



ISSUE : FEBRUARY 2025

# CONNECTIONS

The Still Hopes Community Magazine





Make a paw-sitive difference like K-9 volunteer Mudd does monthly for resident Elliott Cooper through our Pet Touch Therapy program. Turn to page 6 to learn how you, too, can share your gifts as a volunteer at Still Hopes

## Cherished Community Connections

*Monday, February 3 - Monday, February 17*

Residents and staff, display your photos of Cherished Community Connections on the Main Street wall (across from Keenan) or the Greenway wall (near Caroline's Café). Share photos of your picture-perfect loves, treasured moments with friends and family over the years, or heartfelt memories on the walls. Bring your photos and use materials and clips provided to hang them. Let's build a community canvas of love on these walls together.

<b>Hollywood Hits</b>	
Fridays at 3:00 pm	
Keenan Event Center	
**Unless otherwise noted**	
February 7	<b>Brigadoon</b> G   1954   1h 48m
February 14	<b>Crazy, Stupid, Love</b> PG-13   2011   1h 58
February 15	<b>My Best Friend's Wedding</b> PG-13   1997   1h 44m
February 21	<b>The Producers</b> PG   1967   1h 28m
February 28	<b>Hit Man</b> R   2023   1h 50m

# LOVE & LAUGHTER FEST

Featuring Christian Humorist Cherie Nettles

**Tuesday, February 11, 2025**  
**7:00 pm**  
**(Doors Open at 6:30 pm)**  
**Keenan Event Center**



Join us for a night of unforgettable fun at the Love and Laughter Fest, where humor meets heart! Featuring local Christian humorist Cherie Nettles known for her sharp wit and infectious energy, this event promises to leave you in stitches while celebrating the lighter side of life. Valentine theme cocktails and mocktails will be available for purchase in the Atrium at 6:30 pm.

## February Birthdays

01 Patsy White	13 Fred White
02 Ellen Moore	14 Phillip Wackym
03 Bill Belvin	15 Jan Cambre
04 Anita Durden	15 Dorothy Davis
05 Teri Kuhs	17 Joe Jones
05 Peter Wickersham	18 Karl Snyder
07 Alice Wyatt	19 Chuck Braun
08 Ann Olmert	20 Keller Barron
09 Alex Dickson	20 Tru Kelly
10 Faith Divisek	20 Harriet McElveen
10 Caroline Ellerbe	21 Sandra Pherigo
10 Skip Kugler	22 Jackie Hinson
10 Libby Laffitte	25 Bob Barnett
10 Sarah Wilson	26 Danny Blackwell
11 Criss Blackstone	27 Gladys Robertson
11 Ann Reid	28 Margie Brown
12 Ranel Mencarelli	28 Jim Newcomb
12 Bert Sullivan	28 Eli Wishart
13 Carol Tittle	

## Welcome New Residents!

Mary & James Augustine,  
 Angela & Parker Barnes,  
 Wayne Herman, Anita James,  
 Judith Roberts, Carroll & David Williams

## Hearts & Hoops Croquet



PLEASE REGISTER IN THE LE  
 RESERVATION BOOK!

