



## COLUMBIA RESIDENT'S PAINTING FEATURED ON 2019 MOTHER'S DAY CARD

Each year Presbyterian Communities is honored to feature the artwork of a resident on its annual Mother's Day Card, which is used to promote the Mother's Day Offering.

The charming painting on this year's card, named "Their First Swim," is the work of Wilhemina "Mena" Dexter. Mena is a resident at The Columbia Presbyterian Community. She is also a member of Shandon Presbyterian Church in Columbia, where she developed a reputation for tireless service as a leader, teacher and volunteer.

Mena is a native of Winnsboro and a graduate of Columbia College. After graduation, she spent her career teaching 3<sup>rd</sup> grade. Her interest in young people also led her to be active in scouting with her late husband, Dalton.

Upon retirement from teaching, she took up painting classes. She has since produced many lovely and engaging works – like the one on the card – featuring a variety of subjects.



*Above: "Their First Swim"  
Below: Mena Dexter*



*Participants enjoyed a black bean dessert that provides key nutrients related to brain health.*

## PCSC COMMUNITIES HOST "BRAIN DINNERS"

Memory is a critical part of human well-being, but maintaining good memory function can be a challenge as we age. Fortunately, recent studies show that memory function in older adults can be improved and maintained through a variety of strategies to train and exercise their memories. Further, the effects have been shown to be long-lasting and often transfer to everyday functioning.

With that in mind, all the PCSC communities are hosting "brain dinners" (or luncheons). These events are designed to educate residents about how memory works

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# CREATING NEW STORIES, MAKING MEMORIES AND ENRICHING LIVES

Do you know the stories that make PCSC a REAL ministry – a REAL community of faith, friends and family? The stories I’m talking about are those of the people who live in the communities, their family members and the people who serve them each and every day.

Our mission statement includes “enriching the quality of life for seniors of all faiths.” While compassionate and quality care is provided to each person who comes through our doors, it seems to me that “enriching” lives goes beyond simply caring. PCSC employees truly care about the people they serve, and it shows, but their extra efforts truly enrich their lives.

Matching talents, gifts and expertise of residents with opportunities to continue using these is one example. Exposing residents to new opportunities that, in the past, they have not had time to pursue, is yet another. This is what our staff members do. They connect residents to each other within the communities, and also provide connections to outside opportunities.

**And sometimes, they go beyond what we even ask or expect...**

*On their own time, two staff members don their Sunday best to take a resident to a family event that she wanted to attend.*

*Another employee dresses up to take a resident to her class reunion – on his own time.*

**Enriching lives also takes place in the very small things our staff does without even thinking about them...**

*It’s employees who pause to kneel down, place a hand on a resident’s hand, while smiling and talking, eye to eye, with someone in a wheelchair.*

*And it’s staff who ensure that the dining experience is appropriate for everyone being served.*

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STAFF CONNECT RESIDENTS TO EACH OTHER WITHIN THE COMMUNITIES, AND ALSO PROVIDE CONNECTIONS TO OUTSIDE OPPORTUNITIES.

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**Life enriching opportunities abound at our communities, thanks to staff and residents who enjoy living creatively...**

*Helicopter rides to celebrate a 100<sup>th</sup> birthday!*

*Classes in painting or flower arranging.*

*Lectures or concerts – and bringing these events on campus.*

*Worship services developed and led by retired pastors and church laypersons.*

*Residents expressing desires for new programs and sharing any concerns through formal resident committees.*

There are memories and new stories being created each and every day at PCSC’s six communities. As you look at the pictures and read the articles in *Community Connections*, you can see the ministry of people, relationships and community in action. I hope this issue helps you better understand the enrichment that happens in the places our residents call “home.”



*Katharine R. Ligon*

Kathy Ligon,  
President and CEO

# GRATITUDE FOR THE MOTHER'S DAY OFFERING

Not long after Presbyterian Communities opened its doors, it faced a critical decision: How would it deal with residents who were outliving their life's savings? Would it inform them they would have to leave? Or would the ministry and its supporters find a way, with God's help, to continue to provide all the blessings that come with living at a Presbyterian Community?

The supporters of PCSC know the answer because they ARE the answer! The churches who helped start PCSC have consistently continued to claim this ministry as their own through generous, ongoing support of charitable care. So have many others who have since come to know and love what PCSC does.

One of the most important and visible means by which this is done is the Mother's Day Offering. In just a few days of my writing this, Presbyterian churches across South Carolina will collect the Offering during worship. The funds collected will be used solely to provide financial assistance to residents who, after years of living with us, are no longer able to pay for the full cost of their care.

We also invite individuals who have not yet made a gift to the Mother's Day Offering to participate in this special expression of care. You can use the envelope included in this issue of *Community Connections* or you can donate on-line at [prescommunities.org/make-a-gift](http://prescommunities.org/make-a-gift).

Can PCSC continue to care for residents whose life's savings become inadequate after years of living with us? Because of you, the answer is a resounding, "Yes!" Thank you for being the answer to the question!



*Franklin Fant, Director of Foundation Services and Church Relations*



## CHURCH AMBASSADORS GATHER FOR 2019 MEETINGS

One of the key strengths of PCSC's ministry is its Ambassadors. These are individuals who represent PCSC to their local Presbyterian church (and represent their local church to PCSC!). These are folks who care deeply about what PCSC does and who help keep their church connected to its mission.

