CONNECTIONS

The Still Hopes Community Magazine

Nominees of Employee of the Year and article about the Employee of the Year on page 9.

Issue: DECEMBER 2024

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

CHRISTMAS SERVICES

Tuesday, December 24 • 4:00 PM
Christmas Eve Day Service
Wednesday, December 25 • 10:00 AM
Christmas Day Service
A Service of Lessons and Carols
Chapel of the Holy Spirit

December Birthdays

03 John Anfin
04 Doris Stephens
05 Ben Gimarc
05 Sandra O'Neal
05 Susie VanHuss
07 Gail Boule
09 Rigdon Boykin
09 Kay Frame
09 Claude Lott
09 Joanne Meccia
10 Walter Edgar
10 Jim Moore
11 Susan Blazon
11 Diane DeFord
12 Martha Adams
13 Cheetie Halford
13 Judy Thrana
13 Jim Wiseman
15 Sara Andrews
16 Wilson Farrell
17 Wayne Corley
17 Lorretta Snyder
18 Kathy Folks
18 Mike Murrell
18 Sally Pulliam
19 Martha Campbell
20 Joan Chamblin
22 Paulann Benfield
22 Harriet Strait
23 Bob Malanuk
25 Gayle Belvin
25 Patty Mellen
25 Harriet Shuler
27 Clinch Belser
28 Joe Carter
28 Louise Glenn
29 Sandra Baker
29 Eileen Lettrich

Chapel Healing Service

Led by Trinity Cathedral Clergy
The next service will be held on
Wednesday, December 11 • 11:00 am
Chapel of the Holy Spirit
A service for all residents of Still Hopes.
Communion will be served.

Morning Prayer

Sundays • 11:00 am | televised on Still Hopes TV
Channel 1390/122
Communion will be served.

Bible Studies

BIBLE STUDY

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

MEN'S BIBLE STUDY

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

CLASS ON THE CHOSEN - SEASON THREE

Thursdays • 10:30 am
Chapel of the Holy Spirit

Thursday Bible Study Will NOT meet Thursday, Dec. 26.

We fondly remember...

COLES JACKSON
SARAH AUMAN
ETHEL LOWDER
CHARLOTTE ROWELL

Still Hopes Employee of the Month:
Tracey McCray

Tracey exemplifies the mission, vision, and values of Still Hopes in every aspect of her work. She consistently ensures that our team is focused on providing the best, most sincere, and caring service to our residents and fellow coworkers. Her friendly and thoughtful interactions make a lasting impact on everyone around her.

Tracey truly shines in stressful and chaotic situations. Most recently, during the hurricane when we lost power, she went above and beyond. Coming in early, Tracey was proactive in addressing the needs of our healthcare residents, independent living residents, and staff. Her calm and reassuring presence helped the team stay focused on overcoming the challenges of that day.

Each time I checked in on Tracey to offer assistance or updates, she was already two steps ahead. Her character, work ethic, and vibrant personality inspire all of us who work with her.

Submitted by: Sean Elston, Director of Culinary

I wanted to take a moment to recognize Tracey for her exceptional contributions to Sill Hopes.

Tracey is truly a cornerstone of our success. She exemplifies what it means to take care of our residents and consistently leads by example. Her commitment to going above and beyond ensures that every task she undertakes is completed thoroughly and accurately.

During the recent storms and the subsequent power outage, Tracey demonstrated remarkable dedication. She arrived early to ensure that everyone had coffee and made certain that all meals were served on time for our residents, despite the challenging circumstances.

Furthermore, Tracey takes the time to train our staff effectively, ensuring they feel comfortable in their roles before working independently. Her support and availability make a significant difference in fostering a positive work environment.

In essence, Tracey embodies the spirit of Sill Hopes, and I believe her efforts deserve recognition. Very simply put, Tracey is Still Hopes.

Submitted by: Ryan Lucci, Assistant Director of Culinary Healthcare

We are proud to nominate Tracey McCray for Employee of the Month. Tracey embodies the true spirit of loyalty and dedication here at Still Hopes.

