



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community

MAY 2024 ISSUE

Chapel Kneelers

A LABOR OF LOVE

Cookie Cloyd gathered a special group to donate their talents to help beautify The Chapel of the Holy Spirit.

Read more on Page 7

Pictured: *Cookie Cloyd, Linda Mote, and Mitchell Aurednik*





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 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, May 8 · 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

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



Alpha Course

Thursdays · 10:30 a.m.*
Chapel
For those who have
previously registered.

Morning Prayer

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



CONGRATULATIONS TO *Nathan Vondergeest*

Nathan's graduate piano recital on
April 3 was enjoyed by several
Still Hopes residents.

We fondly remember...

THOMAS FOSTER

VERA TELLIS

Heartfelt sympathy is extended
to family and friends.



Shining Star: STILL HOPES EMPLOYEE OF THE MONTH: CATALINA HEWITT

Catalina's Nomination: We are pleased to nominate Catalina. There are numerous reasons for this. She's always on time, cheerful, respectful, and helpful. She likes to laugh, and we enjoy hearing about her four boys! Catalina knows people – we see her talking with residents in the hallways. It's clear to us that she loves Still Hopes. She likes her job and shows it! We are very grateful for Catalina.

Submitted by: Lois & Bob Rimbo



May Birthdays

- | | |
|---------------------|-----------------------|
| 01 Ann Hinson | 16 Pat Murphy |
| 02 Sara Gibson | 19 Cynthia Murphy |
| 03 Deedie Barber | 19 Sarah Parker |
| 03 Cantey Heath | 20 Abbot Carnes |
| 05 Kay Murrell | 24 Ann Temple |
| 07 Bob Hinson | 25 Vivian Evans |
| 08 Marie Lloyd | 25 Charles Litchfield |
| 08 Meg McLean | 25 Lucy McCain |
| 09 Ruth Moyer | 27 Faye Pender |
| 09 Bernadette Scott | 28 Helen Hill |
| 10 John Haralson | 28 Hillary McDonald |
| 14 Ann Wild | 29 Nelson Weston |
| 15 Keith Davis | 31 Duck Lomas |
| 16 Anna McCord | |

Welcome New Residents!

SHARON HEINZ
JACKIE PITTS

Schedule Changes

Due to the Memorial Day Holiday
on Monday, May 27th

Monthly Resident Meeting
Monday, May 20
3:00 p.m.
Keenan Event Center

New Resident Reception
Tuesday, May 21
5:00 p.m.
Atrium

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

Wed., May 1 10:15 a.m.	Meet and Greet at Hickory Top Farm	Fri., May 24 2:00 p.m.	Sweet Treat Trip to Pelican's SnoBalls
Tues., May 7 10:15 a.m.	Grocery Shopping at Publix	Sun., May 26 3:15 p.m.	Palmetto Concert Band Concert at the Koger Center for the Arts
Sun., May 12 2:15 p.m.	<i>Something Rotten</i> at Town Theater	Fri., May 31 10:45 a.m.	Lunch Bunch Outing to J.R. Cash's Grill and Bar

Hollywood Hits

- Fridays** | 3:00 p.m.
Keenan Event Center
- May 3** *No Movie!*
Come to the Kentucky Derby Party
- May 10** *The Joy Luck Club**
*In the MP Room
R | 2 hr. 19 min. | 1993
- May 17** *High Noon*
PG | 1 hr. 25 min. | 1952
- May 18** *How to Steal a Million*
Double NR | 2 hr. 3 min. | 1966
- Feature** *How to Marry a Millionaire*
NR | 1 hr. 35 min | 1953
- May 24** *We Were Soldiers*
R | 2 hr. 18 min. | 2002
- May 31** *Driving Miss Daisy*
PG | 1 hr. 39 min. | 1989

SWEET TREAT TRIP PELICAN'S SNOBALLS in West Columbia

Friday, May 24 | 2:00 p.m.
By Reservation, Resident Charge

Jubilant Singers Concert

Thursday, May 2 | 11:30 a.m.
Keenan Event Center

Silver Saints Singers

Monday, May 6 | 10:45 a.m.
Keenan Event Center

Music with Mike

Sponsored by Mike Arndt, Still Hopes
Hearing Specialist

Monday, May 6

Featuring Musician
Eric Turner
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.

