

AUGUST 2024 ISSUE

Carrying a Torch of Unity and Peace

by Judy Milone

When, in the year 2001, an unidentifiable package appeared at Nancy Dunbar's front porch, she was a bit unsure of what to do. Nancy had not ordered anything, nor was she expecting a delivery, so at first she hesitated opening the box. When she finally did, she found an official US Olympics track suit.

Read more on Page 10



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

LADIES' BIBLE STUDY

The Jesus You May Not Know
Mondays, Beginning Aug. 12 · 11 a.m.
Chapel | Led by Ella Pfaehler

Chapel Healing Service

Led by Trinity Cathedral Clergy
The next service will be held on
Wednesday, August 14 · 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!

Morning Prayer

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

We fondly remember...

ANNE HARRIS
HELEN HILL
JOY PADGETT
PERRIE LOUISE DOWD
SUSAN PARKER
SUSAN HENDRICKS
JANET MORRIS
JULIAN MINGHI
CHARLES BEAZLEY
LULA STURKIE

Heartfelt sympathy is extended
to family and friends.



STILL HOPES SINGERS

Welcome Back & Recruitment Party

Tuesday, August 6
6:30 p.m.
Guignard Mansion

Meet the Director of the Still Hopes
Singers, Dr. Kevin Crowe, and
discuss the upcoming fall schedule.

Light refreshments will be served.

Shining Star:

STILL HOPES EMPLOYEE OF THE MONTH:

Regina Morin-Sevrie

Regina's Nomination: All the staff at Still Hopes are wonderful, but some go above and beyond. Regina Morin-Sevrie is one of them. She creates the most fabulous craft projects and always helps us with a smile on her face. Regina has taken on more responsibilities and is excelling in her role. An example of this is one year she organized Easter egg coloring with hard-boiled eggs, and last year she found plastic eggs for us to color so we could keep them year-round. She consistently goes the extra mile in everything she does.

She deserves to be Employee of the Month.

Submitted by: Nancy Bymaster



Welcome New Residents!

ALEX SANDERS
BILL WARREN



August Birthdays

- | | |
|-----------------------|----------------------|
| 01 Melba Reeves | 19 Nibbie Boyle |
| 01 Ellie Rewald | 19 Coleman Chambliss |
| 03 Carol Anfin | 20 Barbara Kelly |
| 06 Randy Folks | 21 Anne Barber |
| 06 Gary Jewett | 21 Margie Barron |
| 07 Gene Rogers | 25 Elliott Cooper |
| 08 Lita Ashley | 26 Rob Graybill |
| 09 Kent DeMars | 27 Nancy Dunbar |
| 09 Suzanne Wall | 27 Lib Guerry |
| 09 Mary Wells | 29 Bill Payne |
| 10 Betsy Adams | 29 Julie Shaylor |
| 11 Betty Jean Ireland | 29 Caroline Trickey |
| 12 Robert Morris | 30 Charleton Law |
| 13 Marion Martin | 31 Barbara Moody |
| 14 Margaret Jenkins | 31 Laurely Nance |
| 15 Richard Anderson | 31 Kenneth Richey |
| 17 Jacquie Corley | 31 Bill Salisbury |
| 17 Carolyn King | 31 John Thomas |

Apple Pie for the 4th of July!

Rose Gardens
neighborhood
made apple
pies on the
4th of July!



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:

<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 in August and September 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 Life Engagement professional in your neighborhood.

DOG DAYS OF
SUMMER
CELEBRATION

RESIDENT DOG PARADE
AND PAW-TY

Thursday, August 29 | 2:00 p.m.
Greenway Front Entrance and Atrium

2:00 p.m. | Meet and Greet with Greenway Residents
2:30-2:45 pm.. | Parade from Greenway to the Atrium

We will parade from the Greenway front entrance and conclude at the Atrium. Photo Booth and treats for dogs after the parade in the Atrium.



UNIVERSITY OF
South Carolina

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



Thursday, August 1
2:30 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 USC, 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.

LIFE WITH A PET AT STILL HOPES



As someone who has always had a variety of pets, I have treasured their unconditional love and companionship. I can't imagine my life without one, although I realize that, at some point, I may not be able to care for a pet and will have to be satisfied with enjoying the pets of others.

