



Connections

A newsletter for the entire community

Issue: January 2018

Art Sale to Benefit Resident Assistance Fund

The Still Hopes Art Committee is offering a sale of paintings and prints from our art vault on **Friday, February 23, 2018, from 11:00 a.m. – 6:00 p.m.** in the Keenan Event Center. You may put any purchase from the sale on your monthly statement, or you may pay by cash, check, or credit card.

You may also contribute art work to the sale by picking up a donor slip at the front desk. Fill out the slip, including the value of the picture, and return it to the receptionist's desk in McDowell no later than Valentine's Day, Wednesday, February 14, 2018. Proceeds from the sale will go to Still Hopes Resident Assistance Fund. Unsold contributed art will be returned to the donor.

Employee Appreciation Fund: A Big Success!

From Jim Brady, Employee Appreciation Fund Committee

This year we exceeded our goal by almost 30%! It makes it much easier to be generous when the recipients of our generosity are the hard working, caring, happy, and dedicated employees that we have at Still Hopes. We are grateful to everyone who so generously gave to the Employee Appreciation Fund and to the deserving employees who earned our magnanimity.

We remind residents that it is almost painless to give through a monthly gift to the fund added to your monthly bill rather than one big check at the end of the year. Stop by the business office to sign up.

Happy New Year!

From Esther Ilderton, Director of Human Resources

The Still Hopes Employee Christmas Drop-In was held Friday, December 15, 2017. Thank you to the Employee Focus Committee for decorating the tables in the Keenan Event Center, to Tory Gambrill who did a wonderful job as Santa, and to all who helped make it a joyous event, including those who entertained us with "Twas the Night before Christmas at Still Hopes" and those who prepared and served all the delicious foods.

And a very special thank you to residents and family members for your contributions to the Employee Appreciation Fund that enables each employee to receive a bonus this Christmas season. It is a blessing that we are able to have such a gift provided to us by the residents. We sincerely thank you for the opportunity to serve and for the gift that you gave this year.

**We wish each of you
a Blessed and Joyous New Year!**

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*The beautifully decorated
peacock Christmas tree
that greeted residents and
visitors along Main Street*



Living a vibrant and full life

Residents are given many opportunities and choices of maintaining a full, active lifestyle.

Welcome, New Residents!

Betty Shepherd
from Columbia, SC

Cosmo Walker
from Columbia, SC

We welcome our newest residents to Still Hopes! Coffee and Conversation, held on alternating Friday mornings, is a great way to meet these and other neighbors in the Still Hopes community. Please wear your name badge to all community events.



The Christmas Tour of the SC Governor's Mansion organized by resident Mary Ross.

English Speaking Union

Tuesday, January 9, 2018

7:00 p.m.

Building 5 Multipurpose Room

"Trinity Episcopal Cathedral's Silver Collection"

Frank White, Board Member, S.C. Silver Society
All residents are welcome to attend!

Bascom's BINGO Grand Prize Winner



The grand prize winner of Bascom's BINGO held on December 9 was Janet Morris, who won a 25 Ft. QuikFind Tape Measure with Easy-to-Read Markings. Bascom's BINGO is held the 2nd and 4th Saturdays each month at 11:00 a.m. in the Keenan Event Center.

Join us next time and you, too, might be a winner!

Resident Council 2018

OFFICERS:

Resident Council Chair – Dorothy Pondy
Resident Council Vice Chair – Karl Pfahler

SECRETARY:

Gene Oliver

COMMITTEES:

Art – Ben & Jerry Dell Gimarc
Environment and Grounds – Tom Shaylor
Food – Saleta James
Library – Ruta Bly and Clyde Dornbusch
Safety – Reggie Freeman
Welcoming – B.J. Shoe
Employee Appreciation Fund – Jim Brady

BOARD OF TRUSTEES REPRESENTATIVE:

Lisa Courson

BUILDING REPRESENTATIVES:

Concierge – Brooksie Mays
Cottages – Ken Baldwin
McDowell – Jack Moorman
Building 5 – Margaret Payne
Building 6 – Richard & Cynthia Murphy

Members of the Resident Council meet monthly on the second Tuesday at 3:00 p.m.

