



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community

FEBRUARY 2024 ISSUE

Afternoons with Andy Armstrong

Upcoming Concerts

MONDAY, MARCH 11
4:00 p.m.

TUESDAY, APRIL 9
2:00 p.m.

Keenan Event Center

CHAMBER MUSIC SERIES WITH ANDREW ARMSTRONG & FRIENDS

Andy is the Artistic Director of Music on Main at the SC Museum of Art and a concert pianist.

Enjoy a wine social after the concert with the musicians.
More information inside!

Andy Armstrong, continued on Page 3





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 Services

*Join us for Worship
in the Chapel of the Holy Spirit*

Sundays · 11 a.m.

Communion will be served.

Sunday, February 11

Chaplain Doug Gray will preach a special message in the Chapel entitled "My Story" as he shares about his own personal spiritual journey out of atheism and into Christianity.

Lenten Sermon Series:

*Praying Simply, Simply Praying
based on the Lord's Prayer.*

Ash Wednesday Service

Wednesday, February 14 · 11 a.m.

Chapel of the Holy Spirit

Service will include imposition of ashes, a homily, and holy communion.

Bible Studies

BIBLE STUDY

Weekly Gospels
Mondays · 1:30 p.m.
3rd floor McDowell
Activity Room

MEN'S BIBLE STUDY

Genesis
Tuesdays · 11 a.m.
3rd floor McDowell
Activity Room

Morning Prayer

Sundays · 11 a.m.

televised on Still Hopes TV

Channel 1390/122

Chapel Healing Service

*The healing service is canceled for
the month of February.*

Bible Class

Led by the Rev. Doug Gray, Chaplain

Thursdays · 10:30 - 11:30 a.m.

Chapel of the Holy Spirit All are welcome to attend. Note sheets are provided.

"THE CHOSEN" | Season Two

"The Chosen" season two with discussion and Q&A. The Chosen is a show that explores Jesus through the eyes of those who knew him best.

We fondly remember...

DAPHNE RUSHE

SARAH TERRILL

HARRIET KEENAN

JERRY BRENNECKE

MARTHA HELEN KING

Heartfelt sympathy is extended to family & friends.



Alpha Course Coming Soon!

Alpha is a short course in basic Christianity which has been taken by millions of people in countries all over the world in the past several decades. Alpha offers content and guidance for churches and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Each week, participants on Alpha will experience an engaging talk on video presented by the Reverend Nicky Gumbel, an Anglican priest in the Church of

England, and developer of the Alpha Course. In addition, time will be allotted for small group discussion in a non-threatening and friendly environment.

Chaplain Doug Gray, who has offered Alpha to more than 2000 people in multiple parishes over the past 27 years, will hold an informational meeting to introduce Alpha and answer any questions you may have about the course. This short informational meeting will take place on Thursday, February 8 at 3:00 p.m. in the Chapel. No sign-up is necessary for this meeting on February 8, but registration will be necessary for the Alpha Course which will begin in March. Registration will be limited, but don't worry—if necessary, we'll schedule a second date for another course in the not-too-distant future.

Welcome New Residents!

ANN & BOBBY TEMPLE

JERRI HAYDEN

February Birthdays

01 Patsy White	13 Ann Smith
02 Ellen Moore	13 Carol Tittle
03 Bill Belvin	13 Fred White
04 Anita Durden	14 Phillip Wackym
05 Teri Kuhs	15 Jan Cambre
07 Alice Wyatt	15 Dorothy Davis
08 Ann Olmert	17 Joe Jones
09 Alex Dickson	18 Karl Snyder
10 Faith Divisek	20 Keller Barron
10 Caroline Ellerbe	20 Tru Kelly
10 Skip Kugler	20 Harriet McElveen
10 Libby Laffitte	20 Philip Whitehead
10 Sally Wilson	21 Sandra Pherigo
11 Criss Blackstone	22 Jackie Hinson
11 Ann Reid	22 Coles Jackson
11 Betty Sisk	27 Gladys Robertson
12 Charlie Jacocks	28 Margie Brown
12 Ranel Mencarelli	28 Jim Newcomb
12 Bert Sullivan	28 Eli Wishart



Shining Star

STILL HOPES EMPLOYEE OF THE MONTH: GLEN BLACK

Glen's Nomination: There are numerous unsung heroes among the Still Hopes staff, but one individual truly shines - Glen Black. I've had the privilege of witnessing Glen's exceptional freestyle painting skills, which surpass my own abilities even when I use a guide. His rapid and precise painting, combined with a clear dedication to his craft, sets him apart.