When Ernie and I started looking for a Continuous Care Community, we knew it had to be one that welcomed us and our fur baby, Evan. Still Hopes was the perfect fit, and Evan definitely helped us adapt to life at Still Hopes.

Frequently our introductions to other Still Hopes residents was initiated by Evan, and I realized that these encounters brought joy to many residents who no longer have pets.

When there was an opportunity to volunteer in the Jane Bruce Skilled Nursing Neighborhoods, Evan and I decided to visit dog-loving residents there. As a result, we have enjoyed the friendships that have developed beyond our weekly visits. Our decision to bring joy to others has also brought joy to us.

Do you have a pet? Would you like to share with your Still Hopes neighbors how your pet enhances your life? I would like to hear from you.

Gail Boule
gboule29803@gmail.com | 803.646.3464

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

Thurs., August 1 5:45 p.m.	Artists for Africa Performance at the Township Auditorium	Sat., August 10 9:45 a.m.	Soda City Market
Wed., August 7 10:15 a.m.	Grocery Shopping at Publix	Fri., August 30 10:45 a.m.	Lunch Bunch at Iron Hill Brewery and Restaurant

LUNCH BUNCH

IRON HILL BREWERY

Friday, August 30 | Depart: 10:45 a.m.
By Reservation, Self-Pay



Soda City Market

SATURDAY, AUGUST 10

Depart: 9:45 a.m.
Bus departs from the
McDowell entrance (Building 4)

TOWN THEATRE
SEASON TICKETS

COST: \$105

Charged to your resident monthly billing,
includes six shows (first Sunday Matinee of
each show's run)

THIS SEASON'S SHOWS:

September 8

October 27

December 8

February 9

March 23

May 18

Anything Goes

Something's Afoot

Home for Holidays

Steel Magnolias

She Loves Me

Monty Python's Spamalot

If interested, please register in the
LE Reservation Book or contact Holly
Crawford, LE coordinator at 803.739.5018 or
hcrawford@stillhopes.org.

Deadline for reserving your season ticket
through Still Hopes is August 16th!



Columbia Fireflies
Baseball Game

Thursday, September 5

Depart: 6:15 p.m.
Game Time: 7:05 p.m.
Cost: \$33.25

Includes game ticket to reserved
open air suite, buffet dinner, soda,
water, and dessert.

Enjoy Fireflies Baseball with friends at SEGRA
park in beautiful downtown Columbia. SEGRA
park is a cashless facility, and they enforce a
clear bag policy.

ARTISTS FOR AFRICA

PERFORMANCE AT THE TOWNSHIP

Thursday, 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.

BUCHAREST TO
BUDAPEST

Presented by Fran Wheeler

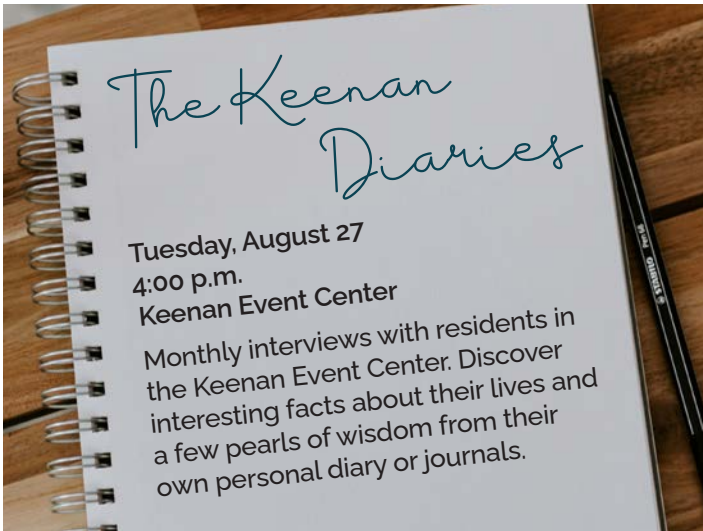
Tuesday, August 20
3:00 p.m.
Keenan Event Center



The Keenan
Diaries

Tuesday, August 27
4:00 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.



Music with Mike

Sponsored by Mike Arndt, Still Hopes
Hearing Specialist

Monday, August 5

Featuring Randy Lucas
and Elisa Diaz

6:15 p.m. | Atrium

Randy and Elisa will perform acoustic classics from
country, folk, bluegrass and other genres.