Bowl Games



Outback Bowl

USC vs. Michigan

Monday, January 1, 2018

12 Noon ESPN 2

Building 5 Multipurpose Room

Sugar Bowl

Clemson vs. Alabama

Monday, January 1, 2018

8:45 p.m. ESPN

Building 5 Multipurpose Room

From Sherry French,

Director of Activity Services



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Thank you, Volunteers Much appreciation goes to all our volunteers that assist in so many ways throughout the year. We look forward to a great year of service in 2018.

Volunteers Needed

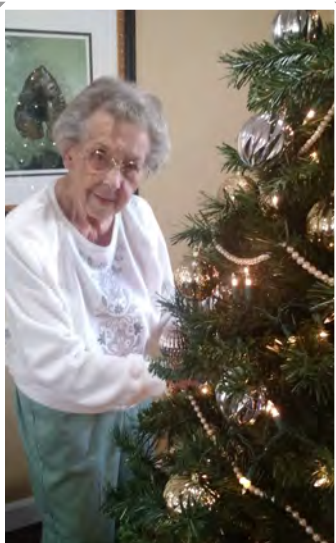
- ♦ Sharing a hobby/collection, or other programs
- ♦ Assistance in taking down Christmas decorations
- ♦ Donations of yarn for the knitting group
- ♦ Clerical assistance in Human Resource office



Call Sherry at 803.739.5015,
if you wish to volunteer at Still Hopes.



Miguel Hajar, flute, and Huiyun Liang, piano, performed a Franck Sonata followed by exhilarating arrangements of familiar carols which were enjoyed by all.



Julianne Moak helps decorate one the many trees for Christmas throughout Still Hopes.



Shelly Bennett shops at the annual Holiday Market while volunteers Joan Savage and Ella Pfaehler work the check out table.

Employee of the Month November 2017

Quinton Pugh, Culinary - Utility



Quinton Pugh has been a utility worker in the Culinary Department at Still Hopes for 5 years, and is one of the unsung heroes and steward of the main kitchen. He assists in keeping the kitchen clean, tidy, and with making sure everything is in its proper place. Quinton makes sure all of the dishes, pots, and pans are clean and sparkling.

Mr. Pugh is also vital in making sure the food is properly labeled, rotated, and dated. This is no easy task, as we purchase around \$20,000 in

groceries each week and prepare about 1000 meals per day. Mr. Pugh also volunteers to work extra shifts when we have call outs or have other staff to wash dishes.

Quinton goes about his work without much fanfare and has a "get it done" attitude. You won't see Mr. Pugh much around campus and his position is not very visible, but Quinton's hard work – day in and day out – is critical to the success of the Culinary Department.

Submitted by a co-worker



January Birthdays

- 04 Rankin Craig
- 05 Dale Apel
- 06 Jean Doster
- 06 Reba Hull
- 07 Patsy Black
- 11 Amaryllis Duvall
- 12 Dorothy Morris
- 14 Susan Boyd
- 15 Frank Kinard
- 16 William Harcourt
- 16 Katty Holland
- 16 Mary Dale Wilson
- 17 Ella Pfaehler
- 20 Carmeta Bolt
- 26 Alta Britten
- 30 Gena Crosby



Encore Melodies with Kathy Veer

Singing a mix of Gospel & Jazz Standards



Friday, January 19, 2018
3:00 p.m.
Keenan Event Center



We respect and support the decision to remain at home.
We promise reliable service, compassionately delivered.

Services Include:

- Personal care – bathing, shaving, dressing, changing undergarments
- Personal shopping – grocery, prescriptions, errands
- Companionship – friendly visits
- Homemaking – cooking, laundry, ironing, light cleaning
- Transportation – medical appointments, beauty shop, church
- Recovery after surgery – meals, transfers, monitoring
- Medication reminders
- Assisting the cognitively impaired
- Other – please let us know of other needs you may have!

Call today for a free in-home consultation!

Phone 803.223.6173

www.SolutionsforLivingatHome.org

Sanders R. Guignard Rehabilitation Suites at Still Hopes

Have you had an extended hospital stay for a serious illness or surgery?

Would you benefit from short-term rehab for strengthening and conditioning?

