ISSUE: MAY 2023



Connections

A newsletter for the entire community

"The Busy Needles" Knitting Group

If you visit the Still Hopes Library on any given Wednesday at 2 p.m., you're in for a special treat. What you'll find are a "tight knit" group of altruistic women who welcome fellowship and laughter into their lives. These women are a group called "The Busy Needles," and their main goal is to knit lap afghans for patients at the Cancer Center at South Carolina Oncology Associates (SCOA) here in Columbia. SCOA has been assisting our community for over 40 years, and they treat over 50,000 people per year of all forms of cancer. As you may know, the symptoms of cancer treatment are not pleasant, but The Busy Needles work diligently to provide lap afghans to as many people receiving treatment as possible.

Since mid-2020, the ladies of The Busy Needles have constructed over 500 lap afghans to donate to SCOA! That is over 150 lap afghans per year! Though the number of residents in The Busy Needles ebbs and flows, there are always at least six members working at any given time. These residents do take on the afghans from start to finish, from taking a trip to the store to pick out exactly what yarn they would like to knit with, spending some time matching the yarn for easy access and then delivering the lap afghans. Although the Busy Needles work hard, they also get "just desserts" for all

their work in the form of Zesto's ice cream cones every time we drop a donation off at SCOA. After being fully funded for this year by a benefactor, The Busy Needles have everything they need to continue helping to change lives.

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Art Show & Reception

THURSDAY, JUNE 15 | 4:00 - 5:30 P.M. EMILIE'S CAFÉ & THE HOPEWELL ART CORRIDOR

Alicia Leeke is a South Carolina painter who incorporates research-related imagery into her artwork. Originally a biology major and former graphic designer, she uses digital technology to blend her passions of art and science.

Alicia was born in Columbia and began her education at Columbia College. During her second year she vacationed in Paris and visited the Louvre where she fell in love with the French Impressionists and solidified her passion for painting.

Her evolution from painting to new media pushes the boundaries of her work even further.

Leeke was awarded grants by the Joan Mitchell Foundation in New York City, The South Carolina Arts Commission, and a grant by the Charleston Scientific 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 BOOK OF REVELATION 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 MEN'S BIBLE STUDY

New Testament Letters Mondays · 1:30 p.m. 3rd floor McDowell **Activity Room**

Book of Romans Tuesdays · 11 a.m. 3rd floor McDowell **Activity Room**

BIBLE STUDY

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

Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy

The next service will be held on Wednesday, May 10th · 11:00 a.m. Chapel of the Holy Spirit

A service for all residents of Still Hopes.

We fondly remember...

JOE JAMES

VIRGINIA HOLLAND

BETTY BROCKINTON

PEGGY HARALSON

IAN THOMSON

Heartfelt sympathy is extended to family and friends.



Though they are a tight knit group, The Busy Needles love new members! No experience is necessary, and all materials can be provided. We even have one member who loves to teach knitting! If you are interested in becoming a member of The Busy Needles please reach out to Life Engagement Specialist Regina Morin-Sevrie at rnmorinsevrie@stillhopes.org or 803.739.5058.







Shining Star STILL HOPES EMPLOYEE OF THE **MONTH: KAREN KOON**

Karen's First Nomination: For the past four years, during our visits to see our mom at Still Hopes, my sister and I have encountered many of the caring staff who work at Still Hopes. However, Karen, at the Front Desk in Greenway, has been such an exemplary example of someone who goes beyond her duties. We were always greeted with a smile, and she liked to call us "the sisters." During the pandemic, she had to deal with the disappointments of families wanting to see their loved ones and being denied that opportunity for weeks on end. She was so patient with us as we finally learned to sign in correctly, and even when the questions changed! She helped us in so many ways and was always willing to find out answers if she herself did not know them. She is certainly an employee any organization would love to have. She cares about people and is genuinely interested in the family and the resident that now lives at Still Hopes. She made us feel like we were friends, not just someone doing a job.

For these reasons and many others, we would like to nominate Karen for Employee of the Month.

- Submitted by Caroline Kohn Crump and Pat Kohn

"Alicia Leeke," continued from page 1

Cultural Education Fund to produce a traveling exhibition entitled "View From Under the Microscope: Science -based Learning Through Art". The exhibition educates the non-scientific community about the importance plankton play in our life and why we need to be good stewards of our water bodies.

