

# Connections

A newsletter for the entire community

Issue: January 2019



The World Famous

# **GLENN MILLER ORCHESTRA!**

Thursday, January 31, 2019
6:00 - 7:00 p.m. Wine & Cheese Reception
7:00 - 9:00 p.m. Concert
(with a 20 minute intermission at 8:00 p.m.)
William J. Keenan Event Center

Tickets for the concert are \$10 each. The concert is open to Still Hopes current and future residents and their guests. Call Stephanie Parker at 803.739.5002 to make your reservation.



# **Newberry Opera House Restoration**

Presented by Jim Wiseman Wednesday, January 23, 2019 William J. Keenan Event Center 3:00 p.m.

Jim Wiseman will take us on a journey through the planning, fundraising, and restoration of the historic Newberry Opera House, in Newberry, S.C. This multi-media presentation will be fascinating and intriguing to all who attend. Friends and guests are invited to this presentation.

# **Vintage Doll Exhibition**

Wednesday, February 27, 2019 William J. Keenan Event Center 10:00 a.m. – 4:00 p.m.

Do you have a special doll or doll collection and would like to add them to the exhibition? Please contact Mary Staberg at 803.739.5051, or Mary Ross.

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# Living a vibrant and full life

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

#### Welcome, New Residents!

Cheetie Halford from Covington, GA

Rob & Kaye Clark from Columbia, SC



A reception to welcome our newest residents to Still Hopes is held the last Tuesday of each month at 5:00 p.m. in Lowry's Coffee Shop on Main Street. All residents are encouraged to wear name badges to this and other community events.



## **English Speaking Union**

Tuesday, January 8, 2019 7:00 p.m. Trinity Building Multipurpose Room

#### "The Value of Books"

Presented by David Hodges Residents are welcome to attend!

#### "Glenn Miller: Then and Now"

Presented by retired band leader Bob Knox Friday, January 11, 2019 3:00 p.m. Keenan Event Center

# Do You Want to Build a Snowman?

It's winter time in the Wellness Center and during a snowstorm, parts of our snowmen were blown away. Help us to rebuild our snowmen by collecting pieces that have been scattered across campus. The first person to collect all the parts, rebuild a

complete snowman, and return it to the Wellness Center wins bragging rights!

Date: January 16<sup>th</sup> Time: 10:30 a.m.

Location: Wellness Center

#### **Curious about Our Wine Dinners?**

Wednesday, January 16, 2019 3:00 p.m.

#### Keenan Event Center

Curious about the Wine Dinners hosted in Gabriel's, but don't want to commit without knowing you will enjoy the experience? We welcome you to attend this live cooking demonstration and tasting of our upcoming wine dinner menu. Come, dazzle your taste buds and experience the culinary mastery of Still Hopes chefs! Please call the catering office to let us know you are coming at 803.739.5011.

### Climbing Mount Kilimanjaro

Presented by Rev. Dr. Robert Walker
Pastor,
Main Street United Methodist Church
Thursday, January 17, 2019
3:00 p.m.
Keenan Event Center

#### Movie: "Orchestra Wives"

Friday, January 18, 2019 3:00 p.m. Keenan Event Center NR 1 hr. 38 min. 1942 Stars George Montgomery and Ann Rutherford

# **Mark Rapp Jazz Concert**

Tuesday, January 22, 2019 7:30 p.m. Keenan Event Center

The Mark Rapp Group will perform their favorite jazz tunes, originals and arrangements. Join us for an adventure in jazz! This concert is made possible by Dr. Benjamin and Jerry Dell Gimarc through a gift to the McKissick Museum Punch and Rudy Gala silent auction fundraiser.

## The Weevil Empire Band

Wednesday, January 30, 2019 5:00 p.m. Trinity Building Pub & Club Room



# From Sherry French,

# **Director of Activity Services**





# Welcome, New Activity Staff Member

It is a pleasure to welcome Wendy Dollar to the position of Activity Assistant for our new RiverBanks assisted living



neighborhood. Wendy is a graduate of USC with a degree in Studio Art bringing new and innovative techniques and ideas to our programming. She will be shadowing the activity assistants in all neighborhoods of living and training for the new location until the move occurs in early 2019. Join me in welcoming Wendy to Still Hopes.