Glen is a constant presence on our campus, always either painting or diligently attending to maintenance tasks with a cheerful demeanor. It's a common sight to spot him arriving for work between 6:00 and 7:00 a.m. He never fails to greet us warmly by name and with a genuine smile.

I wholeheartedly recommend Glen Black as a deserving candidate for the Employee of the Month recognition.

- Submitted by Eli Wishart

Andy Armstrong, continued from Page 1

ABOUT ANDY ARMSTRONG

Praised by critics for his passionate expression and dazzling technique, pianist Andrew Armstrong has delighted audiences across Asia, Europe, Latin America, Canada, and the United States, including performances at Alice Tully Hall, Carnegie Hall, the Kennedy Center, London's Wigmore Hall, Prague's Rudolfinum, the Grand Hall of the Moscow Conservatory, and Warsaw's National Philharmonic. Andrew's orchestral engagements across the globe have encompassed a vast repertoire of more than 60 concertos with orchestra. He has performed with such conductors as Peter Oundjian, Itzhak Perlman, Günther Herbig, Stefan Sanderling, Jean-Marie Zeitouni, and Stanislaw Skrowaczewski, and has appeared in solo recitals and in chamber music concerts with the Ehnes, Elias, Alexander, American,

and Manhattan String Quartets, and as a member of the Caramoor Virtuosi, Boston Chamber Music Society, Seattle Chamber Music Society, and the Jupiter Symphony Chamber Players. Recent and upcoming seasons find Andy continuing to perform as soloist and chamber musician around the globe, from London to Geneva and Dresden, from Australia to Hong Kong and Singapore, across Canada and the United States, while continuing to build and grow the flourishing chamber music series he directs in Beaufort and Columbia, SC and in New Canaan, CT.

If you would like to contribute to the series, please send your donation to Community Development, One Still Hopes Drive, West Columbia, SC 29169.

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

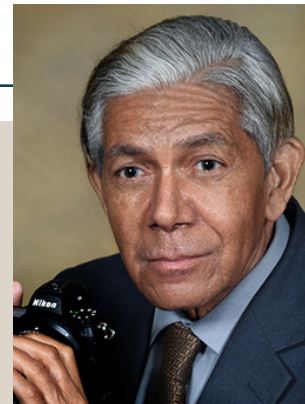


AFTERNOON WITH THE AUTHORS

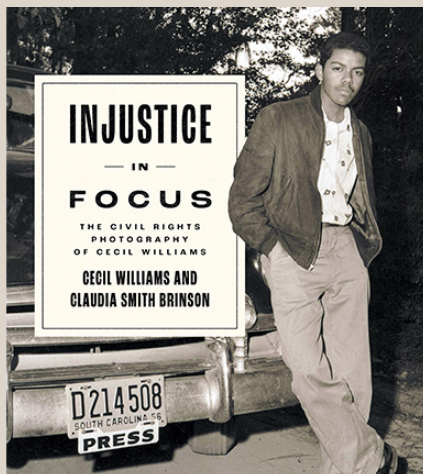
Injustice In Focus: The Civil Rights Photography of Cecil Williams

Presented by Cecil Williams and Claudia Smith Brinson

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



Join photographer Cecil Williams and author Claudia Smith Brinson for a discussion on the history of civil rights in South Carolina and their new book *Injustice in Focus: The Civil Rights Photography of Cecil Williams*. Cecil Williams is one of the few Southern Black photojournalists of the civil rights movement. Born and raised in Orangeburg, South Carolina, Williams worked at the center of emerging twentieth-century civil rights activism in the state, and his assignments often exposed him to violence perpetrated by White law officials and ordinary citizens. Williams's story is the story of the civil rights era. Williams and award-winning journalist Claudia Smith Brinson combine forces in *Injustice in Focus: The Civil Rights Photography of Cecil Williams*.



