

ISSUE : JANUARY 2025

CONNECTIONS

The Still Hopes Community Magazine

Read more about the Greenway
Christmas Tree in the article
Shine brightly in the glorious mosaic
on page 10.



Congratulations Resident Survey Winners

\$400 off One Month's rent

Warren Holland

\$25 Gift Certificate to Lowry's

Doris Stephens

*\$25 Gift Certificate to
Caroline's Café* **Rob Graybill**

\$200 off one month's rent

Clara Smith

Free Wine Dinner for Two

Charles Bussey

*\$25 Gift Certificate to Shoppe on
Main* **Sandra Baker**

*Three hours of Solutions for Living at
Home Services*

Reba Hull

Life Engagement Hair, Alterations & Medical Transportation Services

MAIN STREET HAIR SALON

Jessica Crawford & Rachael Johnson

Monday-Friday

803.739.5017

MEDICAL TRANSPORTATION

Monday-Friday

803.995.8126

ALTERATION SERVICE

DESIGNS BY JUANITA

Every Wednesday, 10:00-11:00 am

McDowell Second Floor Card Room #1

No Cash, Resident Charge Only!

Hollywood Hits

Fridays at 3:00 pm

Keenan Event Center

****UNLESS OTHERWISE NOTED****

January 3

Entrapment

PG-13 | 1999 | 1h 58m

January 10

Friendly Persuasion

NR | 1956 | 2h 17m

January 17

Bruce Almighty

PG-13 | 2003 | 1h 41m

January 18

AMADEUS

Saturday Movie R | 1984 | 3h

*INTERMISSION AT THE HALFWAY POINT OF
THE FILM*

January 24

The Red Shoes

NR | 1948 | 2h 13m

January 31

Captain Phillips

PG-13 | 2013 | 2h 14m

Resident Art Committee to Feature Next Art Show February & March 2025

**A Feminine Touch: Shining a Spotlight on
Five Still Hopes Artists: Sandra Baggette,
Susy, Farrell, Meg McLean, Caroline
Trickey, and Kitty Vickery**

All five artists spent their careers
producing works of art. They exhibited in
galleries, owned galleries, taught
painting in various mediums, and won
awards. The works on display in this
exhibit represent a small sample of life-
long careers focused on developing
their craft.

January Birthdays

01 Robert Holliday	16 Roberta Moore
01 Roy McCrorey	17 Sara Kitchens
06 Reba Hull	17 Ella Pfaehler
07 Roberta Case	19 Dan Dannerbeck
09 Margaret Wilson	19 Carolyn Godsey
10 Mary Duffie	19 Susan Johnson
11 Susan Barron	20 Carmeta Bolt
11 Amaryllis Duvall	21 Elizabeth Allison
14 Susan Boyd	21 Joyce McDonald
14 Sarah Brown	26 Jim Martin
14 Barbara Carter	28 Katherine Stribling
14 David Rembert	29 Bruce Edwards
15 Pam Morris	30 Lynne Mahaffey
16 Eric Benfield	30 Judy Milone
16 Virginia Lacy	31 Kay Clark
16 Joyce Mann	31 Malcolm Fletcher

Welcome New Residents!

