



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community

JANUARY 2024 ISSUE

Inside

**AFTERNOONS
with ANDY
ARMSTRONG**

Page 4

**CHRISTMAS
at STILL HOPES**

Page 7

Live Nativity & A Christmas Story

BY BRENN & FRIENDS

TEN-YEAR-OLD Brenn Dowdey loves her grandmother, Georgia Brennecke. She also loves being in the company of Georgia's friends, especially those who live at Still Hopes, and those who are members of her Mother-Daughter/Grandmother-Granddaughter Book Club. Each year "Brenn and Friends" act out a very simple 'live' Nativity and share the Christmas Story. Last year Susan Boyd was deeply touched by the little production.

Brenn & Friends, continued from Page 1





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.

Morning Prayer

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

Bible Studies

BIBLE STUDY

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

MEN'S BIBLE STUDY

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

Service of Holy Communion with Prayers for Healing

Led by Trinity Cathedral Clergy

The next service will be held on
Wednesday, December 13 · 11:00 a.m.

Chapel of the Holy Spirit

A service for all residents of Still Hopes.

Bible Class

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.

"THE CHOSEN" | Season Two

"The Chosen" season two with discussion and
Q&A. The Chosen is a show that explores Jesus
through the eyes of those who knew him best.

We fondly remember...

ELLEN BETTS

ADELYN PRICE

WARNER MONTGOMERY

GEORGE INMAN

AGNES KUHS

BARBARA MCCUTCHEN

ELAINE MCCARRICK

Heartfelt sympathy
is extended to family
and friends.

Uganda Mission Trip

presented by Tricia Gray

Thursday, January 11
3:00 p.m.
Keenan Event Center

Tricia Gray, wife of Chaplain Doug Gray,
will give a report about her recent
mission trip to Uganda with One for
One Impact—a non-profit Christian
organization out of Summerville, SC.
All are welcome to attend!



Shining Star

STILL HOPES EMPLOYEE OF
THE MONTH: SONIA FULLER

Sonia's Nomination: Sonia Fuller has
been a dedicated and caring member of
our community since 2021. From the first
day we met her, it was clear that she had
a compassionate and nurturing nature.
Sonia consistently goes above and beyond
to ensure her residents feel safe and
comfortable, remembering even the smallest
details about their lives.

She knows my preferences, from my favorite
clothing items to my dietary restrictions, and
always goes the extra mile to make me feel at
ease. Not only is Sonia exceptional in her role
as a CNA, but she also serves as a mentor to
her coworkers, offering guidance and support
to new CNAs. She is a calming presence on
the floor, always ready to help and teach.

- Submitted by a resident

Brenn & Friends, continued from Page 1

Brenn wanted to present the Nativity at Still Hopes this year, so Susan
and her neighbors could not just enjoy the production but also be a
part of it as one of the angels. Little brothers and sisters participated as
shepherds, animals, Mary, and Joseph as well as wisemen. The Keenan
Center was buzzing with the Christmas spirit where preschoolers to 10-yr-
olds overcrowded the stage. The joyous occasion introduced our first year
of Christmas on Main Street where residents and Brenn's friends made
holiday crafts after the performance, snapped photos with Mrs. Claus, and
drank cups of hot chocolate from the Hot Chocolate Bar.



Welcome New Residents!

JERRI HAYDEN

DARYL & SUE JOHNSON

LORNA MURA

ANN & BOBBY TEMPLE

January Birthdays

01 Robert Holliday	16 Vera Tellis
01 Roy McCrorey	17 Sally Kitchens
06 Reba Hull	17 Ella Pfaehler
07 Roberta Case	19 Dan Dannerbeck
09 Margaret Wilson	19 Carolyn Gosey
10 Mary Duffie	19 Susan Johnson
11 Susan Barron	20 Carmeta Bolt
11 Amaryllis Duvall	20 Donna Richter
14 Susan Boyd	21 Elizabeth Allison
14 Sarah Brown	21 Joyce McDonald
14 Barbara Carter	23 Nelson Lacy
14 David Rembert	26 Jim Martin
15 Pam Morris	28 Katherine Stribling
16 Eric Benfield	30 Lynne Mahaffey
16 Virginia Lacy	30 Judy Malone
16 Joyce Mann	31 Kay Clark
16 Roberta Moore	

