

JUNE 2024 ISSUE

A Half Century of Healing & Service... And Counting

by Judy Milone

Whatever profession or career we choose, it is usually determined by many factors and influences. Not for Alice Wyatt however, who can pinpoint one experience she encountered early in life.

Read more on Page 7



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community



Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | dagr@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.

Bible Studies

BIBLE STUDY

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

MEN'S BIBLE STUDY

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

Morning Prayer

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

Chapel Healing Service

Led by Trinity Cathedral Clergy
The next service will be held on
Wednesday, June 12 · 11:00 a.m.
Chapel of the Holy Spirit
A service for all residents of Still Hopes.



The Alpha Course

Coming again to
Still Hopes in 2025!

We fondly remember...

JEAN LATIMER

FRANCES GIBBES

WILLIAM GRIGSBY

CLYDE DORNBUSCH

ANNE HUFFMAN

AMAZIA ZIVONY

JOYCE BERGH

NELSON LACY

Heartfelt sympathy is extended
to family and friends.

June Birthdays

01 Renee Gordon	15 Richard Murphy
02 Mary Strausburger	16 Joanne Harris
02 Connie Walters	16 Sarah Padgett
05 Sue Jones	17 Sarah Auman
05 Kelly Shuptrine	17 Frank Brown
05 Clara Smith	17 Margaret Buchanan
06 Ann Floyd	17 Shirley Grover
07 Pat Dorn	17 Retta Miller
08 Sara Davis	18 Pat Flowers
08 Boykin Exum	19 Larry Sease
08 Joyce Nobles	20 Betsy Oakman
09 Margaret Canova	24 Grace Chapman
09 Margaret Watson	24 Don Weisman
10 Norman Robertson	25 Patrick VanHuss
10 Don Greiner	26 Barbara McAulay
10 Trisha Haile	26 Nina Newcomb
14 Gene Ogden	27 Ed Griswold
14 Dorothy Pondy	28 Bob Rewald
14 Rebecca White	29 Emma Laffitte
15 Mary Clarkson	30 B.J. Shoe
15 Betty Lott	30 Rose Mary Smith

Shining Star:

STILL HOPES EMPLOYEE
OF THE MONTH:
MISTI WILLIS

Misti's Nomination: Misti is a very organized and hard worker who always goes above and beyond her job duties. She is always available with a helping hand and a smile to anyone who needs it. She has a very calming presence that will ease most stressful or chaotic situations. Misti is always smiling and always kind no matter the situation.

Submitted by: Crystal Gambrill

ROCK-A-THON FUNDRAISER TO END ALZHEIMER'S

Thursday, June 20 | 9 a.m. - 4 p.m.
Keenan Event Center

Come have a rocking good time raising funds for the Alzheimer's Association Longest Day. Donate a minimum of \$30 to rock in a rocking chair for 30 minutes. Find others to sponsor you and raise hundreds or thousands! To register for a rock time, turn in donations, or for sponsorship information, **contact Holly Crawford, Life Engagement Coordinator at 803.739.5018 or hcrawford@stillhopes.org.**



Welcome New Residents!

LIBBY BERNARDIN
KAY & BILL GRIGSBY
PAM & GARY JEWETT
ELLIE & BOB REWALD

Hollywood Hits

Fridays	3:00 p.m. Keenan Event Center
June 7	No Movie! USO Party Event
June 14	Hoosiers PG 1 hr. 55 min. 1986
June 15 1:00 p.m.	Saturday Matinee (Double Feature) Life of Pi PG 2 hr. 7 min. 2012 We Bought a Zoo PG 2 hr. 4 min. 2011
June 21	The Hunt for Red October PG 2 hr. 15 min. 1990