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*Above: (L-R) Foothills Marketing Director Cathy Stuckey visits with Ambassadors Russell Harris (Faith Church, Williamston) and David Webster (First Church, Greenville).*

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Each spring, the Ambassadors gather at five regional meetings, each held at a different community. These meetings are used to update Ambassadors on the latest developments at PCSC and to share ministry accomplishments from the prior year. They are also typically used to help educate Ambassadors on various aspects of life at the communities.

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*The PCSC Foundation is a 501(c)(3) tax-exempt, non-profit organization that receives and manages charitable gifts given to support the mission and ministry of Presbyterian Communities of South Carolina (PCSC). You can make your charitable gifts to PCSC payable to the PCSC Foundation. Your gifts are tax-deductible to the extent allowed by law.*



**Church Ambassadors Gather for 2019 Meetings • Continued from page 3**

After CEO Kathy Ligon and I shared our usual updates, resident panelists took over the rest of the presentation. Led by the marketing director at their community, these discussion panelists shared their important, first-person perspectives. Topics covered included why they chose to move into a Presbyterian community, what they enjoyed most about living at PCSC, and whatever else they thought the Ambassadors and churches should know about.

The panel discussions were highly engaging and informative, reminding everyone that the residents are truly the ones who can best tell of the blessings provided by PCSC. PCSC is grateful to these residents. We are also grateful to the Ambassadors who invested their personal time to attend these meetings and who help ensure that PCSC’s church connections remain strong.



*Above: PCSC Trustee and Ambassador Bick Halligan (Eastminster Church, Columbia), was surprised to find a former teacher at his high school, Happy Henry, living at Laurel Crest and serving as a resident panelist. Left: Florence Resident Harold King shares his experiences of living at PCSC with the Ambassadors.*

## SUPPORTING CREATIVITY AND SELF-EXPRESSION IN MABRY HOUSE

Giving residents opportunities to engage in meaningful and fulfilling activities lies at the heart of PCSC’s ministry. This applies to all residents in all levels of accommodation and care.

Mabry House is the self-contained memory unit at The Florence Presbyterian Community. While residents there are challenged by memory loss or dementia, they are fully capable of creative acts. This was recently witnessed with a poetry activity led by the Community’s new Life Enrichment Director, Marcia Austin.

“I learned this poetry idea at a conference many years ago, and brought the template for the activity when I came to the Florence Community,” said Marcia. “We began by going over some familiar poetry. I asked them to quote some poetry they knew by heart, such as the 23<sup>rd</sup> Psalm and other popular poetry.”

Mabry House residents then recited these poems, either in their entirety or in part, according to their ability. Then Marcia had them take turns reading short poems.

Finally, she shared that they were going to write their own poem. “Using a poem template that started each line, but left it unfinished, I read the first part of the line, and asked someone from the group to finish it,” Marcia explained. “For instance, when I read, ‘I want to be ...’ the response that came back was ‘kind.’”

Marcia started various lines and the residents gave suggestions as they went. All the residents in the group participated, and then they read the poem in its entirety. Above is the poem Mabry House residents created from this exercise in self-expression.



*Marcia Austin, the new Life Enrichment Director at the Florence Community, is a Certified Therapeutic Recreation Specialist and holds a degree in Recreational Therapy.*

### ALL ABOUT ME

I am rich and famous  
I wonder as I wonder  
I hear jingle bells  
I see sunrise and happy children  
I want to be kind  
I am rich and famous

I feel like I love people  
I touch silk  
I worry about things I don't know  
I cry when I hurt or think about the past  
I feel like I love people

I understand touch  
I say be nice  
I dream and hope  
I try to pray to God

## FLORENCE COMMUNITY WELCOMES NEW EXECUTIVE DIRECTOR

With a great enthusiasm, The Florence Presbyterian Community welcomed Ben Prince as its new Executive Director/Administrator in March.

Ben previously served as a Senior Living Consultant with the Health Dimensions Group, which provides managerial assistance and oversight for senior living communities. He has a long career in senior living services, having served in related positions for more than 30 years.



Ben says that he and his wife, Cris, are absolutely delighted with their first month in Florence. He adds, "I have found The Florence Presbyterian Community to be warm and welcoming. I have been impressed with the caring and professional attitude displayed by the department leaders in this community, by my peers at our other communities and by those at our Management Services Office. It is evident that our mission and values are woven into the fabric of daily life throughout this organization."

PCSC Chief Operating Officer Tony Fountain said of Ben, "With a long career in senior living, it is evident that Ben's passion and interests are in serving older adults. He has been successful in his previous positions and has contributed to the field in many important aspects."

During his career, Ben has served as Nursing Home Administrator for a single-site community, as well as Executive Director of a not-for-profit Life Plan Community in Texas. He has also served in the role of Regional Director of Operations for more than 10 years, and has been the owner/operator of two assisted living communities.

He is licensed by the South Carolina Board of Long Term Health Care Administrators, and holds an undergraduate degree in Behavioral Science from the University of Northern Iowa.

## PCSC Communities Host "Brain Dinners"

*Continued from page 1*

and strategies for improving their own memory function. These events have been tremendously popular wherever they have been held, with a very high rate of participation by the residents.



At the events, each table has a staff member who volunteers to facilitate the brain health activities. The dinner is a three-course meal, rich in key nutrients proven to promote brain health. Each course includes an exercise for residents to learn and memorize something new about their peers. This includes tips to remember middle names, and a "mind challenging" activity. One exercise consists of repeating each tablemate's middle name three times, and a brief, funny story about the person to promote intentional memorization.

