

Issue: September 2024

CONGRESS IN THE NEIGHBORHOOD

Story on Page 8



STILL HOPES
Episcopal Retirement Community

Connections

A newsletter for the entire community



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 • 11a.m.,
Communion will be served.*

Chapel Healing Service

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

September Birthdays

- | | |
|----------------------|--------------------|
| 01 Ed Hickman | 15 Barbara Richey |
| 01 Marcia Montgomery | 15 Peggy Savas |
| 02 Charlie Cate | 15 Gerry Shiver |
| 03 Dave Gies | 15 Tom Terrill |
| 03 Warren Holland | 18 David Trickey |
| 03 Johnny Tuller | 19 Charles Russell |
| 03 Sally Wiseman | 20 Sandie Gies |
| 04 Hugh Graham | 21 Frankie Porter |
| 04 Lindsey Pressley | 21 Jack Williams |
| 05 Joyce Macaуда | 22 Ruta Bly |
| 05 Lois Rimbo | 24 Dorothy Blondin |
| 06 Joyce Steele | 24 Willie Saleeby |
| 07 Ann Kibler | 25 Glenda Boozer |
| 07 Bernard Manning | 25 Nina Smith |
| 07 George Thrana | 28 Austin Boyd |
| 09 Eleanor Whitehead | 28 Robert Clark |
| 10 Ben Franklin | 28 Betty Jones |
| 11 Gale Kinard | 28 Libby Marshall |
| 11 Ruth Marcus | 29 Dick Marshall |
| 14 Jewell Hill | 29 Alex Sanders |
| 15 Jerri Hayden | 30 David Blazon |
| 15 Mary Ann Heath | |

Morning Prayer

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

Bible Studies

BIBLE STUDY

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

MEN'S BIBLE STUDY

Tuesdays • 11 am
3rd Floor McDowell Activity Room

CLASS ON MATTHEW

Thursdays • 11 am
3rd Floor McDowell Activity Room

We fondly remember...

- KELLY SHUPTRINE**
- HENRIETTA GANTT**
- ELAINE GROLEAU**
- ESTHER JOHNSON**
- CHUBBY RICE**
- ANN SMITH**

Still Hopes Employee of the Month: Diane Fisher

The award of Employee of the Month is designed to recognize the individual who serves the residents of Still Hopes above and beyond what is written in their job description. Inherent in that recognition, is the element of care. Those who are selected for this award demonstrate exceptional care and compassion for residents. Diane Fisher is this ideal personified. Yes, it is her job to plan and execute programs designed to keep the residents engaged in uplifting, helpful pursuits. This includes her playing the piano for the residents and being an integral, supporting part of the SH Singers. She reads to the residents in groups and visits those that are feeling apart from their neighbors. These, and many of her other duties, could be typecast as "part of the job." What sets her apart and makes her worthy of the recognition of Employee of the Month is the profound, innate desire in her soul to serve her population with endless compassion and love. Diane gives all day every day, and indeed, at the end of the day, she is spent. I am so grateful to have her in my midst, caring for me. Diane is the epitome of what you first formulated when you set in place the need to recognize exceptional employees.

Submitted by James Guignard & written by Rosanna Winters Lomas

I am nominating Diane Fisher for her exemplary service as a Life Engagement Specialist for Still Hopes. Most of her time is spent in service to the Jane Bruce Guignard neighborhoods, but she also is the accompanist for the Still Hopes Singers. I have lived at Still Hopes since March 2021. I have observed Diane in many different settings as she has fulfilled those roles. She demonstrates reliability in all the variety of roles her position requires. She is highly organized, caring of others, and an excellent problem solver. The attention she gives to colleagues, residents, and guests helps to make everyone better able to do their jobs, be safe, happy, and feel welcomed at Still Hopes. Our lives are blessed for knowing her and working side-by-side to better serve residents, staff, and guests.

Submitted by Diane DeFord

I know how much Diane is committed to caring service of residents in the licensed areas. What I personally appreciate is the additional time that she gives to activities enjoyed by residents in the Independent Living component of Still Hopes. Every week she is the piano accompanist for the Still Hopes Singers. We couldn't do it without her! She plays for the twice-yearly variety/ talent show. When I have sung a solo at the Singers concert, and when I've been foolish enough to be a talent show participant, Diane has come in early to practice with me. She doesn't have to do this! Diane is not an attention – seeker, and it's high time that she got some.