Mary and James Augustine
Anita Owens

The Keenan Diaries

TUESDAY, JANUARY 28 | 4:00 PM
KEENAN EVENT CENTER

with New Resident Reception
to follow in the Atrium

Apartment, Cottage, & Concierge Suites

Life Engagement Bus Departure Times

WREATHS ACROSS AMERICA TOUR FORT JACKSON NATIONAL CEMETERY

TUES, JAN 7 | 2:00 PM

AIN'T TOO PROUD- BROADWAY IN COLUMBIA AT THE KOGER CENTER

TUES, JAN 7 | 6:45 PM

GROCERY SHOPPING AT PUBLIX

WED, JAN 6 | 10:15 AM

LUNCH BUNCH AT SOUTH CONGAREE HOUSE OF PIZZA

FRI, JAN 10 | 10:45 AM

ANDY & FRIENDS CONCERT AT TRINITY CATHEDRAL

MON, JAN 13 | 6:15 PM

SC PHILHARMONIC AT THE KOGER CENTER FOR THE ARTS

SAT, JAN 18 | 6:45 PM

THE CZECH NATIONAL PHILHARMONIC AT THE NEWBERRY OPERA HOUSE

FRI, JAN 24 | 6:45 PM

TRIP TO SEE THE WREATHS AT FORT JACKSON

LEARN ABOUT THE VETERANS MEMORIAL AT THE FORT JACKSON NATIONAL CEMETERY BY TOURING WREATHS ACROSS AMERICA IN ITS 15TH YEAR AT FORT JACKSON. WE'LL HEAR THE HISTORY OF HOW THE WREATHS ARE PLACED IN THE CEMETERY BY VOLUNTEERS AND HOW NAMES OF FALLEN HEROES ARE SAID ALOUD DURING THE ANNUAL CEREMONY.

TUESDAY, JANUARY 7 | DEPART FROM MCDOWELL AT 2 PM

Still Hopes Employee of the Month: Baron Moyer



Baron Moyer is phenomenal! He has been managing the catering set-up for orientation for months and it is always setup perfectly. He makes sure to check on the group, is never far away in case he is needed, and gets any requested items quickly. In the year Baron has been at Still Hopes, I have never heard him complain or look even mildly irritated. Baron has also helped setup for other events around campus, making sure everything looks well put together, professional, and welcoming. I have even seen him training staff on how to complete set-ups. Baron is always working on something and is quick to help with a smile. He is a joy to work with and an asset to Still Hopes!

Submitted by: Rachel Hawkins, PHR, Employee Relations Coordinator

"Dear Mr. Sanford, I do want you to be aware that you have an excellent employee in Baron Moyer. In all these months since our moving in, he has been a shining star every time we have been in his presence."

Submitted by: Mrs. Temple

Please honor Baron Moyer as the Still Hopes Employee of the Month. Baron has been with Still Hopes for a little over a year, and I have seen him perform in multiple capacities within the Culinary Department. Not only is he a regular on the PDR waitstaff, but I have also observed that he often works late afternoon or evening special events. I have also seen him working in the Bistro and making deliveries. From the first time I met him in the PDR, I was impressed by his professionalism, competence, and friendly demeanor. Whenever I see him, no matter what the setting, he greets me by name. Let me share one example of Baron's professionalism. Because of current health issues, I usually go to one of our dining venues during a slack serving time and get a take-home order. A couple of days ago, my refrigerator stock was low, and I decided to treat myself to a sit-down lunch at the PDR. I had in mind a complicated order that would allow me to carry food home for later consumption, but I hesitated to ask for it. Fortunately, I was assigned to one of Baron's tables. When I told him what I really wanted, he grasped the idea immediately. He assured me that he could do that. I ordered two entrees with sides, filet mignon and crab cakes, enabling me to enjoy my version of Surf 'n' Turf. When Baron delivered the two meals to me, he split the steak and baked potato into two portions, one for immediate consumption and one to be taken home in the storage containers I had brought. I added one crab cake and portions of the sides to the plate and packed the remainder of the food into my storage containers for home consumption. Then settled in for a marvelous lunch! Baron continued to check on me to be sure I had everything I needed. He was cheerful and professional throughout the entire mealtime. Baron is a keeper!

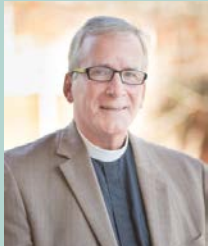
Submitted by: Shirley Kuiper



Employee Appreciation Fund

It is a new year, and we want to start 2025 off with your continued support of the Employee Appreciation Fund. Giving to the fund is your best way to show your appreciation to staff since "tips" are not accepted at Still Hopes for salon, culinary, landscaping, or housekeeping services. You can make a gift monthly, quarterly, or yearly. Your contributions throughout the year are received by staff (except leadership) during the Employee Drop-In at Christmas. The average gift per employee, based on your past contributions, was \$290. That's outstanding! Keep up the good work and share the love with our staff by donating today. For more information, contact me or any member of the Employee Appreciation Fund Committee.