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

Tues., June 4 10:15 a.m.	Grocery Shopping at Publix	Thurs., June 13 11:30 a.m.	Blueberry Picking at AA Farms
Tues., June 4 6:15 p.m.	Fireflies Baseball Game at SEGRA Park	Fri., June 14 2:00 p.m.	Sweet Treat Trip to the Peach Cobbler Factory
Sat., June 22 9:45 a.m.	Soda City Market	Tues., June 18 6:45 p.m.	Shrek the Musical at the Koger Center for the Arts
Sat., June 8 2:15 p.m.	Palmetto Opera Concert at the Koger Center for the Arts	Fri., June 21 10:00 a.m.	Container Gardening Demo at Seven Oaks Plant Shop
Sat., June 8 2:30 p.m.	D-Day Salute at the SC State Museum	Fri., June 28 10:45 a.m.	Lunch Bunch Outing to the Olive Garden

SWEET TREAT TRIP
PEACH COBBLER FACTORY

Friday, June 14 | 2:00 p.m.
By Reservation, Self-Pay

LUNCH BUNCH
Olive Garden

Friday, June 28 | Depart: 10:45 a.m.
By Reservation, Self-Pay

80th Anniversary
D-Day Salute

AT THE SC STATE MUSEUM

Saturday, June 8
Depart: 2:30 p.m.
By Reservation, Self-Pay

This event features performances from the 282D Army Jazz Band & the ColaJazz Foundation, opening of the new exhibition, *Shared Sacrifice: South Carolina in World War II*, A special, exclusive live planetarium show, *D-Day and the Moon*, & a chance to meet program partners from Palmetto Animals Assisted Life Services (PAALS), Patriots Point Naval & Maritime Museum and the Anne Frank Center at USC.

No Charge for Veterans, Active-Duty Military, National Guard and Reserve + Their Families. All other residents, self-pay for admission to the Museum. There is an additional fee for the Planetarium Show: *D-Day and the Moon*.

Lunch at Bernie's Chicken
and Blueberry Picking
at AA Farms, LLC

Thursday, June 13
11:30 a.m.
By Reservation, Self-Pay

Lunch at Bernie's Chicken and then U-pick or purchase pre-picked blueberries at AA Farms. Cash and CC are accepted.

SODA CITY
MARKET

Saturday, June 22
9:45 a.m.
By Reservation

Transportation
Provided

The Keenan
Diaries

Tuesday, June 25
3:30 p.m.
Keenan Event Center

Monthly interviews with residents in the Keenan Event Center. Discover interesting facts about their lives and a few pearls of wisdom from their own personal diary or journals.

Palmetto Opera Concert

AT KOGER CENTER FOR THE ARTS

Sunday, June 9 | 2:15 p.m.
By Reservation, Transportation Only

For tickets: Visit www.kogercenterforthearts.com or call the box office at 803.251.2222.

Palmetto Opera presents *A Celebration of Love: from Broadway to Opera*. The Palmetto Opera will bring their full-scale concert with vocal soloists and orchestra to the Koger Center for the Arts. This performance features internationally renowned soloists and local soloists Diamond Tyler, soprano and Johnnie Felder, tenor. A spectacular, multi-media event, complete with a backdrop of projected images highlighting each performance. From hopelessly devoted love to unrequited love to love lost, *A Celebration of Love: from Broadway to Opera* is an homage to the entire spectrum of our most treasured human experience. We are also pleased to announce that commentary will be provided by our Master of Ceremonies, Bradley Fuller, Host and Producer of South Carolina Public Radio's *Sonatas and Soundscapes*. Join us to hear highlights from some of the greatest love stories ever set to music. A "Meet the Artists" reception will be held in the Gallery immediately following the performance.

Music with Mike

Sponsored by Mike Arndt, Still Hopes
Hearing Specialist

Monday, June 3

Featuring Singer/
Songwriter, Chris Compton
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.



Patriotic Celebration Party

Featuring Ross Holmes & Aletha

Friday, June 7 | 3:30 p.m.
Keenan Event Center

By Reservation, No Charge.
Billable Bar will be available.
Feel free to bring snacks for your table.