*Florence resident Clayton Parham shows his place card. The spelling of names on the place cards was scrambled as part of a brain health exercise.*

At the end of the dinners held thus far, many residents expressed their surprise at the helpfulness of the memorization tips, and they enjoyed continuing to refer to their peers by their middle names!



*Clinton residents (L-R) Helen Hans, Susan Henderson, Marion Simmons and Bobbie Fields all enjoy the "brain dinner."*

## PCSC STAFF RECEIVE RECOGNITION

There are many ways PCSC residents are blessed by this ministry. But the primary means of blessing is through the contact of PCSC's front-line staff with the residents. From these essential staff members, residents receive cheerful smiles, encouraging words, engaging activities to participate in, and helping hands.

PCSC is proud to share recent awards made by outside organizations in recognition of the outstanding caliber of individual staff members.

### HEART AND HANDS AWARD – JOEY SHAKESPEARE

The Heart and Hands Award is a state-wide recognition given each year by LeadingAge SC to a worker in a not-for-profit organization serving older adults. This award is given to an individual who embraces person-centered care and service through efforts that go beyond those normally considered within his or her position.



*Joey Shakespeare*

This year's recipient is Joey Shakespeare, who is the Concierge at The Village at Summerville. He was recommended to LeadingAge SC for this award by fellow staff members and a resident, as well as by a resident's family member.

One of Joey's great accomplishments last year was organizing helicopter rides to celebrate Rhea Spencer's 100<sup>th</sup> birthday. It was something she had never done, and several other residents took rides, as well.

As Concierge, Joey does a multitude of things each day to make life special for residents at The Village. Resident Clif Green said, "Joey is always available to help residents with any problem or situation that they may experience," but beyond being a problem-solver, he is "constantly looking for ways to involve the residents in activities that are fun, rewarding and that bring us closer together."

Life Enrichment Director Karmen Wood shared that "Joey can make anyone laugh, and every day he makes

our residents' lives brighter." He goes on most outings, and is quite good at drawing out residents who might be apprehensive about venturing forth. Joey's dedication does not just stop at his formal duties. "I commonly see him helping residents in our dining room when the staff is busy," Karmen added. "He takes residents' orders, gets them refills, and anything else they need. And he does everything with a cheerful spirit and positive attitude."

### THREE COLUMBIA COMMUNITY STAFF HONORED

The South Carolina Activity Professionals Association (SCAPA) is an organization that provides education, networking and professional support to activities professionals. SCAPA recently honored three staff members of The Columbia Presbyterian Community with awards.

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*Columbia Community staff members (L-R):  
Cindy Enfinger, Amy McCormack, and Reather Bovain*



Amy McCormack, Life Enrichment Coordinator, was given the SC Activity Professional of the Year Award. This honor is given to an activity professional who demonstrates support to fellow members in the organization and who shows initiative above and beyond job requirements.

Cindy Enfinger, Life Enrichment Coordinator, was named the SC Activity Staff Rookie of the Year. This award is given to someone with less than two years in the profession who is demonstrating leadership skills, initiative, and a promising future in the field of activities.

Reather Bovain, a Certified Nursing Assistant, received the SC Distinguished Merit Award. This recognition is given to an employee outside the activity (or life enrichment) field, who contributes to meeting the activity needs of the residents within their workplace. This person must consistently demonstrate significant support to meeting the activity needs of the residents.

***PCSC is grateful for Joey, Amy, Cindy, Reather, and others who do so much every day to enrich the lives of its residents!***

## PASSAGES: COLUMBIA RESIDENTS VOLUNTEER WITH MIDDLE SCHOOL PROGRAM

*by Jackie Perrone*

Seniors, be glad you passed eighth grade when you did. Chances are, if you were tackling it today, you'd find yourself snowed under with technology, high standards, and long-term visions you never knew were available to you. That's what happens in the Passages program of Lexington school districts, as experienced at Meadow Glen Middle School.

During the first week in April, several residents from The Columbia Presbyterian Community (Betty Salmond, Carolyn Lowe, and I) responded to the call for volunteers to serve as panelists at Meadow Glen. For most of us, it has been a really long time since we had meaningful contact with middle school students. Our accumulated "wisdom" was in demand for judging the presentations of eighth graders as they move toward the adventures of high school.

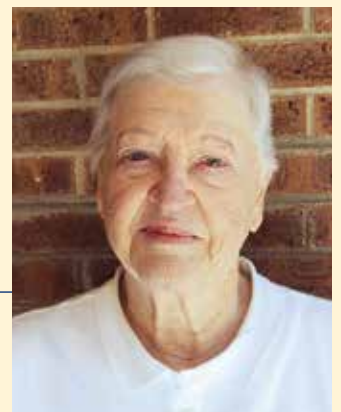
Passages is a program offered via EL Education Schools to help students improve their public speaking skills and to prepare for student-led conferences. Eighth-graders use this opportunity to reflect on their earlier learning – and organize their hopes and plans for the future – in a presentation before teachers, parents and community members.