Submitted by Bill Belvin



EMPLOYEE APPRECIATION FUND

On August 26, the Employee Appreciation Fund kicked off its annual campaign. Last year, the committee raised over \$230,000 and this year we are hoping to raise at least \$300,000 for our employees. We feel we can do this because Still Hopes residents have always had a generous heart for our employees.

I am asking us to look at ourselves and see how fortunate we are at Still Hopes. Now, look at the employees you have met over the past year and all they have done for you. They are still trying to raise a family, keep their children safe and healthy, save money to send them to college, and much more just like you did!

When you get your donations form you will have several contribution levels to choose from.

Thank you for your generosity this year!

Wally Fortuna
Employee Appreciation Fund Committee



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

VOTER INFORMATION

VOTE IN PERSON

Tuesday, November 5

Transportation Shuttles | Leaving from McDowell
7:30 am | 9:30 am | 11:00 am | 1:30 pm | 3:00 pm

VOTER REGISTRATION

In Person: October 4 | Online: October 6

Postmarked by USPS: October 7

Contact the Lexington County Voter Registration
Office at 803-785-8361

EARLY VOTING

October 21 - November 2 | 8:30 am - 6:00 pm

Community Center on B Avenue

ABSENTEE BALLOT DEADLINE

Deadline: October 25

Request an absentee ballot by calling the Lexington
County Voter Registration office at 803-785-8361

RECENTLY MOVED INTO STILL HOPES?

Change your address now and register to vote here:
<https://moversguide.usps.com/mgo/address-info>

Have a credit card (in your name) ready. Your card will
be charged \$1.10 for this service.

WEBSITES

For more information about the Presidential Election:

<https://www.vote411.org/south-carolina>

<https://www.scvotes.org>

<https://lex-co.sc.gov/departments/registration-and-elections/voter-registration>

Life Engagement will hold Voter Registration and Absentee Workshops for your convenience. If we can assist you in preparing for the Presidential Election, please call Michelle Rabon, Director of Life Engagement at 910-367-9711 or consult the Life Engagement professional in your neighborhood.

USC President Visits Still Hopes!

Residents enjoyed hearing University of SC President Michael Amiridis' vision for the university as well as his economic development initiatives. Amiridis became the 30th president of USC in the summer of 2022. Prior to serving as chancellor at the University of Illinois at Chicago, he was executive vice president for academic affairs and provost at the University of South Carolina from 2009 to 2015.



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

GROCERY SHOPPING AT PUBLIX

WED, SEPT 4 | 10:15 AM

FIREFLIES BASEBALL GAME AT SEGRA PARK

THURS, SEPT 5 | DEPART: 6:15 PM
GAME: 7:05 PM

ANYTHING GOES AT TOWN THEATRE

SUN, SEPT 8 | DEPART: 2:15 PM
SHOW: 3:00 PM

SHOPPING AT HAMRICKS

THURS, SEPT 19 | DEPART: 10:15 AM

**LUNCH BUNCH AT
THE ORIGINAL PANCAKE HOUSE**

FRI, SEPT 27 | DEPART: 9:45 AM

**FRIGHTFULLY FUN FRIDAY THE 13TH
*Rollator & Wheelchair
Refresh Session***

FRIDAY, SEPTEMBER 13, 2024 AT 2:00 PM
TRINITY BUILDING MULTIPURPOSE ROOM

Join staff from across campus in the Trinity Building Multipurpose Room to learn more about using your rollator, scooter or wheelchair! We will make sure your device is in perfect working order, give it a good wash and a new label so you never have trouble finding it after events.

THE KEENAN DIARIES

Tuesday, September 24, 2024 | 4:00 pm
Keenan Event Center

The Keenan Diaries is a series of monthly interviews with residents in the Keenan Event Center. Discover interesting facts about their lives and a few pearls of wisdom from their own personal diary or journals.

***First Responders
Emergency Vehicle Parade***

Wednesday, September 11 | 10:00 am
Still Hopes Campus

Be outside, on your porch, waving, cheering and thanking all the first responders for their service!