This 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.

STILL HOPES OLYMPIC GAMES
TABLE TENNIS
DOUBLES
TOURNAMENT

Tuesday, August 6 | 2:00 p.m.
Keenan Event Center

Elimination Bracket Tournament.
Registration is required. Spectators Welcome!



Students of Dawn Smith Jordan
SUMMER VOCAL RECITAL

Friday, August 9
6:30 p.m.
Keenan Event Center

GET HUBBED & ELECTION READY

Keenan Event Center
Thursday, August 8 | 3 p.m.
Thursday, August 22 | 11 a.m.

Get signed up for the Hub, our resident portal, and
prepared for the presidential election.

Hollywood Hits

Fridays | 3:00 p.m.
Keenan Event Center

August 2 *The Manchurian Candidate*
PG-13 | 2 hr. 6 min. | 1962

August 9 *Laura*
NR | 1 hr. 28 min. | 1944

August 16 *Thelma*
PG-13 | 1 hr. 37 min. | 2024

August 17 *Saturday Matinee (1:00 p.m.)
Patton*
PG | 2 hr. 50 min. | 1970

August 23 *The Notebook*
PG-13 | 2 hr. 1 min. | 2004

August 30 *The Princess Bride*
PG | 1 hr. 38 min. | 1987

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.

Friday, 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.

COLLEGE FOOTBALL

Kick-Off on the Big Screen!

SATURDAY, AUGUST 31
KEENAN EVENT CENTER

12:00 p.m. | Clemson vs. UGA
4:15 p.m. | USC vs. Old Dominion

Watch the Clemson and Carolina Football games on the big screen with friends!



BOOKENDS BOOK CLUB

Gatherings of the Still Hopes Book Club resume in August!

Tuesdays | 11 a.m.
Beginning Tuesday, August 20
HopeWell Petite Studio
Led by Michelle Rabon



Writing Workshop: Writing Memoirs, Autobiographies, Biographies, & Formal Essays

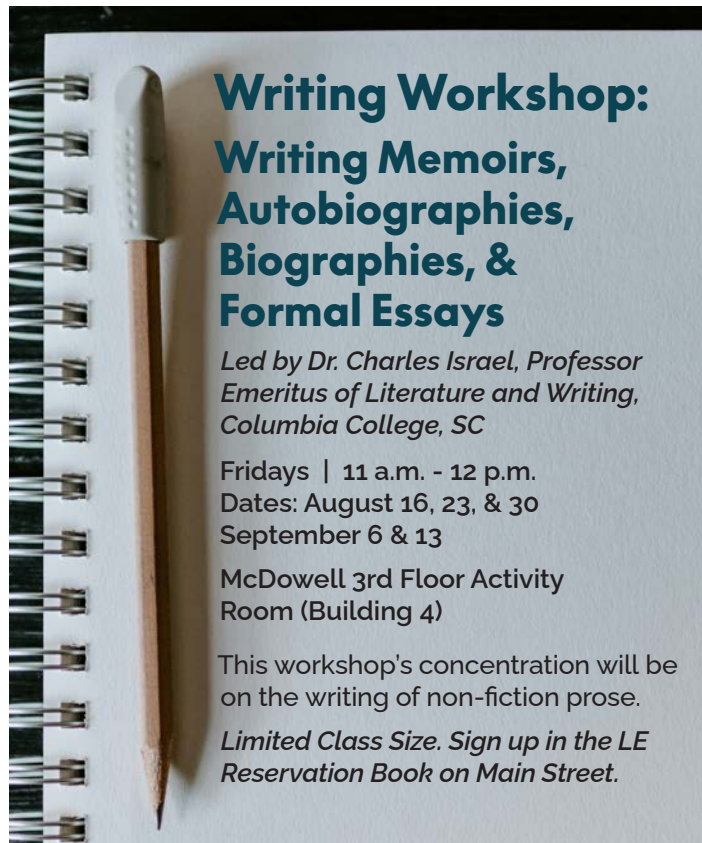
Led by Dr. Charles Israel, Professor Emeritus of Literature and Writing, Columbia College, SC

Fridays | 11 a.m. - 12 p.m.
Dates: August 16, 23, & 30
September 6 & 13

McDowell 3rd Floor Activity Room (Building 4)

This workshop's concentration will be on the writing of non-fiction prose.

