

ISSUE : MARCH 2025

# CONNECTIONS

The Still Hopes Community Magazine



**Solutions for Living at Home Wins 2025 Best of Home Care Awards  
Story on Page 18**



**Mardi Gras Parade March**  
 For the Catch Me If You Can Challenge  
  
 Tuesday, March 4, 2025  
 3:30 PM  
 Meet in the Greenway Lobby  
 Let the Good Times Roll while Parading from  
 the Greenway Lobby to the Atrium!

**Mardi Gras Party**  
 Featuring the Columbia Jazz Musicians   
 Tuesday, March 4, 2025  
 4:00 PM  
 Keenan Event Center




**Music of the Rat Pack**  
*at Newberry Opera House and Dinner at  
 518 Smokehouse*  
**Sunday, March 16, 2025**  
**Depart: 1:45 pm • Concert: 3:00 pm**  
*By Reservation, Resident Charge. Register in the  
 LE Reservation Book!*  
*Join regional stars Jason Stokes, Kevin Bush, Terrance  
 Henderson, and Jonathan Jackson for an unforgettable  
 tribute to the iconic music of Frank Sinatra, Dean Martin,  
 and Sammy Davis Jr. This spirited show at the Newberry  
 Opera House promises swingin' tunes, plenty of laughs, and  
 a "Rat Pack" vibe that's all about singing, sipping, and  
 savoring the good times.*

**Snow Trip- Cold, Colder, Coldest**  
 Presented by Fran Wheeler  
 Thursday, March 20, 2025 at 3:00 pm  
 Keenan Event Center

**Hollywood Hits**  
**Fridays at 3:00 pm**  
**Keenan Event Center**  
**\*\*Unless otherwise noted\*\***

<b>March 7</b>	<b>Wicked</b> PG   2024   2h 40m
<b>March 14</b>	<b>Our Souls at Night</b> PG-13   2017   1h 43m
<b>March 15</b> <i>Saturday Movie Matinee</i>	<b>War and Peace</b> PG   1956   3h 28m
<b>March 21</b>	<b>The Guernsey Literary and Potato Peel Pie Society</b> NR   2018   2h 4m
<b>March 28</b>	<b>Twister</b> PG   1996   1h 53m *Multi-Purpose Room*

  
**The Beekeepers**  
 Presented by Russ Rabon & Hunter Allen  
**Thursday, March 13, 2025**  
**3:00 pm**  
**Keenan Event Center**

**Croquet Shamrock Showdown**  
**Monday, March 31, 2025**  
**5:00 pm**  
**Susan Boyd Croquet  
Court & Pavilion**  
*Please Register in the LE Reservation Book!*

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

**MAURITIUS AT LONG STREET THEATRE**  
**SAT, MAR 1 | 2:15 PM**

**PUCCINI FEATURING GIANNI SCHICCHI AT**  
**USC'S DRAYTON HALL**  
**SUN, MAR 2 | 2:15 PM**

**ANDY & FRIENDS CONCERT AT TRINITY**  
**CATHEDRAL**  
**MON, MAR 10 | 6:15 PM**

**March Birthdays**

01 Daryl Johnson	15 Elizabeth Wheeler
01 Karl Pfaehler	16 Anne Romaine
02 Crosby Adams	21 Charles Bussey
03 Jackie Pitts	21 Lorna Mura
05 Ann O'Farrell	23 Pearl Allen
06 Lee Minghi	23 Niki Fallis
07 Betty Taylor	23 Cindy Gary
08 Patsy Malanuk	24 Linda O'Brien
09 Trina Carter	24 Freeda Wood
10 Sara Conde	26 Peter Lloyd
13 Alice Thurstin	30 Mary Townsend
13 Myra Torres	31 Emilie Guignard
15 Zoe Sanders	31 Anne Sims

**Welcome New Residents**

**Dianne Chinnes**

*The Keenan Diaries*

**TUESDAY, MARCH 25 | 4:00 PM**  
**KEENAN EVENT CENTER**  
**with New Resident Reception**  
**to follow in the Atrium**



