



JULY 2024 ISSUE

2024 Dean's Medal Winners

Earlier this year, Trinity Cathedral's Vestry established the Dean's Medal, an annual award to recognize people in our community who have made a substantial contribution to the life of the Trinity Cathedral parish. The inaugural recipients of the Dean's Medal were announced at Trinity's annual meeting in January—Jim Sims and Susie VanHuss, residents of Still Hopes.

Read more on Page 2



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community



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.*

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, July 10 · 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!*

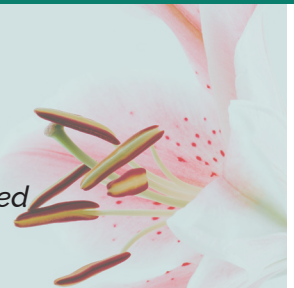
We fondly remember...

ELLEN WRIGHT

SARA LOVINGOOD

REID ELLIS

*Heartfelt sympathy is extended
to family and friends.*



Dean's Medal Awards, continued from page 1

Trinity's Dean, the very Rev'd Dane Boston, recently visited with each honoree to present them with a medal depicting the parish seal.

Jim Sims was honored for his vision and leadership as churchyard administrator, serving for decades as caretaker and coordinator of efforts to oversee Trinity's historic churchyard, a calling and passion from which he recently retired.

In reflecting on Jim's service, Dean Boston recalls a line from a hymn sung at his seminary commencement that honored the university's founders: "...where their pilgrim feet have trod./The God they trusted guards their graves."

"For many decades here at Trinity, Jim Sims has been God's servant guarding and preserving Trinity's extraordinary heritage and history as our churchyard administrator," Dean Boston said. "Countless pilgrim feet have traversed our campus and been blessed by Jim's ministry as they sought the monuments of ancestors, historical figures, and personal heroes. Beyond tending the resting places of our forebears in the faith, Jim's dedication surveying and documenting every square foot of our hallowed ground makes it possible for us to continue sharing Trinity's story with our state, our nation, and our parish family for generations to come."

Susie VanHuss was honored for her vision and leadership as a retiring member and past president of the Trinity Foundation, and the architect and tireless promoter of the Legacy Builders program for those who include the foundation in their estate planning.

"Scripture tells us that God loves a cheerful giver. But Susie VanHuss's legacy reminds us that that verse is about a lot more than just money," Dean Boston said. "God loves when a person gives every facet of her singular gifts, her deep knowledge, her burning passion, her boundless vision, and her very self to his service. All this Susie has given in her time as president and member of the Trinity Foundation Commission. Trinity is stronger and better equipped for God's service in the future because of what she has devoted to this community. God loves a cheerful giver, and Susie has given him her all."

Future Dean's Medal winners will be approved by the vestry and will be recognized at Trinity's annual parish meeting in January. If you would like to make a nomination, please reach out to one of the vestry's wardens.

Article reprinted from the Trinity Cathedral website.

Shining Star:

STILL HOPES EMPLOYEE OF THE MONTH: SHEILA VAUGHN

Sheila's Nomination: During the summer and fall of 2023, the culinary department experienced several challenges. Sheila was a constant, visible in all dining areas. Her ability to handle whatever comes her way is evident in everything she does. An example of this was on Thanksgiving Day; Sheila stepped up and assisted with the wonderful Thanksgiving Buffet, making it special for all. For this reason, I would like to nominate Sheila Vaughn for Employee of the Month. *Submitted by: Vivian Lewis*



Welcome New Residents!

**EILEEN LETTRICH
KAREN & TERRY FLOYD
ANN FISHBURNE**

July Birthdays

01 Sharon Johnson	14 Nancy Maulding
01 Jo Franklin	15 Nancy Bymaster
03 Missy McIver	16 Tommy Atkinson
05 Cookie Cloyd	16 Kathleen Rogers
05 Barbara Cobb	16 Joan Yelverton
06 Jack Baggette	17 Hettie Dargan
06 Barbara Boyd	18 Richard Harris
06 Kay Grigsby	19 Paul Goodman
06 Fred Pohl	19 Frazer McCrorey
06 Bob Rimbo	20 Margaret Prentice
06 Deve Sennema	21 Jane Dorn
08 Betty Ann Richardson	21 Jim Smith
09 Dian Wishart	21 Kitty Vickery
10 Margaret Senn	22 Judy Beazley
11 June Allston	24 Ed Shmunes
12 Nancy Brennecke	25 Jack Parrish
12 Scott Reynolds	26 Ethel Lowder
12 Jim Sims	26 Julian Minghi
12 Geneva Walters	27 Alex Barron
13 Malcolm Foster	27 Alec Chaplin
13 Marcia Jacocks	27 Sharon Dantzler
13 Margaret Payne	30 Cantey Haile
14 Joan Dornbusch	30 Judy Shaw