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



Afternoons with Andy Armstrong
A NEW CHAMBER MUSIC SERIES AT STILL HOPES

Andy Armstrong, global concert pianist and Artistic Director for Music on Main at the SC Museum of Art, returns to Still Hopes. Andy is offering a wonderful opportunity to hear talented musicians from all over the world without leaving your home here at Still Hopes. Our second performance is on Sunday, January 21 on the

stage of our beautiful Keenan Event Center. Andy has declared, with your help, the Keenan Center will be our Carnegie Hall! Residents and sponsors Ben and Jerry Dell Gimarc encourage your support of this endeavor. It is their belief that, "Having nationally and internationally known musicians and a truly outstanding program will enhance the quality of life for Still Hopes residents, particularly those who find it difficult to attend concerts distant from Still Hopes."

With funding from sponsors, and contributors like yourself who love chamber music, Life Engagement hopes to continue offering this series with Andy at Still Hopes. Concerts are of the caliber that you experience at the Koger or the Museum of Art. The cost of the performances varies between \$3000 and \$5000. Currently, gifts received after the first concert have generated a total of \$6,600.

If you would like to contribute to this series and keep chamber music right here on our stage, please donate to Afternoons with Andy to The Community Development Office, 1 Still Hopes Drive, West Columbia, SC 29169.

Andy is pictured here with violinist Amy Schwartz Moretti after their Christmas performance and first concert in the series on Tuesday, December 12. Amy has a musical career of broad versatility, being equally adaptable as soloist, chamber musician, concertmaster, and educator. Before becoming the inaugural Director of Mercer University's McDuffie Center for Strings, she was concertmaster of the Florida Orchestra and Oregon Symphony.

An Afternoon
with Andy
Armstrong

CHAMBER
MUSIC SERIES

4:00 p.m.
Sunday, January 21
Keenan Event Center

Join global concert pianist, Andy Armstrong, and his talented musical friends from across the world. Enjoy a glass of wine with Andy and friends in the Atrium following the concert.

Welcome

New Resident
Orientation

Monday, January 22
11:00 a.m. | Keenan Event Center

You are all moved in...now what? Come meet the Life Engagement team and your new neighbors and learn about all the wonderful things Still Hopes has to offer!

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

Wed., Jan. 9 10:15 a.m.	Grocery Shopping at Publix	Wed., Jan. 18 1:00 p.m.	Planetarium Show : Árora at the SC State Museum	Tues., Jan.23 6:45 p.m.	My Fair Lady at the Koger Center
Fri., Jan. 12 11:45 a.m.	The Lettermen at Newberry Opera House	Sat., Jan. 21 2:15 p.m.	Moon Over Buffalo at Town Theater	Fri., Jan. 26 10:45 a.m.	Lunch Bunch at Kudzu Bakery
Sat., Jan. 13 6:45 p.m.	SC Philharmonic at the Koger Center				

The Biggest Little Farm &
The Biggest Little Farm-
The Return

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

Documentarian John Chester and his wife Molly work to develop a sustainable farm on 200 acres outside of Los Angeles. The Disney+ Earth Day special "The Biggest Little Farm: The Return," from National Geographic, is based on the 2018 award-winning feature documentary film that tells the story of John and Molly Chester, who abandon their urban life in Los Angeles to live on a barren farm to grow delicious food in harmony with nature in Ventura County.