Tracey consistently goes above and beyond, stepping in wherever needed in our dining venues with grace and professionalism. Her flexibility and willingness to assist in various areas of service ensure that residents always receive the best care, even in busy times. Tracey has also been instrumental in training new team members and sharing her wealth of experience and passion for delivering exceptional service.

Her positive attitude, work ethic, and commitment are what make her an invaluable part of the Still Hopes family. Tracey is a friend to many of us, and we are truly fortunate to have someone so dedicated and caring in our community. For these reasons, we wholeheartedly nominate Tracey McCray for Employee of the Month.

Submitted by: Sara Auman, Ann Alexander, Pat Flowers & Ann Floyd

Employee Appreciation Fund

The Employee Appreciation Fund Committee thanks everyone who helped with this year's fund. Your generosity will help our employees to have a more enjoyable 2024 holiday season.

When you plan your giving for 2025 consider a monthly automatic payment schedule. One-time donations are always welcome. If you need help to make this happen, contact one of the members of the committee listed.

Thank you, everyone, for your kindness to our employees.

Wally Fortuna
Employee Appreciation Fund Committee

Still Hopes Employee Appreciation Fund Commitee

Wally Fortuna – 843-318-8638
Liz Wheeler – 803-629-8668
Ernie Squarzini – 803-646-3463
Fred Pohl – 803-260-5961
Amaryllis Duvall – 803-4015256
Don Greiner – 803-782-7366
Emilie Guignard – 803-766-8879
Libby Marshall – 803-215-8873
Vivian Lewis – 803-237-2396
Dick Marshall, Chair, 803-257-7200

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

Literary Series by Dr. Don Greiner

Wednesdays at 3 pm in Keenan 3

January 8
KATE CHOPIN - THE AWAKENING

January 15
EDITH WARTON - SUMMER

January 22
WILLIAM FAULKNER - THE UNVANQUISHED

January 29
J.D. SALINGER - NINE STORIES

February 5
JOHN UPDIKE - OF THE FARM

February 12
GLORIA NAYLOR - THE WOMEN OF BREWSTER PLACE

2025 Writing Workshops

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

SHORT STORY WRITING WORKSHOP: FRIDAYS JANUARY 3, 10, 17, 24 AND 31.

ESSAY AND MEMOIR WRITING WORKSHOP: FRIDAYS MARCH 7, 14, 21 AND 28.

POETRY WRITING WORKSHOP: FRIDAYS FEBRUARY 7, 14, 21 AND 28.

Vintage Trains Drop-In

VINTAGE TRAINS ON DISPLAY!

DECEMBER 14, 2024 | 1:30-2:30 PM
WALTER EDGAR'S COTTAGE
1010 EXUM DRIVE

SHUTTLE FROM MCDOWELL FRONT ENTRANCE

Christmas on Main

FRIENDS AND FAMILY ARE WELCOME TO ATTEND!

LIVE NATIVITY WITH BRYNN & FRIENDS, SINGING, CRAFTS, HOT CHOCOLATE BAR & CHRISTMAS PHOTOS!

DECEMBER 14, 2024 | 3:00 PM | KEENAN EVENT CENTER

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 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 $20,000.

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

COMING NEXT TO THE STILL HOPES STAGE:

Trumpet/Vocalist
Jeroen Berwaerts

Guitarist
Mak Grgic

Friday, January 10 at 4:00 pm

CHAMBER SERIES SCHEDULE

Pianist Orion Weiss
Thursday, February 13 at 4:00 pm

Violinist Amy Schwartz Moretti & her student orchestra, Vivaldi Seasons!
Saturday, March 8 at 4:00 pm

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

Each year Life Engagement hosts and entertains residents and staff at the Halloween Costume Contest. This year, the team transformed into the legends of country music and turned the Keenan stage into the Grand Ole Opry. It was such a success, residents thought the director of the department had hired new older gentlemen on staff. The truth is Garth Brooks and Willie Nelson were performed by two female staff members! Minnie Pearl introduced the show while each staff member lip synced to country music songs, impersonating a favorite country musician. The show ended with the Boot Scoot & Boogie line dance by all the legends.