Suzuki School of Music

Spring Recital

Friday, May 17
6:00 p.m.
Keenan Event Center
All are welcome to attend!

LUNCH BUNCH

JR CASH'S GRILL & BAR

Friday, May 31 | Depart: 10:45 a.m.
Cost: Self-Pay

HICKORY TOP FARM • CIRCA 1970 •

MEET AND GREET
THE HORSES AND STAFF

Wednesday, May 1
10:15 a.m.

By Reservation, No Charge

Palmetto Concert Band Concert AT THE KOGER CENTER FOR THE ARTS

Sunday, May 26 | 3:15 p.m.

The Palmetto Concert Band was founded in 1999 by James K. Copenhaver and William J. Moody. The ensemble is comprised of professional and semi-professional musicians from throughout South Carolina as well as North Carolina and Georgia. A large majority of the ensemble's members are alumni of the University of South Carolina School of Music, and more than half of its members are public school band directors. These experienced performers, who receive no compensation for participating, choose to play with the ensemble because of their passion for making music and performing outstanding repertoire composed or transcribed for wind band.

Trenholm United Methodist CHOIR SPRING CONCERT

Wednesday, May 29
7:00 p.m. | Chapel

Students of Dawn Smith Jordan SPRING VOCAL RECITAL

Friday, May 31
6:30 p.m.
Keenan Event Center

TERRIFIC THURSDAY



BRIGGS VS. ELLIOTT

Presented by Cecil Williams and Claudia Brinson

THURSDAY, MAY 9 | 3:00 PM
KEENAN EVENT CENTER

Originally a lawsuit filed by twenty African American parents in Clarendon County for equal educational opportunities for their children, Briggs v. Elliott was the first case in the twentieth century to challenge the constitutionality of racially segregated schools. The case carries the names of the lead plaintiff, Harry Briggs, who had five children in the school district, and Roderick W. Elliott, chairman of School District 22.

ANNUAL RUMMAGE SALE

Thursday, May 30 | 9 a.m. - 4 p.m.
Keenan Event Center

DONATIONS ACCEPTED:

Tues., May 28 | 9:00 a.m. - 4:00 p.m.
& Wed., May 29 | Keenan Event Center

The Annual Rummage Sale is here! Donated items will be categorized, tagged and placed in Keenan for sale. Employees and Residents are encouraged to donate items on Tuesday, May 28 and Wednesday, May 29. Residents, if you are donating large bulky items such as furniture, tvs, or small appliances, please contact Holly Crawford, LE Coordinator at 803-739-5018 or hcrawford@stillhopes.org so she can coordinate a pickup time. 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 details.



ECLIPSE AT STILL HOPES

May Community Development: Midlands Gives



By Christie James, Director of Community Development

Thank you to all who participated in *Evening at the Mansion!* At the time of this writing, we are two weeks ahead of the event. However, many have already purchased tickets, and many who can't attend have made donations. We so appreciate your supporting this event and the Resident Assistance Fund!



What's next? MIDLANDS GIVES! Yes, as a nonprofit, Still Hopes participates in Midlands Gives. If you haven't already, you can make a donation at www.MidlandsGives.org/StillHopes now through Midlands Gives Day on May 7th. Your early donations help us rise in position on the Midlands Gives Leaderboard and potentially attract more donations. So, even a small early gift helps.

If online donating is not your thing, I will be set up at Lowry's on Midlands Gives Day, May 7th, throughout the morning and early afternoon to help you with your donations. Yes, donuts, coffee, and I Gave stickers will also be at my table, so join me!



There are several competitions that we might qualify for. Many are based on number of donors, so feel free to ask friends and family to donate too!