Together they document civil rights activism in the 1940s through the 1960s in South Carolina. Williams was there, in South Carolina, to witness and document pivotal movements such as then-NAACP legal counsel Thurgood Marshall's arrival in Charleston to argue the landmark case *Briggs v. Elliott* and the aftermath of the infamous Orangeburg Massacre. Featuring eighty stunning photographs accompanied by Brinson's rich research, interviews, and prose, *Injustice in Focus* offers a firsthand account of South Carolina's fight for civil rights and describes Williams's life behind the camera as a documentarian of the civil rights movement.

TECH TROUBLESHOOTING

IS NOW TWICE A MONTH!

Wednesday, February 14
3:00 p.m. | Atrium

Thursday, February 22
11:30 a.m. | Lowry's Coffee Shop

Leap Day Frog Hunt



THURSDAY, FEBRUARY 29
More information coming soon

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

<i>Tue., Feb. 6</i> 10:15 a.m.	Grocery Shopping at Publix	<i>Sun., Feb. 11</i> 3:30 p.m.	Bach Vespers at Trinity Cathedral	<i>Tues., Feb. 27</i> 6:45 p.m.	Hamilton at the Koger Center
<i>Tue. Feb 6,</i> 6:45 p.m.	USC Symphony Orchestra, Koger Center	<i>Wed., Feb. 21</i> 12:00 p.m.	Lenten Service & Lunch -Trinity Cathedral	<i>Wed., Feb. 28</i> 11:45 a.m.	The Four Freshmen Concert at Newberry Opera House
<i>Wed., Feb. 7,</i> 5:30 p.m.	Artists for Africa Postcard Art Gala	<i>Fri., Feb 23</i> 11:15 a.m.	Lunch Buffet at 1801 Grille	<i>Wed., Feb. 28</i> 12:00 p.m.	Lenten Service & Lunch-Trinity Cathedral
<i>Sat., Feb. 10</i> 3:30 p.m.	Festival of Choirs Concert at Incarnation Lutheran Church	<i>Sat., Feb. 24</i> 6:45 p.m.	SC Philharmonic at the Koger Center		

Resident Reflections & Ramblings

Monday, February 19
3:00 p.m. | Club Room

Join the Life Engagement team for an open forum to discuss a monthly topic with your Still Hopes Neighbors.

FEBRUARY TOPIC: Presidents Day!
Which President has been the most influential in your life?

Classical Conversations

with *Morihiro Nakahara*,
Music Director of the SC
Philharmonic Orchestra

Wednesday, | 4:30 - 5:30 p.m.
February 21 | Multipurpose Room

Custom Dog Bandana Fitting

Tuesday, February 6
3:30 p.m.
Lowry's Coffee Shop

Bring your dog to be measured and select fabric for a custom dog bandana lovingly made by residents and staff for Valentine's Day.

Creative Crafts: Dog Bandanas

Thursday, February 8
2:00 p.m.
'Arts by Design' Room

Help cut out dog bandana patterns for the Pal-entine Party.



Hollywood Hits

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

February 2 42
PG-13 | 2 hr. 8 min. | 2013

February 9 *If Beale Street Could Talk*
R | 1 hr. 57 min. | 2018

February 16 *Love in the Afternoon*
NR | 2 hr. 10 min. | 1957

February 23 *The Philadelphia Story*
NR | 1 hr. 52 min. | 1940

Saturday, February 17 *MOVIE MATINEE*
Keenan Event Center

1:00 p.m. ***The Age of Adeline***
PG-13 | 1 hr. 52 min. | 2015

Ghost
PG-13 | 2 hr. 8 min. | 1990

Happy Couple Game

Wednesday, February 14 | 4:00 p.m.
Keenan Event Center

Resident and Staff Couples will compete in a series of revealing question rounds to determine how well the couples know or don't know about each other!



GERMAN STARS ORIGAMI CLASS

Led by Ella Pfahler

Sundays in February
1:00 p.m.
'Arts by Design' Craft Room



Group Members: Anna Griswold, Marian Hornsby, Barbara Jackson, Robin O'Neil, Susan Riser, and Kirkland Smith.