Train Like an Olympian



**Mondays & Wednesdays
Beginning July 29th
1:00 - 5:00 p.m.**

During the Olympics, the Wellness Center will be having a circuit-based workout in our Aerobics Room. Stations will be set up around the room to allow you to move through a total body strength workout at your own pace. These circuit-based workouts will be set up by 1:00 pm on Mondays and Wednesdays starting on July 29th. These stations will be up until 5:00 pm; come down at any point in the afternoons to do this circuit-based workout!

Hollywood Hits

Fridays	3:00 p.m.
	Keenan Event Center
July 5	Twelve O'Clock High
	NR 2 hr. 12 min. 1949
July 12	Mr. Smith Goes to Washington
	NR 2 hr. 9 min. 1939
July 19	Apollo 13
	PG 2 hr. 20 min. 1995
July 20	Saturday Matinee (Double Feature)
	Nyad
	PG-13 2 hr 2023
	Chariots of Fire
	PG 2 hr. 3 min. 1981
July 26	Olympic Games Watch Party

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

Tues., July 2 10:15 a.m.	Grocery Shopping at Publix	Sat., July 13 9:45 a.m.	Soda City Market
Tues., July 4 7:00 p.m.	Fireworks with the Phil at SEGRA Park	Fri., August 1 5:45 p.m.	Artists for Africa Performance at the Township
Tues., July 9 11:15 a.m.	Lunch Bunch at Hampton Street Vineyard		

Fireworks with the Phil at SEGRA Park

Thursday, July 4

Depart: 7:00 p.m. Concert: 8:00 p.m.

Cost: \$33.25 (Includes transportation,
concert ticket to reserved open air suite,
buffet dinner, soda, water, and dessert.)

The 4th of July Fireworks spectacular will coincide with a rousing rendition of the 1812 overture performed by the SC Philharmonic around 9:15 pm to conclude the concert. SEGRA park is a cashless facility, and they enforce a clear bag policy. Guests are welcome to attend!

LUNCH BUNCH

Hampton Street Vineyard

Tuesday, July 9 | Depart: 11:15 a.m.
By Reservation, Self-Pay

ARTISTS FOR AFRICA

PERFORMANCE AT THE TOWNSHIP

Friday, August 1

Depart: 5:45 p.m. | Performance: 7 p.m.

Cost: \$75 per person, benefiting Artists for Africa

Join us for a full performance of Artists for Africa at the Township. Ticket includes transportation, reception, and VIP seating at the Township.

PERFORMANCE AT STILL HOPES

Thursday, July 31

3 p.m. | Keenan Event Center

Enjoy a performance by three Kenyan dancers who are currently attending college in the Carolinas. One is attending the NC School of the Arts, the other two are rising sophomores at East Carolina University in NC. After the performance at 3 pm, students will be invited to have dinner with selected residents. Artists for Africa will also sell their jewelry at the performance in Keenan.



MARINE CORPS FILM PROJECT

Presented by Greg Wilsbacher

Tuesday, July 30 | 2:00 p.m.
Keenan Event Center

Learn about the Partnership between the University of South Carolina Libraries Moving Image Research Collections (MIRC) and the Marine Corps University History Division to preserve and make accessible a large, historic collection of Marine Corps films that have been housed at Quantico, Virginia for generations.

STILL HOPES VARIETY SHOW

Thursday, July 11 | 3:00 pm
Keenan Event Center

NORTHERN SPAIN & PORTUGAL

Pilgrimage into the Past

Presented by Fran Wheeler
Tuesday, July 2 | 3:00 p.m.
Keenan Event Center



PARIS 2024

PARIS 2024 OLYMPIC GAMES OPENING CEREMONY WATCH PARTY

Friday, July 26 | 1:30 p.m.
Keenan Event Center
BYOB and a snack to share!



Keenan Event Center & Atrium
Thursday, July 18, 2024 at 5:30 p.m.
By Reservation, Resident Charge

"Best of the Best" Art Exhibition

The Best of the Best Art Exhibition in June & July 2024 displays 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.