Our Medicare certified rehabilitation suites offer

- ♦ 22 private rooms with private baths
- ♦ Wall-mounted flat screen television with DVD player
- ♦ Private telephone for local use
- ♦ Café offering wide selection of menu options

**Physical, Occupational, & Speech Therapies
7 days per week**

For more information or to schedule a tour of the suites, please call 803.739.5016.

Chapel of the Holy Spirit

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Rev. Richard Crozier, Chaplain
803.739.5033

Worship Services

Holy Eucharist

Sundays, 11:00 a.m.

Healing Service

First Tuesday, Monthly, 4:00 p.m.

Bible Studies

Bible Study with Rev. Rich Crozier

Mondays at 10:30 a.m.

McDowell 3rd Floor Activity Room

(Will not meet New Year's Day)

On January 8th, at 10:30 a.m. we will begin a study of **The Screwtape Letters** by C. S. Lewis. Lewis was a Christian theologian and also a professor of English Literature at Oxford. He was best known for his series **The Chronicles of Narnia**. **The Screwtape Letters** are letters written by the Devil to one of his Minions answering questions about how to turn humanity from God.

Please join us for this interesting study.

Eastminster Bible Study with Myles Burns

Mondays at 11:00 a.m.

Guignard Mansion

(Will not meet New Year's Day)

Bible Study with Dr. Pete Cassidy

Mondays (except 4th Monday) at 3:00 p.m.

Chapel of the Holy Spirit

(Will not meet New Year's Day)

Men's Bible Study with Jim Brady, PhL and Stewart Rawson, DMin

Studying the Gospel of Luke

Tuesdays at 11:00 a.m.

McDowell 3rd Floor Activity Room

(Resumes Tuesday, January 9, 2018)

Communion Services

Rosalie W. Bomar Neighborhood

Wednesdays, 2:30 p.m.

Dr. Jane Bruce Guignard Neighborhood

Wednesdays, 3:15 p.m.

Healing Services

Tuesday, January 4 | 4:00 p.m.

Communion Served

Tuesdays, January 9 & 23 | 4:00 p.m.

Chapel of the Holy Spirit

We fondly remember...

Daniel Smigay (November 29)

Barbara Graham (December 17)

Bill Keenan (December 19)

Heartfelt sympathy is extended to family & friends.



Altar Guild

Fourth Thursday, Monthly

12:00 noon

Guignard Dining Room



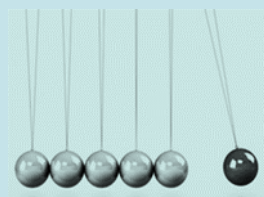
Many thanks to the Still Hopes Singers and Charming Chimers for the beautifully performed selections at their Christmas Concert! In addition, Ella Pfaehler and Bill Webb played two 4-hand 1-piano carol arrangements to help welcome the Christmas season! Residents from all neighborhoods within Still Hopes attended the annual concert held in the William J. Keenan Event Center.

**Happy
New Year!**

Healthy Dynamics

An ongoing program for Apartment, Concierge,
and Cottage residents offered on-site at Still Hopes

Tacey Gohean, Community Services Director, 803.739.5047



Please join us for the 2018

HEALTHY DYNAMICS

News You Can Use Kick-off

Thursday, January 25th 3:00 p.m.

Keenan Event Center

Our topic this month is Financial Wellness.

John Moorman with Anchor Investment

Management will be with us for

Current Economic Climate and Outlook for 2018

John will discuss current economic and investment
issues and trends as well as possibilities
and challenges for 2018.

Some residents have expressed
an interest in learning more about

Mindfulness and Meditation.

Please let Tacey know at 803.739.5047 if you
may be interested in exploring this topic
and the associated health benefits.

Discreet consultations with Dr. McDermott
take place in private here at Still Hopes.

Please contact Tacey at 803.739.5047
with questions or to schedule a confidential
appointment with Dr. McDermott.

AUDIOLOGY APPOINTMENTS

Audiologist TRINA THORNE CARTER

of Columbia Audiology Group

Trina's next visit is

TUESDAY, FEBRUARY 27th from 1:00 - 4:00 p.m.

in the **Wellness Center Spa Room.**

Sign up for your appointment
in the Activity Book in the library,
under the **HEALTHY DYNAMICS** tab.

NOTE: Trina cannot perform hearing tests
here at Still Hopes, but is happy to consult
with you about hearing issues.