Country Music Legends at the Grand Ole Opry:

Veronica Imel as Minnie Pearl
Diane Fisher as Loretta Lynn
Susan McDaniel as Dolly Parton
Kimberley Koon as Willie Nelson
Antoine Quattlebaum as Johnny Cash
Regina Morin-Sevrie as Reba McEntire
Holly Crawford as Garth Brooks
Michelle Rabon as Shania Twain with back-up guitarists Joe Wenger and Antoine Quattlebaum

If you missed the show, follow this link for a Grand Ole Opry Performance!

https://youtu.be/5EUbmE7iOc0?si=pxQC1g5uwXzsKS3n

Special thanks to judges Priscilla Reynolds, Flo Johnson & Joyce Macauda!

2024

HALLOWEEN COSTUME CONTEST & PUMPKIN DECORATING WINNERS

HALLOWEEN COSTUME CONTEST

RESIDENT DOGS

Gene Ogden's Dog, Henry dressed as a pirate,
Keller Barron's Dog, Louie dressed as a pumpkin

RESIDENT INDIVIDUAL

Jim Guignard, Pumpkin

RESIDENT/STAFF COUPLE

Betty Ann Richardson & Solutions Partner Candice Singletary as Spider Women

EMPLOYEE INDIVIDUAL

JBG's ADON Tammy Freeborn as an Exposed Patient

EMPLOYEE GROUP

Nursing Employees Niesha Kitchens, Timeka Walker, Jenny Vega, Tara Corbett-Craib, Val Sinclair and Richelle Baker as Scooby Doo Gang with Resident, Doug Flory as the Mystery Machine

EMPLOYEE BEST ENTERTAINERS

Wellness Team Amy White, Josh Jeter, and Intern, Madison Morgan as That '70s Show (Staying Alive!)

PUMPKIN DECORATING CONTEST

FIRST PLACE

The Candy Apple by Regina Morin-Sevrie

SECOND PLACE

Pumpkin Spice Pumpkin by Rose Garden Residents

THIRD PLACE

Teatime Pumpkins by Olivia Marckx

2024 Still Hopes Christmas Events

Tuesday, December 3 | 12:30 pm |
Keenan Event Center
USC Graduate String Quartet

Tuesday, December 3 | 4:00 pm |
Keenan Event Center
Christmas Bingo Bonanza!

Wednesday, December 4 | 4:30 pm |
Keenan Event Center
Christmas Sing-Along
with Ed Hickman and Dave Sennema

Thursday, December 5 | 1:30 pm |
Chapel of the Holy Spirit
Grace Christian School Middle & High School Choir

Thursday, December 5 | 5:30 pm |
Depart from the front of McDowell
Lights on the River at Saluda Shoals

Friday, December 6 | 1:00 pm |
Chapel of the Holy Spirit
Hammond Middle School Choir

Sunday, December 8 | 2:15 pm |
Depart from McDowell to Town Theatre
Home for the Holidays

Monday, December 9 | 12:00 pm |
Wreaths Due for Wreath Walk

Monday, December 9 | 2:00 pm |
Keenan Event Center
Northside Christian Academy presenting
"Behold Our God"

Tuesday, December 10 | 7:00 pm |
Keenan Event Center
Carolina Christmas Party
Featuring Ross Holmes & Aletha

Thursday, December 12 | 1:30 pm |
Arts by Design
Christmas Crafting

Friday, December 13 | 3:00 pm |
Keenan Event Center
Interactive Movie Afternoon
"Elf"

Saturday, December 14 | 10:30 am |
Keenan Event Center
Suzuki School of Music String Students
Holiday Performance

Saturday, December 14 | 1:30 am |
Edgar Cottage - 1010 Exum Drive
Vintage Trains Drop-in

