



STILL HOPES  
Episcopal Retirement Community

# Connections

*A newsletter for the entire community*

APRIL 2024 ISSUE

Sue Jones and Wally, aka Honey

## *Life Engagement receives two awards at the SC Activity Professionals Conference*

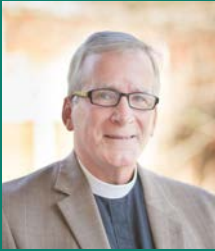
Team Life Engagement was awarded two awards by the SC Activity Professionals Association at its annual conference in March. Life Engagement Specialist Regina Morin-Sevrie was awarded *Rookie of the Year* while the department's equine enrichment program garnered the *Spotlight* award. "I am proud of this team and all they have accomplished this year," said Nikki Robertson, VP of Health and Wellness. "They are the life of the community at Still Hopes."

Regina began her career in Life Engagement two years ago, working as needed in the Jane Bruce Guignard skilled nursing neighborhood. When a full-time position opened in Apartments, Cottages, and Concierge, the team's director hired her to specifically lead artisan crafts as well as art and cultural programming in independent living. "Regina sews and understands how to motivate our residents who crochet, sew, quilt, or needlepoint. She is a whiz at crafting and can easily entice residents who have never crafted before to be a part of something elegant and rewarding," said Michelle

*Life Engagement, continued on Page 8*



Regina Morin-Sevrie



# 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 Service

Join us for Worship  
in the Chapel of the Holy Spirit  
Sundays · 11 a.m.  
Communion will be served.

## Chapel Healing Service

Led by Trinity Cathedral Clergy  
The next service will be held on  
Wednesday, April 10 · 11:00 a.m.  
Chapel of the Holy Spirit  
A service for all residents of Still Hopes.

## Bible Studies

### BIBLE STUDY

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

### MEN'S BIBLE STUDY

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



## Alpha Course

Thursdays · 10:30 a.m.\*  
Chapel

For those who have previously  
registered. The course will  
not meet on April 18th.

## Morning Prayer

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

GRADUATE PIANO RECITAL  
AT USC FEATURING

*Nathan Vondergeest*

Wednesday, April 3  
Transportation departing at  
3:45 p.m. from McDowell

Sign up in the *Life Engagement  
Reservation Book*

## We fondly remember...

FREDERICK QUINN

PAUL HOLMES

VERNA GOODMAN

FRANK ELLERBE

PHILIP WHITEHEAD

SUSAN MILTON

JO LYNN JOHNSON

Heartfelt sympathy is extended  
to family and friends.





## Shining Star: STILL HOPES EMPLOYEE OF THE MONTH: MAYCIEL ABANO

**Mayciel's Nomination:** It is with great enthusiasm that I recommend Mayciel Abano for Employee of the Month!

Mayciel is an exemplary employee who consistently demonstrates exceptional qualities that make her an asset to our team. Her work ethic is unmatched, characterized by steady, hard work and a selfless dedication to achieving goals and ensuring our employees and clients are always served well. She is patient and meticulous in her approach, ensuring accuracy and attention to detail in everything she does.

Mayciel is a true team player, always willing to help others and share her knowledge. Her kindness extends beyond her Solutions Team, creating a positive and supportive work environment for everyone she interacts with at Still Hopes. Her commitment to excellence also ensures she meets all deadlines, consistently delivering high-quality work.