Classical
Conversations

with Morihiko Nakahara,
Music Director of the SC
Philharmonic Orchestra

Tuesday,
January 9 | 4:30 - 5:30 p.m.
Multipurpose Room

Tech Troubleshooting

Wednesday,
January 8 | 3:00 p.m.
Atrium

Hollywood Hits

Fridays | 3:00 p.m.
Keenan Event Center
January 5 | The Bucket List
PG-13 | 1 hr. 37 min. | 2007
January 12 | The Lady Eve
NR | 1 hr. 34 min. | 1941
January 19 | North by Northwest
NR | 2 hr. 16 min. | 1959
January 26 | White Christmas
NR | 2 hr. | 1954
Saturday, January 20 | MOVIE MATINEE
Keenan Event Center
1:00 p.m. | Oppenheimer
R | 3 hr. | 2023

CYBER SECURITY
BEST PRACTICES

Tuesday, January 30
3:00 p.m.
Keenan Event Center

Presented by 7th Grade Student

Still Hopes Armed Forces
Veterans and Spouses

Group Organizational Meeting
Thursday, January 11 | 11:30 a.m.
Keenan Event Center Room 1

Resident Reflections & Ramblings

Monday, January 11
3:00 p.m. | Club Room

Join the Life Engagement team for an open forum to discuss a monthly topic with your Still Hopes Neighbors.

JANUARY TOPIC: Elvis Lives Day! How did the King of Rock and Roll influence your life?

ARTISTS FOR AFRICA POST CARD ART DISPLAY

Thursday, January 4
Main Street Hallway outside of the Lounge

Enjoy post card art created by still hopes residents benefiting Artist for Africa Non-profit organization.

CREATIVE CIRCLE AND COFFEE (C3) ART SHOW

AT STILL HOPES | FEBRUARY & MARCH

The show scheduled in the hall art gallery next to Emilie's Café during the months of February and March will be the responsibility of a group new to Still Hopes. The group calls itself Creative Circle and Coffee (C3) because they study creativity and meet every Monday, discussing creativity and sipping coffee at a local coffee shop. All of the 6 women members are of varying levels of experience as artists and of varying ages but share a common interest and love of art. The group initially was created out of an effort at Trinity Cathedral to increase church participation post Covid. A group of 12 women met monthly for various art experiences while a smaller group of the same interested women met to begin a book study of creativity. This smaller group has evolved into the Creative Circle and Coffee (otherwise shortened to C3). This group believes that the human individual is created by God and that each person has an innate creative spark which when ignited can lead him/her into

an experience of discovery that only needs to be accepted and acknowledged. The group has studied various books about the creative process as well as has participated in several plein air painting sessions, artistic field trips, informal at-home gatherings, and attended several professional shows. Being together on this pilgrimage improved their understanding and appreciation of their talents and positively impacted the development and quality of their art as well as enhanced each member's spiritual growth. Additionally, the journey has created life long bonds of friendship and has greatly deepened each individual's feeling of closeness with the ultimate Creator – God. Group members include: Anna Griswold, Marian Hornsby, Barbara Jackson, Robin O'Neil, Susan Riser, and Kirkland Smith.

C3 ART SHOW RECEPTION

February 8 | 4:00 - 5:30 p.m.
Emilie's Cafe

Jointly sponsored by Still Hopes and C3.

THE LETTERMEN

at Newberry Opera House

Friday, January 12
Show Time: 3:00 p.m.

Cost will include transportation, lunch before show, show ticket and snacks aboard bus.

The Lettermen have become synonymous with classic American Pop music, earning a legion of loyal fans over six decades. When you hear "Put Your Head on My Shoulder" and "The Way You Look Tonight," you'll reminisce about a time when love songs ruled the airwaves and romance was in the air. Don't miss your chance to see one of the most iconic vocal harmony groups of our time perform live on stage and prepare to be swept away by the sheer beauty and elegance of their music.

Christmas at Still Hopes



Nutcracker Painting

The Nutcrackers, painted by residents and staff, now welcome visitors and residents in McDowell. By virtue of a Name that Nutcracker contest, residents named the nutcrackers Nicholas and Alexander.

