

September 2025

# CONNECTIONS

*The Still Hopes Community Magazine*

50  
Years



*Congratulations to Barron Moye  
2025 Employee of the Year  
Read more about his love for  
Still Hopes in the October Issue*



## SEPTEMBER BIRTHDAYS

01 Bob Vickrey	15 Mary Ann Heath
01 Marcia Montgomery	15 Peggy Savas
01 Ed Hickman	15 Gerry Shiver
02 Charlie Cate	18 David Trickey
03 David Gies	19 Charles Russell
03 Warren Holland	20 Sandie Gies
03 Johnny Tuller	20 John Parker
03 Sally Wiseman	20 Patty Johnson
04 Hugh Graham	21 Frankie Porter
04 Lindsay Pressley	21 Jack Williams
05 Joyce Macauda	22 Mary Watt
06 Joyce Steele	22 Ruta Bly
06 Angela Basha	24 Willie Saleeby
07 Ann Kibler	25 Glenda Boozer
07 George Thrana	25 Nina Smith
09 Eleanor Whitehead	28 Betty Jones
10 Ben Franklin	28 Austin Boyd
11 Gale Kinard	28 Elizabeth Howell
11 Ruth Marcus	29 Alex Sanders
14 Jewell Hill	29 Dick Marshall
14 Mary Boyd Brown	30 David Blazon
15 Jerri Hayden	

### Eudora Wildlife Safari Park

FRIDAY, SEPTEMBER 19, 2025

10:30 AM

MCDOWELL FRONT ENTRANCE

*By Reservation, Resident Charge*



### Wine & Wickets

*Whack it for a Cure*

Thursday

September 18, 2025

3:00 pm

Susan Boyd Croquet  
Court & Pavilion

*\*Weather Permitting\**



### Hollywood Hits Fridays at 3:00 pm Keenan Event Center

**\*\*Unless otherwise noted\*\***

9.5

*The Trial of the Chicago 7*  
2020 • 2 hr. 9 min. • R • CC

9.12

*Rudy*  
1993 • 1 hr. 56 min. • PG • CC

9.19

\*Multi-Purpose Room\*  
*Pirates of the Caribbean*  
2003 • 2 hr. 23 min. • PG • CC

9.26

*The Notebook*  
2004 • 2hr. 1 min. • PG13 • CC

### Lunch Bunch

ZORBAS GREEK RESTAURANT

THURSDAY, SEPTEMBER 25, 2025

BOARD: 10:45 AM DEPART: 11:00 AM

MCDOWELL FRONT ENTRANCE

BY RESERVATION, SELF PAY

### SATURDAY MOVIE MATINEE

September 20, 2025 at 2:00 pm

Keenan Event Center

Hitchcock

2018 • 1 hr. 38 min. • PG-13 • CC

## Welcome New Residents!

John Austell  
Charma Long  
Judy & Larry Kaye

The New Resident Reception will take a short break during the month of September. We are excited to share that it will return in early October on a new day, giving us a fresh opportunity to welcome and celebrate our newest residents together.

### Newcomers Information Session

*with Michelle Rabon*

Thursday, September 18

1:00 p.m.