Here are a few specific examples of Mayciel's contributions:

- Mayciel does whatever is necessary to ensure time and attendance for 261 Solutions Partners is entered accurately and approved for every pay period. She ensures all employees are compensated while working at near 100% accuracy.
- Mayciel enters all pay rates for our Solutions Partners and enters all pay rate changes. She also calculates and reports any retroactive pay to the accounting department, always communicating in a timely manner.
- Mayciel simultaneously enters all billing time applying 85 different codes to accurately bill approximately \$7,000,000 in annual revenue with careful attention to all the variations, differentials, incentives, and other client service fees, all the while working at near 100% accuracy.
- Mayciel works very patiently with every Solutions Partner who has a question regarding payroll. She creates reports, prints schedules and does whatever is necessary to ensure everyone understands how time is calculated and hours are compiled.
- Mayciel has recently been cross training a new employee, working to ensure Solutions has another employee who can assist with time and attendance and billing and has done so with her usual patience and skill.
- Mayciel willingly changed her work schedule and works Saturday and Sunday prior to each payroll period to meet the accounting department's requested Monday deadline for Solutions time and attendance.
- Mayciel is always willing to fill in and help anyone who asks. She never gets flustered, and one can never tell if she is asked to do something she really doesn't have the time to do. She has a great ability to make people feel they are her priority.

Mayciel is truly an exceptional employee who embodies all the values of Still Hopes. Her exemplary work ethic, positive attitude, and dedication to teamwork would make her an invaluable asset to any team. I highly recommend Mayciel for Employee of the Month and am confident she will continue to excel in her tenure here at Still Hopes.

*Submitted by: Beth Baxa*

## April Birthdays

01 Patty Hancock	19 Jo Fortuna
02 Mary Belser	20 Linda Dickerson
02 Karen Engelke	21 Ella DuBose
02 Linda Law	21 Joan Moss
04 Tommy Gregory	24 Charles Israel
07 Julian Adams	24 Shirley Kuiper
07 Bobby Temple	24 Gordon Neff
11 Vivian Lewis	26 Anne Harrell
14 Ann Bowman	26 Ben Yelverton
15 Doug Flory	27 Tom Gillette
15 Bruce Marshall	27 Kitty Nicholson
15 Lula Sturkie	29 Mary Harris
17 Libby Atkinson	30 Judy Chaplin
17 Sue Shmunes	30 Julia Whitsitt

## Welcome New Residents!

SHARON HEINZ

JACKIE PITTS

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

<i>Tue., April 2</i> 10:15 a.m.	Grocery Shopping at Publix	<i>Thur., April 18</i> 6:45 p.m.	USC Symphony Orchestra at the Koger Center
<i>Wed., April 3</i> 3:45 p.m.	Graduate Recital at USC featuring Nathan Vondergeest	<i>Fri., April 19</i> 10:45 a.m.	Lunch at Doc's BBQ and Tour of the SC Military Museum
<i>Fri., April 5</i> 9:45 a.m.	Trip to Riverbanks Zoo	<i>Tues., April 23</i> 6:45 p.m.	Broadway in Columbia - <i>Mean Girls</i> at the Koger Center
<i>Mon., April 8</i> 6:00 p.m.	Chamber Music on Main at the Columbia Museum of Art	<i>Fri., April 26</i> 10:15 a.m.	Trail Blazers Walk at Columbia's Riverfront Park
<i>Thur., April 11</i> 10:45 a.m.	Lunch Bunch at Sukiya Japanese Steakhouse	<i>Sat., April 27</i> 6:45 p.m.	SC Philharmonic at the Koger Center
<i>Sat., April 13</i> 9:30 a.m.	Midlands Plant & Flower Festival at SC State Farmers Market		

### Hollywood Hits

- Fridays** | 3:00 p.m.  
Keenan Event Center
- April 5** *The Boys in the Boat*  
PG-13 | 2 hr. 4 min. | 2023
- April 12** *No Movie!*  
Come to the Spring Fling Dance in Keenan at 6:30 p.m.
- April 19** *Oklahoma!*  
G | 2 hr. 25 min. | 1955
- April 26** *Mrs. Palfrey at the Claremont*  
PG | 1 hr. 48 min. | 2005

## PING PONG GAMES

Mondays | 3:00 p.m.  
HopeWell Petite Studio

*Beginners Welcome!*

### LUNCH BUNCH

## SUKIYA JAPANESE STEAKHOUSE

Thursday, April 11 | Depart: 10:45 a.m.  
*Cost: Self-Pay*

## Music with Mike

*Sponsored by Mike Arndt, Still Hopes Hearing Specialist*

Monday, April 1

*Featuring Musician  
Keeley Faile*

6:00 p.m.  
Emilie's Cafe Courtyard

The 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.

