgia.

For the love of trains, thank you Walter!

*The spring series of Hollywood and History (and Hotdogs), presented by Walter Edgar, begins in late March.*

HOLLYWOOD, HISTORY, & HOT DOGS

With Dr. Walter Edgar:  
Author, Professor, & Host  
on SC Public Radio



Watch a special Hollywood Hits movie on a Friday! Then sign up to attend a historical lecture about the movie the Monday following!

MOVIE SHOWINGS	LUNCH & HISTORY
Serena Friday, March 31   3:00 p.m.	Monday, April 3 12:00 p.m.
Midnight in the Garden of Good & Evil Friday, April 28   3:00 p.m.	Monday, May 1 12:00 p.m.
Forrest Gump Friday, June 2   3:00 p.m.	Monday, June 5 12:00 p.m.

**Movies & presentations in Keenan Event Center | \$5 resident charge**

Hollywood Hits

Fridays	3:00 p.m. Keenan Event Center
March 3	Top Gun PG   1 hr. 50 min.   1986
March 10	Top Gun: Maverick PG-13   2 hr. 11 min.   2022
March 17	Top O' the Morning NR   1 hr. 40 min.   1949
March 24	Steel Magnolias PG   1 hr. 57 min.   1989
March 31	Serena (Hollywood & History Series) R   1 hr. 50 min.   2014

Please Join Us!  
DIRECTED BY KEVIN CROWE  
STILL HOPES SINGERS

For all those who enjoy singing at Still Hopes!

Tuesdays, beginning March 7th  
3:00 p.m.  
Club Room, Building 5

Kevin is earning a Doctor of Musical Arts in Choral Conducting at the University of South Carolina. He received both his Master of Music and Bachelor of Music Education degrees from the University of Tennessee.

COCKTAIL CLASS

FRIDAY, MARCH 3  
3:00 P.M.

Led by Cathead Distillery  
Hosted by the Pub

By Reservation,  
Resident Charge

STILL HOPES  
Easter Egg Hunt

Saturday, April 1 | 10:30 a.m.  
Mansion Grounds | No charge

Invite the little ones in your life to enjoy a fun morning hunting for Easter Eggs! Please register in the LE reservation book so we have an estimate of how many children will be coming.

Toddler to elementary age children are invited!  
Light refreshments will be served.

Ageless Technology

Thursday, March 2 | 3:00 p.m.  
Keenan Event Center

We will introduce walking apps to use in the Catch Me if you Can Challenge!

Lunch Bunch: O'Hara's Public House, Lexington

FRIDAY, MARCH 10

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

Opera Guild Concert

YASMIN BRADSHAW, Soprano  
& JOHNNIE FELFER, Tenor

Sunday, March 5 | 3:00 p.m.  
Keenan Event Center

All residents invited

Chamber Music on Main

Monday, March 13 | Departing: 6:00 p.m.  
from McDowell

Transportation Only • By Reservation



## THE PIANO PERFORMANCE TEAM

Thursday, March 30  
1:15 p.m. | Keenan Event Center

*Talented Young Pianists from ages 9 - 16*

## The Fourth Cross

DINNER & SHOW

Saturday, March 25  
5:00 p.m. | \$66/person

Departing from  
McDowell at 2:30 p.m.

Four crosses. Four men. One man is a murderer. Two are thieves. The fourth, a carpenter from Nazareth. Though the cry of the crowd that day set only one man free - it saved us all. This is the story of *The Fourth Cross*. Large-scale, Broadway-style musical dinner show.

By NarroWay Productions, York County

## Parker Quartet at Trinity Cathedral

MONDAY, MARCH 27

Departing from McDowell at 6:45 p.m.

Transportation Only • By Reservation

Free Concert hosted  
by Trinity Cathedral

## USC SCHOOL OF MUSIC STUDENT VOCAL PERFORMANCES

Sunday, March 26 • 3:00 p.m.  
Keenan Event Center

## SC Philharmonic KOGER CENTER FOR THE ARTS

Saturday, March 11  
Departing from McDowell  
at 6:45 p.m.

Transportation Only • By Reservation

## ROSS HOLMES IN CONCERT

Featuring Aletha, Carly Taylor,  
& Scott Burkholder



Thursday, March 9  
7:00 - 9:00 p.m.  
Keenan Event Center

Special thanks to Lloyd and  
Susan Hendricks for sharing this  
concert with Life Engagement.