Keenan Event Center



## Columbia's Greek Festival

THURSDAY, SEPTEMBER 18,  
2025

BOARD: 10:30 AM

DEPART: 10:45 AM

COST: SELF-PAY

PICK-UP AT

MCDOWELL ENTRANCE

**By Reservation Only**

**RSVP in LE Book**

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

**Publix Grocery Shopping**  
Wednesday, September 3 | 10:15 am

**Love of the Trumpet Gala at Jackson Farms**  
Saturday, September 6 | 4:45 pm

**Cornel West and Robert P. George  
in Conversation**

**Johnson Performance Hall  
Darla Moore School of Business**  
Friday, September 12 | 5:45 pm

**Kiss Me Kate at Town Theatre**  
Sunday, September 14 | 2:00 pm

**Shopping at Hamrick's  
\*Bus Week Sale\***  
Wednesday, September 17 | 10:00 am

**Columbia's Greek Festival**  
Thursday, September 18 | 10:45 am

**Lunch & Wagon Ride at  
Eudora Wildlife Safari Park**  
Friday, September 19 | 10:30 am

**Lunch Bunch: Zorbas**  
Thursday, September 25 | 11:00 am

## Cornel West and Robert P. George in Conversation

*Johnson Performance Hall, Darla Moore School of Business*

**FRIDAY, SEPTEMBER 12, 2025**

**BOARD: 5:30 PM DEPART: 5:45 PM**

**COST: \$8.00**

**PICK-UP AT MCDOWELL ENTRANCE**

**By Reservation Only. RSVP in LE Book**



## Still Hopes Employee of the Month Tracy Pinkney CNA

Tracy is one of the CNA's in Still Hopes rehab. Tracy attended to my mother recently. She did an excellent job and was compassionate and caring to my mother. She should be named Employee of the Month. My mother loved Tracy and always told me how much she helped her daily. She was always pleasant to my

family as well, always speaking and just being kind and thoughtful to all of our needs. You have a great employee in Tracy.

**Submitted by: Carrie Goodwin & Dianne Suber**

Tracy is an asset to the Still Hope's team and always a pleasure to work with! Tracy is a very knowledgeable CNA, who never needs reminders to complete tasks. She is an amazing resource for new hires and does a great job training and making them feel welcome. Tracy always gives 110% while she is at work, picks up shifts to help whenever she is needed, can work any unit, and always has a positive, can-do attitude. You can often find Tracy's smiling face on the unit while she is dancing and singing to cheer up staff and residents. She has been seen on many occasions encouraging and uplifting residents and staff. Tracy is an amazing, uplifting spirit and I am privileged to have her as part of the Sanders Rehab team!



**Submitted by: Crystal Gambrill, RN, ADON**

*Interested in Joining the  
Still Hopes Singers?*

**WEDNESDAYS**

**3:30 pm**

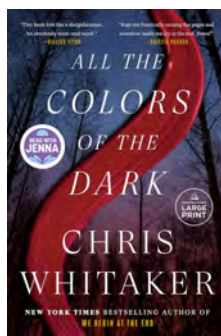
**KEENAN EVENT CENTER (KEC)**

*\*Unless otherwise noted\**

**The Still Hopes Singers  
Christmas Concert  
Wednesday, December 10, 2025  
at 3:30 pm in the KEC**

## BOOKENDS BOOK CLUB

*All the Colors  
of the Dark*



LED BY MICHELLE RABON ON TUESDAYS  
11:00 AM | HOPEWELL PETITE STUDIO

AVAILABLE FOR PURCHASE IN THE  
SHOPPE ON MAIN





# 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 • 11:00 am or live stream  
service on channel 1390/122.*

## Chapel Healing Service

Led by Trinity Cathedral Clergy  
The next service will be held on  
**Wednesday, September 10 • 11:00 am**  
*Chapel of the Holy Spirit*  
**All residents are welcome to attend.**  
*Holy Communion and  
prayers for healing.*

## We fondly remember...

Janet "Evie" Gibson  
Charles Litchfield  
Barbara Richey  
William Hrushesky



## Bible Studies

### Monday Bible Study

Led By Ella Pfaehler

***A Life Beyond Amazing***

**A video series by Dr. David Jeremiah**

*Mondays • 11:00 am*

*Chapel of the Holy Spirit*

*The video series will not meet on  
September 22.*

### Monday Bible Study

*Weekly Gospels*

*Mondays • 1:30 pm*

*3rd Floor McDowell Activity Room*

### Men's Bible Study

**Acts**

*Tuesdays • 11:00 am*

*3rd Floor McDowell Activity Room*

### Thursday Bible Class

***The Chosen - Season 5***

*Meets at 10:30 am in the  
Chapel of the Holy Spirit*

## Bible Verse

**"The steadfast love of the Lord never ceases; his  
mercies never come to an end; they are new every  
morning; great is your faithfulness."**

*Lamentations 3:22-23, (ESV)*

## 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

### Interpreting Music in Color with Pianist Andy Armstrong & Artist James Busby



Music and Art can help maintain cognitive abilities, improve fine motor skills, and provide a rewarding sense of purpose, enjoyment and connection that maintain our sense of well-being. All are welcome.