**TEAM TRIVIA**

**MONDAY NIGHTS AT 5:00 PM**  
**IN THE KEENAN EVENT CENTER**

**TRAILBLAZER WALK AT THE**  
**SALUDA RIVERWALK**  
**MON, MAR 11 | 2:15 PM**

**GROCERY SHOPPING AT PUBLIX**  
**WED, MAR 12 | 10:15 AM**

**LENTEN PREACHING SERIES AND LUNCH AT**  
**TRINITY CATHEDRAL**  
**WED, MAR 12 | 12:00PM**

**HOPPING TRIP TO HAMRICK'S**  
**THUR, MAR 13 | 10:15 AM**

**MUSIC OF THE RAT PACK AT**  
**NEWBERRY OPERA HOUSE**  
**SUN, MAR 16 | 1:45 PM**

**HIGH TEA AT LAURA'S TEA ROOM,**  
**RIDGEWAY, SC**  
**TUE, MAR 18 | 10:45 AM**

**LENTEN PREACHING SERIES AND LUNCH AT**  
**TRINITY CATHEDRAL**  
**WED, MAR 19, | 12:00PM**

**TRAILBLAZERS WALK AT LEXINGTON'S MILL**  
**POND TRAIL AND LUNCH AT OLD MILL BREWPUB**  
**FRI, MAR 21 | 10:00 AM**

**SPRING CRAFT FAIR AT THE SC STATE**  
**FARMER'S MARKET**  
**SAT, MAR 22 | 10:00 AM**

**SHE LOVES ME AT TOWN THEATRE**  
**SUN, MAR 23 | 2:15 PM**

**BROADWAY IN COLUMBIA AT**  
**THE KOGER CENTER**  
**TUE, MAR 28 | 6:45 PM**

**LENTEN PREACHING SERIES AND LUNCH AT**  
**TRINITY CATHEDRAL**  
**WED, MAR 26 | 12:00PM**

**LUNCH BUNCH AT THE BISTRO IN IRMO**  
**FRI, MAR 28 | 10:45 AM**

**SC PHILHARMONIC CONCERT AT**  
**THE KOGER CENTER**  
**SAT, MAR 29 | 6:45 PM**

## Still Hopes Employee of the Month: Eartha Argoe

Eartha,

Sarah & I want to express our appreciation for your contribution to our lives, since you joined us in January 2024. According to my records, you met us on December 2nd, 2023. You were mindful of the challenges we were facing. Your kindness led to volunteer as our primary caregiver Monday through Friday. Since then, our lives have improved decidedly. Sarah has improved in many ways since you came to us. I believe that you have played a key role in these changes. I, too, have benefited from working with you. Each of us is always looking for ways to make Sarah's life fulfilling as possible. I consider it an honor to walk with Sarah during this last chapter of her life. I believe you feel the same way. We cannot thank you enough.



**Submitted by: Sarah & Frank Brown**

I am delighted to write this letter of endorsement for Eartha Argoe, whose exceptional qualities and dedication have made her a shining star within our organization. Eartha has consistently demonstrated an extraordinary ability to connect with and guide her clients with



unparalleled skill, grace, and attention to detail. Her approach to care is deeply rooted in her motto: "Get in the world of your clients." This philosophy not only reflects her commitment to understanding and addressing the unique needs of each individual but also propels her in her mission to provide compassionate, effective care. Her work is characterized by a genuine love for her clients and a profound sense of responsibility. Eartha's presence is a bright light in our residents' lives, and her dedication to their well-being is evident in everything she does. Her ability to empathize, coupled with her professional expertise, allows

her to deliver care that is both thoughtful and impactful. Eartha exemplifies our company culture to the core. She is a dependable and loving employee whose contributions consistently enhance the quality of our services and the satisfaction of our clients. Her unwavering commitment and exemplary performance make her an invaluable asset to our team. It is with great enthusiasm that I endorse Eartha Argoe for recognition. Her passion for her work and her alignment with our company values make her a deserving candidate for employee of the month.

**Submitted by: Ryshaun Fogle**

## BOOKENDS: STILL HOPES BOOK CLUB

LED BY MICHELLE RABON, DIRECTOR OF LIFE ENGAGEMENT

Bookends can mean several things including having an ace and a ten as a starting hand in Texas hold 'em. Here at Still Hopes, it means learning together and sharing perspectives by regularly reading books together.