UNIVERSITY OF
South Carolina

FOREVER TO THEE...AND MORE: A VISIT WITH THE UNIVERSITY PRESIDENT



Thursday, August 1
3:00 p.m.
Keenan Event Center

Michael Amiridis became 30th president of the University of South Carolina on July 1, 2022. Before coming home to Carolina, he led the University of Illinois Chicago as its chancellor since 2015.

Prior to leading UIC, Amiridis spent more than two decades at our Columbia campus as a faculty member and administrator, serving from 2009 to 2015 as the university's executive vice president for academic affairs and provost.

As a researcher, Amiridis earned the National Science Foundation's award for early-career scientists and engineers in 1999, was elected a fellow of the American Association for the Advancement of Science in 2012, and was elected a fellow of the American Institute of Chemical Engineers in 2015.

He and his wife, Ero, are the parents of two children who are both graduates of the University of South Carolina.

Farmer's Market

Thursday, July 25
9:00 a.m. | Atrium

Purchase fresh fruits and vegetables.
Resident charge only, no cash!

LECTURE SERIES ON

SIX MODERN AMERICAN LITERARY GIANTS



Presented by Dr. Don Greiner, Carolina Distinguished Professor of English, USC Dean of Undergraduate Studies, and Vice Provost for Academic Affairs.

PART 1

Fridays | July 5, 12, 19

Keenan Event Center | 11 a.m.

Featured Authors:

*Ernest Hemingway
William Faulkner
Robert Frost*

PART 2

Fridays | July 26, August 2
Thursday | August 8

Keenan Event Center | 11 a.m.

Featured Authors:

*Joan Didion
Lorrie Moore
Sylvia Plath*

Don will focus his comments on the assigned reading materials, and then welcome conversation with discussion and questions. Lecture series is limited to 50. Registration is required in the Life Engagement reservation book. Featured books will be available for purchase in the Shoppe on Main. Links to the readings, especially the vignettes, will also be provided. Reading is required. It is important to purchase the materials from the Shoppe on Main or to use materials from the provided online list. The chosen material is specific to the lecture and pagination will be utilized.

Still Hopes Singers Summer Concert



The Still Hopes Singers closed their year of rehearsals in June with an outstanding Summer Concert in the Chapel of the Holy Spirit. Directed by Kevin Crowe, the Still Hopes Singers welcomes residents to become members beginning again in August with a Welcome Back Party. Kevin is in his second year as the conductor of the resident singing group. He earned a Doctor of Musical Arts in Choral Conducting at the University of South Carolina in spring of 2024. He received his Master of Music and Bachelor of Music Education degrees from the University of Tennessee, where he conducted the Women's Chorale. Join the Still Hopes Singers on Tuesday, August 5 at 6:30 p.m. in the Building 5 Club Room.

THE BOOK HUGGER & THE STILL HOPES BOOK CLUB

by Judy Milone

There is a huge amount of material out there - from scholarly studies to less formal ones, surveys, research, statistics, book reviews, articles, blogs, and, of course, anecdotal reports - all confirming that reading is good for people.

All ages benefit by widening their perspectives, increasing knowledge, learning how to think critically and improve memory and problem-solving skills. For seniors, the advantages of reading in a group are compounded - as being a member of a book club adds the benefits of socialization, making new friends and decreasing isolation.

It was with all this in mind that Life Engagement Director Michelle Rabon began the Bookends Book Club two years ago. Although many residents still participate in book clubs they've been in before moving to Still Hopes, there seemed to be a need for an in-house gathering of readers. The books read so far have ranged from present-day social and political writings to novels set around the world. We have visited 20th century India (*The Covenant of Water*), cherry orchards in Michigan (*Tom Lake*) and inspiring American history (*The Soul of America*). Inspired by *Lessons in Chemistry*, a novel set in the 1960s, a Still Hopes dinner is held at the conclusion of each book and the next book selected. *Tom Lake* led to some creative cherry dishes and *The Covenant of Water*, festive with Indian food, was a big success! Club attendees suggest books and a group consensus emerges for the next selection. There's a desire to read a range of genres and engage different issues - that is, to mix it up. The Bookends meet for a series of gatherings to discuss the book they are reading. They have found Tuesdays at 11 to be a suitable meeting time. New members and their participation are always welcome. The only "qualification" is to want to read. Keep your eye out for Hub notices, among other Still Hopes communications about future books and meetings.