PODIATRY APPOINTMENTS

Podiatrist Dr. C. Torian offers foot care!

Dr. Torian will be here again on
FRIDAY, JANUARY 19th from 1:30 - 5:00 p.m.

in the **Wellness Center Spa Room**

Sign up for your appointment
in the Activity Book in the library,
under the **HEALTHY DYNAMICS** tab.

WELLNESS CHECKS

are in the Spa Room in the Wellness Center
from **9:30 - 11:00 a.m. on THURSDAY mornings.**

Blood pressure, heart rate, respirations,
temperature, and weight checked by
Solutions for Living at Home

RN Allison Carroll!

No charge and no sign up – just show up!

Prescription Medication Disposal is available

at the Resident Services Assistant's desk
at the entrance of McDowell Building 4

on **Tuesdays and Thursdays from 9 – 11 a.m.**

Bring outdated or unused **prescription medication**
(over-the-counter medication cannot be accepted)

Please mark through all personal information on
the medication label, but **LEAVE THE MEDICATION
NAME AND DOSAGE** intact. Thank you!

LIONS CLUB DONATIONS

During the month of January, there will be a box
outside of the **Bistro** to collect previously loved
eyeglasses, hearing aids, and cell phones.

These items are repaired by the Lions Club
and donated to those in need,
including individuals who are homeless
and victims of domestic violence.

Thank you for your donations to this worthy effort!

**For information or questions about any of
these services, please call Community Services
Director Tacey Gohean at 803.739.5047.**

HAPPY NEW YEAR

Healthy Living Series

Led by Joy Kinney, MSR, CCC-SLP
Director of Rehabilitation

Friday, January 5, 2018

1:30 p.m.

Building 5 Multipurpose Room

**The Healthy Living Wellness for Life -
The Discovery Series™** is a monthly
educational program for residents.

Still Hopes Art Gallery

Contributed by Dorothy Pondy, Art Committee

The January exhibit in the Wellness Corridor Gallery will consist of photographs from six well-known local photographers: Howard Hunt, Russell Jeffcoat, Fred McElveen, Edward Shmunes, Robin Smith, and Gunars Strazdins. Edward Shmunes coordinated the gathering together of these artists.

Each of these photographers will provide a resume and a price list with their exhibited work. The photographs will be of a variety of styles and subjects. Some of these exhibitors have works in the permanent collections of museums and all have gallery representation in Columbia. Mr. Jeffcoat and Mr. Shmunes currently have work at City Art.

This is an exciting and different show which will continue through January 2018.

Chair Yoga

Imagine yourself taking control

New 8 week session begins January 8

Mondays & Thursdays, 1:00 p.m. - 2:15 p.m.

Cost \$200

Connect the mind and body with physical and mental practices. Learn the Universal Principles of Alignment through yoga positions and become empowered through the joy of Present Moment Awareness. Improvement in brain health and attitude will be achieved through control of the breath and meditation.

Please notice the change in class days.

Registration is limited! Contact Denise Heimlich, 803.739.5044 or dheimlich@stillhopes.org



Residents tour the WLTX-TV 19 Studios.



Cast members of the SC Music and Dance Academy prepare for the grand finale from this year's Christmas show!

Still Hopes Classroom

Film and Theology Series

First Saturday, monthly
Beginning January 6, 2018
2:00 p.m.
Keenan Event Center



"Film and Theology" will resume Saturday, January 6, at 2:00 p.m., with the movie "Witness for the Prosecution." This 1957 film, starring Charles Laughton, Tyrone Power (in his final screen role), and Marlene Dietrich, is a courtroom drama based on Agatha Christie's hit play of the same title. A brilliantly adapted drama, the film will leave you reeling from surprise twists and its shocking ending.

Movie not rated 1 hr. 56 min. 1957
Presented by Eleanor and Philip Whitehead

Line Dance

Sherry French, Instructor
Mondays, January 15 & 29, 2018
4:00 p.m.
Keenan Event Center



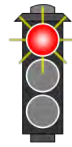
SCAM ALERTS



Residents have received telephone call scams saying that (1) the residents themselves owe money to the IRS, (2) a grandchild or other relative is in trouble and needs money wired immediately, and (3) there is something wrong with their computers for which they need to authorize payment.