Sun, Sept 28 | 3:00 pm  
| Keenan Event Center

## FIRST RESPONDERS APPRECIATION PARADE

**FRIDAY, SEPTEMBER 12**

**10:00 AM THROUGHOUT CAMPUS**

**Please be outside a main entrance  
or on your porch or at a main  
entrance holding a sign, waving,  
cheering and thanking the first  
responders as they parade  
through the Still Hopes Campus.**

## Stormwater Studios

### Art Exhibit at Still Hopes

The Art Committee is proud to announce that Stormwater Studios, Columbia's prestigious professional artists' studio, will have its first exhibition at Still Hopes in September/October of this year. It is currently comprised of eight professional artists. The studio began as an early project in revitalization efforts of the InnoVista, as a joint venture of the Columbia Development Corporation and the City of Columbia. It has a wonderful state-of-the-art gallery space and studios. It hosts not only exhibitions of their own work but shows for art guilds and other professional artists.

## Coming this October & November Fall Film Noir Series

Presented by Dr. Don Greiner

Fridays at 1:00 pm in the  
Keenan Event Center

*\*Unless otherwise noted\**

Hollywood Hits will not take  
place during this series.



## POETRY AND MEMOIR WRITING WORKSHOPS

Led by DR. Charles Israel

October 3 - November 7

Fridays at 11:00 AM

McDowell 3rd Floor Activity Room



# *Afternoons with Andy Armstrong Chamber Series at Still Hopes*

*Eight performances, with  
internationally celebrated artists*

A magical blend of amusement, discovery, community and unparalleled artistry with renowned pianist Andrew Armstrong, joined by an array of world class virtuoso musicians. The Keenan Event Center provides the perfect setting on Main Street at Still Hopes Episcopal Retirement Community for memorable afternoons that will transcend your musical imagination.

## *Andrew Armstrong*

Acclaimed for his solo recitals, chamber music performances and appearances with orchestras across the globe, Andrew Armstrong has a unique ability to bring the great classics within reach, whether it's your first concert or hundredth. His orchestral engagements have encompassed a vast repertoire of more than 60 concertos with orchestra as well as solo recitals and in chamber music concerts at festivals around the world. The inaugural season of his fourth chamber series in the Keenan Event Center is especially close to his heart. Friends at Still Hopes are more like family than concert enthusiasts. Andy and his wife Esty, their three children Jack, Elise, and Gabriel, and their two dogs Comet & Dooker live in Worcester, Massachusetts.

## *Gifts to Afternoons with Andy Armstrong Chamber Series*

This series is designed to afford residents at Still Hopes the opportunity to experience amazing music, without leaving their home. No travel required to another destination. Gifts support an intimate setting in the Keenan Event Center for all residents, and a unique gathering with the artists after the concert in the Atrium. Our 2025-26 goal is \$30,000.



Support the Chamber Series using one of the following options:

- Mail check for Afternoons with Andy Armstrong to Christie James, Director of Community Development, Still Hopes, P.O. Box 2959, West Columbia, SC 29171
- Contact us for details regarding direct bank cash and stock transfers: Christie James 803-739-5006 or Joe Wenger, Chief Financial Officer, 803-739-5008.



## **Opening Concert** *Signature Sounds of Pianist Andy Armstrong*

**Monday, September 29**

**4:00 pm**

**Keenan Event Center**

**Wine Social to follow in the Atrium after the Concert**





## What was going on Arts on Main? **Vibrant Minds!**

What was going on in the art studio? Vibrant Minds! If you recently peeked into the art studio one Sunday and thought you saw a film crew taping an art class, your eyes did not deceive you!

What you were seeing was a “Vibrant Minds” class, which is available to all residents through a partnership with USC Brain Health and University of South Carolina students who developed the concept.

Vibrant Minds is an art program that blends neuroscience, creativity, and community connection for the benefit of adults with brain-based challenges like Alzheimer’s disease and other forms of dementia.

The program was developed by USC students Ansley Martin, a neuroscience major and pre-med student, and Stella Tew, an art education major and Honors College student.

“Vibrant Minds classes are designed to spark creativity, conversation, and memory,” Ansley explains. “Practicing a new skill helps build brain plasticity—the brain’s ability to change and adapt. That’s huge for people with conditions like dementia or Parkinson’s.”

“My great-grandmother was diagnosed with early-onset Alzheimer’s,” says Stella. “But as a future art educator, I’ve always believed that creativity is essential to living a better quality life, and that people do not necessarily have to lose touch with their creative side as they age.”