Alicia Leeke is an international award-winning artist whose work is collected around the globe from New York City, Finland, Austria, to Dubai.

May Birthdays

01 Ann Hinson

03 Deedie Barber

03 Cantey Heath

05 Kay Murrell

06 Leland Penrod

07 Bob Hinson

08 Marie Lloyd

08 Adelyn Price

09 Bernadette Scott

09 Kate Swanson

10 Ken Haralson

10 Warner Montgomery 28 Helen Hill

14 Ann Wild

15 Keith Davis

16 Anna McCord

16 Barbara McCutchen 31 Duck Lomas

16 Pat Murphy

18 Susan Herin

19 Cynthia Murphy

19 Peggy Nettles

19 Sarah Parker 20 Abbot Carnes

22 Mary Lou Price

24 Ann Callison

24 Verna Goodman

25 Vivian Evans

25 Charles Litchfield

25 Lucy McCain

27 Fave Pender

28 Hillary McDonald

29 Nelson Weston

30 Martha Helen King

31 Effie Philips

Rose Gardens Events





The City Hoppers had the opportunity to see Columbia's wall murals and sculpture work. We came across Artist Kate Bahen who took her time to speak to us about this piece she is creating in honor of her friend.

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

Broadway in Columbia Performances

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.

UPCOMING SEASON SHOWS

Tues, Oct. 17 Come From Away Tues, Nov. 14 **Pretty Woman**

Tues. Dec. 12 Dolly Parton's Smoky Mountain

Christmas Carol

Tues, Jan. 23 My Fair Lady Tues, Feb. 27 Hamilton

Tues, Mar. 26 On Your Feet

SPECIALS

Wed, Dec. 20 | Celtic Woman Christmas

Mean Girls Tues, Apr. 23

Town Theatre's 104th Season Tickets

We will once again offer season tickets and transportation to Town Theatre through Still Hopes. Cost of \$80, charged to your resident monthly billing includes Sunday Matinee (first matinee of each show's run) ticket to five shows. If interested, please register in the LE Reservation Book or contact Holly Crawford, LE coordinator at 803.739.5018 or hcrawford@ stillhopes.org. Deadline for reserving your season ticket through Still Hopes is May 31st!

UPCOMING SEASON SHOWS

The Sound of Music White Christmas Moon Over Buffalo Beautiful

The Carole King Musical

Something Rotten

TOWN HALL SERIES: An Afternoon with **Leon Lott, Sheriff** of Richland County

Wednesday, May 3 3:00 p.m. Keenan Event Center

Hollywood Hits

Fridays | 3:00 p.m.

Keenan Event Center

May 5 Daisy Kenyon

NR | 1 hr. 39 min. | 1947 May 12 The Parent Trap

G | 2 hr. 8 min. | 1961

May 19 Stand by Me

R | 1 hr. 29 min. | 1986

MOVIE MATINEE

May 20 Walk the Line

PG - 13 | 2 hr. 16 min. | 2005

Elvis

PG - 13 | 2 hr. 29 min. | 2022

May 26 Megan Leavey

PG-13 | 1 hr. 56 min. | 2017

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 following Monday!

MOVIE SHOWINGS 3 LUNCH & HISTORY

Midnight in the Garden of Good & Evil Friday, April 28 | 3:00 p.m.

Forrest Gump Friday, June 2 | 3:00 p.m. § 12:00 p.m.

Monday, May 1

Monday, June 5

12:00 p.m.

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

Tech Troubleshooting

Becker Family Foundation Students

Recital

TUESDAY, MAY 30 4:00 P.M.

KEENAN EVENT CENTER

Founded in 2018 to expand awareness

of, and appreciation for, stringed

instruments. It provides services and

funding for violin, viola and cello

stringed instrument education, research,

performances, and artists.

Wednesday, May 10

Trinity Multipurpose Room

ROSES & PICNIC

At Edisto Memorial Gardens in Orangeburg, SC

> TUESDAY, MAY 23 Depart: 10:00 a.m. Cost: \$18

Lunch Bunch: La Cienega

THURSDAY, MAY 25

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

Ageless Technology

Thursday, May 4

3:00 p.m. Keenan Event Center

SC Music and Dance Academy **Spring Dance Performance**

Thursday, May 11 | 6 p.m. Keenan Event Center

ANNUAL RUMMAGE SALE

Thursday, June 8 | 9 a.m. - 4 p.m.