The show scheduled in the Hopewell Gallery during the months of February and March will be the responsibility of a group new to Still Hopes. The group calls itself Creative Circle and Coffee (C3) because they study creativity and meet every Monday, discussing creativity and sipping coffee at a local coffee shop. All six women members are of varying levels of experience as artists but share a common interest and love of art. The group initially was created out of an effort at Trinity Cathedral to increase church participation post Covid. A group of 12 women met monthly for various art experiences while a smaller group of the same interested women met to begin a book study of creativity. This smaller group has evolved into the Creative Circle and Coffee (otherwise shortened to C3). This group believes that the human individual is created by God and that each person has an

CREATIVE CIRCLE AND COFFEE (C3) ART SHOW

AT STILL HOPES | FEBRUARY & MARCH

innate creative spark which when ignited can lead him/her to an experience of discovery that only needs to be accepted and acknowledged. The group has studied various books about the creative process as well as has participated in several plein-air painting sessions, artistic field trips, informal at-home gatherings, and attended several professional shows. Being together on this pilgrimage improved their understanding and appreciation of their talents and positively impacted the development and quality of their art as well as enhanced each member's spiritual growth. Additionally, the journey has created life long bonds of friendship and greatly deepened each individual's feeling of closeness with the ultimate Creator – God.



C3 ART SHOW RECEPTION

February 8 | 4:00 - 5:30 p.m.
Emilie's Café

Jointly sponsored by Still Hopes
Resident Art Committee and C3.



Music with Mike

Sponsored by Mike Arndt, Still Hopes Hearing Specialist

Monday, February 5

Featuring Keeley Faire - Acoustic Folk Singer
 3:30 p.m. & 6:15 p.m.
 Keenan Event Center

Growing Up in Nazi Germany

Encore Presentation by Rose Mary Smith

Thursday, February 15
 3:00 p.m.
 Keenan Event Center



Lunch at Figaro's & The Four Freshmen at the Newberry Opera House

Wednesday, February 28 | Depart at 11:45 a.m.
 By Reservation, Resident Charge



Catch Me If You Can

Mileage Challenge

March 4 - May 3, 2024

STILL HOPES VS. BISHOP GADSDEN

We are soon approaching our second "Catch Me If You Can Mileage Challenge" against Bishop Gadsden Retirement Community! This challenge is a friendly, campus-wide competition against a neighboring retirement community in Charleston, SC.



A Tradition of Giving. Generations of Impact.

Look around you, right now. Most of what you see are gifts. In fact, much of what we experience at Still Hopes exists because of the gifts of others.

Legacy of Giving

We came into being when Dr. Jane Bruce Guignard donated her family home and property to the Episcopal Diocese over fifty years ago to become a retirement home for widows.

Still Hopes has grown quite a bit since then. Giving has made that possible. Resident buildings, The Chapel of the Holy Spirit, The Shearouse Wellness Center, Main Street, the Atrium live indoor garden and sunroof, Keenan Center, large print books in the library, landscaping and gardens, concerts, chapel kneeler restoration, a computer for Sanders, a painting, a lift chair ... all and more are gifts from those who care about Still Hopes, our residents, employees, and future.

Yes, Still Hopes is steeped in a tradition of giving. Seed of our beginnings, it's a legacy that guides us every day.

Gifts That Preserve Dignity

The Still Hopes spirit of generosity helps our friends via gifts of dignity. The Resident Assistance Fund enables residents who outlive their resources through no fault of their own to remain here at Still Hopes. The Employee Assistance and Chaplain's Discretionary Funds aide employees in financial need with zero-interest, short-term loans and critical assistance. In 2022, forty-five employees weathered periods of financial crisis with help for housing (rent/mortgage payment), car repairs and payments, and medical bills.

Gifts That Protect Resources

That generosity also protects our resources. Gifts to the Opportunity and Unrestricted Funds enable Still Hopes to meet unanticipated expenses and to pursue mission-



driven opportunities without impacting resident fees.

Visionary Gifts

Still Hopes has been and continues to be shaped by the ideas, dreams, and loves of the residents who live here. We welcome gifts that align with our mission and bring your ideas to life be they a concert, field trip, garden, croquet court, wellness program....

Ways to Give

Am I inspiring you? I hope so. There are so many ways to give and we are grateful for all ... a weekly Chapel offering, a regular gift added to your monthly bill, a gift in memory or honor of a loved one, an annual IRA disbursement or gift from a family trust, a transfer of stock. You can make us a beneficiary, gift a portion of your Entrance Fee Reimbursement, or remember us in your final bequest. These gifts help secure and grow Still Hopes and the life that evolves here.