Limited Class Size. Sign up in the LE Reservation Book on Main Street.



Farmer's Market

Thursday, August 9 & 23
9:00 a.m. | Atrium

Fresh vegetables and fruit from the SC Farmer's Market.

Charged to your Resident Account.



TAG
Trenholm Artists Guild

Trenholm Artists Guild Show Coming to Still Hopes in August

Members of Trenholm Artists Guild are excited to have its fourteenth show at Still Hopes Episcopal Retirement Community! With 115 members, the show is bound to include excellent artwork. Members are drawn to enter this show because of the great exhibit space, potential to win an award, and the love and appreciation of the staff and residents of Still Hopes.

Sarah Herlong's acrylic painting, *Sarah Takes Flight*, won the Best of Show Award in the 2023 exhibition. In her artist's statement, Sarah said that, for most of her forties, she took care of her mother who had a rare neurological disorder. As her mother entered hospice, she could not imagine her role in life as anything but a caregiver. The self-portrait is an exuberant display of hope with the Carolina Wren as a symbol of rebirth and the Yellow Jasmine as a symbol of happiness.

Christine Swann of Greenville, SC, has agreed to judge the show. While she works primarily in pastels, she also paints in oil, acrylic, and watercolor.

Although she originally started out by painting her children by bribing them with candy, she now works with live models. Known for her "personality portraits," she started as an illustrator and is now an international award-winning artist, having won the IAPS Best of Show "Prix de Pastel" Masters Circle Exhibition award in 2020 and in 2015. Her pastel, "Impact," won Honorable Mention in the portrait category in the 2023 Artist Magazine Competition. She also has won awards at the Pastel Society of America's International Exhibition in New York, and her award-winning portrait is currently on display at the Butler Museum of American Art. Her work has also traveled internationally, including to the 2nd China (Suzhou) Biennial International Pastel Exhibition.

Christine won "Outstanding Pastel" in the BoldBrush Competition for four years in a row. Her work received fifth place in the Portrait Society of America Member's Competition in 2015 and a finalist in 2019 and 2021. In the Fall of 2022, her body of work in oils, "Broken Vessels," was shown at a solo exhibition in Pittsburgh, PA.

Christine is a Signature Member of the Pastel Society of America, and a member of the IAPS Masters' Circle, a designation she received in only six years. She received her Eminent Distinction in 2022. She is also a long time member of the Pittsburgh Society of Illustrators, and she currently teaches her "Power of Pastel" workshop to groups around the country and writes a blog every week on art, pastels, and motherhood. She is happily living and teaching from her studio at the Greenville Center for Creative Arts in Greenville, South Carolina.

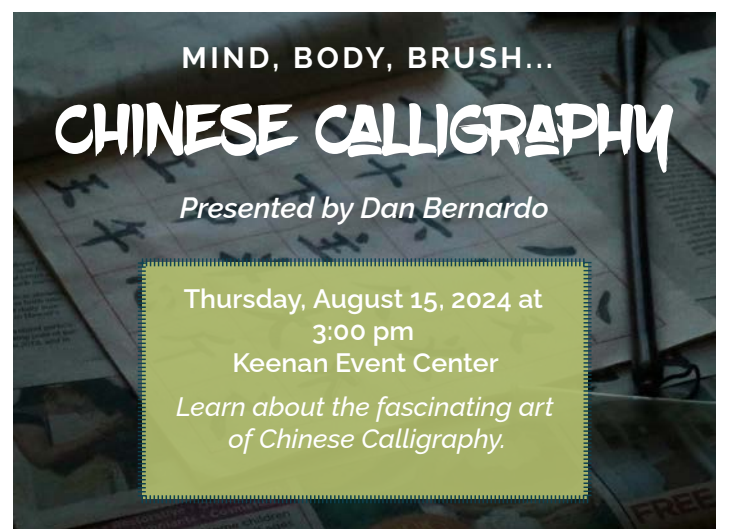


The show will include all two-dimensional media created by amateur and professional artists. Still Hopes residents and staff members, as well as others who attend the reception and awards ceremony (scheduled for Thursday, August 8, 5-6:30 PM), are invited to vote for their selection for the coveted People's Choice award. The exhibit will hang in the Hopewell Gallery and Emilie's Café through September 28.