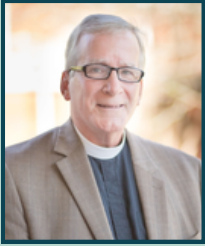
**CURRENTLY READING:** *The Women* by Kristin Hannah

**Tuesdays**

**11:00 am**

**Petite Studio/  
Wellness Corridor**





# Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | [dagr@stillhopes.org](mailto:dagr@stillhopes.org)

REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | [erdye@stillhopes.org](mailto:erdye@stillhopes.org)

## Sunday Worship Service

*Join us for Worship  
in the Chapel of the Holy Spirit  
Sundays • 11:00 am*

## Morning Prayer

*Sundays • 11:00 am  
televised on Still Hopes TV  
Channel 1390/122*

## Chapel Healing Service

Led by Trinity Cathedral Clergy  
The next service will be held on  
Wednesday, March 12 • 11:00 am  
*Chapel of the Holy Spirit*  
**All residents are welcome to attend.**  
*Holy Communion and  
prayers for healing.*

## Lenten Preaching Series and Lunch Trinity Cathedral

—Wednesdays  
March 12– April 16, 2025  
By Reservation, Self-Pay

*Noonday Prayer with guest preacher at  
12:30 pm in the Cathedral followed by  
lunch at 1:00 pm in Satterlee Hall.*

## Bible Studies

### Monday Bible Study Led By Ella Pfaehler

*Mondays • 11:00 am  
Chapel of the Holy Spirit*

### Monday Bible Study Weekly Gospels

*Mondays • 1:30 pm  
3rd Floor McDowell Activity Room*

### Men's Bible Study

### The Gospel of Luke

*Tuesdays • 11:00 am  
3rd Floor McDowell Activity Room*

### Thursday Bible Class

*The Chosen: March 6, 13  
The New Testament You Never  
Knew with N.T Wright: March 20, 27  
Meets at 10:30 am in the  
Chapel of the Holy Spirit*

## We fondly remember...

LUCILLE MCCAIN  
WAYNE CORLEY  
GENEVA WALTERS  
CALVERT HELMS  
MIMI WANNAMAKER

## Essay and Memoir Writing Workshop

Fridays at 11:00 am McDowell 3rd Floor Activity Room  
March 7, 14, 21 and 28.

Instructed by Charles Israel Professor Emeritus  
of Literature and Writing, Columbia College,  
South Carolina

## 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



### The Healthy Brain & Aging (Part 2)

**Wednesday, March 26, 2025**

**11:00 am - 2:30 pm**

**Keenan Event Center**

*Hosted by Life Engagement and  
Solutions for Living at Home*

The health of your brain is important regardless of age. Discover how to keep your brain healthy and recognize when it isn't. Learn from Certified Dementia Specialist Tori Anderson from the SC Department on Aging who will provide Dementia 101 (basic) and 201 (advanced) instruction at this event. Lunch provided. Reserve your seat in the Life Engagement reservation book or contact Michelle Rabon, Director of Life Engagement, at [mrabon@stillhopes.org](mailto:mrabon@stillhopes.org). Staff and residents invited. Limited seating available.



### Brain Games

Led by Lenoir-Rhyne Occupational  
Therapy Master's Program Students

**Tuesday, March 11, 2025**

**3:00 pm**

**Keenan Event Center**



### AFTERNOON TEA AT Laura's Tea Room IN HISTORIC RIDGEWAY, SC

**Tuesday, March 18, 2025**

**Depart: 10:45 am**



*By Reservation, Resident Charge  
Sign up in the LE Reservation Book!*





## Afternoons with Andy Armstrong Chamber Series at Still Hopes

Six performances, ten 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 second 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*

The 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 2024-25 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.