**Hollywood Hits: Fridays at 3 pm
Keenan Event Center**

- September 6 **Bringing up Baby**
NR | 1938 | 1 hr. 42 min.
- September 13 **The Social Network**
PG-13 | 2010 | 2 hr
- September 20 **Queen Bees**
PG-13 | 2021 | 1 hr. 40 min.
- September 21 **Gone With The Wind**
Saturday Movie
G | 1939 | 3h 58 m
- September 27 **McFarland, USA**
PG-13 | 2015 | 2 hr. 9 min.

Doll, Toy and Hobby Show

Thursday, September 19 | 3:00-5:00 pm

Take a stroll down memory lane while looking at vintage dolls, toys and hobby items collected by residents and staff. If you have a vintage doll, toy or hobby collections that you are willing to display, please register in the LE Reservation Book or contact Holly Crawford, Life Engagement Coordinator at 803-739-5018 or hcrawford@stillhopes.org.

My Journey through Mongolia

Presented by Olivia Marckx
Marketing Administrative Assistant



Tuesday, September 10 | 3:00 pm
Keenan Event Center

**Time Traveling Tuesday:
Exploring USC's Moving Image Research Collection
Topic: Carolina Football & More!**

We will be exploring various images and videos of Carolina Football and other sporting events at the University of South Carolina.

Tuesday, September 3, 2024 | 3:00 pm
Keenan Event Center

Music With Mike

Sponsored by Mike Arndt, Still Hopes Hearing Specialist

Featuring The Music of Jeff and Kelley B Gregory

Monday, Sept 9 | 6:15 pm
Emilie's Café Courtyard

The Series is sponsored by ReSound, the makers of Omnia hearing aids, and hosted by Mike Arndt with Digital Hearing. Free trials offered during the series on the latest Omnia technology which promises 150 percent reduction of background noise.

Terrific Thursday: The Pirates of Penzance Sing-Along with the Columbia Operatic Laboratory!

**Tuesday, September 12, 2024 | 3:00 pm
Keenan Event Center**

Ideal for audience members of all ages as it is no musical experience required opportunity to participate in a hilarious Gilbert & Sullivan operetta that contained familiar pieces such as "Modern Major General." All audience members are invited to sing the chorus parts or to just sit back and enjoy.

Literary Lecture Series

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

- September 27 | Ernest Hemingway, A Farewell to Arms (KEC)
- October 4 | Willa Cather, My Antonia (KEC)
- October 11 | F. Scott Fitzgerald, Babes in the Woods, Winter Dreams, The Last of the Belles & Babylon Revisited (KEC)
- October 18 | John Steinbeck, Cannery Row (KEC)
- October 25 | J.D. Salinger, Franny and Zooey (KEC3)
- November 1 | Kurt Vonnegut, Slaughterhouse Five (Chapel)

KEC: Keenan Event Center



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.

Lunch Bunch

The Original Pancake House

Friday, September 27
departing at 10 am from McDowell
cost: self-pay

Welcome New Residents!

BRUCE EDWARDS

Resident Art Show
Opening in the HopeWell Art Gallery
October and November

Photographic Art: My Process
Media Presentation by Artist Ed Shmunes
Thursday, October 3 | 4 pm
Keenan Event Center

Art Show & Reception to follow in the
HopeWell Art Gallery and Emilie's Café

OPUS TWO & CLAIRE BRYANT

Sunday, September 1 | 3:00 pm
Keenan Event Center

Music of Paul Schoenfield, a composer whose music ranges in style from neo-Baroque to jazz to tangos and sambas. It's a fun program that includes his Cafe Music, a jazzy piano trio Opus Two will be playing with their wonderful cello colleague Claire Bryant.

New Resident Orientation

You moved to Still Hopes, now what? Life Engagement Coordinator Holly Crawford will highlight how to navigate life at Still Hopes to include using the monthly calendar, the Hub (the resident portal), signing up for trips, finding your menus and ordering online, creating work orders, volunteering, joining gatherings, singing groups, and much more in the community .

Thursday, September 12 | 11:30 am
Keenan Event Center

STILL HOPES OLYMPIC GAMES 2024

The Still Hopes Olympic Games Ping Pong Tournament held on Tuesday, August 6th was a fantastic display of friendly rivalry and spirited fun for all! There were moments of suspense, laughter and camaraderie as residents and staff competed for the coveted gold medal. The doubles and singles tournaments were filled with a flurry of action, with sharp and precise serves and return shots of equal precision as spectators cheered with gusto after each match! In the end Ed Shmunes and David Blazon took home the gold in the doubles tournament and Chaplain Doug Gray took home the gold in the singles tournament. David and Ed want to give a special thank you to Ann Kibler as their "Sparing Partner" in preparation for the Tournament. David said, "In training, Ann has successfully volleyed the ball to us 164 times without error to sharpen our skills to the detriment of our opponents." Thank you to all the participants who competed in the tournament!