Saturday, December 14 | 3:00 pm |
Keenan Event Center
Christmas on Main

Saturday, December 14 | 3:45 pm |
Depart from the front of McDowell
Columbia Christmas Pageant at
First Baptist Church Columbia

Sunday, December 15 | 1:45 pm |
Depart from the front of McDowell
Newberry Opera House
Jim Brickman's Comfort and Joy Concert
& dinner at 518 Smokehouse

Tuesday, December 17 | 11:00 am |
Keenan Event Center
Silver Saint Singers
Sounds of the Season Concert

Tuesday, December 17 | 3:00 pm |
Chapel of the Holy Spirit
Still Hopes Singers Concert

Thursday, December 19 | 7:00 pm |
Keenan Event Center
Life Engagement's Christmas Variety Show

Friday, December 20 | 2:00 pm |
Chapel of the Holy Spirit
First Pres Organ and Vocal Concert

Saturday, December 21 | 4:00 pm |
Keenan Event Center
The Cats String Quartet Christmas Concert

Sunday, December 22 | 3:00 pm |
Chapel of the Holy Spirit
Trenholm UMC Choir Christmas Concert

Tuesday, December 24 | 4:00 pm |
Chapel of the Holy Spirit
Christmas Eve Worship Service

Wednesday, December 25 | 10:00 am |
Chapel of the Holy Spirit
Christmas Day Worship Service

All events are subject to change*

Let's Deck the Halls of Still Hopes

INDEPENDENT LIVING

CONCIERGE
Monday, December 2nd at 2:00 pm

BUILDING 4: MCDOWELL
Tuesday, December 3rd at 11:00 am

BUILDING 6: EVERGREEN
Tuesday, December 3rd at 2:00 pm

MAIN STREET & MANSION
Wednesday, December 4th at 2:00 pm

BUILDING 7: HOPEWELL
Thursday, December 5th at 11:00 am

BUILDING 5: TRINITY & COTTAGES
Thursday, December 5th at 3:00 pm

Count Down to CHRISTMAS Spirit Week!

December 16th-20th

MON	Merry Monday! **Wear a Christmas Hat/Headwear**
TUES	Tinsel Toes Tuesday! **Wear fun Holiday Socks**
WED	Classic Christmas Colors Day! **Wear Red and Green**
THUR	Candy Cane Day! **Wear Red and White**
FRI	Baby, It's Cold Outside Day! **Wear a Fun Holiday Sweater**

Still Hopes Singers in Concert

Tuesday, December 17 | 3:00 pm
Chapel of the Holy Spirit

Christmas Variety Show

Thursday, December 19
7:00 pm
Keenan Event Center

CHRISTMAS BINGO BONANZA!

TUESDAY, DECEMBER 3 | 4:00 PM
KEENAN EVENT CENTER

Carolina Christmas Party

Featuring Ross Holmes & Aletha

Tuesday, December 10 | 4:30 pm
Keenan Event Center

No Charge. Reservation Required. Sign-up in the LE Reservation Book

MALLETS & Merriment

A GAME OF CROQUET, HOT CHOCOLATE & COOKIES!

Thursday, December 12

11:00 am

Susan Boyd
Croquet Court and Pavilion

New Year's Eve Party

FEATURING THE DICK GOODWIN BAND

KEENAN EVENT CENTER

PARTY STARTS AT 7:00PM

The Last & Greatest Party of the Year!

By Reservation, No Charge.
Register in the LE Reservation Book!