For two hours, we had the privilege of sitting in on presentations by these teenagers, as prescribed by their Passages program. With their iPads and a large screen, they projected visual aids as they moved through a reflection on themselves beginning two years ago as entering middle-schoolers and on up to this moment where they are embarking on a high school career. An impressive array of criteria were set forth for this appearance: Accuracy, integrity, collaboration, comprehensiveness, personal grooming, speaking skills, eye contact – just a few of the standards each student was expected to meet.

I have to report that today's 14-year-olds can amaze you. They displayed poise and ambition, an appreciation of teamwork and an ambition for personal goals for the future. Our hardest task was finding something to criticize; our easiest was appreciating the hard work they put into this moment and the intellectual achievements that will see them through higher education.

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*Jackie Perrone is a resident at The Columbia Presbyterian Community.*



# LIFE INSURANCE: THAT GIFT IN THE BACK OF YOUR DESK DRAWER CAN CHANGE THE FUTURE



## BENEFITS OF DONATING LIFE INSURANCE

- You convert a policy you no longer need into a legacy gift that expresses your values and your support for older adults.
- For very little out-of-pocket cost, you make a substantial gift.
- You receive an immediate charitable deduction without affecting your investment portfolio or your cash flow.

## OR MAKE PCSC THE BENEFICIARY

Instead of making an outright gift today, you can also retain ownership and simply name PCSC as a beneficiary. Or you can name PCSC as the contingent beneficiary, should you outlive the primary beneficiary. While not tax deductible, this approach has the benefit of allowing you to change your mind in the future.

If you are interested in learning more about how you can use your life insurance to fulfill your charitable intentions, please call Franklin Fant, Director of Foundation Services and Church Relations, at (803) 772-5885 or email him at [Franklin.Fant@PresComm.org](mailto:Franklin.Fant@PresComm.org).

Many prudent, thoughtful people purchase life insurance to protect and provide for their families. But life changes. Children grow up, get married and find jobs. And then one day you find yourself carrying more life insurance coverage than you need. Sound familiar?

Why not consider transferring ownership of your life insurance policy to Presbyterian Communities of South Carolina? It's an extraordinary way to provide for the well-being of older adults far into the future.

Another way to use life insurance to support PCSC is to purchase a new policy and name PCSC as the owner and sole beneficiary. You can make annual gifts to cover the premiums and take an income tax deduction each year.

## A GIFT OF LIFE INSURANCE TO PCSC COULD BE RIGHT FOR YOU IF...

- ✓ You want to make a significant gift now, but lack liquid assets.
- ✓ You are carrying more coverage than what your family requires.
- ✓ You have a paid-up policy you no longer need.
- ✓ You care about the future of PCSC's ministry to seniors.
- ✓ You are in your peak earning years and want to benefit from annual charitable income tax deductions.



# VITAL LIVING AT PCSC

Sometimes PCSC residents need a little extra help. This can happen due to illness or it can simply be the result of the aging process. Other times, residents may be able to do something themselves, but they prefer to hire someone to do a task so they can spend their time and energies doing what they want to do!

For any of these situations, PCSC has a special service called Vital Living that residents can engage to help them out with a variety of tasks. Some of these tasks are fairly conventional. For example, Vital

Living companions can provide sitter or transportation services or can accompany a resident to an appointment or social function. Other forms of assistance include concierge services (such as shopping and basic technology assistance), personal care assistance, assistance with hobbies, closet reorganization, reminders to take medication, and more.

In general, however, there is no preset list of services. Vital Living is flexible. If residents and their families think of a service they are interested in, they are invited to set



up a consultation with Vital Living to see if PCSC can make it happen.

Vital Living services can be set up as ongoing assistance or as one-time or short-term help. These services do not replace those a resident already receives from PCSC, but rather augment them when additional assistance “above-and-beyond” is desired.

It is obvious to see how a resident might desire assistance dressing while recovering from an injury or want a companion if getting out is difficult. But one of the more creative uses of Vital Living by a few residents has been the planning and staging of their birthday parties!

If you would like to know more about what Vital Living can do, contact the appropriate Vital Living coordinator as listed below:

- Clinton ..... (864) 939-0748
- Columbia..... (803) 603-5640
- Florence ..... (843) 665-2222
- Foothills..... (864) 484-3840
- Laurel Crest ..... (803) 926-5270
- Summerville..... (843) 821-8667



*Left: Jinny Sauls, Vital Living Coordinator at The Village, pours a beverage for birthday party-goers. Right: Village Resident Barbara Weiringa celebrates her 90th birthday with a party coordinated by PCSC's Vital Living service.*

## Interested in Working as a Vital Living Companion?

PCSC is looking for new staff members to partner with us in providing Vital Living services to residents. Responsibilities include companionship, medication reminders, personal care, light housework, meal preparation, assistance with errands and transportation to appointments. PCSC offers flexible schedules and an amazing work environment.

If you are interesting in serving as a compassionate Companion for PCSC residents, please contact the appropriate Vital Living Coordinator using the list at right.



## CELEBRATING 10 YEARS OF THE PCSC OLYMPICS

The annual PCSC Olympics brings residents from all six communities together for a little friendly competition in games such as putt-putt, speed-walking and spelling. Ten years after its inauguration, these games have become one of the most widely anticipated events on PCSC's annual calendar.

On Friday, May 3, resident contestants and supporters from their local communities met in Columbia, where the PCSC Olympics are held each year. One change from prior years was to divide the communities into two "classes," similar to high school sports. The larger communities were put into one class, and the smaller communities were put into another. Gold, Silver and Bronze medals were worth three, two and one points, respectively.