The film crew that was in the art studio was there to make a short video about the program and speak with residents about how they were enjoying it. As soon as the video is completed, you will be able to see it on social media and at Still Hopes.

If you’re interested in trying out Vibrant Minds, we’d love to have you. Sign up in the Life Engagement Book for September Classes.

**Vibrant Minds | Arts by Design**  
Sunday, September 14 & 28  
1:30 to 3:30 pm  
RSVP in the LE Book





 **Solutions**  
for living at home  
CARE MANAGEMENT

## Care Management Services

Care Coordination  
Assessment and Planning  
Medical Oversight  
Family Mediation  
Preservation of Client Independence  
Client Advocacy  
Crisis Management  
Information and Referrals Communication  
Coordination of Benefits  
Arrangement of Activities

## STILL HOPES RESIDENT COUNCIL ELECTION

A required two-year Council membership rotation means that each year at this time, residents elect eight new members to the Council. For the 2026 Council, four chairperson positions are open for the Standing Committees: Employee Appreciation, Food, Environment & Grounds and Welcoming. New Building Representatives will be needed for Concierge, Hopewell, and Trinity. The Council Officers, Chair, Vice Chair, and Secretary, are also elected each year.

Nominations close October 1.

Nominations for these open positions are welcomed and encouraged. Nomination forms can be found in all of the campus mailrooms, on the HUB, and next to a nomination box at the Atrium entrance. Completed and signed forms may be placed in the nomination box, given to one of the current officers (Tommy Atkinson, Fran Wheeler, or Pam Jewett), or one of the members of the nominating committee (Ardis Savory, Frank Brown, Dorothy Davis, Mary Ross, or Linda Thomas).

The nominating committee will prepare a slate for each open position which residents will vote on at the November 24th business meeting.

## Sip & Social

WELCOMING  
NEW PHYSICIAN  
PRACTICE

Friday, September 12  
4:00 - 6:00 pm  
Keenan Event Center

We are excited to welcome Dr. Oscar Lovelace to the Still Hopes community as our new Medical Director and Concierge Physician.

Along with

Dr. Elizabeth Edwards, Dr. Andrew Merritt, and Nurse Jennifer Gilliam, his practice brings not only decades of experience but also a deep commitment to compassionate, faith-driven care.



Enjoy these memories from last month's

# DEEP BLUE SEA BASH

Featuring The Endless Summer Band









# Community Services

AN ONSITE, ONGOING PROGRAM FOR  
APARTMENT, CONCIERGE SUITES &  
COTTAGE RESIDENTS



**Kim Carpentier**  
*Director of Community  
Services*  
[kmcarpentier@stillhopes.org](mailto:kmcarpentier@stillhopes.org)  
803.739.5047

## HEALTHY DYNAMICS

*NEWS YOU CAN USE!*

### *Medicare Changes and FAQ's*

presented by Crystal Strong,  
Program Manager for the State Health  
Insurance Assistance Program (SHIP) with  
the South Carolina Department on Aging

**Thursday,  
September 25** | **3:00 pm**  
**Keenan Event Center**



*And of course, there  
will be chocolate!*



South Carolina  
**DEPARTMENT  
ON AGING**

## Open To Hope Grief Support Group

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

**Wednesdays, September 3 & 17**  
**1:00 pm–2:00 pm**  
**Guignard Music Parlor**

## 3D Digital Mammography Screening

The Mobile Mammography Unit  
from PRISMA HEALTH

**Thursday, October 9, 2025**

Pick up an information flyer at the Healthy  
Dynamics table on Main St.  
To schedule an appointment, please call  
Prisma Health Scheduling at  
803-434-9100.

For questions, call Kim Carpentier at  
803-739-5047.

## Mindfulness and Meditation

Each Wednesday from  
**4:00pm -4:30 pm**  
**Guignard Mansion**

**NO EXPERIENCE NECESSARY!**

*"It always seems impossible until it's done."*  
Nelson Mandela

## SHARE: Caregiver Support Group



*open to all residents who are care  
partners for a spouse*

**Tuesday,** | **1:30 pm-2:30 pm**  
**September 2** | **Guignard Dining Room**

## PRESCRIPTION MEDICATION DISPOSAL

Bring your outdated or unused  
prescription medication to the  
McDowell Front Desk on

**Tuesdays and Thursdays**  
**from 9:00 am – 11:00 am**

*Please mark through all personal  
information on the medication label.*



## Hearing Services

Hearing Device Specialist  
**Mike Arndt**

Please call Mike's office, *Digital Hearing  
Outlet* at 803-490-2920 to schedule an  
appointment to be seen at Still Hopes.