- Use the QR Code to contribute online



## CHAMBER SERIES SCHEDULE

**Violinist Abigel Kralik  
& Cellist Rafe Bell  
Tuesday, April 15  
at 4:00 pm**

**Marimbist Eriko  
Daimo & Soprano  
Indra Thomas  
Tuesday, May 13  
at 4:00 pm**



**NEXT ON THE  
KEENAN STAGE:  
Violinist Amy Schwartz  
Moretti & her  
student orchestra  
McDuffie String  
Ensemble,  
Vivaldi Seasons!  
Monday, March 10  
2:00 pm  
Keenan Event Center**



# 50-YEAR TRADITION OF GIVING



Some of you may remember Still Hopes in the beginning ... the beautiful Guignard Mansion 50 years ago. This home and 44 acres of property were the gift that Dr. Jane Bruce Guignard bequeathed to the Episcopal Church to become a retirement home.

In 1975, Still Hopes was incorporated as a retirement community and leadership at The S.C. Episcopal Church's Upper Diocese, Trinity Cathedral, and Trinity's Daughters of the Holy Cross got to work. After two years of planning,

construction of the Lowry building, and installing staff, Still Hopes welcomed its first residents, seven women, to their new home.

In the years since, the Still Hopes Tradition of Giving lives on. Still Hopes residents, families and friends have brought to life our Chapel, Wellness Center, Main Street, Keenan Center, multiple cultural, artistic, and landscaping projects, and philanthropic funds that touch residents and staff members' lives. Personal, financial, and spiritual gifts have created a vibrant community and way of life here that so many generations have treasured.

Looking back, Still Hopes' story shows that extraordinary things can grow from seed gifts. And on this, our 50th Anniversary, a new generation of Guignards is planting a seed. Jane Bruce's great-nephew, John Guignard, has launched our anniversary year with a generous gift of \$50,000.00, \$1,000.00 for every year of Still Hopes' existence. With his gift comes an invitation - that as we remember, may we also think forward.

Close your eyes and imagine - what do you see? What do you hope the next 50 years will bring to Still Hopes, its residents and staff?



Like your predecessors, you can help make it happen. Your bequest can help future Still Hopes flourish and grow; corporate gifts and pledges can bring resilience and vitality; Entrance Fee Reimbursement and IRA disbursement pledges can enliven and renew; and monthly resident and employee donations can balance and secure. (Continues on page 9)



(Continued from page 8)

In fact, why not consider John Guignard's 2025 gift a challenge? A challenge to stretch your vision and your giving. We invite you to make your 50th anniversary year giving a meaningful, exciting cornerstone for the next 50 years of Still Hopes life.

My door is always open. Let's explore the possibilities.



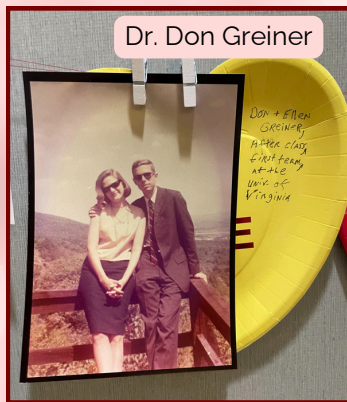
Christie James  
Director of Community  
Development  
cejames@stillhopes.org  
803-739-5006