DONATIONS ACCEPTED:

Tues.. June 6 & Wed., June 7

9:00 a.m. - 4:00 p.m. Keenan Event Center

The annual Rummage Sale is here! Items donated will be categorized, tagged, and placed in the Keenan for sale. Employees and residents: if you have a donation, please hold onto it until the week of June 6. Life Engagement will help coordinate delivery of large or bulky items such as furniture, TVs, or small appliances for residents. Clothes are not accepted at the Rummage Sale. Residents who would like to volunteer at the sale, please contact a Life Engagement staff member.

For more information, contact Michelle Rabon, Director of Life Engagement, at 803.995.8134/ mrabon@stillhopes.org; or Holly Crawford, Life Engagement Coordinator, 803.739.5018/ hcrawford@stillhopes.org.

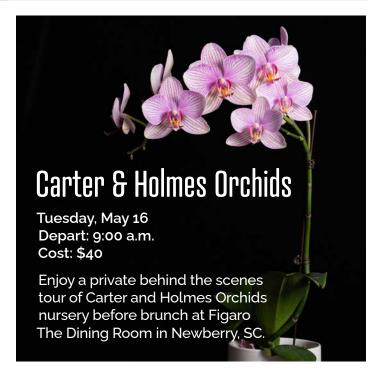
Apartment, Cottage, & Concierge Suite Life Engagement Bus Departure Times

*
Thurs., May 18 Men's Group Golf Outing 8:30 a.m.
Sat., May 20 Soda City Market 9:30 a.m.
Tues., May 23 Edisto Memorial Gardens in Orangeburg, SC
Thurs., May 25 Lunch Bunch at 10:45 a.m. La Cienaga

Fairview Play at Trustus Theatre

SUNDAY, MAY 7, 2023
Depart: 2:15 P.M. | Show Time: 3:00 P.M.
Cost: \$25

Under the direction of 2016 Steve Morrison
Visionary Award winner Terrance Henderson,
Fairview asks audiences to confront their
ingrained perceptions, the deep roots of American
prejudice, and the possible future that awaits
when space is made for change. This fourth-wallshattering new play, and the 2019 winner of The
Pulitzer Prize for Drama, is one of the most stirring
plays in recent American theatre history—and it's
right here at Trustus.





KING CHARLES III CORONATION WATCH PARTY

Saturday, May 6, 2023 6:00 a.m. Keenan Event Center

Wear your best pajamas and join us for crumpets, jam, & coffee as we watch King Charles III Coronation on the big screen! Please register in the Life Engagement Reservation Book.



Catch Me If You Can Awards Ceremony

TUESDAY, MAY 2 | 11:30 A.M. HOPEWELL GRAND COURTYARD

Over the past 9 weeks you all have put in a lot of hard work to collect miles for our Catch Me If You Can Mileage Challenge! You may have noticed that our leaderboard has not been updated with the final numbers. We would like to invite you to join us for our Catch Me If You Can Mileage Challenge Award Ceremony. Bishop Gadsden will have a group of residents and employees attending to represent their community at the award ceremony. Please join us for some music, food, and welcoming those from Bishop Gadsden as we announce which community won the Catch Me If You Can Mileage Challenge!

Gardening at Still Hopes: May

What a wonderful time of year for garden lovers! Our trees and shrubs are fully flushed out with vibrant green new growth while perennials promise a burst of brightly colored flowers. It can be said that late April and May are when gardens are at their best: growing conditions are favorable with warm days and seasonal showers. Nature responds enthusiastically.

Now is the time to refresh our balcony or patio pots with some cheery annuals or perennials. Beyond our own quarters it's an ideal time of year to enjoy the beautiful and varied plantings in the Still Hopes campus and to venture out to see some noteworthy

gardens nearby. In that spirit we have two special events planned for our enjoyment: a Still Hopes cottage gardens and Polly's Pond tour and a day trip to Orangeburg to experience the Edisto Memorial Gardens.