**Thursday**  
**February 20, 2025**  
**2:00 pm**  
**Susan Boyd Croquet**  
**Court & Pavilion**

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

**GROUNDHOG DAY CABARET AT UNITARIAN  
 UNIVERSALIST CONGREGATION OF COLUMBIA**  
 SUN, FEB 2 | 6:15 PM

**GROCERY SHOPPING AT PUBLIX**  
 WED, FEB 5 | 10:15 AM

**USC SYMPHONY ORCHESTRA CONCERT AT THE  
 KOGER CENTER**  
 THUR, FEB 6 | 6:45 PM

**STEEL MAGNOLIAS AT TOWN THEATRE**  
 SUN, FEB 9 | 2:15 PM

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

**LUNCH AT FIGARO'S AND TOMMY DORSEY AND  
 ORCHESTRA AT THE NEWBERRY OPERA HOUSE**  
 THUR, FEB 13 | 12:00PM

**TRIP TO PETS INC**  
 WED, FEB 19 | 11:00 AM

**ARTIST'S FOR AFRICA POSTCARD ART GALA**  
 THUR, FEB 20 | 5:45 PM

**SC PHILHARMONIC CONCERT AT THE KOGER  
 CENTER**  
 SAT, FEB 22 | 6:45PM

**BACH VESPERS AT TRINITY CATHEDRAL**  
 SUN, FEB 23 | 3:30 PM

**SIX THE MUSICAL - BROADWAY IN COLUMBIA AT  
 THE KOGER CENTER**  
 TUE, FEB 25 | 6:45 PM

**BRUNCH BUNCH AT THE ORIGINAL PANCAKE  
 HOUSE**  
 FRI, FEB 28 | 9:30 AM

## Still Hopes Employee of the Month: Neisha Kitching

Niesha has been a consistent asset to Still Hopes and the Assistant Living department. She remained a constant factor in the absence of both an Assisted Director of Nursing (ADON) and a Unit Coordinator. As staffing has grown recently with a new ADON and Unit Coordinator, Niesha operates in many roles as the new members become acclimated.

**Submitted by: Timeka Walker**



I am honored to nominate Niesha for Employee of the Month. As a long-standing employee of Still Hopes, Niesha has consistently demonstrated reliability and a strong work ethic. She is always willing to go the extra mile and is a true team player. Niesha has a remarkable ability to assist wherever needed, whether it's lending a hand to her colleagues or stepping in to help residents with any requests or concerns. Her compassion shines through when she interacts with residents, as she is always eager to ease their anxiety and ensure their comfort. Niesha's dedication to her team is equally admirable; she supports her colleagues and is always ready to offer help, making her an invaluable resource to everyone around her. Her loyalty to Still Hopes is clear, and I am incredibly grateful to have her on our team. I truly believe that Niesha will continue to accomplish great things, and I look forward to seeing her grow even further within our organization. Thank you for considering Niesha for this well-deserved recognition.

**Submitted by: Nikki Robertson**



As a new Director of Nursing (DON) here at Still Hopes in the past month, it has already been apparent to me that Niesha is truly devoted to the well-being of the residents. She carries herself with integrity and purpose in her daily work and does so with a smile in her heart. She has been a great help to me in these early days in this role and I look forward to working with

her to continue to bring joy to the lives of our residents as well as help her grow professionally.

**Submitted by: Leigh Thomas**



## Peeps & Pals

Visit Baby Chicks in the Riverbanks  
Activity Room

Tuesday, February 4, 2025 • 10:15 am

Meet in the HopeWell Lobby and  
walk over as a group!





# 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*

## Chapel Healing Service

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

### We fondly remember...

**BETTY SISK**  
**EMMA LAFFITTE**

## Bible Studies

### Monday Bible Study Led By

**Ella Pfaehler**

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

### 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*  
This is a video series about Jesus and the disciples with opportunity for discussion. All are welcome.

\* Note sheets provided.\*

## BOOKENDS: STILL HOPES BOOK CLUB

LED BY MICHELLE RABON, DIRECTOR OF LIFE ENGAGEMENT

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

**CURRENTLY READING:** *James* by Percival Everett    **UP NEXT:** *The Women* by Kristin Hannah

**Tuesdays  
11:00 am  
Petite Studio/  
Wellness Corridor**

## 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



KAY VISITS WITH A  
FURRY VOLUNTEER!

## CALL FOR VOLUNTEERS:

### Where Stories and Laughter are Shared

In every community, there exists a special group of individuals who bring warmth, joy, and companionship to those who need it most. I invite you to join us in a heartfelt mission to serve the residents in our Greenway Neighborhoods.

Imagine a place where stories are shared, laughter fills the air, and friendships blossom. Our residents, who may be facing health challenges, thrive on connection and engagement. They cherish the simple joys of life, whether it's reading the daily newspaper, receiving a letter from a loved one, or simply enjoying the company of a friendly and interesting visitor.