#### Donations and volunteers needed:

- Helpers to take down Christmas decorations
- Need costume jewelry, scarves, men's handkerchiefs, & other small items for BINGO prizes;
- Groups or individuals to assist w/Smart Phone use.
- Groups or individuals to be a regular friendly visitor in our new Greenway Nursing Center on Saturday and/or Sunday afternoons starting in February.

#### Welcome New Volunteers

John Thomas ~ event usher Linda Thomas ~ resident scrapbook directories Dave Sennema ~ assist with program host/introducer

Call Sherry French at 803.739.5015 if you would like to volunteer at Still Hopes.







The Charming Chimers and Still Hopes Singers presented their annual Christmas Concert for residents on December 19. A time of refreshments followed the concert.







### **Resident Council 2019**

#### **OFFICERS:**

Chairperson – Karl Pfaehler Vice Chair – Joan Savage Secretary – Gene Oliver

#### **COMMITTEE CHAIRS:**

Art – Ben & Jerry Dell Gimarc
Environment and Grounds – Tom Shaylor
Food – Ella Pfaehler
Library – Sara Freeman
Safety – Reggie Freeman
Welcoming – B.J. Shoe
Employee Appreciation – Gerry Shiver & Jim Brady

#### **BOARD OF TRUSTEES REPRESENTATIVE:**

Caroline Matthews

#### **BUILDING REPRESENTATIVES:**

Concierge – John Thomas Cottages – Ken Baldwin McDowell – Jack Moorman Trinity – Melinda Parrish Evergreen – Nancy Maulding

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

# Still Hopes ~ USC Partnership

Who says different generations can't learn something from each other? Residents of Still Hopes and students from the University of South Carolina have recently come together to show that age is nothing but a number, and you never have to stop learning.

The Rhodos fellowship program at the University of South Carolina has been in the works for years and is now coming to life. The program emphasizes taking new technology into the community via strategic social events and community service programs, which helps spread the message that technology can be used to express care and create a space for authentic communication. At their meetings with Still Hopes, Rhodos students have coached residents on how to use technology to communicate and play more games with their grandchildren. A group of Still Hopes residents even had a chance to head to USC's campus and play video games with the students.

Research has shown that intergenerational interaction can lead to increased physical health, higher life satisfaction for older adults, and a heightened sense of fulfillment and joy for younger folks. This is exactly why Still Hopes has enjoyed our partnership with the Rhodos program, and hope to carry it forward into the future.

If you are interested in being a part of the Still Hopes Rhodos group, please contact Stewart Rawson at 803.739.5010.

## **January Birthdays**

- 04 Rankin Craig
- 06 Jean Doster
- 06 Reba Hull
- 07 Patsy Black
- 11 Amaryllis Duvall
- 14 Susan Boyd
- 15 Frank Kinard
- 16 William Harcourt
- 16 Fred Williams
- 17 Ella Pfaehler
- 20 Carmeta Bolt
- 30 Gena Crosby





# Employee of the Month December 2018

Rodney Williams, Culinary

Rodney and I started our commitment with Still Hopes on the same day, almost two years ago. I've watched this young man mature in so many ways in a short period of time. Rodney is a true

ambassador of Still Hopes and he lives our values each and every day while catering to our wonderful residents.

Rodney started in the bistro as Cook 1 where he worked the grill in a fast paced environment. After several months, he moved to the main kitchen to start learning the entire culinary operation as a whole. Through hard work and determination, Rodney has excelled to be one of the strongest team members in the Culinary Department. Rodney has cross-trained in every area of the kitchen and he's the "go to, all around" guy in the department. He can work in The Bistro, Main Kitchen, Utility, and also some Health Care, from time to time.

Rodney has become an outstanding employee who makes me proud to work along with him daily. So, I am nominating Rodney Williams as Employee of the Month and being such an asset for Still Hopes Culinary Department.