Sincerely,
Wally Fortuna, Chairperson



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*

Morning Prayer

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

Chapel Healing Service

Led by Trinity Cathedral Clergy
**The next service will be held on
Wednesday, January 8 • 11:00 am
Chapel of the Holy Spirit**
*All residents are welcome to attend.
Holy Communion and prayers for
healing.*

Bible Studies

Bible Study

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

Men's Bible Study

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

Class of the Chosen

Season Four

*Thursdays • 10:30 am
Chapel of the Holy Spirit
Begins: January 9th*
This is a video series about Jesus and the disciples with opportunity for discussion. All are welcome.
* Note sheets provided.*

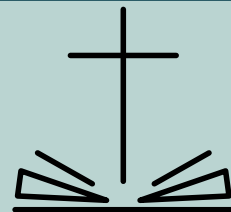
READ THROUGH THE BIBLE IN ONE YEAR

Join Chaplain Doug in reading through the Bible in One Year with the One Year Bible! The One Year Bible includes daily readings from the Old Testament, Psalms, the New Testament and a gospel passage. Chaplain Doug is using the ESV version. Copies available through Amazon or at your local Christian bookstore.

*Mardel in West Columbia has copies in stock
2305A Augusta Road.*

Monday Bible Study

Led by Ella Pfaehler
Mondays • 11:00 am
Chapel of the Holy Spirit



We fondly remember...

SANDRA BAGGETTE
DOROTHY BLONDIN
JOHN HARALSON
MARTHA MEADE
BERNARD MANNING

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

TECHNOLOGY & COMMUNICATION AT STILL HOPES

TUESDAY, JANUARY 21 • 3:00 PM
KEENAN EVENT CENTER

TECHNOLOGY:

MEET THE STILL HOPES IT STAFF,
LEARN ABOUT THE FEE BASED
SERVICES THEY OFFER TO
RESIDENTS, AND HOW TO SET UP
AN APPOINTMENT.

COMMUNICATION:

REVIEW/ UPDATE YOUR CONTACT
INFORMATION IN ALL OF STILL HOPES'
COMMUNICATION PLATFORMS

A DAY OF WELLNESS NEW YEAR, NEW YOU!

JOIN POUT ON DEVINE
STREET AND OTHER
PROFESSIONALS FROM THE
COLUMBIA AREA FOR
FACIALS, BEAUTIFUL NAILS,
MASSAGES, AND MORE!
MAKE YOUR RESERVATION IN
THE LIFE ENGAGEMENT
BOOK NEAR THE ATRIUM.

THURSDAY, JANUARY 30
10 AM - 2 PM
KEENAN EVENT CENTER



Artists for Africa Postcard Art

Artists for Africa is a Columbia-based non-profit organization that provides free arts education programs, academic opportunities and school uniforms to children living in impoverished areas of Kenya. Through fundraising events, individual donations and business partners, Artists for Africa now reaches over 1,000 students each year.

The Postcard Art Event, a fundraiser held each year in February, is an art sale in which artists are asked to contribute postcard-sized (4"X6") canvases of their work. For the 2024 event, 17 Still Hopes artists contributed 40 pieces to the sale, and many attended the art show and cocktail hour. In 2025, twenty artists are participating. Their work will be exhibited on main street in early February.

Contributing artists may attend the Artists for Africa event free of charge, and any others who would like to attend can purchase an advance ticket through Still Hopes for \$35. Please sign up in the Life Engagement Reservation Book to reserve your seat on the bus. If you would like to make a monetary donation to support the work of Artists for Africa, please give your cash or check (made out to Artists for Africa) to Fran Wheeler, Apt. 5103. Donations are tax-deductible. The Still Hopes donation will be presented to Artists for Africa at the Postcard Art Event.