Laurel Crest Retirement Community had the highest medal count to win the overall trophy. The Clinton Presbyterian Community won the "Spirit Award" for best team spirit. Brandon Taylor, co-anchor of News19 *This Morning* at WLTX in Columbia, served as the special guest master of ceremonies.

Jenny Nance, Wellness Director at The Columbia Presbyterian Community, is responsible for the original concept for the PCSC Olympics. "The idea initially came up as a way for residents to celebrate 'Active

Aging Week,'" she says. Jenny is quick to add that the first games quickly became a group project. "What began as a snowflake developed into a snowball. I worked on the concept with other Wellness Directors, and together we held the first PCSC Olympics in 2010."

The initial PCSC Olympics was so well-received, it became obvious it would have to be

an annual event. Besides the opportunity for friendly competition, these games give residents the opportunity to socialize with old friends and make new ones. "Many of our residents know residents in the other communities, say from church or college, and this gives them an opportunity to reconnect," Jenny explains.

But the residents are not the only one's sharing camaraderie. Many staff members from each community gather to support the residents and share the work required to make everything go smoothly. For instance, dining services staff from multiple communities travel to assist the dining staff at the Columbia Community. This ensures the extra food

needed for the large crowd gets prepared and served efficiently at lunch time. Jenny says, "The PCSC Olympics really showcase the teamwork of staff from across the state. The Olympics are an 'all hands on-deck' event, and I can't say enough about how much everyone contributes to make this a true team effort."

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*Above (L-R): Columbia resident Carolyn Lowe carried the torch to open this year's PCSC Olympics.*

*The Clemson Tiger Cub made a special appearance at the games.*

*Clinton resident Strut Murdoch carefully lines up a putt, while cheerleaders from the Clinton Community encourage him on.*

*A picnic lunch was enjoyed by contestants and spectators.*

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*With the highest medal count, Laurel Crest won the 2019 PCSC Olympics. Congratulations!*





## CLASS "A" (CLINTON, FLORENCE AND LAUREL CREST)

EVENT	PLACE	MEN	WOMEN
<b>SPELLING BEE</b>	Gold	Tom Gasque – Laurel Crest	Judith Bunge – Laurel Crest
	Silver	Strut Murdoch – Clinton	Susan Henderson – Clinton
	Bronze	Albert Paffrath – Florence	Betty Paffrath – Florence
<b>WII BOWLING</b>	Gold	Phil Hart – Florence	Martha Simmons – Clinton
	Silver	Bill Ford – Clinton	Gerry Smoak – Laurel Crest
	Bronze	Brent Breedin – Laurel Crest	Luanne Ussery – Florence
<b>BOCCE BALL</b>	Gold	Avery Smith – Clinton	Betty Youngs – Clinton
	Silver	Bill Bouchard – Laurel Crest	Bonnie Schneider – Laurel Crest
	Bronze	–	Joann Hart – Florence
<b>PUTT-PUTT</b>	Gold	Al Jordan – Laurel Crest	Dot Collins – Laurel Crest
	Silver	Chuck Hull – Clinton	Maymie Lou Spearman – Florence
	Bronze	–	Anne Pitts – Clinton
<b>WALKING</b>	Gold	George Hallman – Laurel Crest	Gerry Smoak – Laurel Crest
	Silver	Peter Hobbie – Clinton	Anna Hull – Clinton
	Bronze	–	Trudy Hall – Florence

## CLASS "AA" (COLUMBIA, Foothills AND VILLAGE AT SUMMERVILLE)

EVENT	PLACE	MEN	WOMEN
<b>SPELLING BEE</b>	Gold	Jim Brice – Foothills	Yvonne May – Summerville
	Silver	Werner Will – Summerville	Julie Brice – Foothills
	Bronze	John Vousden – Columbia	Jane McGregor – Columbia
<b>WII BOWLING</b>	Gold	Bob Glisson – Summerville	Betty Yon – Summerville
	Silver	Curtis Davis – Foothills	Carolyn Harvill – Foothills
	Bronze	Ron Jacobs – Columbia	Darleen Strange – Columbia
<b>BOCCE BALL</b>	Gold	Tom Lollis – Columbia	Frances Kuhne – Columbia
	Silver	Fred Owens – Foothills	Samuel Martin – Foothills
	Bronze	Clif Green – Summerville	Nancy Snows – Summerville
<b>PUTT-PUTT</b>	Gold	Charlie Peacock – Summerville	Pat Hollifield – Summerville
	Silver	Mace Coleman – Columbia	Beth Wilkinson – Foothills
	Bronze	Gary Rhinesmith – Foothills	Mary Coleman – Columbia
<b>WALKING</b>	Gold	Larry Broggi – Foothills	Joan Erdman – Foothills
	Silver	Tom Hornsby – Columbia	Grace Will – Summerville
	Bronze	–	Betty Salmond – Columbia



## MOSS MANOR NEWS

Rev. Francis Womack, a resident at The Clinton Presbyterian Community, has published a book entitled *Moss Manor News*. It is a collection of newsletters that he and his late wife, Beverly, sent to friends over the last nine years and contains writings about their homes in Clinton, Georgia and Florida. The grounds around the Georgia mountain home are covered in what is known as deer moss, which requires little maintenance and inspired the name of his book. According to Francis, his stories include, “writings about their home in Sky Lake, a little philosophy, some nostalgia, a smattering of theology, a smidge of meandering, and a lot of good memories.”