## Spring Concert

by Choral and String Students from  
Cardinal Newman Middle School

Friday, April 12  
11:30 a.m.  
Chapel of the Holy Spirit

# Dance Marathon

Thursday, April 18  
1:00 - 5:00 p.m.

Gain mileage for the "Catch Me if You Can" Walking Challenge & have fun grooving with your neighbors, staff, & special guests! Residents, please sign up in the Life Engagement Book.

# Opera Concert

Sponsored by the Greater  
Columbia Opera Guild

Sunday, April 28 | 3:00 p.m.  
Keenan Event Center

Residents and Guests are welcome to attend!

# RIVERBANKS ZOO

Friday, April 5 | Depart: 9:45 a.m.  
\$25 per person  
(unless you have a zoo membership)

Riverbanks Zoo and Garden is home to more than 3,000 magnificent and fascinating animals and one of the nation's most beautiful and inspiring botanical gardens. During the trip we will stop in to see Susan the Octopus who is named after our very own resident, Susan Boyd!

VOLUNTEER APPRECIATION

*How Sweet it is...*  
TO HAVE VOLUNTEERS LIKE YOU!

Tuesday, April 16 | 6:30 p.m.  
Keenan Event Center  
Invitation Only!

# Spring Fling Dance

Featuring the Endless Summer Band

FRIDAY, APRIL 12

6:30 p.m.  
By Reservation  
No Charge

# Midlands Plant & Flower Festival

at the SC State  
Farmers Market

Saturday, April 13  
Depart: 9:30 a.m.  
Transportation Only

# FIELD DAY

Tuesday, April 30 | 10:30 a.m.  
Forest Grounds Near the  
Putting Green

Watch employee teams compete for the coveted Employee Field Day trophy for the "Most Spirited" team. Water & boiled peanuts provided. Limited seating available - bring stadium chair, hat, & sunscreen.

# SOUTH CAROLINA MILITARY MUSEUM TOUR

Friday, April 19 | Depart: 10:45 a.m.  
Cost: \$22

The Museum is officially recognized by the U.S. Army's Center for Military History and the National Guard Bureau. The museum highlights South Carolina military history in three galleries available for visitors to explore. *Enjoy the lunch buffet at Doc's BBQ restaurant before a docent-led tour at the museum.*



# Catch Me If You Can

## Mileage Challenge

March 4 - May 3, 2024

STILL HOPES VS. BISHOP GADSDEN

### Roadmap to Victory: Part 2

The events below are being held by the Wellness Center. We encourage you to participate in other events around campus or create your own throughout the challenge! \*In the event of rain, walks will meet in the Atrium.

#### **MARCH MADNESS: THIS OR THAT EXERCISE BRACKET CHALLENGE**

April 1 - 5 | Wellness Center

Stop by the Wellness Center at any point during the week of April 1st to pick up a handout to participate in a March Madness Exercise Bracket, choosing which exercise will move forward in the bracket. Handouts to be turned back into the Wellness Center to win a prize!

#### **GAMECOCK WALK AND TALK**

Every Wednesday (4/3, 4/10, 4/17, 4/24) | 2 - 3 p.m. | Walking Trails

Join the Wellness Team and students from USC's Pre-Professional Health Honor Society for a walk in the forest and engage in career based conversations. Please sign up weekly in the Wellness Reservation Book.

#### **STILL HOPES 5K AND 1 MILE FUN WALK**

Saturday, April 6 | 10 a.m. | Still Hopes Forest  
Ready, Set, Go! Join us for our first 5K race and 1 mile fun walk on campus. Register in the Wellness Reservation Book.