ON DISPLAY:
HopeWell Gallery and Emilie's Café

ART SHOW
August 8 - September 28

RECEPTION & AWARDS CEREMONY
Thursday, August 8 | 5:00 - 6:30 p.m.
People's Choice Award voting ends at 6:00 p.m.
Awards announced at 6:15 p.m.



MIND, BODY, BRUSH...

CHINESE CALLIGRAPHY

Presented by Dan Bernardo

Thursday, August 15, 2024 at
3:00 pm
Keenan Event Center

Learn about the fascinating art of Chinese Calligraphy.



Carrying a Torch, continued
from page 1

Soon after, she learned that her daughter and three friends had nominated her to carry the Olympic torch on its way to the 2002 Winter Olympic Games in Salt Lake City, Utah. Now officially selected to take on that task, Nancy's personal Olympic adventure began.

The history and tradition of the Olympic torch is as rich and historic as the Games themselves. First appearing at the ancient Greek Olympics in the 4th century BCE, it remains lit throughout the entire competition. The practice of

transporting the lit flame from Greece to the site of the contemporary event was instituted in the mid-



glass, topped by a live flame. In 2001-2, the flame's first stop in the US was Atlanta, Georgia. South Carolina was its second locale. The torch's route to Utah consisted of traveling through 46 states and 300 towns. In 2002 the design, fitting the theme of winter, was of a stalactite, embossed with the Game's motto "Light the Fire Within". The total run took 65 days and covered 13,500 miles.

Torch bearers for 2002 were selected by Olympic sponsors and organizers. Persons must have made a "significant contribution to the community and personify the theme of the Olympics." And Nancy fit those criteria. Born and raised in Columbia, she had been active in many



community and civic activities, as well as Trinity Church (now Cathedral). She calls herself an "Olympic devotee", making two in-person visits [Los Angeles and Atlanta] to watch the competitions, especially those in track and field. Enormously honored to be a part of Olympic history, she hoisted the eleven pound symbol from the residential area of Five Points to what is now Martin Luther King Park. Not surprisingly, Nancy aced it!



At age 38, raising her two daughters, continuing her volunteer work and high school teaching, Nancy discovered the joys of marathon running. She had done other team sports but found new purpose in running solo. Nancy went on to participate in the first Disney Marathon in Florida, the Marine

Corps Marathon in DC and the Carolina Marathon [now defunct], which went from downtown Columbia to West Columbia. "That one was the hardest," she recalls, as she discovered hills in her home town she had not been aware of! Nancy's husband, who passed away in 2000, was very supportive, often driving her to the starting point of the races and cheering from the sidelines.



Now content to limit her physical activities to the Still Hopes Wellness Center and to as much walking as possible, Nancy looks back with honor and pleasure at her Olympic accomplishment. It however is only one of her achievements, having earned her doctorate degree in secondary education somewhere in between races. And then there's the two-day trek, traversing the hills and dales of the Grand Canyon, which she did with her daughter.

In 2001-2 there were 12,000 torch bearers in total, transporting the sacred symbol from Atlanta to Salt Lake City. Some were celebrities such as Darius Rucker, Troy Aikman, Loretta Lynn..... and Nancy Dunbar.



Still Hopes Variety Show



BEACH PARTY USA!



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!

Preventing Falls & Promoting Safety

THURSDAY, AUGUST 22
3:00 P.M.
KEENAN EVENT CENTER

Presented by Sara O'Brien, Director of Rehab with
Functional Pathways at Still Hopes

Sara will discuss how to maximize your safety, independence, & quality of life in your apartment and around campus so that you can LIVE WELL at Still Hopes! We will maximize our quality of life with some chocolate, too!

Parkinson's Support Group

Friday, August 16 | 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, August 21 | 2:00 - 3:00 p.m.
Guignard Dining Room

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



Hearing Specialist

Hearing Specialist, Mike Arndt,
is back for August!

AUGUST 5

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



CLEARING THE PATH & FINDING THE WAY:

Dementia Resource Group

Tuesday, August 13
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.