Sarah Parker



Niki Fallis



Dr. Don Greiner



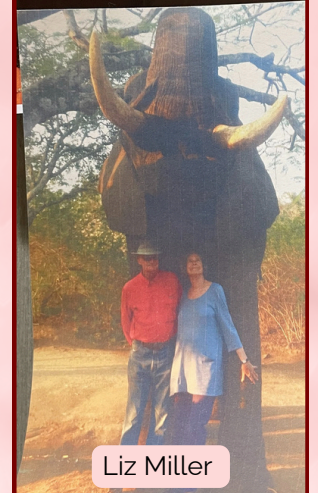
Fred and Patsy White's Family



The Golden Girls



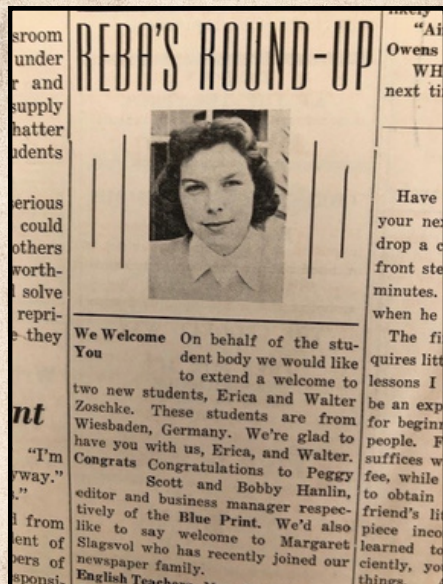
Saturday Crafters



Liz Miller

In February, residents enjoyed a *Love and Laughter Fest* with humorist Cherie Nettles, and a wonderful Valentine's Day meal. They also displayed their love for family and friends on the *Cherished Community Connections* wall on Main Street. Our Saturday Crafters, led by Dorothy Davis, shared sweet love throughout the community by making decorations and centerpieces that brightened our neighborhoods.





## Connecting staff and residents through scrapbooks from Dreher High School

By Judy Milone

When Still Hopes' staffer Rachael Johnson's mother, Frances Taylor Johnson, passed away two years ago, she and her brother were faced with the same dilemma many of us have had- what to do with the family house. Located in the Shandon neighborhood and one that meant very much to many family members over

decades, Frances loved the house and filled it with items she cherished. Regarding plans for it, Rachael decided to wait a bit and, as she put it, let the house sit. "I wasn't ready for it not to be her house."

Recently, Rachael and her brother felt it was time to start the process. Not surprisingly, since mom Frances was a keeper of things shall we say, a treasure trove was unearthed. One meaningful part of the trove has connections to the Columbia area and a number of Still Hopes residents.

Frances Taylor was a student at Dreher High School from 1946-1950. Her classmates, autographing her "Blue Devil" yearbook, describe her as "fine, cute and swell." She served on the student council, was a correspondent for the school newspaper, "The Blue Print," contributed to the school's Literary Journal and was a member of the Best Sellers Club [we'll have to do some research to find out what that was]. Upon graduation, Frances stated she wanted to go on with her studies and become a dress designer. Her children never knew this, but it clicked when 74 years later they found stacks of fashion designs she had sketched.

Also found were piles of Dreher's bi-weekly "Blue Print." Reading them is a fabulous look into late adolescence of that era. The paper itself reflects in many ways the culture and issues of the time, but there is also something timeless about it. "The Blue Print" is a quite sophisticated, impressive newspaper and it earned a number of state-wide prizes. Local vendors, including Sylvan Jewelers, then in the same location as today, took out ads. Senior rings sold for \$15-\$25. There are not only school-related articles covering arts, academics and sports, but ones about national and even international news. Some things no longer *(continued on page 11)*



(continued from page 10) strike us as au courant, however. Many students – boys and girls – are described by their eye and hair color and even their physiques– and there’s a regular gossip column dishing out who’s dating who, who might be jealous, etc. Egads!

Reba Sims is a name that one sees repeatedly in the paper. We now know her as Reba Hull. She lived in Independent Living and now resides in Jane Bruce Guignard (JBG). Reba was an active and accomplished student. She was at various times an Honor Roll student, the editor of “The Blue Print” and had a regular column entitled “Reba’s Round-Up.” To this day she remembers students and faculty struggling to come up with a lively name for the column. Amazingly, Reba still can recall the full quote under her senior high school yearbook picture which calls her “jolly.” Reba says she doesn’t remember herself as that effusive but does recall her Dreher years as exciting, stimulating ones. By the way, she was “Hi-Miss-Hi” in 1949. That’s another term we’ll have to look up!

Surely there are others with fond memories of Dreher. We know of Elsie Stewart Symington and Gene Roberts who live in JBG. Mary Ross and Sally Wiseman in Independent Living were not far behind. There must be other Still Hoppers! Please make yourself known to Rachael if you’d like to peruse her collection of her mom’s yearbooks and newspapers.

Rachael has worked in the Still Hopes beauty salon for seven years. She loves her work, truly enjoys her customers and loves to reminisce with them about the Columbia area. Reminiscing is important because it creates self-worth and connections. Connections, like Rachael and Reba found, are important because they enhance mood and overall functioning, no matter our age. Still Hopes offers many opportunities for both.

And do find that school yearbook!  
It just might be the activity you need!