- **Dominion Energy Prize:** \$1,000 to 9 organizations that secure three or more donations from April 1 – May 7.
- **The AFLAC Power Hour Prize:** \$2,000 to three nonprofits with the most unique donors on Midlands Gives Day during each of these hours: 7 a.m., 10 a.m., 12 p.m., 6 p.m., 11 p.m. So, call your family and friends to help contribute to these!
- **The Nelson Mullins Midday Motivation Prize:** \$2,000 to the organization with the highest number of unique donors between 12 p.m. – 4 p.m. on Midlands Gives Day.
- **Synovus Midday Connection Prize:** \$1,000 to the nonprofit that receives the first gift in the 4 p.m. hour.
- **Are you a Board Member?** BlueCross BlueShield of South Carolina is awarding prizes totaling \$13,000 to 13 nonprofits randomly drawn from gifts giving by Board Members from April 1 – May 6. (Please indicate that you are a Board Member when making your gift)

In whatever way you choose to support the Still Hopes funds, we are grateful for you. As I wrote in the February *Connections*, The Tradition of Giving is strong here. Our life at Still Hopes is built on your gifts and those from those who care for us, our residents and employees. Thank you for every donation.

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.

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!

CATCH ME IF YOU CAN- END OF CHALLENGE CELEBRATION
 Tuesday, May 7 | 11:30 a.m. | Hopewell Courtyard*
 We invite you to join Still Hopes in celebrating the end of the Mileage Challenge and all the hard work put in by both residents and staff! There will be refreshments, appetizers, games, and the highly anticipated reveal of the Catch Me If You Can winner! Make sure to enter your mileage before 11:59pm on Friday, May 3rd. *In case of rain, meet in Keenan Event Center.

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

VOTER INFORMATION

Preparing for the 2024 Presidential Election on Tuesday, November 5

VOTE IN PERSON

Transportation Shuttles | Leaving from McDowell
7:30 a.m. | 9:30 a.m. | 11:00 a.m. | 1:30 p.m. | 3:00 p.m.

VOTER REGISTRATION

In Person: October 4 | Online: October 6
Postmarked by USPS: October 7

Contact the Lexington County Voter Registration
Office at 803-785-8361.

EARLY VOTING

October 21 – November 2 | 8:30 a.m. – 6:00 p.m.
Community Center on B Avenue

ABSENTEE BALLOT DEADLINE

Deadline: October 25

Request an absentee ballot by calling the Lexington
County Voter Registration Office at 803-785-8361.

RECENTLY MOVED INTO STILL HOPES?

Change your address now and register to vote here:
<https://moversguide.usps.com/mgo/address-info>

Have a credit card (in your name) ready.
Your card will be charged \$1.10 for this service.

WEBSITES

For more information about the Presidential Election & the Primary Election for Local Candidates on June 11:

<https://www.vote411.org/south-carolina> <https://www.scvotes.org>

<https://lex-co.sc.gov/departments/registration-and-elections/voter-registration>

Life Engagement will hold Voter Registration and Absentee Workshops throughout the summer and fall for your convenience. If we can assist you in preparing for the Presidential Election, please call Michelle Rabon, Director of Life Engagement at 910-367-9711 or consult your neighborhood Life Engagement professional.

VETERANS QUARTERLY MEETING

AN OVERVIEW OF THE
LEXINGTON COUNTY
VETERANS AFFAIRS OFFICE

By Ed Lundeen, Director of Veterans
Affairs, Lexington County

Monday, May 22 | 11:30 a.m.
Keenan Event Center

FINANCIAL PLANNING & INVESTMENT AT ANY AGE

THURSDAY, MAY 16 | 3 P.M.
KEENAN EVENT CENTER

Join Rob Shealy, Jr., Senior Vice President/
Wealth Management at Janney Montgomery
Scott, LLC, and his colleague James Owens.

Rob and James will discuss financial
management in this election year, tips
for avoiding fraud, and protecting your
investments. They'll also be available for Q&A.
Bring your questions!

Chapel Kneelers

A LABOR OF LOVE

Continued from Page 1

This group has been working diligently stitching the Still Hopes Kneelers since November 2022 to give back to Still Hopes. This project was a huge undertaking, and it all came together with the finished product in place on Easter Sunday this year. The kneelers can finally be adored by those who enter the Chapel for many Easters to come.