Apartment, Cottage, & Concierge Suites

Life Engagement Bus Departure Times

ALL TRIPS DEPART FROM THE FRONT OF MCDOWELL UNLESS OTHERWISE NOTED

NUTCRACKER BALLET AT THE KROGER CENTER
WED, DEC 4 | 9:30AM

HOLIDAY LIGHTS ON THE RIVER AT SALUDA SHOALS PARK
THURS, DEC 5 | 9:30AM

HOME FOR THE HOLIDAYS AT TOWN THEATRE
SUN, DEC 8 | 2:15PM

PUBLIX SHOPPING
WED, DEC 10 | 10:15AM

COLUMBIA CHRISTMAS PAGEANT AT FIRST BAPTIST CHURCH COLUMBIA
SAT, DEC 14 | 3:45PM

JIM BRICKMAN'S COMFORT & JOY CONCERT AT THE NEWBERRY OPERA HOUSE
SUN, DEC 15 | 1:45 PM

LUNCH BUNCH AT TAZIKI'S AND SHOPPING AT PARTAGER GALLERY & GIFT
SUN, DEC 20 | 10:45AM

Afternoon with an Author

Author, Barry Fetzer

December 9
4:00 pm
Keenan Event Center

Naturalist, Billy Cate

December 18
3:00 pm
Keenan Event Center

LIFE ENGAGEMENT INTRODUCES VR INTO SANDERS REHAB PROGRAMMING

By Antoine Quattlebaum, Life Engagement Specialist, Sanders Rehab

The VR headset and StandByMe television are used by activities to enhance cognitive skills during the residents' stay at Still Hopes in Sanders Rehab. Both devices can be used individually or as a group activity.

The VR headset has been proven to promote cognitive skills and to help the brain to relearn and retain new information. This device helps patients to explore new environmental settings and to helps connect to what they are seeing through the lens. This headset can be use by seniors at all stages of mental capacity and physical capabilities. The device has been a delight in all settings in Rehab.

The StandByMe television has been an elective for patients that do not enjoy being out of their rooms but still provides them with enrichment that engages them mentally. Many different activities can be downloaded and used on this device, such as games to help promote movement and exercise for residents and guests in Sanders Rehab who are physically able.

BROADWAY IN COLUMBIA

Life Engagement will once again provide transportation to the 2024-2025 Season of Broadway in Columbia's opening night performance of each show. Residents will need to purchase their own tickets by visiting https://www.kogercenterforthearts.com/shows-events/broadway-in-columbia/ or calling 803-251-2222.

Tuesday, January 7- Ain't Too Proud: The Life and Times of the Temptations
Tuesday, February 25- Six the Musical
Tuesday, March 25- Hadestown
Tuesday, April 15- The Book of Mormon
Tuesday, April 29- Les Misérables
Monday, June 16- Tina: The Tina Turner Musical

Transportation will depart from the McDowell Front Entrance at 6:45 pm and must have at least 5 participants registered to provide transportation.

EMPLOYEE OF THE YEAR NOMINEES 2024

• September 2023 • Toshiba Benard • • Solutions •	• March 2024 • Mayciel Abano • • Solutions •
• October 2023 • Holly Hartung • • Community Services •	• April 2024 • Catalina Hewitt • • Environmental Services •
• November 2023 • Kaitlyn McChesney • • Culinary Healthcare •	• July 2024 • Regina Morin-Sevrie • • Life Engagement •
• December 2023 • Sonia Fuller • • Jane Bruce •	• May 2024 • Misti Willis, RN • • Sanders Rehabilitation •
• January 2024 • Glen Black • • Facilities Services •	• June 2024 • Sheila Vaughn • • Culinary Hospitality •
• February 2024 • Britney Burnside • • Landscaping •	• August 2024 • Diane Fisher • • Life Engagement •

THE 2024 EMPLOYEE OF THE YEAR IS.... BRITNEY BURNSIDE

Britney Burnside was stunned when she received the Still Hopes 2024 Employee of the Year. "I was getting ready to clap for someone else. Then when I realized it was me…I was a little embarrassed," she said. "I was so surprised; it is a really big honor."

The award is special for Britney who has worked at Still Hopes since June 2022. "A lot of times the work we do is only acknowledged when something goes wrong," she explained. "It is nice to know residents and staff enjoy the grounds and they think it looks good."

Britney was selected as Employee of the Month in February 2024 which made her eligible with 11 other staff members for Employee of the Year. She was nominated by 20 residents who reside in apartments and cottages. Charged with the day-to-day responsibility of keeping our exceptional landscaped grounds in good condition, they said, "Britney Burnside deserves our appreciation and recognition for a job well done. It's not an easy job."