## **An Evening of Broadway**

**Featuring Singers Kyle & Linda Collins  
Accompanied by Pianist Greg Boatwright**

**Friday, March 28  
7:00 pm  
Keenan Event Center**



# Community Services

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



Kim Carpentier  
Director of Community  
Services  
kmcarpentier@stillhopes.org  
803.739.5047

## WELLNESS CHECKS

**Mondays and Thursdays  
from 9:30 AM - 11:00 AM**

**Monday Location:  
Card Room 2  
on McDowell 2nd Floor**

**Thursday Location:  
Spa Room 1  
In The Wellness Center**

**Wellness Checks are performed  
by our Solutions for Living at  
Home staff members.**

## 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.

## SHARE: *Caregiver Support Group*

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

**Tuesday, March 4th  
1:30 pm-2:30 pm  
McDowell 3rd Floor Activity Room**

## 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. .

## PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith will be  
at Still Hopes in the  
**Wellness Center Spa Room  
on Wednesday, March 12 & 26**

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.

**The Visionaries:  
Low Vision Support Group  
will **not** meet in March**



## HEALTHY DYNAMICS

### NEWS YOU CAN USE!

Thursday, March 27 at 3:00 pm

Keenan Event Center

## Emergency Preparedness & Safety at Still Hopes

Join us as staff members from our Still Hopes Safety Response Team explain their role in ensuring the safety of residents & staff during an emergency. Topics covered will include the LifeLine Pendant System, natural disasters, fires, & medical emergencies.



*We will be extra prepared with  
chocolate on-site!*

## 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.

**March 12 & March 26**

**1:00pm – 2:00pm**

**Guignard Music Parlor**

## Mindfulness and Meditation

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

**NO EXPERIENCE NECESSARY!**

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

## 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, May 16**

**11:00 am - 11:45 am**

**Keenan Room 3**

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

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

**Tuesday, March 11/1:30 - 2:30 pm**

**McDowell 3rd Floor Activity Room**

## Shopee on Main

*Gifts, Lifestyle Items, Cards, Snacks,  
Martha's Menna Cheese*

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

## 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**

# 2025 CATCH ME IF YOU CAN

## MILEAGE CHALLENGE

**When is it:** March 3 - May 2

**What is it:** A campus wide competition between Still Hopes, Bishop Gadsden in Charleston, S.C, and The Woodlands at Furman in Greenville, S.C. The purpose is to increase intentional exercise for residents and employees over the 9-week competition.

**How to collect mileage:** Walk, run, swimming, biking, purposeful walking, walking meetings, walk with resident or clients with engagement and purpose, and more!

**Tracking Miles:** Miles can be tracked using the Still Hopes Walking Guide, fitness tracking apps (PACER, MapMyFitness, etc.), smart devices (i.e. Apple Watches, Fitbits, etc.), step counters, cardio equipment, etc.

**How to Submit Miles:** Turn in distance on the Wellness Center sign-in sheets, or use the link located on The Hub to submit your distance to the Wellness Center Team!

## • ROAD MAP TO VICTORY-PART 1 •

### Kickoff Event

**Monday, March 3 ■ 9:00 am to 3:00 pm ■ Keenan Event Center**

*Join us at the Keenan Center for a full-day kickoff event for Residents and employees will compete to log the most mileage.*

### The Triple Crown

■ Wellness Center ■

Kentucky Derby Monday, March 10 – Friday, March 14

Preakness Stakes: Monday, March 31 – Friday, April 4

Belmont Stakes Monday, April 21 – Friday, April 25

*Saddle up in the Wellness Center and ride your favorite thoroughbred (bike/NuStep) to earn steps to the finish line! Choose from McDowell, Hopewell, Trinity, Indigo, Evergreen, Northern Dancer, Secretariat, or SeaBiscuit.*

### Gamecock Walk & Talk

*Join your Wellness Team and USC students for a walk in the forest or around campus! Earn steps while enjoying great conversations.*

*To participate, contact Amy White at [aswhite@stillhopes.org](mailto:aswhite@stillhopes.org) or (803) 223-6177 with your preferred days and afternoon times!*