PING PONG TOURNAMENT WINNERS

SINGLES:

GOLD - DOUG GRAY
SILVER - BEN FRANKLIN
BRONZE - PAT DORN

DOUBLES:

GOLD - ED SHMUNES & DAVID BLAZON
SILVER - BEN FRANKLIN AND JIM NEWCOMB
BRONZE - PAT DORN & ELI WISHART



Congress in the Neighborhood

Joe Wilson Congressional Bus Tour Stops at Still Hopes

Policy staff leaders engage with residents and network over legislative initiatives at lunch

When Congressman Joe Wilson accepted Nikki Robertson's invitation to stop at Still Hopes on his annual constituent bus tour, Still Hopes went right to work planning with residents and staff. Robertson, Vice-President of Health and Wellness at Still Hopes, had recently returned from Washington, DC where she and other executive leaders met with representatives about legislative bills impacting the workforce of senior living communities.

"These relationships are important to us," said Robertson. "Being accepted on Wilson's tour was an important step after visiting in DC." She continued, "This tour was our first opportunity to showcase Still Hopes and further advocate for those pieces of legislation that positively impact senior living in South Carolina."

Sixteen staff members from Wilson's congressional offices in DC and Columbia attended the tour. Within 90 minutes of entering the Guignard Mansion, Wilson and staff visited with residents and resident family members in a series of "Hey Joe" moments at the Arts on Main studio, the Keenan Event Center, Sanders Rehab, River Banks assisted living, and Saluda, one of the Jane Bruce Guignard skilled nursing neighborhoods.

At a private luncheon in Emile's Café, Wilson and his policy staff leaders were engaged in a legislative presentation with Kassie South, CEO of LeadingAge SC. "Still Hopes welcomed Congressman Wilson to their campus and I was honored to be able to attend," said South. "We discussed the staffing mandate, Certified Nursing Assistant (CNA) lock-out bill, and funding needed to recruit and train nurses in South Carolina." She continued, "It's critical that our DC Representatives understand the impacts of the staffing mandate and workforce shortage."

In DC, one of the advocacy group's requests of representatives was to help change the narrative of senior living and to offer their support for this field of work. "We advocated against the staffing mandates and had great meetings with every office," explained South. "We asked that they visit our communities so they could see for themselves the wonderful work you all do."

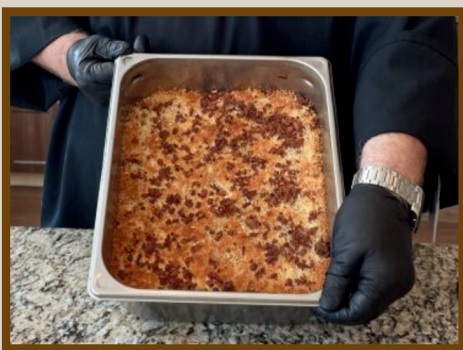
Continues on Page 9

CONGRESS IN THE NEIGHBORHOOD CONTINUED

As a LeadingAge member, Still Hopes took South's guidance seriously. "We will invite other representatives," explained Robertson. "We feel empowered now and plan to use the recent congressional tour with Wilson as a good model for future visits with additional members of congress."

Life-long legislative and policy activist Keller Barron showcased her HopeWell apartment on the recent tour. "I think we did a good job networking with his staff," explained Keller who entered state politics when Governor John West appointed her to the State Reorganization Commission, and the Human Affairs Commission. From 1977 to 1979 she served as the first woman chair of the SC Committee of the US Commission on Civil Rights. "I believe they got the message that we have over 400 constituents living right here at Still Hopes, and that our community is an economic engine that greatly impacts his congressional district."

David Smart, Vice-President of Operations at Still Hopes, agreed. As a member of the non-profit LeadingAge organization, we represent over 8,000 staff, serving more than 10,000 seniors in South Carolina. "We are a trusted voice on aging, and the congressional tour at Still Hopes was a good day for senior living."