Another resident received a very authentic-looking check in the mail, along with a letter detailing how to deposit the check, which would mean giving up personal banking information.

**Be alert, always verify,
and don't fall for these or other scams!**



AARP Driver Safety Course

Friday, January 12, 2018
9:00 a.m. - 1:00 p.m.
Building 5 Multipurpose Room
Dan Dimerina, AARP Certified Instructor
Cost: \$15 for AARP members
\$20 for non-members

Please bring a check made payable to AARP.
This class is not eligible for resident billing.
Sign up in the Activity Book located in the library.

Acrylic Art Class for Beginner & Intermediate Artists



Taught by David Phillips
Tuesdays, 2:00 - 4:00 p.m.
January 2 - February 6, 2018

'Arts by Design' Room on Main Street
Resident cost: \$40 includes all materials (charged to resident billing). Outside community cost: \$50.
Sign up in the Activity Book located in the library.

Lectures on World History

Presented by Susan Dillon
Thursdays
11:00 a.m.
McDowell 3rd Floor Activity Room

Lectures on World Architecture

Presented by Temple Ligon
Second Fridays (monthly)
1:30 p.m.
McDowell 3rd Floor Activity Room

Still Hopes Singers Rehearsals

Tuesdays at 2:00 p.m.
The Club Room
The Still Hopes Singers are recruiting additional sopranos, though all sections welcome new singers.
Call 803.739.5018 for additional information.

Charming Chimers Rehearsals

Wednesdays at 3:15 p.m.
5 Multipurpose Room
Additional ringers are needed!
Call 803.739.5018 for additional information.
Experience is not necessary but participants should have a basic knowledge of music reading.

Apartment, Cottage, & Concierge Neighborhoods

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*Apartment, Cottage, Concierge,
& Future Residents*

**You Are Invited to Celebrate the New Year
at Still Hopes!**

New Year's Dance Party

Music by the Heart 'n Soul Band

Thursday, January 4, 2018

7:00 - 9:00 p.m.

Keenan Event Center



Heavy hors d'œuvres served!

Good music, great company, delicious food!

No reservations necessary!

DINNER AND A SHOW

Sponsored by Culinary Services

Tuesday, January 30, 2018

Buffet at 5:30 p.m.

Show starts at 6:30 p.m.

Keenan Event Center

Details to follow on reservations
and pricing information.



Irving Berlin's "I Love a Piano"

Monday, January 22, 2018

Newberry Opera House

Depart: 1:30 p.m. Return: 6:45 p.m.

Cost: \$49 includes show ticket and transportation



With over 60 of Irving Berlin's enduring and popular favorites, this spectacular show captures the spirit of America. His music does more than define the music of a generation, it defines the music of America.

Waiting list for this popular show event! Please register in the Activity Book located in the library or by calling 803.739.5018.

Woodrow Wilson Family Home

Wednesday, January 31, 2018

Depart: 2:00 p.m. Return: 4:00 p.m.

Cost: \$6 charged to resident billing

Recently renovated by Historic Columbia, the Woodrow Wilson House is the nation's only museum dedicated to interpreting the post-Civil War Reconstruction period and South Carolina's only remaining presidential site. This distinctive

c.1871 Italian villa-style residence was home to a 14-year-old boy named "Tommy" Woodrow Wilson, who would become the 28th U.S. President. As an addition to our tour, we will have special commentary by one of our residents, Jerry Dell Gimarc, who once lived in this historic home.

Please register in the Activity Book located in the library or call Mary Bundrick at 803.739.5051.



Activity Bus Departure Times • January 2018

Friday	5 th	9:00 a.m.	Shopping at BI-LO and CVS
Saturday	13 th	6:45 p.m.	SC Philharmonic Concert at Koger Center
Friday	19 th	9:00 a.m.	Shopping at Publix on Gervais
Sunday	21 st	2:15 p.m.	<i>Big Fish</i> at Town Theatre
Monday	22 nd	1:30 p.m.	Irving Berlin's <i>I Love a Piano</i> at Newberry Opera House
Wednesday	31 st	2:00 p.m.	Tour of Woodrow Wilson Family Home