Afternoons with Andy Armstrong Chamber Series at Still Hopes

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.

Six performances,
ten internationally celebrated
artists



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

Thursday, January 9 at 4:00 pm



Guitarist
Mak Grgic

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



Christmas on Main

A LIVE NATIVITY AND THE CHRISTMAS STORY

Eleven-year-old Brenn Dowdey loves her grandmother, Georgia Brennecke. She also loves being in the company of Georgia's friends, especially those who live at Still Hopes, and those who are members of her Mother-Daughter/Grandmother-Granddaughter Book Club. Each year "Brenn and Friends" act out a very simple 'live' Nativity and share the Christmas Story. Residents Caroline Jones and Susan Boyd performed as angels. Little brothers and sisters of Brenn's friends participated as shepherds, animals, Mary, and Joseph as well as wisemen. The Keenan Center was buzzing with the Christmas spirit where preschoolers to 14-yr-olds overcrowded the stage. The joyous occasion marks the second year of Christmas on Main Street where residents and Brenn's friends made holiday crafts after the performance, snapped photos with Holly the Elf, and drank cups of hot chocolate from the Hot Chocolate Bar.

Brenn & Friends: Mary Bond Warren, Bill Warren's granddaughter; Triplets, Ellen, Sophie, and Sarah Major; Laura Bokinsky, John Barr's granddaughter/Nell Barr's great granddaughter; Grace Hewett, Emmy D'Alberto, Beatrice Depass, and Brenn Dowdey, granddaughter of Georgia Brennecke and niece of Nancy Brennecke.



Christmas Markets on the Rhine

PRESENTED BY FRAN WHEELER

TUESDAY, JANUARY 14

3:00 PM

KEENAN EVENT CENTER

Still Hopes Medical Transportation

Medical Transportation with Life Engagement is on a first come, first serve basis, and is provided Monday through Friday. The office is closed on observed holidays such as Christmas and Easter.

Transportation leaves as early as 8:00 am with the last appointment of the day being a 2:00 appointment. Earlier appointments may be available upon request. Advance notice is required to schedule transportation to a medical appointment. We cannot guarantee transportation for medical appointments made without advance notice.

For the schedule to run smoothly we schedule on the half hour. For example, if you have a 10:00 appointment we will pick you up at 9:30. If you have a 10:15 appointment we will pick you up at 9:30. We request that you are early for your scheduled pick-up time. If you are 10 minutes or more late for your scheduled pick-up time, it may be necessary to reschedule. Transportation operates effectively for everyone when residents are prompt.

If you have a scheduled medical/dental appointment for 2025 and need our service, please call to get on our schedule now. We will make every effort to accommodate your request provided we have adequate notice. Contact Transportation Coordinator James Gary at 803.995.8126.

Lunch Bunch

SOUTH CONGAREE HOUSE OF PIZZA

FRIDAY, JANUARY 10

10:45 AM

DEPART FROM MCDOWELL ENTRANCE

BY RESERVATION, SELF PAY

The Czech National Philharmonic

Newberry Opera House

Friday, January 24, 2025

Depart: 6:45 pm

Concert: 8:00 pm

By Reservation, Resident Charge
Register in the LE Reservation Book!

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.

SHINE BRIGHTLY IN THE GLORIOUS MOSAIC

* * * * * By Michelle Rabon

Renowned author Henri Nouwen writes, "Nothing is easy about community." He defines it as "a fellowship of people who do not hide their joys or sorrows but make them visible to each other as a gesture of hope." At Still Hopes we are a community of people - residents, employees, families. Together we become sources of healing and happiness for one another, drinking of one cup, celebrating the ups and downs of our lives together. Nouwen, ever the visionary, also describes community like a mosaic - we are little stones, all contributing equally to make a collective, beautiful masterpiece.

When I pitched that a sustainable Christmas tree may be a good option for our Greenway entrance, true to Nouwen's words, my part of the community didn't hide their feelings. "That doesn't sound elegant, or Christmas-y." "The red and white Christmas ornaments are beautiful, why not decorate Greenway again with them?" "I can't see it - dehydrated oranges on a Christmas tree?"