### St. Patrick's Day Walk

**Monday, March 17 ■ 1:30 – 2:30 pm ■ Forest Walking Trails**

*A leprechaun has been spotted in the Still Hopes forest! Join the Wellness Team on a fun-filled search to find him and discover the pot of gold at the end of the rainbow!*

**Pingo: Monday, March 24 – Friday, March 28**

**M/W/F 11:00 am to 12:30 pm ■ T/TH 3:30 pm -5:00 pm ■ Petite Studio**

*Join the Wellness Team for Pingo—a fun mix of Ping Pong and Bingo! Starting March 24, grab a paddle, volley, and complete your bingo card while boosting aerobic exercise!*



# YOGA CLASSES

Registration is Required! There is a fee associated with these courses. Please contact the Wellness Team at (803) 223-6180 or (803) 739-5044 for questions regarding fees or to register!

## Chair Yoga

**Tues. and Thurs. at 1:30pm**

*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.*

Cost: 1 class per week \$60  
2 classes per week \$120  
3 classes per week \$180

## Mindfully Moving with Monica

**Thursdays at 11:45 am – 12:30 pm**

*Participants will be engaged in a variety of mindful movements incorporating the entire body. A focus on increasing mobility and flexibility with more prevalent balance skills will work to improve range of motion and strength throughout the class. Breath work utilizing breathing techniques are used to enhance each lesson. Floor mats, chairs, and a variety of props are used to enhance the lessons. Mindfully moving our bodies with a certified Yoga Instructor is a powerful and life changing practice..*

Series: Tuesday, March 11th – Thursday, April 17th  
Course Length: 6 weeks



Completed brackets are due to Holly Crawford, Life Engagement Coordinator no later than Noon, Thursday, March 20, 2025. If she is not in her office which is located on the administrative hallway, leading toward the mansion, please make sure your name is on the bracket and slide it under the door.



**Basketball on the Big Screen & Pizza!**

**Thursday, March 20, 2025  
5:00 pm  
Trinity Multipurpose Room**

**By Reservation, No Charge for Pizza, Billable Bar**

## **TRAILBLAZERS WALK**

**Saluda River Walk**

**Tuesday, March 11, 2025**

**Depart: 1:00 pm**

**McDowell Front**

**Entrance**

## **TRAILBLAZERS WALK & LUNCH**

**Lexington Mill Pond Trail  
& Old Mill Brewpub**

**Friday, March 21, 2025**

**Depart: 10:15 am**

**McDowell Front Entrance**

**By Reservation, Self-Pay for Lunch. Register in the LE Reservation Book!**



# SPURS UP



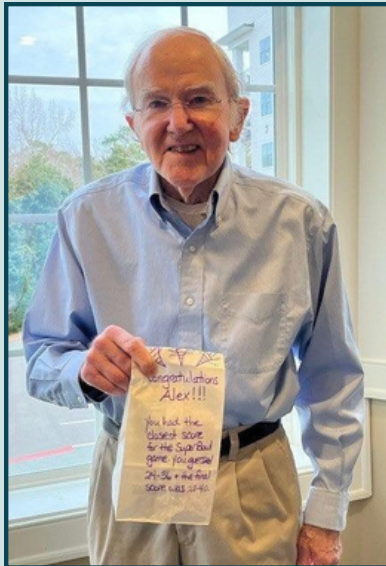
**Gamecock Football Team visits Still Hopes**



*'Paws'itively Sweet Pet Supply Drive and Trip to Pets Inc.*







**Alex Dickson in Jane Bruce Guignard won the Superbowl Score Contest!**  
 His guess was the closest to the final score. Alex guessed 24 Chiefs to 36 Eagles. The final score was 22-40.  
 Alex won a goodie bag and bragging rights.

## Classical Conversations

with Morihiko Nakahara,  
 Music Director of the SC  
 Philharmonic Orchestra

**Thursday, March 27**

**4:30 pm**

**Multipurpose Room**

Morihiko Nakahara, SC Philharmonic Musical Director will discuss their upcoming concert, Beethoven & Blue Jeans.