The design was created by Linda Mote, a nationally known designer of Eucharistic canvases who designed the recent pieces for Trinity Cathedral in Columbia. After viewing Linda's design, the yarn for the project was ordered. In total, there were 84 hanks of Persian yarn ordered, 36 of the hanks being Federal Blue. Each hank weighs 4 ounces, coming in at a total of 21 pounds of yarn, all to be used on our chapel kneelers. A top canvas is 65" x 55" x 13" for 146 square inches with 100 stitches per inch. This means that on each canvas there are 77,000 stitches and for six canvases it is 462,000 stitches. A boxing strip, another piece that is essential to the chapel kneelers, is 12 feet long by 3.5 inches wide. That's 60,480 stitches in each boxing strip, a total of 362,880 in six. Once the stitching was complete, they were sent to upholsterer Mitchell Aurednik from Lexington. He worked his magic for months and made the special delivery of the finished kneelers on Good Friday.

As you admire and kneel on the finished product in the Chapel, remember Cookie Cloyd, this dedicated group of stitchers, and staff who provided a guided stitch by them to be a part of its long-living tapestry. They have stitched 824, 880 tiny stitches filled with love, compassion, fellowship, and faith.



Thanks to the Stitching Group: Renee Mills, Gerry Shriver, Gale Boule', Hillary McDonald, Margaret Buchanan, Cookie Cloyd and a special tribute to the late Mary Lou Price for her beautiful and tireless work on this project.



A Letter from Danny Sanford Chief Executive Officer

The National Investment Center for Seniors Housing & Care (NIC) has just completed a study that analyzes longevity of seniors who move to a senior living setting, as compared to seniors who simply stay home, in the larger community. Not surprisingly, seniors who move to senior living settings live longer, but the details that can be gleaned from the study are many, and add up to a reason to celebrate a decision to move to a high-quality Continuing Care Retirement Community (CCRC).

Let me share some of the interesting data points from the study:

- Mortality rates for the CCRC residents are lower than for the general population.
- Residents who move to a CCRC live longer than any other settings studied.
- Residents of CCRCs spend less time away from home due to medical issues than any other setting studied. That means less time spent in the hospital.

- Residents of CCRCs, while they spent less time out of their home, also needed far fewer days of home health visits than any of the other settings studied, showing that they lived more healthy days without needing to recover from an event.
- CCRC residents also needed fewer rehabilitative health services than residents of any of the other settings studied. This seems to indicate that CCRC residents had fewer incidents that required a stay in a rehabilitation facility.

Thus, as the study reveals, CCRC residents outperform their peer group in EVERY category of senior living that NIC studied, which included free standing assisted living, independent living only settings, and the CCRC setting, and staying at home in the greater community. Not only do the CCRC residents live longer, but because they spend less time needing rehabilitative care, less time needing home health services, less time in the hospital, and less time out of their homes for medical reasons, they truly live a better quality of life, throughout their lives, while they are living a longer life. I'd call that a double gain- live longer, and live healthier across time.

Spring Fling

Grateful for the opportunity to partner with the USC School of Pharmacy Student National Pharmaceutical Association, and Kappa Psi. These bright, young professionals will be amazing assets to their professions. We look forward to hosting the Spring Fling with them next year.



Watercolor Art Class with James Busby

Mondays
3:30 p.m. | \$25
Arts on Main Studio

Join watercolor art classes with instructor James Busby. To learn more, contact Regina Morin-Sevrie, LE Specialist, at 803.739.5058.



The Singing Bells stopped by River Banks to perform!



Fran Wheeler shares a presentation on her travels.