MISSION: POSSIBLE

THURSDAY, JUNE 13 | 3:00 P.M.
KEENAN EVENT CENTER

Help pack supplies for the
Period Project.



Farmer's Market Friday

2nd and 4th Fridays
11:00 a.m. | Atrium

Purchase local fruits and vegetables.
No cash, Resident billing only!

Patriotic Concert

by the
Columbia Community
Concert Band

.....
Thursday, June 27
7:00 p.m.
Keenan Event Center

Peach ice cream will be served!

FINANCIAL PLANNING & INVESTMENT AT ANY AGE

PART 2

MONDAY, JUNE 17 | 3 P.M.
KEENAN EVENT CENTER

Representatives from Synovus Trust will
inform residents about signs of fraud!

DOCUMENTARY FILM:

Juneteenth: 1865-2021

Wednesday, June 19 | 3:00 p.m.
Trinity Building Multipurpose Room

June 19, 1865 was a date that means so
much to Texas. On that day in Galveston,
Texas, slaves learned they were free.
That freedom did not come easy.
Juneteenth: 1865-2021 looks back at the
meaning of Juneteenth and its history.

Still Hopes Singers Spring Concert

TUESDAY, JUNE 18
2:00 P.M.
CHAPEL

Reception immediately following the
concert in the Atrium.



GAME ON WITH RAY TANNER

USC'S ATHLETIC
DIRECTOR

Friday, June 28 | 3:00 p.m.
Keenan Event Center

After a championship career as USC's baseball
coach, Ray Tanner is in his 11th year as
Athletics Director. Discover how Ray is taking
recruitment, coaching, and Gamecock team
sports to championship levels. Mingle in the
Atrium with AD Tanner after his presentation.
Light appetizers and drinks provided.

*"A Half Century of Healing and Service."
continued from page 1*

As a third grader, Alice had a complicated
appendectomy, and her love of medicine and nursing
was launched. Decades later, she can look back with
deserved pride on a career well spent in service to her
country and to medicine.

A native of New Jersey, Alice pursued a nurse's diploma
after high school and then decided to enter the Navy.
The Vietnam War was heating up, and while she was
ready and willing to be deployed to the frontlines,
she found herself sent to Florida instead. There, Alice
was able to care for many returning and wounded
GIs. A tumultuous period for the whole country, "we
worked hard and had little equipment at the time,"
Alice recalls. Undeterred, her work continued when
she was next stationed at Fort Jackson. Now married,
raising a son and later being a caretaker to extended
family members for many years, she continued her
nursing studies and earned higher positions of authority.
Under the GI Bill, Alice attended the University of
South Carolina where she earned her BA and Master's
degrees in Nursing, later adding Nurse Practitioner
credentials. Alice has handled just about every health
issue and position one can imagine, from Head Nurse at
the then nascent Lexington Medical Center, to hands-
on women's reproductive health, to teaching at USC.

Her ability to throw herself into her work and into
leadership positions evidences itself in her church life
as well. A member of Providence Presbyterian Church,
and currently clerk of its governing body, Alice has
been active in the church as well as Synod level for
many years. She is slowly giving up some of her duties
to others but retains many activities. When deciding to

"Best of the Best" Art Exhibition

The Best of the Best Art Exhibition in June & July
2024 will display work from the the two Blue
Ribbon winners and the Best in Show Winner of
the 2020 - 2024 juried exhibitions at Still Hopes.

Participating organizations will be the Cayce Arts
Guild, Crooked Creek Art League, and Trenholm
Artist Guild.

Opening Reception

Thursday, June 6 | 4:30 p.m.
Emilie's Café/HopeWell Lobby

move to Still Hopes, she was delighted to realize that
she in fact now lives closer to her church.