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

Wednesday, March 1 11:00 a.m.	Trinity Cathedral Lenten Series & Lunch	Monday, March 13 6:00 p.m.	Chamber Music on Main at CMA	Friday, March 24 10:30 a.m.	Walk with Wellness & LE at Riverfront Park
Wednesday, March 8 10:15 a.m.	Grocery Shopping at Publix	Wednesday, March 15 11:00 a.m.	Trinity Cathedral Lenten Series & Lunch	Saturday, March 25 2:30 p.m.	The Fourth Cross at NarroWay Productions in Fort Mill, SC
Wednesday, March 8 11:00 a.m.	Trinity Cathedral Lenten Series & Lunch	Thursday, March 16 8:30 a.m.	Men's Group Golf Outing	Monday, March 27 6:45 p.m.	Parker Quartet at Trinity Cathedral
Friday, March 10 10:45 a.m.	Lunch Bunch at O'Hara's Pub, Lexington	Wednesday, March 22 11:00 a.m.	Trinity Cathedral Lenten Series & Lunch	Wednesday, March 29 11:00 a.m.	Trinity Cathedral Lenten Series & Lunch
Saturday, March 11 6:45 p.m.	SC Philharmonic at the Koger Center				



## Cayce Arts Guild People's Choice Award

We had an enjoyable opening reception and awards ceremony Thursday, February 2, for the Cayce Arts Guild in the HopeWell Gallery. The People's Choice Award was awarded to Charles Hite for his photograph of the Guignard Mansion. If you are interested in purchasing art in this show, please contact the artist directly. Artists names and contact information can be found in the HopeWell Gallery. *This exhibit will remain open at Still Hopes until March 31.*

### Solutions for Living at Home, continued from page 1

received high client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, and more. Using feedback from clients and employees, as well as quality benchmarks from HCP, the Solutions for Living at Home management team set goals to reach the highest level of experience possible.

Esther H. Ilderton, Director of Solutions for Living at Home said, "Receiving the 2023 Best of Home Care Leader in Experience Award, Provider of Choice Award and Employer of Choice Award is an honor, and recognizes the dedication and hearts of our caregivers, scheduling team and administrative staff who continually strive to provide the best in home care services."

"At Home Care Pulse, our mission is to help home care businesses create an experience that goes beyond client and caregiver expectations," says Todd Austin, President of HCP. "When we see agencies like Solutions for Living at Home that have so effectively provided outstanding care and employment experiences, we know we're on the right track. Solutions for Living at Home has worked extremely hard to prioritize high-quality care and employment, and their work hasn't gone unnoticed. This award allows them to show proof of quality to potential clients and caregivers."

Whether simple or challenging, Solutions for Living at Home is available to partner with you for your home care needs. *Call us at 803-223-6173 to schedule a home evaluation and care assessment with one of our experienced client care managers.*



# All you need is love...at Still Hopes!

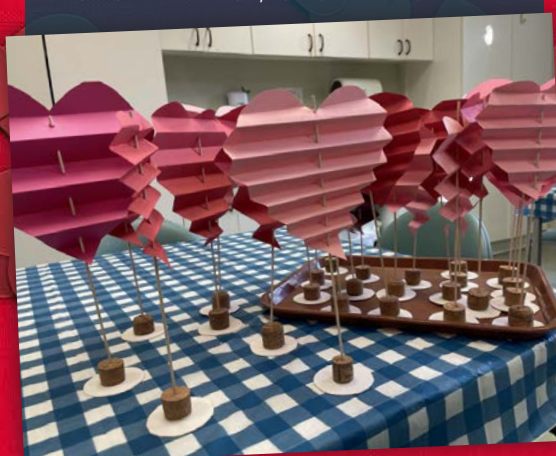
## Valentine's Dinner and Dance Party

Residents enjoyed a delicious dinner in the Keenan Event Center, followed by dancing into the night to the amazing music performed by the Heart 'N Soul Band.



## Accordion Hearts

Saturday crafters made accordion heart-shaped table toppers for Sanders Rehab, and the Pub.



## Sweetheart Tree

Residents and staff shared their love by creating love-filled notes. The notes were made into ornaments by Life Engagement team members and crafters, which were displayed on our Sweetheart Trees on Main Street and in Greenway.