The traditional Peacock tree at Still Hopes was upgraded to a nine-foot tree to utilize every single beautiful ornament donated by resident Marcine Thompson years ago.

Gardening at Still Hopes: January

Do you think all the birds have migrated to warmer climates? Not so. There are many species of birds that inhabit our Forest year-round and regularly visit our feeders. We can still observe and hear them as they move about their familiar habitat in search for food, water and shelter. On a recent walk through the Forest



12 different bird species songs were recorded by my Merlin app (Cornell Lab of Ornithology), including Red Shoulder Hawk, Ruby-crowned Kinglet, and Carolina Chickadee. Among the most distinctively marked are several woodpecker species that can be seen easily and heard this time of year when the trees are bare. Look for the small

Downy Woodpecker, only 6.75" in length, and the larger Red-Bellied Woodpecker, as it clambers up and down tree trunks searching for insects.

There are many seed-eating birds distinguished by their short, hard pointed beaks that overwinter here. A favorite Northern Cardinal (aka "red bird") is plentiful year round. They are frequent visitors at our feeders, where they can find their favorite sunflower seeds to supplement grass seeds and fruits of woody plants. Beautyberry shrubs, for example, still hold their purple fruit for the taking. House finches, identified by their pinkish coloration, are also regular visitors to bird feeders. Another common seed-eating bird seen here is the Dark-



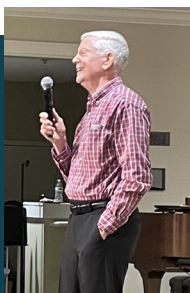
eyed Junco, characterized by its dark gray head and back.

Have you noticed the numerous bird feeders along the Sanders Rehab Center, i.e. one at each ground-floor window facing the courtyard and Still Hopes Drive? They are there expressly for the amusement and entertainment of resident patients. It's bird TV. The feeders are faithfully maintained by volunteers Barbara and Joe Carter, Jim Smith, and Jan Cambre and supported by Life Engagement as part of the resident enrichment mission of Still Hopes.

The feeders attract flocks of common House Sparrows, one of six sparrow varieties that overwinter here. They are active little birds, flitting here and there and chattering noisily all the while. When not eating or squabbling over territory, the birds roost in the nearby Crape Myrtles and a large holly near the Greenway entrance or shelter in the foundation shrubs.

House Sparrows are widely spread everywhere there are concentrations of people in the US and Southern Canada. They are notorious scavengers around outdoor cafes and picnic spots. Nearby, for example, they can be seen hoping for a scrap of bread at the Gourmet Restaurant sidewalk café in Five Points. At Still Hopes the sparrows enjoy a favored status in exchange for the fleeting diversion and enjoyment they provide to our residents.

*Hillary McDonald,
Still Hopes Environment & Grounds Representative*



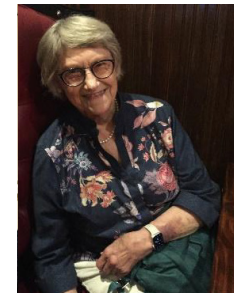
2024 Resident Council Representatives for Independent Living



ARDIS SAVORY | Chair
5101 | ardissavory1@gmail.com



TOMMY ATKINSON | Vice Chair
7307 | tommyatkinson.rph@gmail.com



SHIRLEY KUIPER | Secretary
4103 | shirleykpr@gmail.com

Building Representatives



NANCY BYMASTER
Concierge Suites
1217 | nbymaster@gmail.com



WALLY FORTUNA
Indigo Woods Cottages
1019 | waltfortuna@gmail.com



BRUCE MARSHALL
McDowell (4)
4313 | bmars52@gmail.com



GAIL BOULE
5405 | gboule29803@gmail.com



JIM WISEMAN
Evergreen (6)
6103 | papajohnclloyd@gmail.com



JOE CARTER
HopeWell (7)
7312 | cjcarter4@bellsouth.net

Other Representatives



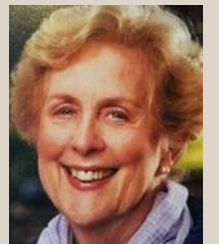
HILLARY MCDONALD
Environment & Grounds
7309 | hlmcndn8@bellsouth.net