Submitted by Greg Davis





# Chapel of the Holy Spirit



Rev. Richard Crozier, Chaplain 803.739.5033

#### **Worship Service**

Holy Eucharist Sundays, 11:00 a.m.



#### **Bible Studies**

Advent Bible Study with Rev. Rich Crozier Mondays at 10:30 a.m.
McDowell 3<sup>rd</sup> Floor Activity Room

**Eastminster Bible Study with Myles Burns** A study of **Acts** Mondays at 11:00 a.m. Guignard Parlor

Men's Bible Study with Jim Brady, PhL and Stewart Rawson, DMin A study of Genesis Tuesdays at 11:00 a.m. McDowell 3<sup>rd</sup> Floor Activity Room

NEW! Bible Study with Dr. Jed Snyder
A study of Hebrews in conjunction with Acts
First & Third Mondays at 3:00 p.m.
Chapel of the Holy Spirit

#### **Altar Guild**

Fourth Thursday, Monthly 12:00 noon Guignard Dining Room



### **Communion Services**



### **Healing Services**

First Tuesday, monthly | 4:00 p.m. (Without Communion) (will not meet New Year's Day) Second & Fourth Tuesdays | 11:00 a.m. (Communion Served) Chapel of the Holy Spirit

# We fondly remember...



Jared Huebel (November 26)
Raymond Sharpe (November 26)
Sylvia McDonald (December 4)
Charlese Fischer (December 8)
Hugh DuBose (December 10)
Angela Pickett (December 10)

Heartfelt sympathy is extended to family and friends.

# Celebrating Christmas with Beautifully Decorated Trees

From L-R: Keenan Center, McDowell, Music Parlor, Chrismon Tree (Chapel), Peacock Tree (Main Street)













# 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 January NEWS YOU CAN USE 2019 Kick-off Thursday, January 24<sup>th</sup> 3:00 PM Keenan Event Center

Getting to Know You (again!)



Our 2019 Kick-Off for Healthy Dynamics will feature new residents offering us a glimpse into their lives. Come learn about our newest residents and welcome them into our Still Hopes Circle of Friends!

WE NEED COPIES OF YOUR NEW OR UPDATED INSURANCE CARDS that you may have received for the new calendar year!

Please bring them by the business office for us to copy for your records.

REMEMBER to keep your **Vial of Life** information **up to date**! This can be especially helpful if you need to go to Urgent Care or the ER. In order to provide the best care, Medical Providers need to know about allergies, medications, medical history, and a contact or responsible party they can talk with. Your **Vial of Life** information form has a place for all of this information. See Tacey or Christana if you need a blank form to update.

Did you know:

#### WELLNESS CHECKS with RN Allison Carroll

wellness checks are held each Thursday in the Spa room in the Wellness Center from 9:30 – 11:00 a.m.

Blood pressure, heart rate, respirations, temperature, and weight are checked.

No charge and no sign up—

just show up to keep up with your vitals.

just show up to keep up with your vitals!

## **Prescription Medication Disposal**

**is available** at the Resident Services Assistant's desk in McDowell Building 4

on Tuesdays and Thursdays from 9:00 – 11:00 a.m.
Bring outdated or unused prescription medication for disposal. Please mark through YOUR NAME on the medication label, but LEAVE THE MEDICATION

NAME AND DOSAGE intact. Thank you!

#### **PODIATRY APPOINTMENTS**

are available for foot care.



Podiatrist Dr. C. Torian will be in the Wellness Center Spa Room on Wednesday, January 16<sup>th</sup>

If you are interested in podiatry services in January, please sign up in the Activity Book in the Library under the **HEALTHY DYNAMICS** tab.

Tacey will give you a call to schedule your appointment with Dr. Torian and his team.

#### LIONS CLUB DONATIONS

During the month of January, there will be box outside of Tacey's office 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!