While I was willing to take a failure on the vision, staff continued to talk about it, each researching photos of sustainable trees, embracing the colors of ivory, brown, sage green, and orange. I was still anxious, yet hopeful in the execution. The little stones were at work - a masterpiece was in the making. I could feel it!

As with the 12.5 foot Greenway tree, we were going into our fourth year with the same Christmas tree themes in several other neighborhoods. If you have lived in the Still Hopes community for many years, I figured you were ready for the mosaic to change. And it happened... all over the community. Veronica Imel, Life Engagement Specialist in Rose Gardens, repurposed the red and white Christmas tree ornaments from Greenway and River Banks. She decorated memory care into divine merriment. Kimberley Koon, Life Engagement Coordinator, met with residents and staff in assisted living. Many residents had lived near the coast and were missing

the beach. With their help, Coastal Christmas came to life this year in the River Banks neighborhood. In Jane Bruce Guignard, skilled nursing enjoyed a royal blue theme, while a winter wonderland unfolded in Sanders Rehab. In Apartments, Cottages, and Concierge, there are candy land trees in Keenan, and a winter tree fit for the merriest of snowmen in the library. Nutcrackers grace the inside and outside of McDowell this year. Life Engagement Coordinator Holly Crawford has a magical touch with decorating. You can see her lovely bows and precise placement of ornaments in almost every tree and entranceway.



I also fell in love during our research of trees with an old-world Christmas tree. Take time to visit the Mansion and see our version of this elegant Christmas tree, especially at night, complete with Victorian candles. It is glorious.

Finally, marvel a second or two at our pride and joy. The sustainable tree in Greenway came together in such collaborative ways between Life Engagement, Landscaping, and Culinary Services. From the chandelier to the manger, the swag over the mantle and loft, to the

dehydrated oranges and apples, paper ornaments, magnolia and blue cypress from the grounds, one can surely feel the love of community at Still Hopes.

We are quite a collective masterpiece here. May you shine brightly in the mosaic this New Year.

Special thanks to Culinary Services for collaborating with Life Engagement on the sustainable tree in Greenway. They dehydrated the oranges and apples (with cinnamon) you see on the tree. To the landscaping team, especially the partnership of Britney Burnside, thank you for your beautiful work in setting up the outdoor Christmas displays.

Join us in "undocking the halls" at Still Hopes after January 6 as we mark the final celebratory day of the Christmas season and the beginning of Epiphany.



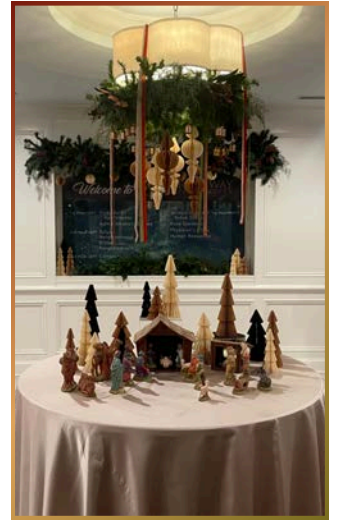
Mansion



Rose Gardens



River Banks



JBG



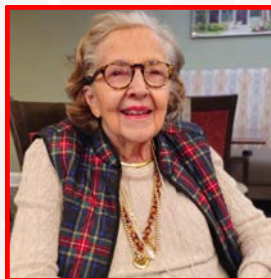
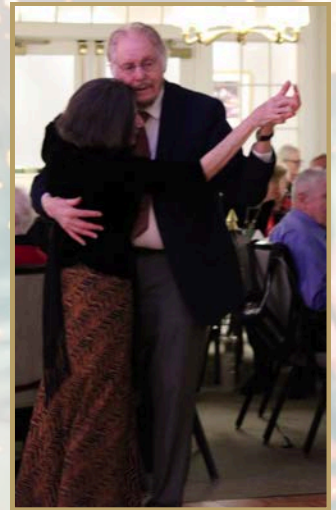
Keenan Center