With her son and his family nearby, as well as her
sister whom she is close to, Alice feels well situated to
continue with the outside activities that she loves [such
as her knitting group in a local shop] as well as benefit
from what Still Hopes offers. Still an early riser, you
might see her walking the hallways each morning. Her
volunteer work at Lexington Medical's Emergency Room
[the busiest in the state] as a greeter keeps her busy and
satisfied. She also serves on the volunteers' auxiliary
board which, among other responsibilities, decides how
to allocate the revenue raised by the gift shops. The
Medical Center has benefitted from special equipment
these funds have purchased, as well as monies for
scholarships and programs not otherwise funded.
Needless to say, Alice's knowledge of health issues as
well as how a hospital works is priceless in making these
decisions. And in her authentically modest manner, Alice
is quick to point out she sees other Still Hopes residents
volunteering at Lexington too.

Fifty years of nursing and six years of military
service, retiring with the rank of lieutenant, leave
Alice deservedly pleased with her life choices and
experiences. Always one to raise her hand in offering
herself, Alice recently went on a trip to Normandy
where she laid a wreath in the American Cemetery, as
part of a moving program with prayers and music. She
states she was honored to be asked to do so. "There
was not a dry eye" at the ceremony Alice describes.
And we cannot imagine a more fitting person to have
had this honor, as one who herself has brought so much
healing to this country and to its residents.

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

Kentucky Derby Party



CATCH ME IF YOU CAN

MILEAGE CHALLENGE RESULTS

BY THE NUMBERS				
RESIDENT MILES	EMPLOYEE MILES	TOTAL STILL HOPES MILES	TOTAL MILES COLLECTED	INCREASE FROM 2023
8,772.52	12,950.92	21,723.44	43,947.23	12,463.15

For nine weeks, the residents and employees at Still Hopes and Bishop Gadsden have worked hard in collecting miles throughout the Catch Me If You Can Mileage Challenge. We would like to congratulate Bishop Gadsden on winning the 2024 Catch Me if You Can Mileage Challenge. The final breakdown for this year's competition was Bishop Gadsden with 22,223.79, their residents collecting 9,931.82 miles and employees collecting 12,291.97 miles. Still Hopes finished with 21,723.44 miles with residents collecting 8,772.52 miles and employees collecting 12,950.92 miles.

Both communities have pushed their efforts in this year's competition, allowing Still Hopes and Bishop Gadsden to collect a combined 43,947.23 miles, this is an overall increase of 12,463.15 miles from 2023. I could not be happier around the dedication that I have seen from our Still Hopes residents and employees for getting out and collecting miles. We had many first for Still Hopes during this year's competition such as our Still Hopes 5k and 1 Mile Fun Walk, the Dance Marathon put on by Life Engagement, Gamecock Walk and Talks, and our Stop Me If You Can Finale Event. I look forward to the competition in 2025 for a chance to bring the trophy back to Still Hopes.



FIELD DAY 2024

Thank you to the four teams that participated in the Still Hopes 2024 Field Day presented by Life Engagement. They are ALL Champs! As the top winners in the first four challenges, HR Heroes and the Yard Goats went head-to-head for bragging rights in the final challenge which tested team mental and physical fitness!

Congratulations to the 2024 Field Day Winners: THE HR HEROES!

Congratulations to our Environmental team named THE AVENGERS – they earned the Spirit Award this year – they were the crowd favorite!

Way to go Team Life Engagement for a fun-filled and competitive morning!

THIRD PLACE:
Green Gladiators



WINNERS:
The HR Heroes



SPIRIT AWARD:
The Avengers



SECOND PLACE:
The Yard Goats



Jazz at the Fountain

Jazz at the Fountain featured ColaJazz musicians Jerry Sims on 7-string guitar, Doug Graham on Clarinet/Sax and Jim Wells on drums.



Trinity Learning Center Visit

Trinity Episcopal Cathedral's Trinity Learning Center visited Still Hopes in May. Their monthly visits brought smiles to the faces of residents in River Banks, and Jane Bruce Guignard neighborhoods. Three-and-four-year-old children listened to books read by resident Karen Engelke, while others played parachute ball, and sang songs with residents.