# Healthy Dynamics

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

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

News You Can Use:

## Getting to Know You

Thursday, March 23 | 3:00 p.m.  
Keenan Event Center

Come listen and enjoy as some of our newer Still Hopes' residents and staff share interesting tidbits about themselves! Let's welcome them into our circle of friends! *We will welcome a little tidbit of chocolate, too!*

## Hearing Specialist

Thursday, March 2

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, February 17 | 10:30 - 11:00 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. Special Guest speaker for this month is **Dr. Myriam Sollman, Neuropsychologist**.

## The Visionaries: Low Vision Support Group

Wednesday, March 15 | 2:00 - 3:00 p.m.  
Guignard Dining Room

This group provides support and information to residents living with low vision.

Special Guest speaker for this meeting is Ed Henkler, author of *The Blind Guide: Resources for People who are Blind or Visually-Impaired*.

## McDowell Front Desk

803-739-5046

## Prescription Medication Disposal

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

Bring your outdated or unused prescription medication. *Please mark through your name on the medication label, but leave the medication name and dosage intact.* Thank you!

## Podiatry Services

Wednesdays, March 8 & 29 | Wellness Center  
Spa Room

Please sign up to see Dr. Smith or check your scheduled appointment in the Healthy Dynamics Book on Main Street near the Atrium. **Note:** We are now scheduling April appointments for Dr. Smith.

## Open to Hope Grief Support Group

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

Wednesdays, March 8 & 22

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.

Love is in the air!

But so are the flu and COVID.  
Wash your hands (lovingly)!

## 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*.

## Mindfulness & Meditation

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

Take a few minutes to be quiet, breathe deeply, and re-center and become more **present**. It will make your whole week better!

Refuel your soul, love. It's a long journey.

Catch Me If You Can

## Mileage Challenge

February 27, 2023 - April 28, 2023

STILL HOPES VS. BISHOP GADSDEN

## Roadmap to Victory - Part II

Join us as we compete with Bishop Gadsden in our "Catch Me If You Can Mileage Challenge" that started on February 27th! The Wellness Team has worked to bring some smaller events to help in our road to victory over Bishop Gadsden. We will be doing the following events throughout March, more details to come as we get closer to the events!

Hosted by the Wellness Center & the Life Engagement Team

## KICK OFF EVENT

Monday, February 27 | 1:30 p.m. | Walking Trails

## WALK WITH WELLNESS

Thursday, March 9 | 10:30 a.m. | Walking Trails

**SPRING FORWARD INTO HEALTHIER HABITS**  
Thursday, March 10

**WALK WITH WELLNESS - ST. PATRICK'S DAY**  
Friday, March 17 | 10:30 a.m. | Walking Trails

**OFF-CAMPUS WALK WITH L.E. & WELLNESS**  
Friday, March 24 | Riverfront Park | 10:30 a.m.

## WALK WITH WELLNESS

Thursday, March 30 | 10:30 a.m. | Walking Trails

## SHARE: Caregiver Support Group

Tuesday, March 7 | 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:

Talking to loved ones

Support from my children through tough times

SUPPORT FROM FAMILY & FRIENDS

Family who asks: "Is there anything you need?"

Grateful for those who are here to help me



# Connections

*A newsletter for the entire community*



STILL HOPES  
Episcopal Retirement Community

P.O. Box 2959  
West Columbia, SC 29171-2959  
stillhopes.org

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## White Geranium Order Form

White Geraniums plants may be ordered to beautify Still Hopes in the Chapel of the Holy Spirit at Easter. Please complete this form, detach, and return to the Still Hopes Business Office, along with your check in the amount of \$16.00 per plant, made payable to Still Hopes. If you are ordering from outside the Still Hopes campus, please send your form and check to:

Still Hopes  
P.O. Box 2959  
West Columbia, SC 29171

*Geraniums must be ordered by March 21, 2023 and may be picked up in the Chapel after the Easter Sunday Service.*

In honor of \_\_\_\_\_

OR

In memory of \_\_\_\_\_

Given by \_\_\_\_\_

## BLUE JEAN BALL

FRIDAY,  
APRIL 21

Emilie's Cafe & Courtyard  
Bluegrass, Oysters,  
& Barbecue

Hosted with  
Carolina Therapeutic Riding  
Hickory Top Farm