We are currently seeking compassionate volunteers to help brighten their days through various activities:

- Reading and Sharing: Spend time reading newspapers, magazines, or books to residents, sparking conversations and sharing news from the world beyond Still Hopes.
- Visiting: Your presence can make a world of difference. Engage in heartfelt conversations, listen to their stories, and offer companionship.
- Dog Visits: If you have a friendly dog, consider bringing your furry friend for pet touch therapy. The joy that animals bring can be incredibly uplifting. (Pet Orientation and Vaccinations Required)
- Leading Activities: Help organize and lead fun activities such as games, music sessions, or educational classes that promote social interaction and well-being.
- Strolls Inside & Outside: Take residents on leisurely strolls around the community, into the forest, or croquet court, to enjoy fresh air and the beauty of nature.
- Crafts and Creativity: Share your artistic talents by leading craft sessions where residents can express themselves and create something beautiful.

Volunteering is not just about giving your time; it's about building relationships and making lasting memories. Whether you can spare a few hours a week or a month, your efforts will be deeply appreciated and will have a significant impact on the lives of those you serve.

Join us in this rewarding journey. Together, we can create a nurturing environment where our residents feel valued, loved, and engaged.

If you are interested in volunteering, contact Michelle Rabon, Director of Life Engagement, at 910-367-9711 or [mrabon@stillhopes.org](mailto:mrabon@stillhopes.org).



VOLUNTEERS RUTA AND SUSAN TEST  
OUT A GAME FOR RESIDENTS.

# Afternoons with Andy Armstrong Chamber Series at Still Hopes

Six performances,  
ten internationally celebrated artists

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

## Andrew Armstrong

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

## Gifts to Afternoons with Andy Armstrong Chamber Series

The series is designed to afford residents at Still Hopes the opportunity to experience amazing music, without leaving their home. No travel required to another destination. Gifts support an intimate setting in the Keenan Event Center for all residents, and a unique gathering with the artists after the concert in the Atrium. Our 2024-25 goal is \$30,000.



Support the Chamber Series using one of the following options:

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

- Use the QR Code to contribute online



## CHAMBER SERIES SCHEDULE

**Violinist 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

## NEXT ON THE KEENAN STAGE:



**Pianist Orion Weiss**  
Thursday, February 13  
4:00 pm  
Keenan Event Center

## A FEMININE TOUCH: SHINING A SPOTLIGHT ON FIVE STILL HOPES ARTISTS:

Sandra Baggette, Suzy 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.

A "painterly colorist" working in oils describes the late Sandra Baggette's lifelong approach to her art. Her early enthusiasm for color and flowers was enhanced by travels in Italy and France, where she had the privilege to paint in Monet's gardens, an experience which played an important role in her art. She exhibited in over 100 juried shows in the US and earned numerous awards at local and regional Virginia and South Carolina shows; among her most cherished accolades were those awarded at the Piccolo Spoleto Outdoor Art Exhibition in Charleston, where she received Merit awards in 2008 from Jonathan Green and in 2011 from Juan Logan. Additionally, her work was accepted for the 2009 Hilton Head Art League National Juried Show. She owned the Garden Studio Gallery in Port Royal, SC, for over 40 years and was long time a member of the Atelier Off Bay Cooperative Art Gallery in Beaufort, SC.



Clare (Suzy) Farrell began her art career as a young mother after her children began school, and she earned an MA and MEd in Art at USC. Her career began when she sold her first pieces at a sidewalk show in Greenwood, SC in the mid 70's and continued until 2020. Among her numerous awards and honors are Best in Show at the Waccamaw Arts and Crafts Guild Exhibition in 1996; Grumbacher Bronze Medal 1982 and 1992 from the Southern Watercolor Society; Best in Show in 1990 Friends of the Coast Watercolor Exhibit; and First Place in the 1992 University of South Carolina Alumni Art Competition. Her art appears in numerous corporate collections, including the McKissick Museum at the University of South Carolina, Duke University, Wachovia Bank & Trust, Coca-Cola, RJR-Nabisco, and the South Carolina Arts Commission. She has exhibited her work in various individual and group shows including the Sumter Gallery of Art, Anderson Arts Center, the Cultural Council of Richland and Lexington Counties, and the Columbia Museum of Art.