The job does become difficult, especially when working outside in 90-degree heat or during freezing temperatures. Britney is used to it. Outside is her happy place, and having new challenges seems to suit her. Given several new areas to landscape this year, Britney is most proud of the new plantings at the Solutions and Human Resources building. Residents agreed. "Her chosen combinations of colorful perennials have been a delight to observe as they have grown and bloomed."

When asked what she enjoys most about working at Still Hopes, Britney doesn't hesitate. "It's interacting with the residents," she explained. "This is their home. The inside is so nice. I want the outside to match it."

Her favorite area over the summer to watch come into its own was the fountain outside the Guignard Mansion. She said she enjoys the opportunity to be creative and being able to showcase native plants around the fountain was an undertaking but also a labor of love. "I took out plants and opened up the circle where the fountain could be the focal point. I wanted a beautiful design, and I am proud of it."

Britney started working with plants in high school at Ace Hardware. She worked for Millcreek Greenhouse for 15 years after graduating from college. She was invited to work at the University of South Carolina for three years tending to the rose gardens on the Horseshoe and the President's House. From 2014-2022 she worked for the state of South Carolina managing all interior and exterior landscaping, of various notable venues such as the SC State House, SC Governor's Mansion and SC State Museum.

"Britney's horticultural skills are proven," said residents in her nomination. "In addition to her body of knowledge, her dedication to her duties, patience, and amiable temperament are also greatly appreciated by all. Indeed, we are fortunate to have Britney at Still Hopes sharing her special skills and ensuring our landscaped gardens and natural areas contribute to our sense of pride of place and well-being."

ANNUAL VETERANS DAY BREAKFAST 2024

CROOKED CREEK ART LEAGUE

ART EXHIBIT OPENING RECEPTION
SATURDAY, DECEMBER 10 | 4 PM | HOPEWELL GALLERY & EMILIE'S CAFE

The Crooked Creek Art League will bring a juried show of artworks to Still Hopes for the seventh year this December and January. We anticipate 50 Fine Art (oil, water color and mixed media) and Photography works will adorn the walls of the Hopewell Gallery during this highly anticipated exhibition.

We are happy to announced that this year's juror will be Craig Houston.
He will be juroring the Fine Art and Photography works for Best of Show, First, Second, Third and Patron awards in each category.

Crooked Creek Art League is a dynamic organization of regional artists encouraging and stimulating the practice and appreciation of creative arts. Members come from Richland, Lexington and surrounding Midlands communities and proudly provide programming that allows artists to grow and to display their works in supportive atmospheres, including area associations, businesses and on the web. CCAL also assists in the growth of emerging artists through mentoring programs, community art projects, festivals and competitions. Still Hopes has for nearly seven years, supported the League by providing a venue for our member artist to display their work, and we are proud to say that several CCAL works of art now hang in the homes of Still Hopes residents.

The Exhibition will be hung November 30th, 2024 and will remain hanging until February 1st, 2025. All Still Hopes staff, residents and their guests are invited to the Opening Reception and Awards Ceremony on Saturday, December 7th, 2024 from 4:30 p.m. until 6:00 p.m. The awards will be announced at 5:30 p.m. Refreshments will be provided by the League and Still Hopes, and names will be drawn for door prizes for guests present. We look forward to seeing you at the reception and that you enjoy this year's exhibition.

Kay Fox, Still Hopes Chair;
Debra Kelly Committee member;
Vic Shuler, committee member

Crooked Creek Art League CCAL

Life Engagement and Odom's Mobile Petting Zoo came together on November 13 to provide the residents and staff of Greenway a wonderful petting zoo in the comfort of their own backyard.