#### SUPPORT GROUP WISDOM

from our SHARE Caregiver Support Group members:



When asked "What do you need to be a care partner for your loved one?" group members responded "patience; humility; love; respite time away from caregiving; calmness; understanding friends; time with family; flexibility; acceptance; commitment; faith; and information about the disease or illness my loved one has."

When asked "What are you grateful for?" these care partners responded "Still Hopes and the people here (residents and staff); good health; family; friends; God's love; laughter; great memories; financial resources; responsiveness, support, and love from others; the Serenity Prayer; and all of these years with a loving spouse."

We have several support groups here at Still Hopes—for caregivers, for those who are grieving, and for spouses who are caregivers.

Please join us—call Tacey for more information.

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

### HARNESS THE POWER OF YOUR MIND & BODY





Balance + Strength Class

Begins January 3, 2019 Runs 8 weeks Tuesdays/Thursdays 9:00 a.m. Aerobics Studio Stand at the barre and exercise to improve balance, core strength, postural alignment, and movement coordination. Optional floor exercise will be specific to safely transitioning from floor to standing by means of strength and balance.

Class size is limited. Register with Wellness staff. No cost.

# Imagine yourself taking control with a Yoga practice

New 8 week session begins the week of January 7. You choose your class. Mix or match! Want to try a class for free? Contact Denise!



A gentle method of increasing flexibility and strength and practicing safe transition from the floor to standing. Nearby chairs and a rail on the wall aid in transitioning to a standing position. Bolsters, blocks, blankets, and straps keep you comfortable and supported on your mat. Guided meditation decreases anxiety and depression and aids in pain management. This class greatly benefits spine health!

Chair Yoga Mondays and Thursdays 1:00 - 2:15 p.m.

Connect the mind and body with physical and mental practices. Learn the Universal Principles of Body Alignment through yoga positions and become empowered through the joy of Present Moment Awareness. Achieve improvement in brain health and attitude through control of the breath and meditation....all while sitting in a chair!

Register for 1 class per week \$100.00 (choose either floor or chair yoga)

Register for 2 classes per week \$200.00 Register for 3 classes per week \$300.00

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



Solutions raised \$310 for the Resident Assistance Fund through their Christmas gift wrapping services!



WE LISTEN, WE PLAN, We Care.





#### RENEW

your **strength**, **independence**, and **stamina** after an extended hospital stay for a serious illness or surgery.

Our Medicare certified rehabilitation suites offer

- ♦ 5-star staffing ratio
- 22 private rooms with private baths
- Café offering wide selection of menu options
- Planned activities and social stimulation (if desired)

Physical, Occupational, & Speech Therapies 7 days per week

# SANDERS R. GUIGNARD REHABILITATION SUITES

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

# Still Hopes Classroom

### Film and Theology Series

Saturday, January 5, 2018 2:00 p.m. Keenan Event Center



"My Life So Far" (1999)

Seen through the eyes of a 10-year-old boy, this moving story tells the joyful adventures and sometime trials of a British family between the World Wars. Three generations of Pettigrews seek solutions and solace in the midst of cultural, financial, and personal changes.

The film stars Colin Firth and Mary Elizabeth Mastrantonio as Edward and Moira, with Robert Norman as their 10-year-old son and Rosemary Harris as the matriarch, "Gamma." Based on childhood experiences of a British television executive, Denis Forman, the story provides ample theological questions from an innocent 10-year-old's perspectives on moral life.

The Film and Theology series is facilitated by Eleanor and Philip Whitehead.

# **Busy Needles**

(formerly known as the Knitting Group) Welcome any type of "needlers"!

If you like to crochet, embroider, do needlepoint, or knit, we would love for you to join us on Wednesdays at 2:00 p.m. in the library to create items for local charities and other worthwhile causes.

# Dance Lessons, Anyone?

Sign up in the Activity Book located in the library if you are interested in ballroom dance lessons such as the waltz, fox trot, etc. Some interest has been expressed.

Need 10 people to start a class.