## Parkinson's Support Group

Welcomes those living with Parkinson's Disease  
and their care partners to join us at our next  
quarterly meeting on:

**Friday, November 21 · 11:00 am**  
**Keenan Room 3**



# Vaccine Clinic

*Fall 2025*

*Presented By:*

*McHugh Pharmacy Group*


**Tuesday, September 23, 2025**

**Keenan Event Center**

**7:00 am to 7:00 pm**

*Offering: Flu Shot &  
Pneumonia Vaccine (Prevnar 20)*



 **McHugh Pharmacy Group**

*Check the Vaccine  
Clinic Binder on  
Main Street for  
more information +  
signup sheets!*

## Clearing the Path & Finding The Way: Dementia Resource Group

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

**Tuesday, September 9 · 1:30-2:30 pm**

**Guignard Dining Room**

## WELLNESS CHECKS

**Mondays &  
Thursdays**

**9:30- 11:00am**

**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.*

## Shoppe on Main

Gifts, Lifestyle Items, Cards, Snacks,  
Martha's Menna Cheese, and more

**10:00 am to 12 pm & 1:00 to 3:00 pm**

## THE VISIONARIES: LOW VISION SUPPORT GROUP



Join us for our next quarterly meeting on  
**Wednesday, November 19 · 2:00 pm**  
**Guignard Mansion Dining Room**

## PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith will be  
at Still Hopes in the

**Wellness Center Spa Room  
on Wednesday, September 10**

Please sign up to see Dr. Smith in the  
Healthy Dynamics book on Main Street.

**We will call you to schedule your  
appointment.**

Due to high demand, we occasionally  
experience a waitlist for new patients.  
If you are interested in becoming a patient of  
Dr. Smith's, Holly Faulkenberry is happy to  
discuss her current availability with you.  
Please call Holly at 803-995-8133.

## Life Engagement Services

### MAIN STREET HAIR SALON

Jessica Crawford & Rachael Johnson

**Monday-Friday**

**803.739.5017**

### ALTERATION SERVICES

**DESIGNS BY JUANITA**

**Every Wednesday, 10:00-11:00 am**

**McDowell Second Floor Card Room #1**

**No Cash, Resident Charge Only!**

### MEDICAL TRANSPORTATION

**Monday-Friday**

**James Gary**

**Transportation Coordinator**

**803.995.8126**

# World Alzheimer's Month September 2025

14th Anniversary of the Global Awareness Campaign

Alzheimer's disease is a progressive brain disorder that gradually destroys memory and thinking skills, eventually impacting the ability to carry out even simple tasks. Join us at Still Hopes as we share in this international campaign to raise dementia awareness and challenge stigma. This month, let us amplify the voices of people living with dementia, their caregivers and families. Normalizing the language around dementia, and showing what can be done, is the key to change!



## "Echoes of Love" Tribute Walls

### Main Street & Greenway

September 5<sup>th</sup> through September 30<sup>th</sup>

Share memories of your loved ones by giving their name tribute on our "Echoes of Love" walls found on Main Street across from Keenan and at Caroline's in Greenway. Feel free to use the Alzheimer's Association signature forget-me-not flower provided.

## Saturday, October 4, Walk to End ALZ

Join the Still Hopes Walk to End ALZ Team by registering at <http://act.alz.org/goto/StillHopes> or by making a donation to this important cause! Once you've registered, you'll receive more information about the walk.

## *Mind Matters: An Alzheimer's Awareness Series*

### Food for Thought Presentation with Auspria Wade PA-C, FMACP Owner of Resilient Health

Research shows that addressing 14 lifestyle factors — like diet — could delay or prevent up to 45% of dementia cases. Learn simple "eat this, not that" swaps.