#### **MASTER'S GOLF TOURNAMENT MEMORY QUEST**

April 8 - 12 | Wellness Center

Stop by the Wellness Center at any point during the week of April 1st to pick up a handout to participate in a Master's Memory Quest by walking across campus to various locations, and at every destination you'll find a Master's-related trivia question. All completed sheets turned in to the Wellness Center with correct answers will be entered into a drawing to win a prize!

#### **MASTERING MILEAGE GOLF EVENT**

Friday, April 12 | 10:30 - 11:30 a.m. | Still Hopes Forest

It's Master's Week! Join us by the putting green for a walking golf event in the forest. There are two ways to earn points, by walking and putting; however you must walk to earn each putt. Unlike golf, whoever has the most points at the end of the hour will win a prize!

#### **TRAIL BLAZERS EARTH DAY WALK**

Friday, April 26 | 10:15 a.m. | Riverfront Park

Join your Life Engagement and Wellness Teams at Riverfront Park. Walk at your own pace and help Still Hopes accumulate miles. Please sign up in the Life Engagement Reservation Book for transportation.

#### **KENTUCKY DERBY - 10 FURLONGS CHALLENGE**

April 29 - May 3 | Wellness Center

Race like derby horses this week and try to get at least 10 furlongs - or 1.25 miles - each day!

#### **STOP ME IF YOU CAN - THE FINALE: RESIDENTS VS. EMPLOYEES**

Friday, May 3 | 9 a.m. - 4 p.m. | Keenan Event Center

We are still competing against Bishop Gadsden, but Team Still Hopes is dividing in two! Drop by the Keenan Center to ride machines in our all day finale event where our residents and employees will be competing against each other to see who can accumulate the most mileage that day!



# Evening at the Mansion and Spring Magic!

By Christie James, Director of Community Development

Hello April!

"April in Paris, Chestnuts in blossom, holiday tables under the trees." E.Y. Harburg, Lyricist

Well, it's not quite Paris, but imagine ... spring breeze, cherry trees in bloom, the fragrance of flowers in the air, refreshments on the Mansion front porch, mingling with friends....Yes, this year's *Evening at the Mansion* is returning to its regular spring month, April! Taking place the evening of Thursday, April 25th, this year's event remains a formal affair, a chance to pull out spring finery.



Hosted by the Guignard Society, *Evening at the Mansion* is open to all residents. Last year, we held the first *Evening at the Mansion* since 2019, but extenuating circumstances made it a fall event. This year, we return to spring, and hope you'll join us! In addition to the fun factor, this is a key fundraiser for the Resident's Assistance Fund. In fact, one half of the ticket price is a donation to the Resident Assistance Fund. Invitations will be coming to your mailbox soon.

Formal affairs aren't your thing, but giving is? Please consider donating to any of the Still Hopes funds as part of our 2024 *Tradition of Giving*. Your gifts make a big impact. The Still Hopes 2024 Annual Report, available online in the next few weeks, explores the impact your giving can have now and in the future. Look for highlights in an announcement letter and in *May Connections*.

Are you a Midlands Gives participant? Our Midlands Gives webpage is now open for early donations at [www.MidlandsGives.org/StillHopes](http://www.MidlandsGives.org/StillHopes). You can give to Still Hopes from now until Midlands Gives Day on May 7th.

You don't need a special occasion to give, however. Give to any fund anytime on our website at [www.StillHopes.org/Donate](http://www.StillHopes.org/Donate) or by dropping your gift at Christie James' office in the Guignard Mansion.