LIZ WHEELER
Library
4110 | eadswheeler@gmail.com



ELI WISHART
Safety
7416 | wishart1@juno.com



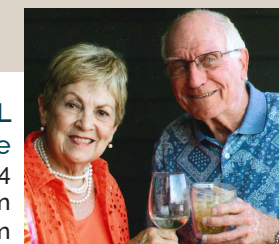
JUDY HOLLIDAY
Welcome Committee
7408 | holliday324@gmail.com



DICK MARSHALL
Employee Appreciation Fund
7415 | marshallrichard943@gmail.com

Committee Representatives

KAY & MIKE MURRELL
Art Committee
7404
kdmurr@hotmail.com
mdmurr@sc.rr.com



BOB RIMBO
Food Committee
6508
rrimbo@gmail.com

Healthy Dynamics

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

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



News You Can Use! Understanding Pain Management

Thursday,
January 25 | 3:00 p.m.
Keenan Event Center

Come hear a representative from our Functional Pathways therapy group discuss methods we can use to manage our aches and pains! *As always, chocolate will be on hand. What is better than chocolate to soothe us from a little pain?*

Hearing Specialist

There will be **NO** hearing services in January. Hearing Services with Mike Arndt will resume Monday, February 5.

Please sign up to see Mr. Arndt in the Healthy Dynamics Book on Main Street near the Atrium.

Open to Hope Grief Support Group

Guignard Mansion
1:00 - 2:00 p.m.

Wednesdays, January 3, 17, & 31

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

The Visionaries: Low Vision Support Group

Wednesday,
January 17 | 2:00 - 3:00 p.m.
Guignard Dining Room

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

Medicare Open Enrollment (Annual Enrollment Period)

...begins on October 15 and runs through December 7, 2023. This is the time to make sure the insurance plan(s) that you have or choose now will be the right plan for you in 2024.

Now is the time that you may be receiving advertisements to consider plans (Medicare Advantage plans) that sound less expensive on the front end. Please don't be hasty and don't be fooled—if it seems too good to be true, it very likely is!

Original Medicare along with a Medicare Supplement and perhaps a drug plan continue to provide the most comprehensive health insurance for our residents.

SHARE: Caregiver Support Group

Tuesday, January | 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!

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 Checks Monday, January 1st. Wellness Checks will resume as scheduled on Thursday, January 4.

Mindfulness & Meditation

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

NO EXPERIENCE NECESSARY!

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

Podiatry Services

Wednesdays, | Wellness Center
January 17 & 30 | 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.

Parkinson's Support Group

Friday,
January 19 | 11:00 - 11:45 a.m.
Keenan Event Center, Room 3

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

Wishing Everyone a Happy New Year!

 **Solutions**
for living at home
A MINISTRY OF STILL HOPES



WE LISTEN. WE PLAN. WE CARE.

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

A Special Treat for Someone Sweet

This Valentine's Day, show your special someone how loved they are by surprising them with 'A Special Treat for Someone Sweet' box full of treats! Boxes are \$15 and include decorative box with bow, card, and a selection of valentine's day themed treats. Boxes will be available for pick up on Wednesday, February 14, 2024 from 11 a.m. - 4 p.m. in the Shoppe on Main or may be lovingly delivered to your special someone by Still Hopes Staff.

To order, contact Life Engagement Specialist, Regina Morin-Sevrie at rmorinsevrie@stillhopes.org or 803-739-5058.

Congratulations to our Holiday Decorating Contest Winners!

*Holiday Decorations:
Candy Cane Lane*

*Wreath Contest
Winner: Marie Bussy*