McDowell



CHRISTMAS AT STILL HOPES





ALL ABOARD: Vintage Trains Ahead

A five-year-old Walter Edgar wrote Santa for train parts and toys (see photo of letter below). That Christmas, the bell rang for Walter and his belief in Santa was confirmed. He received all that he asked for and more. This Christmas, Walter (engine from 1949), Jim Newcomb, and Mike Murrell (engines from 1949-50) showcased their trains from Christmas' past at a Model Train Display at Walter's cottage. Residents attended from all neighborhoods to watch the trains race through villages, and scenery set up by Walter and his model train enthusiasts.



Literary Lecture Series

Presented by Dr. Don Greiner, Carolina Distinguished Professor of English, USC Dean of Undergraduate Studies, and Vice Provost for Academic Affairs

**Wednesdays
at 3:00 pm
in Keenan 3**

- January 8* | **Kate Chopin - The Awakening**
- January 15* | **Edith Warton - Summer**
- January 22* | **William Faulkner - The Unvanquished**
- January 29* | **The Last of the Belles & Babylon Revisited**
- February 5* | **John Steinbeck, Cannery Row**
- February 12* | **J.D. Salinger, Franny and Zooey**

Don will focus his comments on the assigned reading materials, and then welcome conversation with discussion and questions. Registration is required in the Life Engagement reservation book. Featured books will be available for purchase in the Shoppe on Main. Links to the reading materials will also be provided. Reading is required. It is important to purchase the materials from the Shoppe on Main or to use materials from the provided online list.

The chosen material is specific to the lecture and pagination will be utilized.



MALLETS & Merriment

**A GAME OF CROQUET,
HOT CHOCOLATE & COOKIES!**

Thursday, January 2

3:00 PM

**Susan Boyd Croquet Court
and Pavilion**



TEAM TRIVIA

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

RESIDENT POETRY AND WRITING PRESENTATION

Join the budding poets and writers who have been attending Charles Israel's classes last year and hear their beautiful poems, and stories.

**THURSDAY, JANUARY 30 | 3:00 PM
KEENAN EVENT CENTER**



Bingo Bonanza!

**TUESDAY, JANUARY 7
4:00 PM
KEENAN EVENT CENTER**

WIN LIKE NEVER B-4!



RECYCLING SURVEY RESULTS

**PRESENTED BY THE STILL HOPES
ENVIRONMENT & GROUNDS COMMITTEE**

**THURSDAY, JANUARY 16, 2025
3:00 PM
KEENAN EVENT CENTER**

NEW YEAR MUSINGS ON THE YEAR AHEAD

By Judy Milone

The practice of making resolutions at the time around January 1 is at least 200 years old and maybe even older. Writings have been found from the late 18th century of people making “pledges” for the immediate future. And for all of that time, resolutions have been broken. Most usually, resolutions are too ambitious, too lofty, defy realistic expectations and are not based on knowledge of what we really can and cannot change.

Still, the practice of committing to do better or different in the new year is not a bad one and can have positive effects. Experts suggest reframing resolutions to small, time-limited goals that you know are within your reach. Change one daily habit a week for example. Another practice is to reframe goals to “areas of concern” such as time better spent, but then choose one change to make. Read below how one Still Hopes resident uses this approach. Also, have goals that are enjoyable- to see more movies, listen to more music, get back to a hobby you let go. Building in supports and accountability {walking with a friend} to any goals you have also often helps.

Both the Wellness Center and Life Engagement have some new ideas percolating for the new year and invite us all to give them a try. To start, Wellness will offer a Brain Boost program [I’m curious!] and a Still Hopes 5K fun walk. Building on last year’s successes of the balance class and Catch Me if You Can walking competition [which may have a third competitor this year] those activities will return. Why not check one out? Or try one of the regular pool and exercise classes that exist. All you do is show up and do the most you can. Olympic athleticism is not required!