The Budweiser Clydesdales

Residents travelled to see the Budweiser Clydesdales make their first-ever appearance in downtown Lexington on April 25.

Thanks to St. Stephens Lutheran Church, residents had a perfect view of the Clydesdales parading down Main Street, distributing cases of beer to businesses.

The Clydesdales date back to April 1933, when a six-horse hitch was presented as a gift to August A. Busch, Sr., by his sons to celebrate the repeal of Prohibition. Today, the Clydesdales interact with millions of people each year to create a one-of-a-kind experience that generates lifelong memories.



TURNING HURT INTO HEALING, LOSS INTO LOVE

Dementia resources available in the Main Street Library from Alzauthors.com

by Judy Milone



Receiving news that you or someone close to you has any kind of dementia, including Alzheimer's, does not make for, shall we say, a good day. So imagine the feelings of Jean Lee, an Ohio resident, when she learned, on the same day, that both her parents were so diagnosed. Two decades later she is the deservedly proud co-founder and manager of AlzAuthors.com, an online resource of support and information for those who find themselves in the shoes Jean once wore.

Founded in 2015 with two other women- also daughters of persons with dementia- AlzAuthors.com is an online, robust treasure trove of fiction and non-fiction books, memoirs, blogs, stories, podcasts, caregiver guides, poems, photos and artwork. Everything posted is non-technical but meaningfully written by someone who has experienced first-hand the day-to-day realities of these conditions. [AlzAuthors](http://AlzAuthors.com) also issues a weekly newsletter and can direct readers to many other written resources and events. All ages – children, young adults and seniors- can find suitable material. The [AlzAuthors](http://AlzAuthors.com) podcast has become particularly popular Jean notes, as a way of "sharing our healing with others".

When Frank and Sarah Brown learned 13 years ago that Sarah had Alzheimer's, they were determined to live the fullest lives possible. Frank knew right away he needed two things, he says- "knowledge and a team"- to fulfill his role as caretaker.



Living in Still Hopes three years now, Frank's team consist of his supportive family, Solutions partners, a wide range of other Still Hopes staff members, neighbors and friends. He had already been writing a blog when he found [AlzAuthors](http://AlzAuthors.com) and added them to his "team". Frank says he has greatly benefitted from reading other persons' perspectives. Recently, Frank nominated Still Hopes to be a recipient of an [AlzAuthors](http://AlzAuthors.com)' 18-book vetted collection. This special compilation, suitable for those in independent living, serves as a vehicle to gain knowledge and support for those either beginning the dementia journey or simply wanting to know more. Now on display in the library on the table near the Life Engagement calendar, Liz Wheeler, library chair, will create a specially labeled permanent spot for this generous donation. Included in this gift are hand-made book ends specially made by one of the [AlzAuthors](http://AlzAuthors.com) members.

AlzAuthors.com has a world-wide reach and there are active participants in several states and Australia. Posting also on multiple social media sites, its management [all volunteers, by the way] remains focused on their goals of reducing social isolation and sharing valuable information. As challenging as living with dementia can be, it's important to remember that there are supports to be had and a community of knowledge, help and compassion to be utilized.

June Community Development: Whole Lot of Givin' Going On!



By Christie James, Director of Community Development

Remember the song, "Whole Lot of Shakin' Going On"? Well, this spring at Still Hopes, there's been a "Whole Lot of Givin' Going On"! Between *Evening At The Mansion*, *Midlands Gives*, *Memorial Giving*, and a gift remembering a special love, you have been generous to Still Hopes and so enriched life here.

EVENING AT THE MANSION

April marked our return to *Evening At The Mansion* as a spring event. Historically held in the spring, this key fundraiser for the Resident Assistance Fund was put on hiatus during the pandemic. We brought it back in September 2023. The fall party was beautiful and successful, but not quite like the bloom of spring. So, we jumped right back in and hosted it again on April 25th.