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

Coctails: 5:30 p.m.  
Dinner: 7:00 p.m.  
Black Tie Optional

**Information**  
Christie James  
[cejames@stillhopes.org](mailto:cejames@stillhopes.org)



## Spring Magic!

- » Honorary & Memorial Donations
- » Monthly Resident Billing Donations
- » Give online at [www.StillHopes.org/Donate](http://www.StillHopes.org/Donate)
- » Planned giving with Entrance Fee Reimbursement Gifts

For information, contact Christie James:  
[cejames@stillhopes.org](mailto:cejames@stillhopes.org)

## BEYOND STILL HOPES: Donations accepted to the Little Free Library in Cayce

*Hello friends!* As some of you might know, I am steward of a little free library on 12th St. in Cayce. It's basically a bright red box where people can take a book and leave a book. Our purpose is to encourage reading. If you have any books, for any ages, that you think your neighbor might enjoy, please consider donating them to the Little Free Library. Let me know that you have some books and I'll be glad to pick them up. And please spread the word to anyone you think might be able to donate as well.

Many thanks,  
Judy Milone | HopeWell Resident | 845-745-4617



## 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

*Life Engagement, continued from Page 1*

Rabon, Director of Life Engagement, who wrote Regina's nomination. "She is flexible in her thinking; well-read in her studies, and willing to learn beyond what she knows by doing research." Regina also brings a wealth of knowledge to the team. She is graduate of University of South Carolina – Aiken in Aiken, SC where she earned a Bachelor of Arts degree in Sociology with a minor in Women and Gender Studies.

Residents have watched Regina grow into her own these past two years at Still Hopes. "She has become an excellent presenter," said resident Dorothy Davis, who leads crafting on Saturdays. In her nomination for the award, Michelle highlighted that Regina had produced, coordinated, and hosted talent and variety shows at Still Hopes. As the MC, she brought the house down with her wittiness, intellectual musings, and expressions of inclusivity. "This isn't easy when your audience contains retired lawyers, professors, and CEOs," explained Michelle. "She made it look easy."

SCAPA's *Rookie of the Year* is awarded to the young whippersnappers of our profession. "They show excitement, skills, and the potential for excellence in senior living activities and programming," said President Debbie Bouknight.

In recognition of their excellence, efforts, and achievements in senior living by providing innovative and unique programming to promote well-being, Life Engagement was awarded the *Spotlight* award for an equine enrichment program with Hickory Top Farm (HTF). The program, conducted by the professional therapeutic staff at HTF, is called *In the Company of Horses*.

Once a week, specific residents in different neighborhoods connect with horses up close and personal. Each resident is assigned a horse and a trainer and visits the farm for five-week sessions. Other residents by neighborhood enjoy the monthly program where they meet and greet horses on the farm. In the time they are with the horses, residents seem present, focused, and learn how to connect, interact,

walk, and care for the horses. Potential benefits of the program include what horses do so well, they teach self-awareness. "Horses are unique because they mirror human emotions and behaviors, therefore they teach residents much about themselves," said Amanda Malanuk in a recent online story about the program. Amanda is the owner of HTF and oversees *In the Company of Horses*.

"*In the Company of Horses* is magical," said Michelle, who has attended almost every session at the farm. "It seems to build confidence and awareness as residents age. It offers hope as they grieve the loss of their loved ones or neighbors, and love for themselves as they transition and change, mentally and physically." Resident Sue Jones is one of the residents Michelle observed in the program. Sue's special horse, Wally, helped her manage grief due to the loss of her beloved husband, Thom. "The timing of this program was everything for me," said Sue. "I couldn't do grief therapy; I needed something else." Wally who she named, Honey, because of his sweet demeanor and tan coat, became her grief counselor. "I told Honey my problems, and when I would get depressed, I would think of him." Sue said on those tough days, she visualized Honey, how he felt, his smell, and the enjoyment of being outside on the farm. This reflection made her smile and move with a more

positive attitude through the day. "I want to become healthier and stronger mentally," said Sue. "I just love that horse and I am ready for part 2 of the program."

The Life Engagement team consists of 14 staff members, serving residents at Still Hopes in assisted living, skilled nursing, memory care, independent living, transportation, and two beauty salons. "Our success is based on our teamwork, and the gifts each team member brings to the life of our community," said Michelle. "I am proud of how they think differently about aging, advocate for excellence, and innovative quality programming for senior living every day."