COOKING WITH RYAN

Chef Ryan Lucci launched a new cooking demonstration series in the Broad neighborhood of Jane Bruce Guignard with Life Engagement in August. Utilizing the theme of the 2024 Paris Olympics, Ryan introduced residents to Macaroni au Fromage – his French version of our American mac & cheese dish! Residents learned to cook a roux and béchamel sauce with real butter, cream and Gruyère, plus other decadent French cheese. Several residents chatted in French, while Life Engagement Specialist Diane Fisher led the group in French trivia.



JBG residents will experience the next Cooking with Ryan demo on October 11 at 9:45 am in the Broad Dining Room.

...AND THE PIANO MOVED TOO

By Judy Milone

One of the features Still Hopes feels most committed to is its continuing care options. Most people of course want to live as independently as possible, but what that actually means is often complex, nuanced and ever-changing. Bob and Lois Rimbo have experienced this complexity, with all its mixed feelings, and most recently in a significant shift in their living arrangements.

Not that the Rimbos are strangers to change. Both were born in the Midwest and exemplify those stereotypical traits of hard work, humility and close family ties. When a neighbor offered his parents a piano, 5-year-old Bob started playing by ear. At age 9, he began lessons and at age 12 accompanied his first church service, playing the organ. Bob always loved attending the Lutheran church and after college pursued seminary studies. Ordained at age 25, he went on to serve various congregations in the Midwest and New York. Elected to the position of Bishop- in Michigan and then in New York- he has worked many aspects of parish and denominational life. Meeting Lois in college, she became a true colleague in his work, while pursuing her own elementary school teaching 40 year career. Lois also went on to earn an advanced degree in literacy education and locally became well-known in that field. Raising two children, the Rimbos still found time for numerous mission trips abroad, including Jerusalem, Scandinavia and multiple visits to Africa.

With a son and his family in South Carolina the Rimbos decided to move to Columbia in retirement. And when that part of the family moved to pursue job opportunities elsewhere, the Rimbos decided to stay in the south. They joined Trinity Episcopal Cathedral and greatly enjoyed the liturgy, music and fellowship. Lois also served as a reader. Moving into Still Hopes two years ago they became involved and, given their sweet and affable personalities, well-liked residents. They loved their apartment in Hopewell and pride of place gave way to Bob's piano in the living room. In addition to using the Wellness Center and many Life Engagement offerings, Bob played accompaniment in the licensed areas in regular sing-alongs.



Article continues on page 11

... AND THE PIANO MOVED TOO CONTINUED

Most recently however Bob's increasing health concerns, added to Lois' memory loss, the couple found themselves reckoning with difficult realities. "It was a tough decision to make but a mutual one," Bob states, realizing that independent living no longer worked for them. Bob now resides in the Saluda Neighborhood of skilled nursing and Lois is in Rose Gardens. They both are grateful to have this arrangement and acknowledge the help Still Hopes staff provided in moving. Despite living in different neighborhoods, they can visit each other and spend time together. It's also been helpful that Bob is able to keep up with Sunday chapel attendance, join friends for meals in Independent Living and continue with some of the Life Engagement activities he enjoys. He has, unsurprisingly, connected easily with the staff he now interacts with in Saluda. Bob singles out Life Engagement Specialist Diane Fisher, whom he already knew. She keeps Bob active [or is it the other way around?] and "is always finding interesting things for us to do," he states about his fellow musician, adding that she is "humble and talented". Lois too has adjusted well to Rose Gardens, remaining good natured and participating in events as much as possible

Second to Bob's being able to visit Lois, his delight lies in the fact that his beloved piano made the transition too! Via his generous donation, it now enjoys a lovely spot in the Broad Neighborhood living room, where Bob plans to recreate his weekly sing-alongs. And Still Hopes is more than pleased that the Rimbos are still under its roof, examples of faithfulness and resiliency, and proof that a continuing care community really packs a wallop.



PURPLE MARTIN TRIP



Residents experienced the flight of the small songbird known as The Purple Martin in August during its summer migration. At dusk, thousands of these small swallows were viewed traveling to Bomb Island on Lake Murray where they spend the night, filling the sky as they approach. What a sight to see as the sun set on the Spirit of Lake Murray charter!