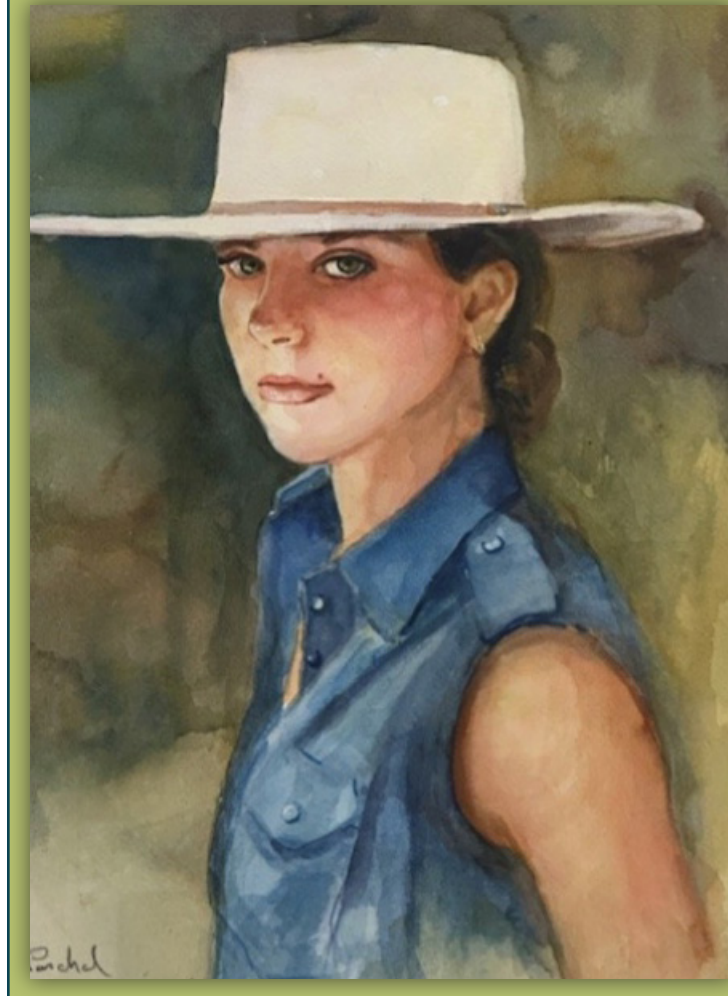
River Banks residents enjoyed Wii Bowling with friends!



Hannah stopped by for a visit to introduce her new baby to River Banks residents.

CAYCE ARTS GUILD

The Cayce Art Show and Reception was well attended by residents and guild guests. The People's Choice votes that evening were awarded to artist Roy Paschal for his painting of *Professional Cowgirl*.



Cracker Barrel

River Banks residents enjoyed a lunch out at Cracker Barrel!



GREENWAY GATHERING

Greenway residents gathered for smoothies, singing, & trivia.



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!

Enlightenment: Keeping Our Brains Active

THURSDAY, MAY 23 • 3:00 P.M.
KEENAN EVENT CENTER

Presented by Functional Pathways Occupational Therapy Team



Join us as we learn how to stimulate & enlighten our brains to keep them active! *We will also enlighten our taste buds with some chocolate!*

The Visionaries: Low Vision Support Group

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



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

Open to Hope Grief Support Group

Guignard Music Parlor
1:00 - 2:00 p.m.
Wednesdays, May 8 & 22

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

Hearing Specialist

Monday, May 6

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.



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!

CLEARING THE PATH & FINDING THE WAY:

Dementia Resource Group

Tuesday, May 14
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.

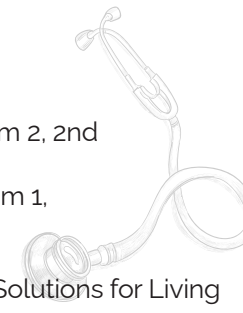
Mindfulness & Meditation

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

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

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, May 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.



Parkinson's Support Group

Friday, May 17 | 11:00 - 11:45 a.m.
Guignard Dining Room

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



2024 MARCH MADNESS BRACKET CHALLENGE

Men's Tournament Bracket Winner

FRAN WHEELER

Women's Tournament Bracket Winner

HELEN HILL

Podiatry Services

Wednesdays, May 8 & 29 | Wellness Center 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.

PET WALKING SERVICE



Is caring for your pet 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 30-minute shifts between 7:00 a.m. & 10:00 p.m.

Call to get signed up today!
(803) 223-6173

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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*Kentucky
Derby Party*

FRIDAY, MAY 3 | 6:30 P.M.
HOPEWELL GRAND COURTYARD

Wear your best dressed Kentucky Derby Attire. Enjoy Mint Julips and musical entertainment.
Rain Location: *Emilie's Cafe/ HopeWell Lobby*



**DERBY HAT
DECORATING**

THURSDAY, MAY 2
3:00 P.M.
**'ARTS BY DESIGN'
CRAFT ROOM**

Join the LE Team and decorate a hat or create a fascinator to wear at the Kentucky Derby Party. *By Reservation, No Charge*