**Thurs, Sept 4 | 3:00 pm | Keenan Event Center**

### Grab & Go: Salads

Enjoy "Brain Food" Salads

**Fri, Sept 5 | 2-3:00pm | Emilie's Center**

### Caregiver Stories (Keenan Diaries) A Tribute to Rose Gardens

Alongside every memory-care resident are dedicated caregivers who provide love and support daily. Hear inspiring stories from our Rose Garden nurses, CNAs, and Life Engagement staff.

**Tues, Sept 9 | 4:00 pm | Keenan Event Center**

### Calm & Connected presented by Life Engagement & Still Hopes Residents

Chronic stress can harm memory, while activities like meditation and journaling boost brain endorphins. Explore ways to reduce stress and strengthen your brain with Life Engagement staff.

**Thu, Sept 11 | 3 pm | Keenan Event Center**

### Move for Memory

Even small amounts of exercise increase blood flow and protect brain function.

Join the Wellness Center staff for exercises that support memory health.

**Tues, Sept 16 | 3 pm | Keenan Event Center**

### Healing Paws

The presence of a gentle, non-judgmental animal can have a calming effect, helping to alleviate anxiety and stress associated with dementia. Join *Golden Retrievers of Columbia* for a good touch therapy session at their *Doctor is In* booth.

**Tues, Sept 23 | 10 am - 12 pm & 3 - 5 pm | Greenway Front Lobby & Mansion Alcove**



## **Interpreting Music in Color with Pianist Andy Armstrong & Artist James Busby**

Music and Art can help maintain cognitive abilities, improve fine motor skills, and provide a rewarding sense of purpose, enjoyment and connection that maintain our sense of well-being. All are welcome.

**Sun, Sept 28 | 3:00 pm | Keenan Event Center**

## **Advocacy in Action with the Alzheimer's Association and State Legislators**

Over 25% of people believe there is nothing that can be done to prevent dementia. Hear how the Alzheimer's Association is changing minds and shaping laws with our local elected delegation.

**Tues, Sept 30 | 3 pm | Keenan Event Center**

## **Casino for a Cause**

Every dollar raised helps fund Alzheimer's research, care, and support services.

Enjoy a Vegas-style night of fun while supporting our Walk to End ALZ Team.

**Thu, Oct 2 | 6:30 pm | Keenan Event Center**

## **Walk to End Alzheimer's at Segra Park**

One in four people still believe nothing can be done to fight dementia — but together, we can change that culture and build awareness. Join the Still Hopes Team and/or make a donation to show your support in the fight against Alzheimer's. Transportation provided.

**Sat, Oct 4 | 8:45 am | McDowell Entrance**

The Alzheimer's Association uses purple as its signature color, combining the calm stability of blue and the passionate energy of red. Show your Support this month by wearing purple and making a donation at the front desk of McDowell or Greenway to support the Still Hopes Walk to End ALZ Team.

**FRIDAY, SEPTEMBER 5 & OCTOBER 3**

## **Aloha! from Rose Gardens**

Rose Gardens residents experienced Hawaiian vibes through the month of August by cooking, dancing and embracing the culture.



# WELLNESS CENTER



Taylor Hall  
Director of Wellness  
thall@stillhopes.org  
(803) 739-5044

*LIVE WELL &  
THRIVE IN 2025*

## Tai Chi for Balance

Start Date: Tuesday, September 16  
End Date: Thursday, October 23  
Schedule: Tuesdays & Thursdays at 3:00 PM  
Location: Aerobics Studio  
Cost: \$120 for 12 classes

This class will work towards improving balance, mobility, coordination, and gaining more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing. **Registration is Required! Contact the Wellness Center at (803) 223-6180 to register.**

## Chair Yoga

Start Date: Tuesday, September 30  
End Date: Thursday, November 6  
Schedule: Tuesdays & Thursdays at 1:30 PM  
Cost: \$60 for 6 classes | \$120 for 12 classes  
Location: Petite Studio, HopeWell  
Participants will be engaged in learning and performing movements surrounding the six motions of the spine. Increasing mobility and flexibility from the foundations of their "feet and seat". Breath work through breathing techniques to increase lung capacity and to help with emotional aspects of life. With the support of a chair, students will focus on increasing range of motion and balance as well as strength. Different props will be used periodically during these lessons. **Registration is Required! Contact the Wellness Team at (803) 223-6180.**

REDUCE ♻️ REUSE ♻️ RECYCLE ♻️



Join Bill Belvin in reducing the use of plastic and paper bags by using your complimentary bag (shown here) from the Grounds and Landscaping Committee. Use this bag to carry your groceries, to-go orders from the Bistro, and purchases from the Shoppe on Main. The bag is made from 100 percent recycled materials. This small change decreases our footprint in what goes to the landfill from Still Hopes.