Mary Ann Heath has been one of the faithful Book Ends members. She comes to it with a life-long love of reading and an ability to engage emotionally with the written word. When speaking about some of what's on her book shelves, her visceral connection with characters, plots and settings becomes evident. She's been known to literally hug a book that she has especially delighted in. A native of Spartanburg, Mary Ann recalls her parents and siblings always having a book in hand, and it was this family passion that she has continued all her life. While raising her children and active in civic and church work, she was also a free-lance writer and editor, including penning feature articles for *The State* newspaper. Her love of words - and correct grammar! - still brings her much pleasure. She doesn't really have a favorite genre, enjoying a good beach read as much as more serious non-fiction fare. She scours reviews and book listings to be sure she hasn't missed anything that might appeal to her.



Cantey Heath is also a Spartanburg native. He served in the US Army, had a career in advertising and was President of the South Carolina State Fair for 15 years, earning from the Governor's Office, "The Order of the Palmetto" for his service. These days, he's pleased to be at Still Hopes and able to enjoy following his teams, while Mary Ann reads away. She too appreciates the benefits of senior community living, aided by the fact that a number of life-long friends (think middle school on up) now also live in

Still Hopes. Mary Ann's mother lived here for 14 years, and the joyous addition of grandchildren and three great-grandchildren certainly bodes well for future readers of the state!

One development Mary Ann hasn't taken to is reading online or listening to audio books. Grateful that her health allows her to still read, she enjoys the pleasure of holding a real book and turning its pages. "After all," she adds, "you can't hug a Kindle."

The Bookends will resume their Book Club gatherings in August.

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

ROCK-A-THON & SHRED FUNDRAISERS TO END ALZHEIMER'S ON THE LONGEST DAY OF THE YEAR

Still Hopes Residents and Staff contributed
\$2,510.50 to End ALZ's at our fundraisers on June 20.
Go Team Still Hopes!



WALK TO END ALZHEIMER'S

Scan the QR code if you would like
to join Still Hopes in the 2024 Walk
to End Alzheimer's at Segra Park on
Saturday, October 19.



2024 RUMMAGE SALE

Thanks to your purchases in the 2024 Rummage
Sale, the Resident Assistance Fund grew by
almost **\$5,700!**

Thank you to Life Engagement staff members
Holly Crawford and Regina Morin-Sevrie for
a well-organized and executed event. Holly
entered every purchase into our accounting
system – her data entry work is the reason
information can be shared accurately and
quickly about our profits.

I am grateful for our many resident volunteers
who unpacked, categorized, and priced every
sale item that entered the Keenan Event Center.
Several of the volunteers returned the third day,
working the entire sale. This is a resident-driven
event, and I am so proud of their efficient work.

Such amazing people who reside here!

Special thanks to Plant Ops for hustling on
Monday and Tuesday, picking up furniture
and other items for the sale from resident
apartments and cottages.

Unsold items were donated to the Blythewood
Ministry Thrift Shop. Teamwork makes the
dream work. Kudos to all!

Container Gardening at Seven Oaks Plant Shop

Residents enjoyed a
Container Gardening
Demo at Seven Oaks Plant
Shop on St. Andrews Road
recently. They returned with
beautiful arrangements,
plants, and flowers for their
patios and balconies.





A MIGHTY OAK...

...from an acorn grew. Perhaps randomly planted by a Blue Jay in the 1860's, it grew from an acorn to seedling to a mature tree eventually gracing the Guignard Mansion. Sadly, after 147 years the oak tree succumbed to disease and had to be removed. A horizontal slice of the tree trunk was saved and preserved and now serves as a side table at the entrance to the Chapel. A fitting homage.

This particular oak tree and others like it are considered keystone plants for wildlife, providing essential resources such as food, shelter and nesting sites. No doubt the Guignard oak provided a safe haven and food for innumerable birds, acorns for deer and squirrels and other critters, and welcome cooling shade in the summers.

Notably, oaks are considered nature's heroes for wildlife. More than any other tree species they support some 400 species of moths and caterpillars, the major food source for breeding songbirds. Here Bluebirds, Carolina Wrens and Chickadees, among



others, depend upon those soft bodied, protein-rich caterpillars to nourish their young. Reason enough to forgo insecticides!

Oak trees typically mature at 75 years and have a life span of 150—250 years. Here in central South Carolina we are blessed with several oak species, including white oaks, *Quercus alba*. White oaks' mature height is 80—100' and their spread is about 80'. A large tree, indeed. From an aesthetic perspective, they are outstanding in fall, when their red colors add a brilliant display to our mixed forest. In the winter, fallen leaves provide cover for caterpillars and other critters and, in decomposing, return important nutrients to the soil.