Open to Hope Grief Support Group

Guignard Music Parlor
1:00 - 2:00 p.m.
August 14 & 28

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

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, August 6 | 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

Wednesdays | Wellness Center
August 14 & 28 | 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.

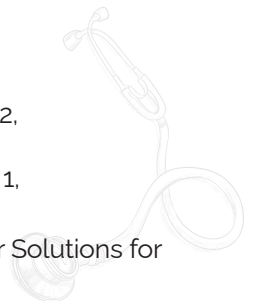
New patient appointments with Dr. Smith are able to be scheduled on a limited basis due to her continued full schedule, and the need to accommodate her existing patients first.

Please call Holly Faulkenberry 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 performed by our Solutions for Living at Home staff members.



Solutions
for living at home
A MINISTRY OF STILL HOPES

Fae Sox & Solutions for Living at Home

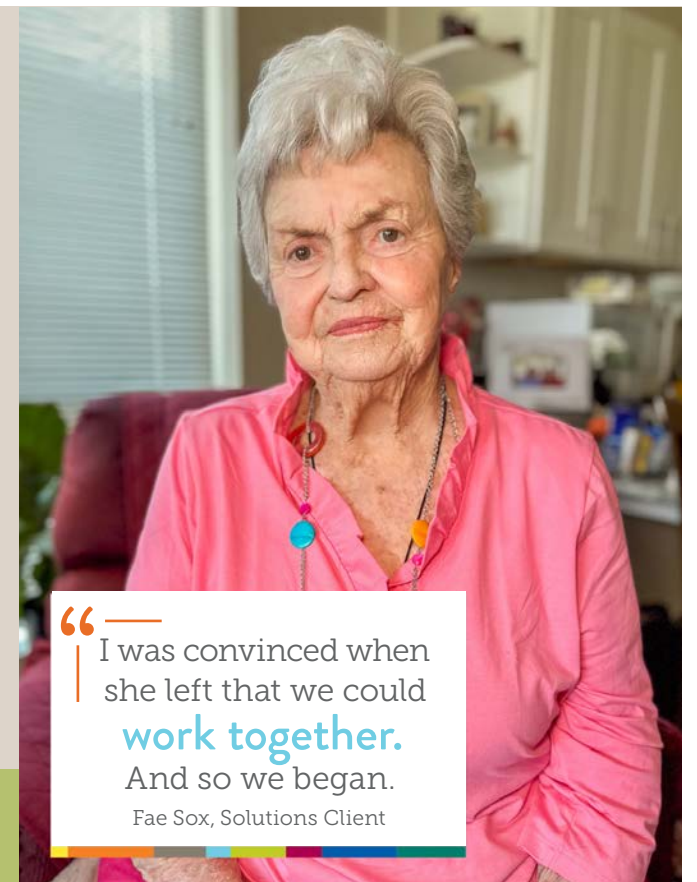
Fae Sox originally met with Solutions for Living at Home regarding in-home care for her husband. "I didn't know anyone at Solutions ... but, they assured me confidently that they could certainly satisfy whatever I needed."

Four years later, she still utilizes our services for herself.

If you are interested in exploring in-home services, let us give you assurance we can meet your needs.

Call us today at (803) 223-6173.

WE LISTEN. WE PLAN. WE CARE.
803-223-6173



"I was convinced when she left that we could work together. And so we began."
Fae Sox, Solutions Client

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

Shell-abrating Our Wonderful Employees, Beach Style!

EMPLOYEE APPRECIATION WEEK

August 5 - 9

Still Hopes will be celebrating our staff with fun, food, and fellowship. While we appreciate staff every day, please take some time during this special week to appreciate the hard work our staff do each day!

Employee Appreciation Fund

SAVE THE DATE

August 26

In July, our committee members visited Bishop Gadsden and met with their Employee Appreciation Committee. We networked and shared ideas on how to make improvements to our fundraising campaign.

On August 26, join us for the official Kick Off of the Employee Appreciation Fund Drive. The drive is the only time we as Still Hopes residents can thank our employees with a monetary gift for all they do for us. Please begin thinking about your contribution to this important fund.

WALLY FORTUNA
*Employee Appreciation
Committee Member*