## OLD ELECTRIC COFFEE POTS, HAIR DRYERS, OR PRINTERS?

Get rid unwanted household electric/electronic appliances/equipment at the Still Hopes Recycling Event the week of September 15-19, 2025. Any household appliance with an electric cord is acceptable for recycling.

**September 15-18, 2025.**  
**Main Street at ramp to Mansion.**  
**See big cart with recycle sign.**



As many of you know, our beloved CEO Danny Sanford is set to retire in January 2026. Many residents have kindly asked if there will be a “send off party” for Danny, and I am happy to say we have finally set a date for that celebration. Please tentatively hold your calendars for Sunday, November 16. We will have a drop in celebration for Danny on this date from 3-5 pm and we plan to invite you as residents, along with long standing friends and business partners of Danny.

In terms of the status of Still Hopes’ CEO search, it is moving along. The Still Hopes CEO Search Committee retained a company by the name of Deffet to conduct a nationwide CEO search. Deffet is close to finalizing the CEO job posting and plan to have Danny’s successor in place no later than December 1, 2025. If you have any questions, please don’t hesitate to reach out to me at [sparker@stillhopes.org](mailto:sparker@stillhopes.org) or (803)739-5002



## “Forever to Thee” Stadium Tour

A week before college football fans enter their favorite university stadium, residents took an informative tour behind the scenes of the University of South Carolina’s Williams-Brice Stadium. The guided tour included the Cockaboose Club, Meredith Family 2001 Club, Football Locker Room, Hall of Captains, Champions Club, Press Room, and Pressbox. After much walking on the impressive tour, residents enjoyed a delicious lunch at Backstreets Grill.



*Welcome Back!*

Have you been away for the summer? Reconnected with family or friends? Visited new or favorite old places? Welcome back! It's starting to feel like 'back to school' here on Still Hopes campus. Drop by the Mansion anytime and say hello!

**ONE IS NOT LIKE THE OTHER!**  
CHECK YOUR GIFT TO ENSURE THAT IT GOES TO THE RIGHT PLACE.

RESIDENT EMPLOYEE APPRECIATION FUND	STILL HOPES EMPLOYEE ASSISTANCE FUND
RESIDENTS & RESIDENT FAMILY GRATITUDE GIFTS AT END OF YEAR.	ZERO INTEREST, SHORT-TERM LOANS FOR EMPLOYEES IN NEED.

## Employee Appreciation and Employee Assistance

We're thrilled that the resident's Employee Appreciation Drive has begun and are happy to support the effort! Remember, gifts to this fund are different from Employee Assistance, which helps employees in financial crisis. Proofread your gift to be sure it's going to the right place.

A quick catch-up, we continue our 50th Anniversary "2nd Fifty" fundraising campaign. As of August 18th, we have raised \$137,891 of our \$500,000 goal! Remember, this campaign runs from May 1, 2025-April 31, 2026. Your gifts to any of our funds, programs (including Andy Armstrong), departments, pledges, and planned gifts add towards our total! Look for fundraising thermometers around campus in the next few weeks.

## 2<sup>ND</sup> fifty Campaign



## Looking Ahead: Year End Giving Dates

**Save the Dates**  
**YEAR END GIVING**

- CHAPLAIN'S DISCRETIONARY ASSISTANCE FOR EMPLOYEES AND OTHERS IN FINANCIAL CRISIS
- EMPLOYEE ASSISTANCE ZERO-INTEREST SHORT-TERM LOANS FOR FINANCIALLY CHALLENGED EMPLOYEES
- RESIDENT ASSISTANCE ENABLING FINANCIALLY CHALLENGED RESIDENTS TO REMAIN AT STILL HOPES
- UNRESTRICTED GIFTS SUPPORTING STILL HOPES' MOST CRITICAL NEEDS
- INNOVATION THE DANNY SANFORD INNOVATION FUND EXPLORING & IMPLEMENTING MISSION-DRIVEN OPPORTUNITIES