# Still Hopes Singers Rehearsals

Tuesdays at 2:00 p.m.
The Club Room in Trinity Building

#### Line Dance

Sherry French, Instructor Monday, January 7th & 21st 4:00 p.m. Atrium on Main Street

### **Healthy Living Series**

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

First Friday, Monthly
January 4, 2019
1:30 p.m.
Trinity Building Multipurpose Room

# Lectures on Early Italian Renaissance Art

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

# Acrylic Art Class for Beginner & Intermediate Artists

Taught by David Phillips

Six sessions: January 8 – February 12, 2019 Tuesdays, 2:00 - 4:00 p.m.

'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.

# **Creative Crafters**

# Calling all Crafters – you are needed!

We have several projects lined up prior to Christmas. Join us on Mondays at 2:00 p.m. in the Arts by Design Craft Room on Main Street.

# **Charming Chimers Rehearsals**

Wednesdays (except first of month) 3:15 p.m. | Trinity Multipurpose Room

#### **Lectures on World Architecture**

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

# Apartment, Cottage, & Concierge Neighborhoods





#### **New Year's Dance Party**

Music by the Heart 'n Soul Band Thursday, January 3, 2019 7:00 - 9:00 p.m. William J. Keenan Event Center

# Midcentury Masters: Jasper Johns' Gifts to the CMA

Columbia Museum of Art Wednesday, January 9, 2019

Depart: 1:30 p.m. Return: 3:30 p.m.

Transportation cost: \$5 charged to resident billing

Jasper Johns is one of most influential American artists of the 20<sup>th</sup> century. In 1999, he gave the CMA 39 works from his personal collection. Some are by Johns himself; others are by artists he admired, like Josef Albers, Roy Lichtenstein, and Andy Warhol. Enjoy a guided tour of this very special exhibit.

## Aiken Women's Heart Board Annual Benefit Musical

Saturday, February 23, 2019

Cost: \$82 charged to resident billing

Founded by Ms. Eleanor Bookstaver in 1968 after losing her mother to heart disease, the Annual Benefit Musical written and directed by Jim Moore is the Board's main fund-raising activity. It is performed at the Etherredge Center (associated with the Julliard School) on the USC-Aiken Campus. The Board has donated more than two million dollars to the American Heart Association. Lunch is included at the famous Willcox Inn in Aiken, S.C.

## "The Cunning Little Vixen"

by Janácek and sung in English Performed by Opera at USC

Sunday, February 24, 2019

Depart: 2:15 p.m. Return: 6:00 p.m. Ticket cost: \$20 (at the door or on-line only)

Purchase tickets on-line or at the door. Please note that on-line sales end at 3:00 p.m. on opening day. After that, you may purchase tickets at the door one hour before curtain time.

#### Citadel Tour and Dress Parade

Charleston, SC

Friday, March 22, 2019

Depart: 11:00 a.m. Return: 6:30 p.m.

Cost \$65 charged to resident billing

Since 1842, the Charleston Citadel has sought to prepare its graduates intellectually, physically, and morally to be principled leaders and productive citizens. Join us for a Cadet led tour of the Citadel followed by parading the troops. Lunch is included. A minimum of 20 participants are needed for this trip.



# Church Basement Ladies: "Rise Up, O Men"

Saturday, March 9, 2019

Depart: 1:30 p.m. Return: 6:00 p.m. Cost: \$65 charged to resident billing

Sixth in the **Church Basement Ladies** series, "Rise Up, O Men" is a brand new musical comedy featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and benefits of weld vs. solder, they unintentionally disrupt the order of the kitchen.

Only 13 seats available for this show at the historic Newberry Opera House!



#### Road to Tara

Jonesboro, GA

Wednesday, April 10, 2019 Depart: 9:00 a.m. Return: 6:30 p.m.

Cost: \$115 charged to resident billing

Calling all "Gone with the Wind" and history buffs. Our guide Peter Bonner, who is an actor, master story-teller, and author, for a very lively tour of the Road to Tara museum in Jonesboro, GA. If you love "Gone with the Wind", you will love this tour!