Meg McLean began her award-winning painting career in the mid 70's, to include Best in Show in 2014 in the Trenholm Artists Guild show, and a Second-Place award in the Arts on the Ridge Juried Exhibit in 2016, among numerous other awards. Her work has been included in abundant juried shows, traveling exhibits, and

Private collections on the East Coast. In her watercolors and acrylics, Meg makes use of bold color, repetition of pattern, and the dramatic effects of sunlight and shadow. Whether the subject matter is a vase of flowers in the window or a row of desks lining a hallway, the pattern created by strong sunlight is the unifying factor. Her travels in Provence and Greece provided her the opportunity to paint from those experiences. Meg has done dozens of portrait commissions. She was selected to paint two steel trees in the Palmetto Tree Project and was invited to do two watercolor paintings of historic houses. *(Continued on page 9)*



(Continues from page 8) which now hang in Doko Manor in Blythewood. Meg was superintendent of fine arts at the State Fair for 11 years. She taught art at St. Peter's School in Columbia before beginning work at Columbia College as publications designer. She is an active member of the South Carolina Watercolor Society and the Trenholm Artists Guild.



Caroline Trickey began her artistic career in Cleveland where she exhibited paintings until she moved to Chicago in 1981, where she sold many commissioned watercolor paintings of children. In 1986 Caroline worked in a local art gallery and displayed her own work in the Blue Moon Gallery. She taught watercolor painting at the Chagrin Valley Art Center. After moving to Charleston in 1995, she served as a watercolor instructor at the Gibbes Museum for several years. She was a founding member of the Charleston Artist Guild Gallery where she displayed her work. After she moved to North Carolina in 2015, she began teaching watercolor painting in her lakefront Connestee Falls art studio and gallery. She has won numerous awards in Ohio,

Charleston and Brevard art competitions. Caroline describes her work as painterly, incorporating color and strong patterns, as well as the creative use of light to express emotion and mood. She has painted in both oil and watercolor media. Subjects of her paintings include people, animals, and landscapes.

### ART EXHIBIT OPENING RECEPTION

#### A Feminine Touch

Thursday, February 6, 2025

4:00 PM

Emilie's Café/Hopewell Lobby

Kitty Vickery began her art career as a young mother taking art classes with a grammar school art teacher. She has studied under numerous art instructors in Columbia, Myrtle Beach, Pawleys Island, Georgetown, and Atlanta. She won "Best in Show" at Brookgreen Gardens art show in the late 90's and several placement awards in other shows throughout her career. She opened the Georgetown Art Gallery with two other artists in the early 90's, where she sold her work for several years. She donated many art pieces to churches, to libraries, to Brookgreen Gardens of the Low Country, and to charity events for auction. Her work uses various mediums, including oil, acrylics, watercolor and colored pencils.

## Literary Lecture Series

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

**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.*



**WEDNESDAYS  
AT 3:00 PM  
IN KEENAN 3**

# Community Services

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



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

## 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.

**February 12 & February 26**  
**1:00pm – 2:00pm**  
**Guignard Music Parlor**

## Hearing Services

**Hearing Device Specialist Mike Arndt**

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

## 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 28**  
**11:00 am - 11:45 am**  
**Keenan Room 3**

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

Open to all residents who are care partners to those navigating cognitive challenges.  
**Tuesday, February 11 | 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

## PODIATRY SERVICES

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

Please sign up to see Dr. Smith in the Healthy Dynamics book on Main Street. We will call you to schedule your appointment.

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

## SHARE: Caregiver Support Group

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

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

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

## HEALTHY DYNAMICS

### NEWS YOU CAN USE!

Thursday, February 27 at 3:00 pm

Building 5 Multi-Purpose Room

Join us as we celebrate  
American Heart Month!