The book also contains narratives titled “*In Her Own Words*,” which are columns written by Lady Bean, the Womack’s beloved cat. Lady Bean is confident that *her words* are far better than those of her “man-staff,” Francis. During book signings, Rev. Womack uses a stamp of a cat paw-print to honor his feline co-author.

Francis is a native of Jacksonville, Florida and received degrees from Erskine College, Columbia Theological Seminary, and McCormick Theological Seminary. He retired in 1995, but continues to preach at the age of 89. Copies of *Moss Manor News* can be purchased on Amazon in paperback or for Kindle.

Clinton resident Francis Womack signs his new book for friend Debra Bishop.



## PETER HOBBIE: CLINTON’S RAIN MAN

In the fall of 2014, longtime residents Ted and Bobbie Fields approached their new neighbor in hopes that he would be willing to take charge of reading the rain gauge located behind their adjacent houses. Little did they know that the Rev. Dr. Peter Hobbie, a retired professor at Presbyterian College, had been a weather enthusiast since his childhood years and was more than happy to oblige.



Peter’s fascination with the weather began in 1954 when Hurricane Hazel chased him out of his elementary school classroom. The very next year, his family evacuated their home in Windy Hill, SC, before the arrival of Hurricane Connie. In 1957, his father invested in several hurricane tracking charts and Peter’s been tracking hurricanes and rainfall ever since.

“My duties are pretty simple,” said Peter. “I collect any rainfall every morning around 8 a.m. and send that information by the internet to the Community Collaborative Rain, Hail, and Snow Network.” CoCoRaHS (pronounced KO-ko-rozz) is a grassroots volunteer network of backyard weather observers working together to measure and map precipitation (rain, hail and snow) in their local communities. Presently, some 20,000 observers are participating in this organization. Peter adds, “If other PCSC residents are interested, I will be happy to help them sign up!”

## A CEREMONY OF LOVELINESS

In celebration of National Hot Tea Month in January, the Clinton Community enjoyed a trip to The Silverspoon Tea Room in Newberry, a Valentine’s Tea, and a presentation on the importance of taking tea. Ann Price, a longtime friend of the community, joined us for an afternoon tea and graciously shared her knowledge of tea history and the art of hospitality. During her presentation, *Taking Tea: A Ceremony of Loveliness*, Ann shared memories of tea times and taught us that taking tea is more than just a social hour, it’s an expression of love.



Clinton Residents Margie Roberts & Martha Simmons at the Silverspoon Tea Room.





*Above: Clinton residents enjoy the Broad Street UMC Tea Time at The Masters event.*



*Left: Chuck and Anna Hull celebrate St. Patty's Day with Frances McSween.*



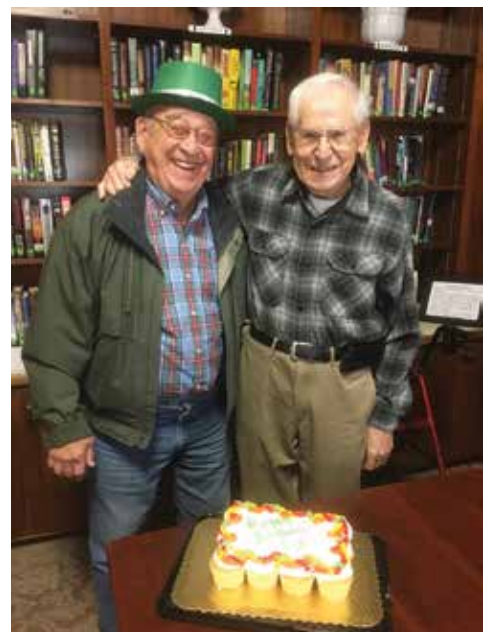
*Ready to cheer for the Gamecocks at the Carolina Softball Game!*



*Above: Martha Simmons and Trudy White check vitals in the PC Pharmacy School Sim-Lab.*



*Clinton staff show support for the American Heart Association on National Wear Red Day.*



*Robbie Young surprises resident Ted Fields with birthday cupcakes at the Gentlemen's Coffee Club.*



*The ladies gather in the dining room to pose for National Wear Red Day.*



“Memories are Made of These” is a group of residents at The Columbia Presbyterian Community. They meet to share memories and written works, and then share these with others through a newsletter. The essay below was written for the group by Columbia resident Vivian Fogarte (right).



## MEMORIES ARE MADE OF THESE

by Vivian Fogarte

How are memories made and stored in the brain for future release? It is probably a far more complicated process than I can imagine, but I like to think that our various senses soak up memories like a sponge, tuck them away in the brain in compartments as in small boxes reserved for keepsakes.

The sense of smell is a powerful retriever of memories. Every time I smell burning leaves, I think of my father, who being a very tidy person, was always raking up small piles of leaves from our many oak trees, combining them into larger piles and then burning them. He always stood close by to be sure the fire stayed under control. The pungent odor of burning leaves is with me to this day.

The aroma of freshly-baked yeast bread makes me think of my mother's mother, Granny. She was a dear soul who always shared her rolls with anyone who came by tempted by the wonderful smell of yeast wafting from her kitchen window. My mother used Yardley's lavender soap for everything, just like Granny, including using it as a light perfume in dresser drawers for linens and lingerie!