CROQUET CLINIC AND ORIENTATION

A DAY OF INSTRUCTION ON THE LAWN

Croquet Golf Professional Tom Balding led Croquet Clinics and an Orientation for residents in October. Tom is the Director of Croquet at Grandfather Golf and Country Club in Linville, NC. He is a three-time national champion, one title in Golf Croquet, and two titles in Association Rules Croquet. He is the reigning US Open Champion. Tom will represent the US this February for the Golf Croquet World Team Championship in Tasmania.

Tom offered private lessons and provided instruction for playing the game to over 70 residents during the day. Many residents took to the lawn and put his teachings to practice. It is good to see teams starting to play together and putting time on the court!

Hours of Operation

Monday – Friday: 9 am - 4 pm
Saturday: 10 am – 4 pm
Sunday: 1 – 4 pm

Current Rules:

- Flat sole shoes are required on the lawn. Cleats and heels are not permitted. Tennis shoes are recommended.
- Motorized vehicles to include scooters and wheelchairs are not permitted on the lawn.
- Drinks are not permissible on the lawn.
- Glass containers are not allowed in the pavilion or on the lawn.

Community Services

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

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

HEALTHY DYNAMICS

There will be no Healthy Dynamics in December. Merry Christmas!

Parkinson's Support Group

Will not meet in December.
Join us for our next quarterly meeting on

Friday, February 21
11:00 am - 11:45 am
Keenan Room 3

SHARE: *Caregiver Support Group*

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

Tuesday, December 3
1:30 pm-2:30 pm
McDowell 3rd Floor Activity Room

The Visionaries:
Low Vision Support Group will not meet in December.
Join us for the Low Vision Expo presented by the SC Assistive Technology Program on Wednesday, January 15 from 1:00 - 3:00 pm in the Keenan Event Center.

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.

PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith will be at Still Hopes in the **Wellness Center Spa Room on Wednesday, December 4 & Wednesday, December 11**

Current patients of Dr. Smith can sign up to see her in the Healthy Dynamics Book on Main Street near the Atrium. New patient appointments with Dr. Smith are 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.

Clearing the Path & Finding The Way: Dementia Resource Group

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

Tuesday, December 10 | 1:30 pm-2:30 pm
McDowell 3rd Floor Activity Room

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.

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

Open To Hope Grief Support Group

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

1:00pm – 2:00pm
December 4 & December 18
Guignard Music Parlor

CHAIR YOGA

Begins: Tuesday, December 3
Ends: Thursday, December 19
Course: 3 Weeks, 2 classes per week
(No Class on Tuesday, December 10)

Days: Tuesday and Thursdays 1:30pm-2:30pm
Location Petite Studio in Hopewell

Cost: $30 for 1 class for 3 weeks
$50 for 2 classes for 3 weeks

Learn the universal principles of Body Alignment through yoga positions and become empowered through the joy of Present Moment Awareness. Achieve improvement in brain health and attitude through control of the breath and meditation.... all while sitting in a chair! Registration Required. To register for this class contact the Wellness Team at (803) 739-5044 or (803) 223-6180.

Hearing Services

Hearing Device Specialist Mike Arndt will be here at Still Hopes on
Monday, December 9

Please call Mike's office,
Digital Hearing Outlet at 803-490-2920
to schedule your appointment.

Hollywood Hits

Fridays at 3:00 pm
Keenan Event Center

December 6**	**Meet Me in St. Louis** NR | 1944 | 1h 53m
December 13	**INTERACTIVE MOVIE AFTERNOON BY RESERVATION ONLY, NO CHARGE** **Elf** PG | 2003 | 1h 30m
December 20**	**Ocean's Eight** PG-13 | 2018 | 1h 51m
December 27	**Pocket Full of Miracles** NR | 1961 | 2h 17m
December 28 Saturday Movie Double Feature	**The Santa Clause** PG | 1994 | 1h 37m **The Santa Clause 2** PG | 2002 | 1h 44m

**** indicates that the movie will be shown in the Building 5 Multipurpose Room**

Welcome New Residents!

Lee Mancini
Ellen and Peter Wickersham

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

YEAR-END GIVING

It's the most wonderful time, of the year! Can you feel the holiday vibes in the air? I love Christmas at Still Hopes! What is Development up to?