Cottage garden walk.
On Friday morning, May
12, cottage gardens
along Exum Drive will
be on tour. Many of the
residents there have

taken advantage of their little plot of "dirt" to grow a surprising variety of shrubs and flowers in challenging conditions. We'll be delighted by the colorful flower beds and appreciate the efforts of our neighbors to enhance their surrounds. Not to be missed are the Edgars' signature blue pots and the Barrons' bottle tree. An idyllic spot at Polly's Pond has been planted with ferns and yellow irises and a spectacular

weeping Laceleaf Japanese maple. Descriptions of the gardens and map will be available on the day of the tour. Optional tram rides will be available.

Day trip to Edisto Memorial Gardens. On Tuesday, May 23, a day trip to nearby Orangeburg is planned to see the renowned Edisto Memorial Gardens. The 175-acre garden is situated along the enchanting black-water Edisto River. It offers five acres of azaleas, an extensive boardwalk along the Tupelo-Cypress wetland, and the award-winning rose garden with an amazing display of 4,800 rose plants in 79 beds. On our trip we will be free to explore the many garden areas and marvel at

the beauty and variety of roses grown there. For more information about the history and special features of the garden go to: https://www.orangeburg.sc.us/edistomemorial-gardens.

Birding. The wee Rubythroated hummingbirds have returned. We can invite them to a feeder with fresh sugar water and delight in their high energy. Our beloved

Eastern bluebirds have built their nests and are raising their broods. Meal worms and other soft protean are essential to the hatchlings. Flocks of migrating American Goldfinches and Cedar Waxwings were abundant recently and some may remain.

Hillary McDonald, Still Hopes Gardening Group



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2023 Easter Egg Hunt





Residents of JBG had fun hunting for eggs at our annual Easter Party held in the Congaree Sunroom. Pictured are Mary Duffie, Geneva Walters, Susan McDaniel and Podie Brunton.



River Banks ladies enjoying the sunshine!



Dyeing Easter eggs!



Doug Floury enjoying a perfect root beer float.



enjoyed visiting with each other and speaking to each other in Spanish. Mr. Torres visits residents with his dog Emma.

Midlands Gives & Seeding Opportunity

y Christie James

"Opportunity."

The word pulls us forward and opens us up. It launches our sense of vision. What kind of opportunity? What does it mean? Can we bring it to life?

Several years ago, Still Hopes saw an opportunity to innovate by launching a new service. It would be offered to any senior, whether a resident or community member aging in place, and would be available on an hourly, daily, weekly, or monthly basis. The opportunity would require reaching out to a new market and launching a slightly different type of business. As such, it was a risk. What if the board approved the funds, got things rolling, and nothing happened? What if it failed?

The cost to launch the new service was estimated to be about \$80,000.00. Still Hopes leadership danced around the idea for almost a year, recognizing that while it could bring important expansion in both service and mission, if it failed, residents' monthly fees could be at risk.

In the end, they decided that the opportunity was much greater than the risk and *Solutions for Living at Home* was launched.

Today, Solutions for Living at Home is a success. Solutions caregivers serve clients on the Still Hopes campus and throughout the midlands with personal care assistance, healthcare assistance, and practical daily help such as driving clients to and from appointments or shopping, helping to prepare meals, doing laundry, walking pets, and serving as companions.

Solutions caregivers are responsible for elevating the quality of life and independence of over 200 midlands residents. In fact, *Solutions for Living at Home* was recently recognized in Home Care Pulse's 2023 Best of Homecare national awards as Leader in Experience, Provider of Choice, and Employer of Choice.

So, that risk? It's paid off. And in more ways than you might think. That experience gave birth to an idea that would enable Still Hopes to pursue future mission-driven opportunities but in a way that made the risk less...well... risky. It inspired the Still Hopes Opportunity Fund.

The Still Hopes Opportunity Fund is a philanthropic 'seed fund' that will support investment in mission-driven ideas, innovations, and tools without putting the Still Hopes budget at risk.

The Opportunity Fund is currently in its growth phase. It hasn't been used. Every gift helps to build the Opportunity Fund's wherewithal to make it an effective resource.

What does that have to do with Midlands Gives?

Midlands Gives is the Central Carolina Community Foundation annual awareness-builder and fundraiser for nonprofits throughout the South Carolina midlands. For ten years it's been a key part of enabling Columbia's



nonprofits for growth and service.