What does the sound of a train whistle remind you of? It returns me to my childhood where this sound was part of my life many times a day. The train could be seen from a distance, and it seemed important for me to see it and hear it as it passed. One song writer describes the sound as a lonesome wail. How many good-byes were made at the train station? How many soldiers went to war by train and never returned? Their loved ones will never hear

a train whistle that they don't think of those who were lost in battle.

Our memory banks are filled with images brought into our brain by the sense of sight. It has been said that a picture is worth more than a thousand words. Think of a rainbow, does this take you back to your childhood? Does not the full moon in December near Christmas make you feel special, yet small in this vast universe! And to realize that this is the same moon that shone on the Nativity and the shepherd's in the fields gives me peace.

The sense of taste holds most of us captive. Does food keep us company? Every time I eat a sugar cookie, I think of my father's mother. She always had tea cakes, similar to sugar cookies, but so much better. The importance to me is not in the sugar cookie, it is in the memory of my grandmother as I eat them.

The sense of touch is a very powerful memory maker. Think about hugs and kisses, even the hand holding that led up to the hugs and kisses; the feel of the wind and rain on your face, the smarting of salt tears in your eyes or the bite of a winter's chill, and the comfort of a summer's warm embrace.

There is still lots of time to store up memories! In our latter days, upon recalling them, they'll put a smile on our face. Our caregivers and friends will observe, "Look at that beautiful smile. I bet she's thinking of heaven!" ... Keep them guessing!





The "Memories Are Made of These" group at the Columbia Community meets to share memories and written works they publish in the monthly newsletter.



Columbia residents have been enjoying brand new Keiser strength equipment, which uses compressed air to create resistance, making them extremely safe for joints. Here, Carolyn Lowe (foreground) and other Columbia residents power through a circuit class.



The PCSC Players acting troupe performs in Botanical Road Trip. Shown (L-R) are Dot Holder, Mary Jones, Joan Pauley and Puera Gifford.



Right: Dot Holder and Emma Knudsen spend time with Pentu, the therapy dog. Pentu visits Columbia residents monthly.

Herbert Croxton (left) concentrates on his putt, and Jane McGregor (right) celebrates as the Spelling Bee winner during the preliminary Olympics competition.



Cast from FBN Productions opera The Three Little Pigs pose with the Children of Love N Laughter Daycare.



Girl Scout volunteer Layla with Jasmine Place staff Pearl Johnson, Jameelah Fortune and Amy Walker. They helped her present her volunteer experiences to other Girl Scouts.



Puera Gifford enjoys Bingo during a visit from a young member of Cherokee Presbyterian Church.



## FLORENCE RESIDENTS HOLD ARTS AND CRAFTS SHOW

The Florence Presbyterian Community recently held an arts and crafts exhibit where several residents displayed handmade items, as well as treasured items they have accumulated over the years.

Hepsy Parham presented some Christmas stockings she made for her children and grandchildren. She also shared a painting made by one of her granddaughters, capturing a variety of childhood memories about her grandparents. It was a beautiful account of the past that included items in her grandparent's home and other things that simply reminded her of her grandparents.

Sue Haigler displayed beautifully knitted items. Among them were baby hats she makes and donates to a local hospital for newborns. In addition, she shared a gorgeous pencil sketch of a group of rabbits made by her daughter-in-law. Sue explained that her daughter-in-law was in a terrible car accident several years back and suffered severe head injuries. After a lengthy recuperation

and healing process, her daughter-in-law emerged with an ability to draw comparable to many fine artists, despite never having been able to draw well prior to the accident!

Olive Timberlake was another participant in the art show. Among a few of her most prized handmade items were dining room chairs with needlepoint seat cushions, a needlepoint picture, and an embroidered throw.

Another truly talented resident is Mary Butler. She is quite an artist and has painted some very beautiful pictures, both large and small. In addition to her expertise in painting, Mary also knits baby caps and blankets to give as gifts.

Udell Rogers shared some memories with items from her past. One item of particular interest was a well-worn Bible that has been in her family for many generations.

Lastly, Helen Coker shared a shawl that was handmade

by Middle Eastern women. This particular type of shawl was considered the 'mink coat' for the wealthy. In addition, she displayed several cloisonné vases from China that were all from the pre-1900s.

The Arts and Crafts Show was well attended, and with many new residents moving into the Florence Community, even more participation is expected for a future show!



*Above: Two paintings by resident Elizabeth Floyd.*

*Below: Resident Sue Haigler shows items she has knitted and a pencil sketch made by her daughter-in-law.*



*Left: Mary Butler exhibits her fine artistic ability with pictures she has hand painted over the years.*







*Left: Life Enrichment Director Marcia Austin drops by to wish a Happy Valentine's Day to Preston and Jackie Gunning.  
Right: She poses with Alma Campbell, Anna Mae Howell and June Coker at the Valentine's Day lunch.*



*Jackie Gunning and Harold King enjoy the Brain Health festivities.*

*Florence resident and veteran Sammie Wilbite is honored with the Quilt of Valor. His family stands proudly behind him at the ceremony.*



*Lisa Martin, owner of local Wild Birds Unlimited, shares information with Florence residents on chickadees.*

*Florence residents pose with Dandy Don, The Singing Cowboy, following his performance.*



## “EAT ACROSS THE WORLD” TOUR VISITS CHINA

The Foothills Retirement Community loves to celebrate the cultural diversity of the staff and residents. One expression of this is the “Eat Across the World” tour, where residents enjoy sampling and learning about a different global cuisine each month.