Similarly, Life Engagement, whose calendar is already jammed pack, promises croquet lessons on the new court, New You communications and technology programs, and a day of facials and massages. Just step a bit outside your comfort zone {and apartment} and give something new a try. Studies show over and over that socialization is just as important as physical exercise for a healthy life as a senior. Be realistic- but be there!

Still Hope is filled with residents who serve as role models: who inspire, go the extra inch, perhaps push themselves a bit. One fine example is Julia Whitsitt, who has resided with her husband Robert Morris in building 5 since September 2022. Perhaps you’ve seen her walking, or swimming, activities that she is more than disciplined about- and in which she takes great pleasure. You’ll see Julia in these activities {joined by Robert when possible}, but she acknowledges that she’s been paring down somewhat given the realities of her health. Julia is realistic and listens to her body and is filled with gratitude about what she can still do rather than regret about what she can no longer do. She adds: “I like to set a focal point for each day or even each specific exercise, such as ‘walk in the forest, appreciating each tree’, or ‘swim smoothly, imagining an eel sliding through the water’. I can manage one concrete action/thought at a time better than a more nebulous ‘be mindful.’

Julia’s life exemplifies her energy and hard work. Born and raised in rural Wisconsin, she attended college in Pennsylvania and earned her doctorate in English at UC Berkeley, with a specialty in Modern and Victorian English poetry. She then taught at Texas Tech after which she and Robert, a Spanish professor, decided they preferred a smaller academic venue and reclaimed Robert’s southern roots, both teaching at Lander University in Greenwood. Julia especially loved teaching first-generation college students and witnessing their excitement when introduced to fine writing and new ideas.

Julia demonstrates an inspiring amount of discipline. Rising daily very early, she uses the machines at the Wellness Center, then does pool laps and walking [outside preferable] several days a week. The rest of the day she enjoys reading, crossword puzzles and teaching a Spanish course online. Experienced travelers, Julia and Robert have been able to take extended stays in Spain, Cuba and Mexico, where they indulged their real passion of scuba diving and photography. While this is no longer possible for either of them, the positive attitude remains of cherishing good memories and doing what they can today!

None of us truly knows what 2025 holds. There are so many factors outside our control and unknown to us. But if we are honest with ourselves, we know the promises we can make that will result in a more satisfying life for us individually and for the communities we live in.



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

NEWS YOU CAN USE!

Thursday, January 23

3:00 pm

Keenan Event Center

We will enjoy the many benefits of chocolate, too!

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.

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, February 21

11:00 am - 11:45 am

Keenan Room 3

PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith
will be at Still Hopes in the
Wellness Center Spa Room
on Wednesday, January 15 &
Wednesday, January 29

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.

Low Vision EXPO

presented by

The SC Assistive Technology Program

Wednesday, January 15th

1:00pm – 3:00pm

Keenan Event Center

Call Kim Carpentier with any questions at
803-739-5047.

Clearing the Path & Finding The Way: Dementia Resource Group

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

Tuesday, January 14 | 1:30 pm-2:30 pm

McDowell 3rd Floor Activity Room

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

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.

Hearing Services

Hearing Device Specialist
Mike Arndt

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

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

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
January 1, January 15, and
January 29
Guignard Music Parlor

SHARE: *Caregiver Support Group*

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

Tuesday, January 7
1:30 pm-2:30 pm
McDowell 3rd Floor Activity Room



Congaree Neighborhood enjoys Jim Newcomb's train during Christmas

Chug-chug, whoo-who, clackety-clack....! What wonderful sights and sounds. Thank you, Jim Newcomb, for sharing your model train with the Congaree Neighborhood. Residents, employees, and families were in sensory overload, mesmerized by the train circling under the Christmas tree, and Santa's All Aboard call!

WELLNESS CENTER

LIVE WELL & THRIVE IN 2025



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

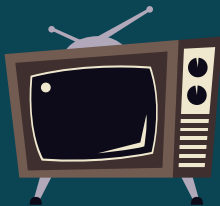
Classes to increase strength, stamina, flexibility, and balance while reducing pain and stiffness. Check out the front desk of the Wellness Center for a copy of the 2025 class schedule.