Wow, did you support it! It was a fun party, we had a full-house, and many who did not

attend made donations. Thank you to all who made it happen! Your donations through *Evening At The Mansion* are a truly meaningful gift to Still Hopes residents who deplete their resources through no fault of their own.

MIDLANDS GIVES

Just a week after *Evening At The Mansion*, Still Hopes participated in another fundraiser, *Midlands Gives*. *Midlands Gives* is an annual initiative hosted by the Central Carolina Community Foundation. It brings the region together as one community raising money and awareness for local Midlands nonprofits. Since 2014, *Midlands Gives* has raised more than \$24 million for hundreds of local nonprofits, including Still Hopes.

Coming so soon after *Evening at the Mansion*, we weren't sure how our *Midlands Gives* effort would do. But, again, Still Hopes residents, employees, friends, and families outdid themselves. We surpassed \$5,000.00 for the first time since we began participating. Thank you to all who made this possible! These gifts enable us to pursue new opportunities that support our vision of a new expectation in Senior Living.

MEMORIAL GIVING

Memorial or Tribute Giving describes the gifts of all sizes that you give in memory of or honoring a loved one. We welcome tribute gifts to any fund; however most are directed to the Resident Assistance Fund. These gifts may be guided by the wishes of the recently departed and their families as indicated in an obituary or given because a donor is simply moved to recognize or remember someone. Again, we are so grateful. These gifts comfort hearts while also support our Resident Assistance efforts.

A Tree, In Memory

Finally, our look back at spring giving includes news about a gift memorializing a special bond. You may have known residents Sara and Reggie Freeman. Married for over 60 years, the two passed away within days of each other in February. Moved by their love, another resident is giving a tree to be planted in their memory. In the next weeks, you'll see a young dogwood tree join the three juniper bushes at the north corner of Building 4. It will be visible from the Mansion porch, Lowry's, and the library. The plaque that accompanies it will read, "With affection, in loving Memory of Sara and Reggie Freeman who shared a lifetime of love and departed together."

All of these gifts stand as examples of how your giving fulfills the Still Hopes mission to make life as rich and full as God intended. Thank you for your generosity, and kind and loving hearts. You make Still Hopes a very special place.

Evening At The Mansion (in Thousands)

2024	2023	2022
\$15.1	\$13.2	0

Midlands Gives (in Thousands)

2024	2023	2022	2021	2020	2019	2018	2017
\$5.8	\$3.2	\$3.2	\$4.2	\$3.0	\$4.8	\$4.4	\$3.4

Memorial Giving to Resident Assistance Fund from January 1 - May 15 (in Thousands)

2024	2023	2022	2021	2020
\$15.1	\$11.8	\$2.9	\$6.6	\$3.6

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!

Topic: A Life Remembered

Planning for Services After the Death of a Loved One

THURSDAY, JUNE 27 • 3:00 P.M.
KEENAN EVENT CENTER

Pam Sorrells, Family Service Counselor from Southland Memorial Gardens will discuss how to pre-plan funeral arrangements, as well as grief counseling and other services to best support you in your time of mourning.

Dignity® *We will most definitely enjoy some chocolate, too!*

CLEARING THE PATH & FINDING THE WAY:

Dementia Resource Group

Tuesday, June 11
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

Parkinson's Support Group

Friday, June 21 | 11:00 - 11:45 a.m.
Guignard Dining Room

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

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, June 5 & 19

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

Hearing Specialist

Monday, June 3

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!

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, June 4 | 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, June 12 & 26 | 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.



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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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Join Ann Kibler for Ping Pong!

At age 97, Ann Kibler has renewed her passion for the game of table tennis. According to regular players on Mondays in the HopeWell Petite Studio, Ann is competitive player. Walter Edgar and David Blazon report that she keeps them "running" to return every ping pong play. Ann started playing Ping Pong with her children when she lived in Kingsport, Tennessee.

Join Ann on Mondays for Ping Pong Play at 3 p.m. in the HopeWell Petite Studio.