# Susan Boyd Croquet Court & Pavilion

## HOURS OF OPERATION

Monday - Friday 9:00 am to 4:00 pm

Saturday 10:00 am to 4:00 pm

Sunday 1:00 pm to 4:00 pm

**NO RESERVATIONS**

**COME PLAY WITH YOUR NEIGHBORS**

**EQUIPMENT PROVIDED**

- Wear proper flat sole shoes
- No glass containers on the Lawn or in the Pavilion
- Drinks are not permitted on the Lawn
- Return equipment to the Pavilion when finished playing
- Motorized wheelchairs & scooters are not permitted on the Lawn
- Pets are not permitted





## 2025 BEST OF HOME CARE

LEADER IN EXPERIENCE, PROVIDER OF CHOICE, EMPLOYER OF CHOICE AWARDS FROM ACTIVATED INSIGHTS

Solutions for Living at Home has received the distinguished 2025 Best of Home Care –Leader in Experience, Provider of Choice, Employer of Choice Awards from Activated Insights, the leading firm in experience management for home care businesses and endorsed by the Home Care Association of America. The Leader in Experience Award is the highest recognition awarded by Activated Insights and is given to select home care businesses that consistently rank among the very highest in ten or more quality metrics. As a Leader in Experience, Solutions for Living at Home is now recognized among the top 10% of home care providers participating in the nationwide Activated Insights Experience Management Program and is one of only seven home care providers in South Carolina to receive this distinguished recognition.

This three-time accomplishment demonstrates Solutions' long-term dedication to excellent care and quality improvement. Esther H. Ilderton, Director of Solutions for Living at Home, says, "To be recognized for the third consecutive year as the Leader in Experience is truly an honor and I am extremely proud of our team. They are passionate about enriching the lives of our clients." Over a 12-month period, Solutions for Living at Home consistently received high client and caregiver satisfaction ratings in un-biased benchmarked areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, and more. With this recognition from a national leader in home care excellence, the increasing number of families *(continues on page 19)*



(continues from page 18) seeking in-home care can be confident they are choosing a trusted and highly regarded provider.

"It means so much to be awarded [these awards] because it shows the community recognized our commitment to those who need in-home care services. Our caregivers, scheduling team, and administration work diligently to ensure we always provide each client with the best in-home care services throughout the Midlands," says Ilderton.

Solutions works closely with Activated Insights to ensure they are continuously improving and providing top-rated care to their clients. "When we see agencies like Solutions that have so effectively provided outstanding care and employment experiences, we know we're on the right track," says Bud Meadows, Chief Executive Officer of Activated Insights.

As South Carolina prepares to meet the needs of a growing number of older adults who wish to age in place, home care agencies like Solutions for Living at Home – committed to providing the highest quality in-home care – will play a crucial role in ensuring seniors' needs and desires are met within their communities. To find out more about Solutions for Living at Home and their commitment to excellence in client experience, please visit [solutionsforlivingathome.org](http://solutionsforlivingathome.org) or call (803) 223-6173.



## Peeps & Pals



The Still Hopes community enjoyed cuddling with baby chicks on loan from Bowers Farm in Prosperity, SC. Six laying hens resided in River Banks and Sanders Rehab for two weeks. They were a week old when they arrived and tripled in size due to the nurturing care of our residents and staff in these neighborhoods. We loved watching them grow, seeing their feathers fill in on their cute little bodies, and witnessing their personalities bloom within the small brood. They are now safely back at Bowers Farm, living their best life.



# STILL HOPES

Episcopal Retirement Community

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

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## 50TH ANNIVERSARY CELEBRATION

MAY 3-8, 2025

### SATURDAY MAY 3

50th Derby Jubilee featuring  
The Glenn Miller Orchestra

### MONDAY MAY 5

Trinity Cathedral Dean's Meeting, Hosted  
by the Daughters of the Holy Cross

### WEDNESDAY MAY 7

Still Hopes in Time: The Past,  
Present, and Future

### SUNDAY MAY 4

Still Hopes Day at Trinity  
Cathedral's 11 AM Service

### TUESDAY MAY 6

Artistic Legacy Reception  
featuring the Cayce Artists Guild

### THURSDAY MAY 8

Evening at the Mansion, 50th  
Anniversary Edition