A New Season

Thank you for making 2023's Season of Hope a success. We have indeed turned a corner since the Covid days. In the next few weeks, we will formally open this new giving season with a new theme, A Tradition of Giving. Generations of Impact. We hope it spurs recognition of the important role that giving has played in our lives here at Still Hopes and, perhaps, thoughts of your own about how you might shape Still Hopes' future. My door is open. Reach out any time.

*By Christie James,
Director of Community
Development*



A visit from Mudd brings a smile to his good friend, Elliot Cooper, in the Jane Bruce Guignard neighborhood.



Residents enjoyed an informative presentation by Tricia Gray who gave a report on her mission trip to Uganda.



When the Bishop Calls by Judy Milone

When the Bishop of the Episcopal Diocese of Upper South Carolina called and asked if he could make a visit to her home, Eleanor Whitehead did what most of us would do - say yes, brew some coffee and wonder what he wanted. When he then presented her with the Cuthbert Cross, a prized

form of recognition from the Diocese for her decades of work in Haiti, she was both surprised and humbled.

The Cuthbert Cross honors persons who have served "with distinction, vision, energy and commitment." In November 2023, at the 101st Diocesan Convention, the Rt. Rev. Daniel Richards announced two such awards, one to our very own Eleanor, highlighting the decades she spearheaded the Diocese's mission work in Haiti. Initially spurred on by a presentation Eleanor heard by the Society of St. Margaret, an Episcopal order of nuns then active in that country, her first efforts began in the 1970's in a parish in Virginia. Later moving to South Carolina, she was pleased to receive the blessing of her new Diocese and Bishop, who felt strongly that Americans need to learn by expanding our horizons in service. While the work has had its ups and downs over the decades, an enormous amount of God's love

has been poured into numerous life-giving projects. Money, labor, supplies and prayers have been provided to support educational, literacy, medical, agricultural and scholarship programs. [Engineers from Greenville actually devised a water-carrying system that could be used in the rugged terrain.] Eleanor's work oversaw and supported many of these initiatives, making multiple trips to Haiti, a country with little infrastructure and unique challenges. Despite extreme poverty, serious political upheavals, earthquakes, Covid and other diseases, many of these endeavors exist today.

Born in Montgomery, Alabama, Eleanor was raised there and in Pensacola, Florida. She obtained her RN credentials from Reynolds Community College and, while raising two children, worked primarily in the areas of oncology, hospice and medical administration. Philip and Eleanor have been married for 63 years, have lived in a number of states and are more than pleased to now call Still Hopes home. "It's been a place beyond our hopes," she says.

Warmly known for the Still Hopes film series the couple led for many years, Eleanor's other church activities have included serving on the Committee for Ministry and the Network for Clergy Spouses and Couples.

Eleanor proudly wears the Cuthbert Cross, but with her usual understatedness and poise. Her biggest thrill was "being honored unexpectedly for doing exactly what makes me happiest," she says. And we say: job well done!

ARTISTS FOR AFRICA POST CARD ART GALA

Wednesday, February 7 | 6:00 p.m.
Hilton Garden Inn | Gervais St.

Transportation departs from McDowell at 5:30 p.m.

Artists for Africa, a Columbia based nonprofit organization, will be giving a unique opportunity to purchase original artwork and simultaneously help to support and enhance the lives of children living in the most impoverished areas of Africa through arts programs and educational opportunities. Residents who have donated art work to Artists for Africa will attend the event free of charge, but anyone else who would like to attend can purchase an advance ticket through Still Hopes for \$35. At the event, enjoy a cocktail hour followed by the opportunity to purchase donated artwork for \$75 per piece and the entirety of the profits will go right back to Artists for Africa. *Please sign up in the Life Engagement Reservation Book to reserve your seat on the bus and ticket if necessary.*

Artists for Africa postcard art by resident and staff artists displayed at Still Hopes



Healthy Dynamics

AN ONSITE, ONGOING PROGRAM FOR APARTMENT,
CONCIERGE, AND COTTAGE RESIDENTS

Jonathan Kimball | Community Services Director | 803.739.5047 | JoKimball@stillhopes.org



News You Can Use! Wellbeing and the Mind



Thursday,
February 22 | 3:00 p.m.
Keenan Event Center

Chico Allen, a Customer Service Advocate from LifeSource, Inc. will be joining us.

"Come learn about the mind and things we can do to maintain mental wellbeing."