Sue Hendricks and Tango



Some of the Life Engagement team at last year's Moonlight & Roses formal at Still Hopes



# Unleashing Talents While Sharing His Own

by Judy Milone

You could call Charles Israel a teacher, a professor, an expert in reading and writing literature, but unleasher of talents comes to mind too. Leading a five-session short story writing workshop at Still Hopes in March, Charles captured his students' attention with his wealth of knowledge, engaging encouragement and genial confidence in the writing abilities he conveyed to those attending.



A native of Spartanburg County, Charles developed a love of literature while attending Wofford College, followed by graduate work at Emory and USC. He taught English for 28 years at Columbia College, offering "straight" courses and workshops [more interactive and hands-on]. Columbia College then had a high number of English majors, and life was busy. The faculty there became a community in which he happily participated. While there Charles co-authored a pictorial history of Columbia College, which was founded in 1854.

Charles and his wife Emily moved to Still Hopes two years ago, encouraged by their children to relinquish the care of their large house and garden, which was becoming difficult. Their daughter Laurie has had a successful career in graphic arts and son Charles teaches English at the college level, both clearly having inherited their parents' gifts. Graciously battling serious illnesses, Emily passed away in August 2023, shortly after Charles had returned home from medical care for a broken leg. "If you have to break a leg, break it here" he advises, praising the care he received in Sanders Rehabilitation. Once again with family encouragement, Charles recently began to seek out opportunities to share his academic expertise and to better connect with the Still Hopes community. In addition to the short story workshop, a poetry one is scheduled for the summer.

Sadly, Columbia College no longer has an English department, struggling as a liberal arts university, as have so many others in the country. Charles has enjoyed conducting the Still Hopes short story writing workshop, impressed but not surprised by the wealth of good material the "more mature" students [that would be us] have to write about. "They have a cartload of experience" he offers. One attendee of the workshop, Dave Sennema, has found it enjoyable and Charles' guidance on rewrites on his story, "The Call", quite helpful. By the way, if you like church humor, find a way

to read "The Call", or, better yet, have Dave read it to you. You won't be disappointed.

Charles remains active in the South Carolina Authors Academy, which among other activities offers fellowships to students and encourages literary academic education in Southern literature. Charles observes that there are a number of Still Hopes residents with accomplished careers in all sorts of areas

that could be taught on the Still Hopes campus. His own experience of doing so provides an excellent example of both teacher and student benefiting. That cartload of experiences and talents is there to be unleashed. If you'd like to follow his good example and share your own interests and talents, speak to Michelle. She looks forward to hearing from you.

AFTERNOON WITH

*Andy  
Armstrong*

TUESDAY, APRIL 9  
2:00 P.M.  
KEENAN EVENT CENTER

*Chamber Music Concert  
followed by a reception in  
the Atrium*

Tickets: Free for residents,  
\$25 per visitor/guest

# STILL HOPES *Easter Egg Hunt*

Our second annual family Easter Egg Hunt outside the Mansion was a spring gathering marked by beautiful crafts, Easter perfect photos, trolley rides, and hunting for Easter eggs with new friends and family.



# Greenway Gathering



## Counting your chicks AFTER they hatch with Bowers Farm

Residents and staff in River Banks and Rose Gardens neighborhoods enjoyed the Rent-a-Chick program hosted by Bowers Farm in Prosperity, SC. Six laying hens resided in these neighborhoods for two weeks. They were a week old when we picked them up from Bowers Farm. At three weeks old when we returned them to the farm, they had almost tripled in size. The breeds are: AmeriCauna, a Buff Orpington, and a Rhode Island Red. The chicks were kept in containers and under heat lamps provided by Bowers Farm. Staff and residents took turns nurturing the chicks as their guardians. Why heat lamps? The chicks had to be kept at a temp of 95 degrees until their feathers started to mature, giving their little bodies ample warmth. Check out our sustainable farming partner, Bowers Farm, here: <https://www.bowersfarmsc.com/>.