The **Angel Trees** are ready to take donations n memory of honor of a loved one. Your $20.00 donation to the Opportunity Fund brings a bright colorful angel hanging on the tree of your choice (Main Street or Greenway) and sharing your love for a special someone. Use the form in this issue of Connections, find forms underneath the Angel Trees, or simply bring me a check to Still Hopes with the memo indicating: Angel Tree – Memory/Honor of (name).

The end of the year also brings **Poinsettia's** to decorate the chapel. With a donation of $25.00, you cover the cost of one poinsettia and bring colorful cheer to the Chapel of the Holy Spirit for the Christmas Season. Bring your check to my office or drop it in the Business Office box on Main Street (across from Michelle Rabon's office), or in the back hall.

Many of you use this time of year to make special gifts to one of our **Philanthropic Funds** (see below). Many are also supporting the **Afternoons with Andy Chamber Music Series** (find more at www.StillHopes.org/AndyArmstrong). Thank you!
We welcome and appreciate your end-of-year gifts! If you are planning any gift that involves a bank transfer or check (IRA disbursement, stock transfer, ACH contribution), please ask your bank to include my name and a notation of how you would like for us to use your gift. It also helps to let me know it's coming so we can keep an eye out for it.

Still Hopes Funds

- · Resident Assistance Fund: Helps residents who have outlived their resources through no fault of their own to remain at Still Hopes.
- · Employee Assistance Fund: Short-term, zero-interest loans to aide employees in financial need.
- · Chaplain's Discretionary Fund: At Chaplain's discretion, aide for employees in financial crisis.
- · Opportunity Fund: Helps Still Hopes to explore and implement mission-driven opportunities with no impact to residents or employees. Allocated by CEO/CFO.
- · Unrestricted Fund: Supports Still Hopes most critical needs. Allocated by Board of Directors.

In closing, we look forward to seeing Guignard Society members and their guests at the annual Holiday Drop in from 5:00-7:30pm on Thursday, Dec. 12th in the Keenan Center!

As the season is upon us, we wish you all a beautiful holiday filled with love! Enjoy the joyful spirit that infuses Still Hopes this time of year. Proverbs 18:16 says, "A gift opens the way and ushers the giver into the presence of the great." Thank you for keeping that tradition of giving alive here at Still Hopes in 2024.

SC HISTORY & LUNCH ON THE HORSESHOE

Residents visited the SC State House for an informative tour of history presented by Charles F. Reid, Clerk of the SC State House. Charles is also the son of Harriet Strait who resides in our Concierge Suites. Charles showcased the Senate and a bird's eye view of the dome construction, something visitors are unable to currently view on the regular tour. It was a treat to hear Charles' passion for government, and how the legislature operates smoothly thanks to his efficient staff and office. Afterward, residents enjoyed lunch at the McCutchen House, operated by University of South Carolina's School of Hospitality and Tourism Management, on the historic Horseshoe.

Merry Christmas!

from Solutions for Living at Home

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A MINISTRY OF STILL HOPES

www.solutionsforlivingathome.org

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STILL HOPES

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Angel Tree

HONOR OR REMEMBER A LOVED ONE THIS HOLIDAY SEASON...

....with an angel tree on a Still Hopes Angel Tree! Choose for your angel to hang on the Main Street or Greenway Lobby Angel Tree. Each angel (in each location) is $20. All donations go to the Still Hopes Opportunity fund, which supports Still Hopes' efforts to explore and implement mission opportunities as they arise. We will inform honorees or family members of your gift.

Donate ONLINE! at www.StillHopes.org/donate. Choose the Opportunity Fund and write "Angel Tree" in the Other Fund Designation Section. Or send a check with this form to the The Still Hopes Community Development Office at 1 Still Hopes Drive | West Columbia SC | 29169

Your name: _____

My angel is in honor/memory of: _____

Which Tree? _____ **Main Street** _____ **Greenway Lobby**

For Accounting: 38-30-62-050