### Special Guest

**Robby Stewart, Pharm D,**

from Triangle Pharmacy, will  
educate us on the Importance of  
Heart Health.



*We will be heart-healthy with  
chocolate in hand!*

## Life Engagement Services

### MAIN STREET HAIR SALON

Jessica Crawford & Rachael Johnson

Monday-Friday

803.739.5017

### ALTERATION SERVICES

#### DESIGNS BY JUANITA

Every Wednesday, 10:00-11:00 am

McDowell Second Floor Card Room #1

No Cash, Resident Charge Only!

### MEDICAL TRANSPORTATION

Monday-Friday

James Gary, Transportaion Coordinator

803.995.8126



## TEAM TRIVIA

**MONDAY NIGHTS AT 5:00 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.

## 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**

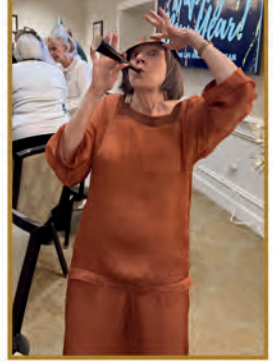
**Wellness Checks are performed  
by our Solutions for Living at  
Home staff members.**

*The Keenan Diaries*

TUESDAY, FEBRUARY 25 | 4:00 PM

KEENAN EVENT CENTER

*with New Resident Reception  
to follow in the Atrium*



**NYE** RINGING IN THE  
**NEW YEAR ON**  
**STILL HOPES TIME**

NEW YEAR  
 COUNTDOWN  
**00:03:39**  
 HOURS MINS SECS

PARTIED LIKE  
 IT'S 2025... BUT  
 MADE IT HOME  
 BEFORE MIDNIGHT  
 A.K.A 9:00PM!



# STILL HOPES SINGERS

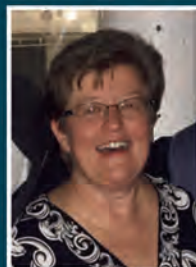
*REHEARSALS RESUME WITH NEW CONDUCTOR*

**WEDNESDAYS AT @ 3:30PM  
KEENAN EVENT CENTER**

*Beginning February 12*

**Come meet the new conductor,  
Camille Jones, enjoy  
refreshments, and rehearse on  
Wednesday, February 12.  
Rehearsals will be in the  
Keenan Event Center  
at 3:30 pm.  
Bring a friend!**

## About Camille Jones



Camille Jones, aka, Ms. Cornmeal, graduated from the University of South Carolina in Columbia with her Bachelor's of Music (1986) and Master's in Music Education (1997). She has attained her National Board Certification and Recertification. Camille has re-retired after 36 years of teaching in Lexington One: 2 years at Indian Land (Lancaster County), 31 at Gilbert Middle and High teaching choir, 1.5 years at Red Bank Elementary and Rocky Creek Elementary teaching general music. She just re-retired for the 3rd AND FINAL time from Beechwood Middle School Choirs in Lex1. She co-directed the Lexington One Children's Honor Choir until her first retirement in 2020. She serves as musical director and/or accompanist for many shows in the Lexington and Columbia area community theaters and is music director at Cayce United Methodist Church having previously served as music director at Marion Street Chapel at Fort Jackson, Nazareth Lutheran and Zion Lutheran. She also serves as Music Coordinator for Tri-DAC arts consortium. She has served as Lead Teacher for Lexington One choral directors as well as R & S Chair for South Carolina ACDA for Middle School and Chairperson for the SCMEA Middle School CPA and Solo & Ensemble events

## Brunch Bunch

**THE ORIGINAL PANCAKE HOUSE**

**FRIDAY, FEBRUARY 28**

**DEPART: 9:30AM**

**COST: SELF-PAY**

**DEPART FROM MCDOWELL ENTRANCE**



**Lunch at Figaro's & Tommy  
Dorsey Orchestra Performance  
Newberry Opera House,  
Thursday, February 13 at 12 pm**

## Classical Conversations

with Morihiko Nakahara,  
Music Director of the SC  
Philharmonic Orchestra

**Tuesday, February 18**

**4:30 pm**

**Multipurpose Room**



## 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 services such as salon, culinary, landscaping, or housekeeping. 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