# LEAP DAY!

On February 29, Life Engagement celebrated Leap Day with frog and worm games (get it?) in Greenway and Lowry's Café. Residents in several neighborhoods won prizes, including Joyce Mann in River Banks, and Barbara Moody in Apartments, Cottages, and Concierge.

Our overall employee winner was Lynette Radford. She guessed there were 137 worms in the jar. There were 129 gummy worms. Way to go, Lynette!

Can't wait to open the Time Capsule in four years when we once again frog jump into another Leap Day!



# SHAMROCK SHINDIG

Residents enjoyed the Irish Dancers from the Connick Dance Studio, green beer, and music by Bob Michalski.

“MAY YOUR TROUBLES BE LESS, AND YOUR BLESSINGS BE MORE, AND NOTHING BUT HAPPINESS COME THOUGH YOUR DOOR.”

*- an Irish Blessing*



# Healthy Dynamics

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

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



There will be *NO Healthy Dynamics Session* in April.

Please join us for our *May Healthy Dynamics* on Thursday, May 23rd, 2024.

## The Visionaries: Low Vision Support Group

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



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

## Parkinson's Support Group

Friday, April 19 | 11:00 - 11:45 a.m.  
Guignard Dining Room

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



## Open to Hope Grief Support Group

Guignard Music Parlor  
1:00 - 2:00 p.m.  
Wednesdays, April 10 & 24

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

## CLEARING THE PATH & FINDING THE WAY:

*Dementia Resource Group*

Tuesday, April 9  
1:30 p.m. - 2:30 p.m.  
McDowell 3rd Floor Activity Room

Open to all residents who are care partners to those navigating cognitive challenges.

## Hearing Specialist

Monday, April 1

Please *sign up* to see Mike Arndt in the Healthy Dynamics Book on Main Street near the Atrium. We will call you to schedule your appointment.



## Mindfulness & Meditation

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

NO EXPERIENCE NECESSARY!  
"It always seems impossible until it's done." -Nelson Mandela

## Prescription Medication Disposal

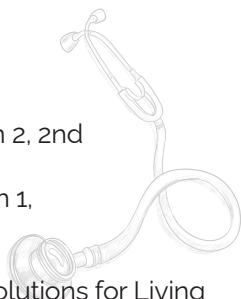
Tuesdays & Thursdays | 9:00 - 11:00 a.m.  
McDowell Front Desk

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.

## SHARE: Caregiver Support Group

**Tuesday, April 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.



## Podiatry Services

**Wednesdays, Wellness Center  
April 10 & 24 | 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.

CAYCE ARTS GUILD

## 2024 ART SHOW

Members of the Cayce Arts Guild are excited to have its fourth show at Still Hopes Episcopal Retirement Community! Since CAG is and many of its members are local to the Cayce/West Columbia area, the exhibit at Still Hopes is especially appreciated. Renea Eshleman, Show Chairman, expects the 2024 show to be the "best yet."

Still Hopes residents and staff members as well as others who attend the reception and awards ceremony (scheduled for Thursday, April 11, 5:30-7:00 pm) are invited to vote for their selection for the coveted People's Choice award.

Vic Shuler's piece, "Mark Line Harvest," won the 2023 Best of Show Award.

The People's Choice winner in 2023 was Charles Hite's photograph, "Guignard Mansion Back in the Day."

The Guild offers members many opportunities to be active in the arts community. Members and other artists present great programs at monthly meetings September through May; members may offer their art at various venues in the midlands and periodic pop-up art days. These events provide access to the public to art created by a remarkably talented group of artists.

## RECEPTION & AWARDS CEREMONY

**THURSDAY, APRIL 11**  
5:00 - 6:30 p.m.  
Emilie's Cafe/Hopewell Lobby



*Mark Line Harvest*  
by Vic Shuler



*Guignard Mansion  
Back in the Day* by  
Charles Hite

# Connections

*A newsletter for the entire community*



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