Dr. Jane Bruce Guignard Neighborhood



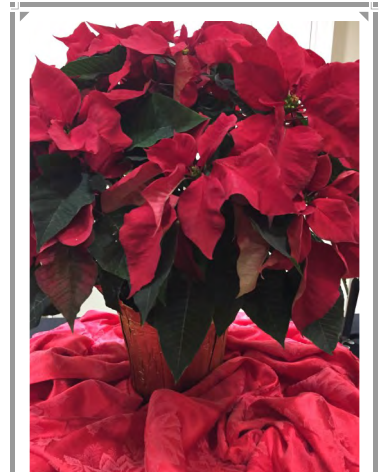
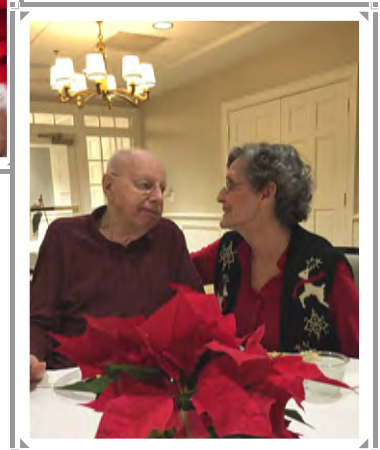
From Alice Ruth Finley, Activity Assistant

December was filled with many Christmas activities, and parties, parties, parties. We always had something to do – from all the Christmas concerts we attended to our trip to see the Christmas lights. All of the lights that we enjoyed on the trip were spectacular, especially since we did not have to leave our warm bus to enjoy them.

Several groups visited Still Hopes to present wonderful shows for us to enjoy, which included the S.C. Music and Dance Academy, Jubilant Singers, and our very own Still Hopes Singers and Charming Chimers. Carolers visited the living room a couple of times throughout the holiday season to spread Christmas cheer to all our residents.

We even had Santa come and visit with the residents on one cold December morning. He assured us that 2018 would be an amazing year. I know that will be true and I cannot wait to see what is in store for us this New Year!

Scenes from
the Christmas season



Dr. Jane Bruce Guignard Neighborhood Family Meeting

Tuesday, February 20, 2018

5:30 p.m. JBG Living Room

Please R.S.V.P. to Brenda at 803.739.5020



Classical Melodies

with Elaine Sandberg

Tuesdays, 3:00 p.m.

JBG Living Room



Bus ride
to see the
Saluda Shoals
Holiday Lights

Merry Melodies

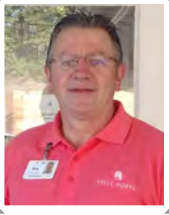
with Faye Brooks

Fridays, 11:30 a.m.

JBG Living Room

Rosalie W. Bomar Neighborhood

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From Bob Michalski, Activity Assistant

December was a wonderful month! We decorated two beautiful Christmas trees to enjoy the entire month. The S.C. Music and Dance Academy got our holiday season started with a great program presented by the young, talented dancers. The Tuesday Tones came in their usual fashion to include the familiar Christmas melodies. We always look forward to The Jubilant Singers. They were such a blessing as they presented their Celebrate Christmas musical. St. Timothy's Episcopal Church brought us Lessons and Carols in the chapel and our folks enjoyed the timeless carols that we love so much. Several volunteers visited and we really appreciate all of them for taking the time to bless us with their talents.

The best news of all is that Santa let us know that everyone was good, so he came bearing gifts for every resident. I could have told him that!

The Rockettes helped us bring in another new year and they danced the night away on our Smart TV on New Year's Eve.

Happy New Year to you! May God bless you and give you peace, good health, and happiness.



Scenes from our 2017
Annual Christmas
Family Drop-in
Reception



Iris Elfenbein helps decorate the tree.

Tuneful Tuesday Singers

2nd & 4th Tuesdays
6:30 p.m.



St. David's Tone Chime Choir
Tuesday, January 23 | 10:30 a.m.
Keenan Event Center

Rosalie W. Bomar Neighborhood Family Meeting

Monday, January 8, 2018
5:30 p.m. Nostalgia Room
R.S.V.P. to Brenda at 803.739.5020

Connections

A newsletter for the entire community



STILL HOPES

Episcopal Retirement Community

PO Box 2959
West Columbia, SC 29171-2959
stillhopes.org

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Christmas Dance Party December 19, 2017