**WE LISTEN. WE PLAN. We Care.**

Alzheimer's/Dementia Care • Hospital/Transitional Care  
Private Nursing Service • Wellness Support • Transportation  
Housekeeping • Personal Care • Meals



**Solutions**  
for living at home

© MINISTRY OF STILL HOPES

803.223.6173 | [solutionsforlivingathome.org](http://solutionsforlivingathome.org)

## A PRESENTATION BY... **GAMECOCK FOOTBALL PLAYERS**

**Thursday,  
February 20  
at 11:00 am  
in Keenan Event  
Center**



*Meet & Greet  
University of South Carolina  
Football Players  
Hear their Stories from the  
Keenan Stage*

*Artists for Africa*  
**Postcard Art  
Gala & Auction**

**Thursday, February 20**  
Departing from  
McDowell at 5:45 pm  
Hilton Garden Inn,  
Columbia

Sign Up in the Life  
Engagement Book

\$35 per person

See Michelle Rabon to  
Purchase Tickets



**NAME THAT TUNE**

*Love Songs*

**TUESDAY, FEBRUARY 18**

**3:00 PM**

**KEENAN EVENT CENTER**

# GOT GAME?

*Functional Pathways at  
work in Sanders Rehab!*



Reduce your pain and put yourself on the speedy road to recovery with our rehab and surgical rehab program at Still Hopes

Our on-site, Medicare-certified rehabilitation suite partners with Functional Pathways provide a variety rehab techniques, including games like noodle volleyball.

*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 Post Card 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 Post Card Art Event.



## The Healthy Brain & Aging (Part 2)

Friday, March 26, 2025

11:00 am - 2:30 pm

Keenan Event Center

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

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

# 20 Writing 25 Workshops

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

POETRY WRITING WORKSHOP:  
FRIDAYS AT 11:00 AM  
MCDOWELL  
3RD FLOOR ACTIVITY ROOM  
FEBRUARY 7, 14, 21 AND 28.

ESSAY AND MEMOIR WRITING  
WORKSHOP:  
FRIDAYS AT 11:00 AM  
MCDOWELL  
3RD FLOOR ACTIVITY ROOM  
MARCH 7, 14, 21 AND 28.

## Tools To Help You Read

We are fortunate to have a number of tools these days to help people who are having difficulty reading due to poor eyesight. Connections will be bringing you word of a number of them over the next few months. We also hope to have a representative from our local library present to us what resources they have. For the time being, here are two great aids:

### Libby Library Reading

This is a free App which can download e-books, digital audiobooks, and magazines. All you need is an Internet connection and a library card. Our local public library on Augusta Road would be very pleased to help you get set up.

**The Da Vinci Enhanced Vision System** is a basic magnifying glass, located in the Still Hopes library. It is very easy to use and can make quite a difference in enlarging and zooming in on type. Any staff in Community Services or Life Engagement can help you learn how to use it.







# 'Paws'itively Sweet Pet Supply Drive

**Monday, February 3rd- Monday, February 17th**

February is the 'purr'fect month to show some extra love to our furry friends in need! We will accept pet supply donations for Pets Inc. located in West Columbia. Drop off donations in the box beside the Life Engagement reservation desk on Main Street or contact Holly Crawford at [hcrawford@stillhopes.org](mailto:hcrawford@stillhopes.org) or 803-739-5018.