USC SCHOOL OF MUSIC CENTENNIAL CELEBRATION CONCERT

Friday, September 13

Departing from McDowell at 6:45 pm

Columbia Greek Festival



Friday, September 20

Departing from McDowell at 10:45 am

SC Philharmonic

Transportation Information

Life Engagement will once again offer transportation to the SC Philharmonic 60th Season Capital Concert Series beginning in October. These concerts will take place at the Koger Center. Residents will need to purchase their own tickets by visiting www.scphilharmonic.com or calling 803-771-7937.

Capital Concert Series

Friday, October 18, 2024- Juliet and Her Romeo

Friday, November 15, 2024- Tchaikovsky & Tangos

Saturday, January 18, 2025- Wolfgang & Wine

Saturday, February 22, 2025- Americana

Saturday, March 29, 2025- Beethoven & Blue Jeans

Saturday, April 25, 2025- Fantastique

Dog Days of Summer

Resident Dog Parade and Paw-ty!



Dogs eating ice cream treats while owners enjoyed human treats!

Healthy Dynamics

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

Contact Community Services at 803.739.5047

Please join us for news you can use!

Medicare Changes & FAQs

presented by Crystal Strong, Program Manager with
The South Carolina Department on Aging

Thursday, September 26
3:00 pm
Keenan Event Center

We will enjoy the many benefits of chocolate, too!

Mindfulness and Meditation



Each Wednesday from 4:00-4:30
in the Guignard Mansion
NO EXPERIENCE NECESSARY!

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

PRESCRIPTION MEDICATION DISPOSAL

Bring your outdated or unused
prescription medication
to the McDowell Front Desk on
Tuesdays and Thursdays from 9 – 11am

**PLEASE MARK THROUGH ALL PERSONAL
INFORMATION ON THE MEDICATION LABEL.**

Podiatry Services

Podiatrist Dr. Keyoka Smith will be at
Still Hopes in the
Wellness Center Spa Room
on Wednesday, September 11 &
Wednesday, September 25

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.

Parkinson's Support Group

**Welcomes those living with Parkinson's
Disease and their care partners to join us.**

Friday, September 20th
11:00 am - 11:45 am
Keenan Room 3

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.

Guignard Music Parlor
1:00p – 2:00p
September 11th & September 25th

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.

Coming in October:

*Apartments, Cottages, and Conci
Vaccination Clinic
for Flu and Covid Booster*

Our first clinic will be on Thursday, October 10th and will offer flu and "SpikeVax" COVID booster.

Residents can sign up in the binder on the Healthy Dynamics table near the Atrium on Main Street.
Time slots are available from 9:00 am - 6:00 pm.

The vaccination clinic will be held in the Keenan Event Center.

Hearing Services

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

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

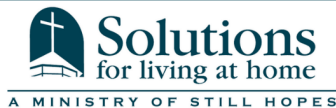


A good start to your day can positively impact your entire day.

Rise and Shine Service Includes:

- Safe transfer from bed to morning schedule
- Personal care assistance including hair care, dental hygiene, and grooming
- Clothing selection and dressing assistance
- Nutritious morning meal preparation and clean-up
- Morning medication reminders
- Making bed and linen changes
- Laundry and tidying up the living environment

For more information about these services, please call the Solutions for Living at Home office at 803-223-6173.



Clearing the Path and Finding the Way: Dementia Resource Group

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

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

SHARE:

Caregiver Support Group

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

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

The Visionaries: Low Vision Support Group

Wednesday, September 18th | 2:00pm-3:00pm | Guignard Dining Room

Open to all residents who are living with low vision.

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

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THE HEALTHY BRAIN & AGING

Presentation by the USC Brain Network

**A LUNCHEON & EDUCATIONAL OPPORTUNITY
HOSTED BY SOLUTIONS FOR LIVING AT HOME & LIFE ENGAGEMENT**



The health of your brain is important regardless of age. Discover how to keep your brain healthy and recognize when it isn't. Learn about improved innovations in diagnostics and treatment if and when the health of your brain deteriorates that can support you and caregivers.

*Reserve your seat in the Life Engagement reservation book or contact Michelle Rabon, Director of Life Engagement, at mrabon@stillhopes.org.
Staff and residents invited. Limited seating available.*



FRIDAY, SEPTEMBER 13 | 11:30 AM – 1:00 PM | KEENAN EVENT CENTER