...And chocolate will be served to keep our minds happy!

The Visionaries: Low Vision Support Group

Wednesday,
February 21 | 2:00 - 3:00 p.m.
Guignard Dining Room



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

Open to Hope Grief Support Group

Building 5 Multipurpose Room
1:00 - 2:00 p.m.

Wednesdays, February 14 & 28

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

Hearing Specialist

Monday, February 5

Please *sign up* to see Mike Arndt in the Healthy Dynamics Book on Main Street near the Atrium. We will call you to schedule your appointment.



Mindfulness & Meditation

Wednesdays
4:00 - 4:30 p.m.
Guignard Mansion

NO EXPERIENCE NECESSARY!

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

Prescription Medication Disposal

Tuesdays &
Thursdays | 9:00 - 11:00 a.m.
McDowell Front Desk

Bring your outdated or unused prescription medication. ***Please mark through all personal information on the medication label.*** Thank you!

Wellness Checks!

**Mondays &
Thursdays**

9:30 - 11:00 a.m.

Mondays: Card Room 2,
2nd floor McDowell
Thursdays: Spa Room 1,
Wellness Center

Wellness Checks are staffed by our Solutions for Living at Home registered nurses.

Parkinson's Support Group

**Friday,
February 16**

11:00 - 11:45 a.m.
Guignard Dining Room

We welcome those living with Parkinson's Disease and their care partners to join us.

SHARE: Caregiver Support Group

Tuesday, February 6 | 1:30 - 2:30 p.m.
McDowell, 3rd Floor Activity Room

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

Podiatry Services

Wednesdays, February 14 & 28 | **Wellness Center
Spa Room**

Current patients of Dr. Smith can sign up to see her or check your scheduled appointment in the Healthy Dynamics Book on Main Street near the Atrium.

New patient appointments with Dr. Smith are able to be scheduled on a limited basis due to her continued full schedule, and the need to accommodate her existing patients first. Please call **Holly Hartung at 803-995-8133** to join the wait list for an appointment with Dr. Smith.

Bookends Book Club

The Covenant of Water
by Abraham Verghese

Tuesdays: 11:00 a.m.
2/13, 2/27, Keenan 1
3/12, 3/26

Covered Dish Supper

Sunday: 6:00 p.m.
3/31



Solutions
for living at home

A MINISTRY OF STILL HOPES

Introducing the Scheduling Team

SCHEDULING COORDINATOR AVAILABLE 24-7



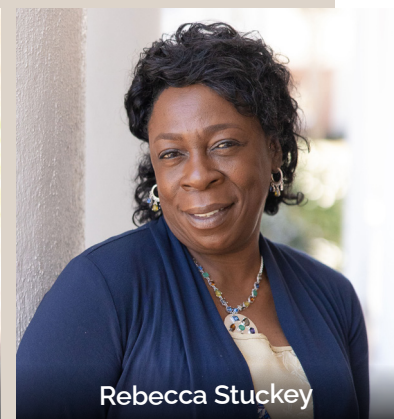
Indira Daniel



Tessa Coleman



Latoya Moore



Rebecca Stuckey

WE LISTEN. WE PLAN. WE CARE.

803-223-6173

Connections

A newsletter for the entire community



STILL HOPES
Episcopal Retirement Community

P.O. Box 2959
West Columbia, SC 29171-2959
stillhopes.org

NONPROFIT ORG
US POSTAGE
PAID
COLUMBIA SC
PERMIT NO 42

A Special Treat for Someone Sweet

This Valentine's Day, show your special someone how loved they are by surprising them with 'A Special Treat for Someone Sweet' box full of treats! Boxes are \$15 and include decorative box with bow, card, and a selection of Valentine's Day themed treats. Boxes will be available for pick up on Wednesday, February 14, 2024 from 11 a.m. - 4 p.m. in the Shoppe on Main or may be lovingly delivered to your special someone by Still Hopes Staff.

The deadline to order a box is February 5th. Available to residents and staff. *To order, contact Life Engagement Specialist, Regina Morin-Sevrie at rmmorinsevrie@stillhopes.org or 803-739-5058.*

Super Bowl Party!

Sunday, February 11

6:30 p.m.

Keenan Event Center

Come watch the football game, commercials and the Halftime Show on the Big Screen.

BYOB and a snack to share!