### Supply Wish List:

- |                           |  |                              |
|---------------------------|--|------------------------------|
| Anti-bacterial hand soap  | Fabuloso   | Plastic page protectors      |
| Band aids                 | Liquid bleach                                      | Puppy pads                   |
| Coffee pods and creamer   | Liquid laundry detergent                           | Rubbing alcohol              |
| Cleaning supplies         | Linens (blankets, sheets, pillowcases, comforters) | Rubber gloves                |
| Clorox cleaning wipes     | Paper towels                                       | Sharpies Markers             |
| Copy paper                | Pedialyte  | Single-ply toilet paper      |
| Disposable hospital gowns | Pate canned cat food                               | Towels, wash cloths          |
| Distilled water           | Peroxide   | Trash bags (13 oz and 33 oz) |

### *Trip to Pets Inc.*

**Wednesday,**

**February 19 at**

**11:00 am**



*Drop off pet supply donations and cuddle with kittens! Please register in the LE Reservation Book.*



# SAVE THE DATE!

**STILL HOPES  
50TH ANNIVERSARY  
CELEBRATION!**

**MAY 3-9TH**

SCHEDULE OF EVENTS AND SPECIAL GUESTS TO BE ANNOUNCED IN NEXT MONTH'S CONNECTIONS!



**STILL HOPES**  
Episcopal Retirement Community

## POUT



Our partner, POUT Cosmetics and Skin Studio, on Devine Street offered facials and make-up consultations as part of our New Year/New You series in January.



# WELLNESS CENTER

## LIVE WELL & THRIVE IN 2025



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



### CATCH ME IF YOU CAN MILEAGE CHALLENGE

STILL HOPES VS. BISHOP GADSDEN VS. THE WOODLANDS AT FURMAN

**March 3, 2025- May 2, 2025**

Still Hopes will compete in our third annual "Catch Me If You Can Mileage Challenge" against Bishop Gadsden and The Woodlands at Furman. During this nine week competition, we want you to increase your intentional exercise by collecting miles as a community through walking, exercise equipment, the pool, and more. Mileage can be tracked through phones, smart devices (Fitbits, Apple Watches), exercise tracking apps, Wellness Center sign-in sheets, etc. This challenge is open to Residents and Staff in all areas of living on campus!

For more information on the challenge, how to track and submit miles, etc., attend one of the informational meetings below. If you cannot attend the meetings you can pick up an information packet from the Wellness Team.

#### All meetings are in the Petite Studio:

Wednesday, February 12 at 3:00 and 3:30pm

Friday, February 14 at 10:30 and 11:00am

Wednesday, February 19 at 3:00 and 3:30pm

Friday, February 21 at 10:30 and 11:00am

Wednesday, February 26 at 3:00 and 3:30pm

Friday, February 28 at 10:30 and 11:00am

### WELLNESS CALENDARS

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

### TAI CHI TUESDAYS

Join Dan Bernardo, head instructor of WellWithin Martial Arts, on a holistic journey to balance, mobility, coordination, and overall more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing. Class takes place on Tuesdays at 3:00 pm in the Petite Studio in Hopewell and is \$10 per class.

# YOGA CLASSES

## Chair Yoga

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

*Participants will be engaged in learning and performing movements surrounding the six motions of the spine, increasing mobility and flexibility from the foundations of their "feet and seat".*

*Breath work through breathing techniques increase lung capacity and help with emotional aspects of life. With the support of a chair, students will focus on increasing range of motion and balance as well as strength. Different props will be used periodically during these lessons.*

## Mindfully Moving with Monica

**Thursdays at 11:45 am – 12:30 pm**

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

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



## VIRTUAL EXERCISE CLASSES

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



## WREATHS ACROSS AMERICA

Residents received a special tour of the 15th annual Fort Jackson National Cemetery Wreaths Across America program in January. It was an emotional tour, which had sentimental meaning for several of our residents. Shirley Grover's husband, Command Sergeant Major Barney Leon Grover, is honored for his army service in the national cemetery. He was buried as one of the first 300 after the cemetery opened in 2009.

Army Captain Jim Newcomb visited the tombstone of his friend and fellow serviceman Major Saul J. Rosenblum. After their return from Vietnam, Newcomb and Rosenblum became friends in Columbia as businessmen. Rosenblum was well known for his drycleaning business. Their families grew up together, and bonds formed beyond their call of duty.

Shirley is pictured on the left with Concierge neighborhood friend Harriet Strait.





# STILL HOPES

Episcopal Retirement Community

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