We appreciate and celebrate the beauty, strength and endurance of oak trees and their niche in our environment.

Hillary J. McDonald
Environment & Grounds Committee



Acrylic Art Class at Still Hopes

Our Acrylic Art Instructor, David Philips, brings community art students to the grounds of Still Hopes regularly to take in its beauty. Every day is an opportunity to paint a perfect picture, especially with an impeccable instructor. Join David on Wednesdays in the Arts on Main studio at 2 p.m. Sign up in the Life Engagement book near the Atrium. *Resident charges apply.*



Columbia Fireflies Baseball Games



Rose Gardens Welcomes Summer

Rose Gardens enjoyed the first month of summer making beautiful sun hats for early mornings in the courtyard, exercising, and eating doughnuts on National Doughnut Day.



Rob Patterson

Meet the Culinary Team

Raised in Columbia, Rob Patterson went to Brennan, Hand, Dreher, and Carolina before receiving a culinary degree from Peter Kump's Culinary Institute in New York City. After training at Nosmo King, The Savoy, and Angelica's Kitchen in Manhattan and the New Prospect Café in Brooklyn, Rob returned to Columbia to open Hannah Jane's and Saluda's in Five Points as their Executive Chef. When the restaurants sold, he embarked on a 15-year career in country clubs starting as Food & Beverage Director at Forest Lake Club and culminating as Clubhouse Manager at The Greenville Country Club. The next ten years was spent with Sodexo as an Operations Manager and Labor SME which began at the USC running The Top of Carolina. Rob is now part of the Still Hopes Culinary Senior Leadership team as the Culinary Operations Manager responsible for catering, the Palmetto Dining Room, the Bistro & Pub, and Lowrey's Café. **Contact Rob at 803.739.5011 or RBPatterson@stillhopes.org.**



Patriotic Celebration Party

Featuring Ross Holmes & Aletha



CNA & NURSE SKILLS FAIR

By Debbie Carroll, Training & Development Coordinator

Earlier this month, 263 of our CNAs and nurses (including Patient Care Specialists, Companions, Med Techs, Solutions Partners, RNs and LPNs) came through each of the skills stations at the 2024 Fourth Annual Combined CNA and Nurse Skills Fair. This year's theme was inspired by the Paris Olympics happening later this summer. At the event, attendees met regulation-required competency standards while having some fun with Olympic games incorporated into each station. All who attended were entered into prize drawings, received a medal, and had the chance to be photographed on an Olympic podium. Two of the most well-received stations were the Infection Control and Emergency Response Stations. At the Infection Control Station, attendees had to throw pencil "javelins" into buckets to determine the scenario they received. Unbeknownst to attendees, the pencils were coated in a substance called Glo-Germ which transferred to their hands and allowed validators to inspect them using a black light to determine how

effective their hand washing skills were. At the Emergency Response Station,

attendees had to respond to different emergency scenarios and then had the opportunity to participate in "fencing" by creating a collective art piece. They chose a paint brush or palette knife to strike the canvas and help create a piece of history of the 2024 Skills Fair that will be displayed later this summer for all to enjoy.

The hands-on return demonstrations provided an opportunity for team members to show off what they know or receive additional training if needed to ensure our residents receive high-quality care at every level. Team members, from the front lines all the way to executive leadership, assisted with the stations at the event, which created an environment where the CNAs and nurses felt valued and empowered to continue delivering high-quality care to our residents. Team Sanders won the gold medal for highest participation, with over 92% of their team having attended the event.

Ultimately, our CNAs and nurses have trained all year for this event, and Team Still Hopes certainly finished as champions!





MISSION POSSIBLE:

Empowering Residents with Purpose

By Regina Morin-Sevrie
Life Engagement Specialist

Mission Possible stands as a testament to the idea that it's never too late to embark on a mission of kindness and compassion.



Many residents seek to find meaningful ways to contribute to society as they have done their entire lives. The aging process may make it more difficult to engage in volunteer work in the same ways that they are used to, but there is always a way to serve. Enter Mission Possible, an innovative program with Life Engagement that brings mission work to residents of Still Hopes right here in their home. Mission Possible was born with the idea that age, ability, and accessibility should not create a barrier in making a difference.