Still Hopes participates in Midlands Gives to

grow the Opportunity Fund. All Still Hopes Midlands Gives donations go toward the Opportunity Fund. Even a small gift can make a big difference.

Midlands Gives officially takes place on Tuesday, May 2nd but they are accepting donations now! Simply go to *www.StillHopes.org/MidlandsGives* and press the 'donate' button.

Need tech help? Come see me, Christie James, in the Development Office (Guignard Mansion) anytime between now and May 2nd. On May 2nd, I will also be out along Main Street with my trusty iPad ready to help any donor with their electronic donations.

Did you miss the Midlands Gives deadline? Donate to the Opportunity Fund any time at www.StillHopes.org/Donate.

Help us build the Still Hopes Opportunity Fund!

OUR **\$7000**

Donate now through May 2nd at www.StillHopes.org/MidlandsGives.

Need tech help? Find Christie James along Main Street through May 2nd.



Tea, Popcorn, Friendship, & Fundship! *All* are welcome.

MAY 30 | 2:00 - 3:00 P.M. EMILIE'S IN HOPEWELL

This time we focus on temporary restricted funds and a donor's opportunity to put their gifts where their heart is by bringing a special project to life.

We'll also share news and answer questions about standing philanthropic funds and the Guignard society.

Hope you'll join us! And yes, we'll have popcorn!

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Healthy Dynamics

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

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

News You Can Use:

Reminiscence & Ramblings: **Still Hopes Over Time**

Thursday, May 25

3:00 p.m. Keenan Event Center

Resident *Frances Case* grew up gazing at the "castle" (the Guignard Mansion) and moved into Building 5 when it opened in 2005. Frances will treat us to a history lesson and backstage tour of Still Hopes and the surrounding community over the years.

Hearing Specialist

Thursday, May 4

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.

Podiatry Services

May 10, 17, & 31 | Spa Room

Wednesdays, | Wellness Center

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 very 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. Thank you for your understanding, and Tacey is glad to talk with you about other options for podiatry services.

Parkinson's Support Group

Friday, May 19 10:30 - 11:30 a.m. Gabriel's Dining Room

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

Open to Hope **Grief Support Group**

Guignard Mansion 1:00 - 2:00 p.m. Wednesdays, May 10 & 24

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

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 Allison Carroll and Mary Peterson.

The Visionaries: Low **Vision Support Group**

Wednesday, May 17

2:00 - 3:00 p.m. **Guignard Dining Room**

Please join us if you are living with the challenges of low vision!

Congratulations to our intern Havyn Little!

While we are sad to see Havyn's internship end at the end of April, we offer a hearty congratulations! Havyn will receive her Master of Social Work degree in May from USC College of Social Work. She has been with Community Services since December and has helped to improve quality of life for residents in all neighborhoods

of Still Hopes. Thank you, Havyn, for all of your enthusiasm and support for our residents!

Mindfulness & Meditation

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

Studies report that taking some time to be guiet and to be in the present moment can reduce stress and anxiety, promote mental clarity, lower blood pressure, and strengthen immunity.

Please join us as we take a few moments to slow down, get quiet, and B-R-E-A-T-H-E.

† Solutions Pet Care Services

If caring for your pet is a challenge for you, Solutions for Living at Home can help! Solutions offers a scheduled twice daily walking service for \$46 per day with the 15-minute shifts occurring between 7:00 a.m. - 10:00 p.m.

Call Solutions to get signed up today.

945 9th Street | Cayce, South Carolina | 29033 solutionsforlivingathome.org | 803.223.6173

SHARE: Caregiver **Support Group**

Tuesday, May 2 | 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.

Helpful Information about EMS Charges:

Lexington County EMS charges a No-Transport fee of \$140 if they are called to assess an individual but that person declines to go to the Emergency Room. This bill is private pay and is not billable to insurance. The cost for transporting Lexington County residents to a hospital Emergency Room is \$630 plus \$.13 a mile. This amount is billable to insurance and is typically (but not always) covered by insurance.

We definitely encourage ambulance transport to the hospital in the case of a medical emergency. The trained medical staff on the ambulance can provide medical support en route to the hospital and make getting into the Emergency Room for care much easier and quicker than arrival in a private car.

WONDERFUL WEDNESDAY IN THE HOPEWELL GRAND COURTYARD



Connections A newsletter for the entire community



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

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