FROM: GIVING TUESDAY	TO: NEW YEARS EVE
2	31

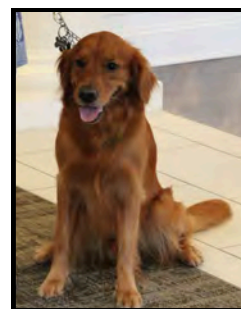
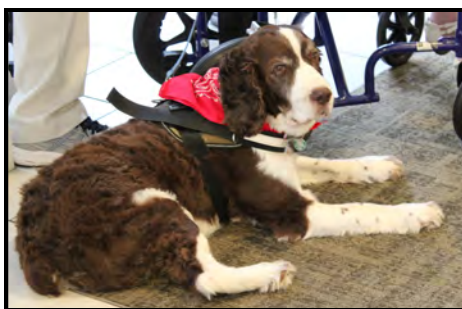
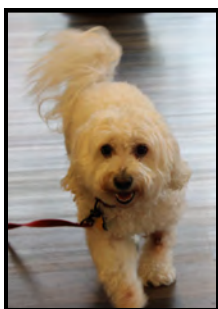
DEC. →

Giving Tuesday: Dec. 2<sup>nd</sup>. The first Tuesday after Thanksgiving. Looking forward to a new website to make giving online easier! Year End Giving: From Thanksgiving through New Year's Eve. Let me know if you'd like help with your plans.



Christie James  
Director of Community Development  
cejames@stillhopes.org  
803-739-5006

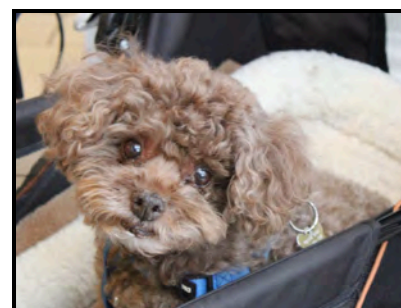
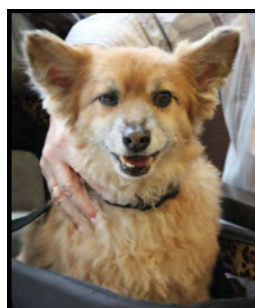
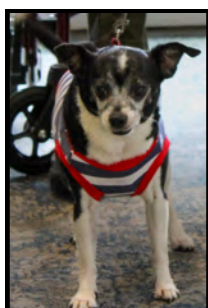
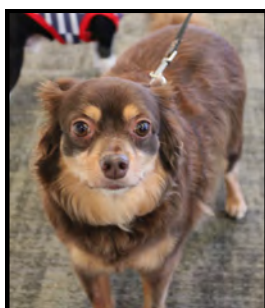
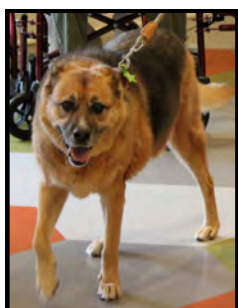




## DOG DAYS OF SUMMER CELEBRATION

### *Resident dog Parade & Paw-ty*

During the Dog Days of Summer, we had a howlin' good time at the Dog Paw-ty and Parade. After introductions in Greenway, resident dogs and their owners paraded with the best doggone music from Caroline's Café to Lowry's Café. All were welcome at the Dog Paw-ty, where homemade doggie treats were served, along with pigs-in-a-blanket for their hoo-mans. Special thanks to Assistant Director of Culinary Services and Chef Ryan Lucci for making the dog treats as part of his 'Cooking with Ryan' series, and to the JBG residents for assembling the treat bags.







# STILL HOPES

Episcopal Retirement Community

P.O. Box 2959  
West Columbia, SC 29171-2959  
[stillhopes.org](http://stillhopes.org)

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*Save The Date*

## **STILL HOPES ANNUAL HOLIDAY MARKET**

Tuesday, November 11, 2025

10:00 am - 5:00 pm

Keenan Event Center

Vendors, reserve your booth at the market by  
contacting Kimberley Koon at 803.739.5018 or  
[Kikoon@stillhopes.org](mailto:Kikoon@stillhopes.org).

**Registration deadline: Monday, October 13, 2025**