In June 2024, Mission Possible brought forth two different opportunities to give back. The first was a long-time mission, packing packs for *The Period Project*. *The Period Project* is a nonprofit organization geared towards eradicating period poverty, reinforcing the dignity of those impacted by inequality and facilitating better access to menstrual hygiene products to individuals in need. Residents at Still Hopes have packed over 900 packs of menstrual products that have been distributed to local middle school students who fall below the poverty line. Residents form an assembly line, with everyone having a very specific job, working together to finish the job. While they pack, they also reminisce about their childhoods, experiences, opportunities to help more and even politics!

The second opportunity to give back with Mission Possible was a partnership with a nonprofit that is quite literally close to home for residents. *Our Place of Hope*, located about a mile away from Still Hopes, focuses on mental illness and helping those suffering from mental illness to create meaningful purpose and hope in their lives. Isolation is a devastating effect of

mental illness, and *Our Place of Hope* places an emphasis on community. Their mission was one that sounded simple but meant so much more. Jeff Becraft, Director of *Our Place of Hope*, came to me with the idea of flower arranging, and it went up from there. Residents were instrumental in making the arrangements to give to local donors of the organization but also got the chance to make an arrangement for another reason. Since their mission is to foster a sense of hope and community, residents were sent home with the arrangement they made with instructions to give it to someone else and make their day a little brighter.

Exposure to new opportunities is a large part of lifelong learning, something Life Engagement strives to make a priority. The program's success lies in its ability to adapt to the interests and capabilities of residents, and empowering them to rediscover their purpose and make a difference while having fellowship with their neighbors. Through projects like assembling packs for *The Period Project* or helping to arrange flowers with *Our Place of Hope*, seniors are not only enhancing their own lives but also touching the lives of countless others all while having a great time enjoying the company of like-minded neighbors.

Mission Possible stands as a testament to the idea that it's never too late to embark on a mission of kindness and compassion.

In 2023, residents with Mission Possible worked with Oliver Gospel Mission to pack kits for men experiencing homelessness in downtown Columbia. To be a part of Mission Possible, contact Regina Morin-Sevrie, Life Engagement Specialist, at 803.739.5058.



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!

COMPASSIONATE CONVERSATIONS:

Learning to Engage & Understand Friends Living with Dementia

THURSDAY, JULY 25 • 3:00 P.M.
KEENAN EVENT CENTER



Presented by Tori Anderson,
Certified Dementia Care
Specialist from the South
Carolina Department on
Aging. *We will be having
compassionate conversations
with chocolate in hand!*

Parkinson's Support Group

Friday,
July 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.



The Visionaries: Low Vision Support Group

Wednesday,
July 17

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

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



Hearing Specialist

NO HEARING SERVICES IN JULY

Hearing Specialist, Mike Arndt,
will return on Monday, August 5

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.



Open to Hope Grief Support Group

Guignard Music Parlor
1:00 - 2:00 p.m.

Wednesdays, July 3, 17 & 31

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, July 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.

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!

SHARE: Caregiver Support Group

Tuesday, July 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.



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

Wednesday | Wellness Center
July 31st | 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.

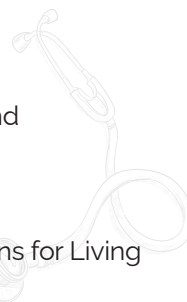
New patient appointments with Dr. Smith are able to be scheduled on a limited basis due to her continued full schedule, and the need to accommodate her existing patients first.

Please call Holly Hartung at 803-995-8133 to join the wait list for an appointment with Dr. Smith.

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.



Introducing Registered Nurse Kelly Heid

We want to introduce everyone to Kelly Heid, our new Solutions for Living at Home Registered Nurse. Kelly joins us with a rich background in geriatric care - and her smile is simply contagious! We know our clients will simply love working with her.

Kelly can help with all your private nursing needs, from medication management, physician communication, administration of injections, to lab work and more! To schedule a nursing assessment, call the Solutions for Living at Home office at 803-223-6173.



WE LISTEN. WE PLAN. WE CARE.

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

NONPROFIT ORG
US POSTAGE
PAID
COLUMBIA SC
PERMIT NO 42



Independence Day at Still Hopes

.....

INDEPENDENCE DAY CELEBRATION

Thursday, July 4
2:00 p.m. | Chapel

.....

PATRIOTIC SING-ALONG

Led by Ed Hickman and Dave Sennema

Thursday, July 4 | 4:15 p.m.
Keenan Event Center

Join Ed and Dave for an Independence
Day Theme Sing-Along. Feel free to
BYOB and a snack!

.....