Lunch at the Blue Willow Inn in Social Circle is included. A minimum of 20 participants are needed for this trip

#### **Upcoming tours:**

Daniel Stowe Botanical Gardens – May 14, 2019 "South Pacific" at Flat Rock Playhouse – June 13, 2019 "All Shook Up" at Flat Rock Playhouse – August 8, 2019

# Activity Bus Departure Times • January 2019

Friday	4 <sup>th</sup>	9:00 a.m.	Shopping at BI-LO and CVS
Sunday	6 <sup>th</sup>	2:15 p.m.	Arsenic and Old Lace at Town Theatre
Wednesday	9 <sup>th</sup>	1:30 p.m.	Midcentury Masters: Jasper Johns' Gifts to the CMA
			at Columbia Museum of Art
Saturday	12 <sup>th</sup>	6:45 p.m.	SC Philharmonic Concert at Koger Center
Friday	18 <sup>th</sup>	9:00 a.m.	Shopping at Publix on Gervais

To register for the trips listed above, you may sign-up in the Activity Book in the library.

# Dr. Jane Bruce Guignard Neighborhood



### From Diane Coté, Activity Assistant

We had a wonderful December in the Dr. Jane

Bruce Guignard neighborhood. Fifteen seventh grade girls visited from E.L. Wright Middle School. They sang carols and played games with the residents. Five of the girls went from room to room greeting residents and singing carols. I was touched by their kindness, sincerity, and gentleness.

This month, we're looking forward to more arts and crafts activities. We'll be making collages, snowmen, and snow-flakes. Maybe we'll see some snow in January. That would be exciting!

Also exciting is our move to the new building called Greenway. It will be beautiful and a wonderful home to our residents.

It's a new year! I hope 2019 will be a fun and stimulating year. If anyone has a suggestion for new activities or would like to volunteer, please let me know. I so appreciate all of the wonderful volunteers who give of their time and talent. Happy New Year!

Every day I will bless you.

And I will praise Your name forever

and ever.

Great is the Lord, and greatly to be praised.

Psalm 145:2-3





Students from the SC Music & Dance Academy (above) present their annual Christmas Show.













The Children's Choirs of First Presbyterian Church brought joyful Christmas music to Still Hopes that included a carol sing.

# Rose Gardens Neighborhood





### From Bob Michalski, Activity Assistant

I enjoy listening to holiday music. One radio station I enjoy,

repeatedly played "Count Your Blessings" from the movie White Christmas. I never really considered that as a Christmas song but what a message!

The Rose Gardens Neighborhood was truly blessed throughout December.

Our Christmas drop-in was lots of fun as family and friends gathered and wonderful food was provided, as well as beautiful music by Diane Coté.

Another blessing is our bus. We attended Columbia City Ballet's *Scrooge*, the beautiful lights at Saluda Shoals, and our weekly Monday trips around town.

We were blessed by the Trinity Episcopal youth who helped us decorate, Northside Baptist Church Silver Saints Choir, SC Music and Dance Academy, the children from Heathwood Hall, the Still Hopes Singers and Charming Chimers, First Presbyterian Children's Choir, Saint David's Tone Chimers, the Tuesday Tones, and our regular Methodist lay speakers. Beth McCorkle and Marion Lusk blessed us with a holiday party including mistletoe margaritas. Debbie Watford taught us how to paint a beautiful winter scene as we sang and shared holiday memories.

Santa Claus even visited Christmas Eve with gifts!

The song "Count Your Blessings" (instead of sheep) was supposedly a cure for insomnia. As busy as we are, I doubt we need a cure for insomnia.

From The Rose Gardens Neighborhood, Happy New Year!

And he who sits upon the throne said, behold, I make all things new. And he says to me, wright, because these words are true and faithful. Revelation 21:5



Christmas is parties and children!

Top to bottom: Mistletoe Margarita party with Marion and Beth,
Art Class with Debbie,
SC Music & Dance Academy
Christmas Spectacular,
First Presbyterian Children's Choir,
and Heathwood Hall 4-year-old class.











# Connections

A newsletter for the entire community



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

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The annual Christmas Dance Party for Apartment, Cottage, Concierge, and Future Residents