TAI CHI

Tuesdays at 3:00 pm

Join Dan Bernardo, head instructor of Well Within Martial Arts, on a holistic journey to balance, mobility, coordination, and overall, more confidence in movement. We will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair, as well as standing. There is a \$10 charge associated with each class that you attend, charged to your monthly bill. No registration required. Takes place in the Petite Studio in Hopewell.

Virtual Exercise Classes



Still Hopes TV
Channel 1390
Monday-Friday
10:00 am.

Catch Me If You Can Mileage Challenge

YEAR 3!

We welcome back our third year of competition in our Catch Me if You Can Mileage Challenge. Kickoff will begin on Monday, March 3, 2025, and will end on May 2, 2025. We will be posting more information on the Hub and in mailboxes about the competition and our informational sessions that will be held in February 2025. Time to take back the victory in 2025!

YOGA CLASSES

Chair Yoga

Tuesdays and Thursdays at 1:30pm

Session Starts: January 14th

Session Length: 6 weeks

Petite Studio in HopeWell

Participants will be engaged in learning and performing movements surrounding the six motions of the spine. They will be increasing mobility and flexibility from the foundations of their "feet and seat". There will be breath work and practicing breathing techniques to increase lung capacity and to help with emotional aspects of life. We will also focus on increasing our range of motion and balance as well as strength, with the support of a chair. Different props will be used periodically during these lessons. Chair Yoga is wonderful a practice to enhance our lives while both internally and externally.

Mindfully Moving with Monica

Thursdays at 11:45 am - 12:30 pm

Session Starts: January 16th

Session Length: 6 Weeks

Participants will be engaged in a variety of mindful movements surrounding the spine, utilizing their entire bodies. There will be floor mats and chairs as well as a variety of props used to enhance our practices. This is a type of Yoga that also focuses on increasing mobility and flexibility from the foundations of the entire body in some sort of way throughout the lessons. Balancing skills are more prevalent within these lessons and increasing our range of motion and building strength will also be important aspects of this practice. Breath work and breathing techniques are introduced and performed throughout each lesson. Mindfully moving our bodies with a certified Yoga Instructor is a powerful and life changing practice.

Cost for Yoga Session

1 Class per Week- \$60.00

2 Classes per week- \$120.00

3 Classes per Week \$180.00

A Message for the New Year from Solutions

As I reflect on this past year, I am grateful for the blessings of our clients, client families and caregivers who support Solutions for Living at Home. Thank you for your trust and partnership enabling us to perform home care services for your loved ones. As the new year is almost here, we are gearing up for a busy and rewarding 2025. But before the ball drops, I would like to take a moment to reflect on the impact we have made together in 2024.

- **317 clients served** with a total of **242,274 hours** of dedicated home care services.
- Awarded **“2024 Best in Experience,” “Provider of Choice,” and “Employer of Choice”** from Home Care Pulse, the leading firm in experience management for home care agencies and endorsed by the Home Care Association of America.
- Completed 67 healthcare facility visits and attended over 160 networking events within the community.
- Grew our dedicated team to include **348 Solutions Partners** and **12 office team members** all committed to delivering the highest quality care.
- **Care Management Services launched** in October 2024 providing oversight and advocacy to those needing support beyond traditional home care. Jennifer McEntire, with extensive healthcare experience and a deep passion for helping others, now serves as our Professional Care Manager.

Make way for 2025! We are looking forward to the future of home care and how we can continue to best serve our clients. I am excited to watch how emerging technologies, new community partnerships and expanded services impact our current and future clients’ quality of care – it is truly an exciting time in the field of aging services.

Thank you again for your unwavering support. As we step into the new year, let us do so with fresh hope and renewed spirit.

Blessings,
Esther H. Ilderton
Director





STILL HOPES

Episcopal Retirement Community

P.O. Box 2959
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year in the
Adult Day Program!
Rose Gardens
Neighborhood

For more information contact Marketing at 803.995.8075