In February, the Chinese New Year was celebrated at a special meal featuring a blend of authentic Asian cuisine prepared by volunteer Mary Flair, Wellness Director Joy Hill, and Foothills Chef Michael Krefski.



*Wellness Director Joy Hill oversaw the preparation of 200 hand-made spring rolls for a special dinner of Asian cuisine.*

Since the Chinese New Year is a month-long celebration, the residents capped off February with a trip to Asia Pacific, the most authentic Chinese restaurant in the Upstate, where they dined family-style and sampled more than 15 different dishes.

## FOOTHILLS STAFF GO ABOVE AND BEYOND

PCSC staff regularly go above and beyond while at work. Sometimes they go above and beyond on their own time. Recently, Foothills resident Eunice Wilson wanted to attend the funeral of her brother-in-law, but she could not find a ride. When two medical technicians at the Community, Luke Hall and Javin Williams, heard about Eunice’s situation, they came to her rescue. Luke and Javin showed up on their day off, provided a ride for Eunice, and escorted her to the service. Eunice was so grateful for this kind and generous act, and so is Presbyterian Communities.



*Foothills staff members Luke Hall and Javin Williams with resident Eunice Wilson.*

## A RESIDENT’S WISDOM ON AGING

Alice Lamar had some remarkable life experiences as a nurse. Shortly after World War II, she cared for Holocaust survivors. One of the lessons she learned was that listening is one of the most important things a nurse can do. She went on to spend her nursing career with the Foreign Service, living in many countries with her husband, who was a long-time staff member of the U.S. State Department.



When asked by a friend’s granddaughter to share her philosophy on aging, Alice wrote down the following to instruct her on the challenges of aging and the rules by which Alice lived. Below are what Alice called her “Ten Commandments for Aging, Plus One.”

1. Thou shalt not become slovenly – physically or mentally.
2. Thou shalt not stop learning.
3. Thou shalt not confuse autonomy with autocracy.
4. Thou shalt not allow the vicissitudes of life to draw the corners of thy mouth down.
5. Thou shalt not become paranoid due to acquired cynicism.
6. Thou shalt not be gullible either.
7. Thou shalt not rely on rigid routine for emotional comfort.
8. Thou shalt not invite disaster by ignoring limitations.
9. Thou shalt not be capriciously negative to others’ suggestions.
10. Thou shalt not inflict thy philosophies on anyone without being asked.
11. Thou shalt not complain about irremediable discomforts.

Alice may have described these as her “rules” for aging, but they actually contain wisdom for folks of any age. The Foothills Community is saddened by the recent death of this wise resident.





*Everyone is ready to start the Bunny Hop 5K.*



*Billie Payne had a great visit with children from Rocky Springs.*



*Barbara and Jim Stuckey celebrate their 69th anniversary by going on a mystery trip.*



*Left: Diana and Bruce Malcolm, who celebrated his 94th birthday in full Scottish style, including a kilt. Right: A bagpiper performs at the birthday celebration.*



*Congrats to Mitt Dowis on her 100th birthday!*



*The Reverends Harriett Wacker, Charles Dougherty and Jay Seabrook enjoy fellowship at the first Monthly Luncheon for Retired Clergy.*



## RESIDENT SPOTLIGHT: GERRY SMOAK

Since April was National Volunteer Month, Laurel Crest Retirement Community is spotlighting a special volunteer in this issue of *Community Connections*. Gerry Smoak is not only a resident of Laurel Crest, but she is probably one of its busiest residents.

Since moving to Laurel Crest in 2003, Gerry has served on committees and taken charge of various programs. One of her jobs is being in charge of the Community's gift shop. She adds and prices new products for the shelves, recruits fellow residents to work in the shop, and keeps it looking fresh and inviting. Gerry says working in the gift shop allows her to work on her "salesman" skills. She loves to make a deal! Money made in the gift shop goes directly back to helping residents.

Gerry is also an avid bridge player. On Monday mornings, she calls the bridge club players to see who is available to play that afternoon, making sure she has the right number of players. She then sets up the tables, cards, score sheets, etc. in the Living Room for the afternoon game. She enjoys bridge so much, she started a bridge club in the Health Center. She sets up the table and cards, and then will go get the various players from their rooms to play.

In 2013, Gerry took another opportunity to be involved by leading "Movie Night." Gerry finds movies of different genres to share with the residents. She also prepares the snacks and refreshments for residents to enjoy while watching the movie.

With everything Gerry does around Laurel Crest, her biggest love is the Memory Garden. The Memory Garden was dedicated to remember residents that have passed. Much of the beauty of this garden is due to the special touch that Gerry and a few other residents put on this beautiful area. Many enjoy going out to look at the garden, while others admire it from the dining room while enjoying a meal. When Spring comes, you can find Gerry in the garden almost every morning. Gerry has spent hundreds of hours making this space beautiful. She donates her time and money to make sure the garden is beautiful and thriving.



*Laurel Crest resident Gerry Smoak is a tireless volunteer at the Community.*



*One of Gerry Smoak's key contributions to the life of Laurel Crest is maintaining the Memory Garden, which is dedicated to remembering residents who have passed.*





*Dot Rogers and Betty Gabriel deliver knitted hats made by Laurel Crest residents to the neo-natal intensive care unit at the Prisma Health Children's Hospital. Pictured in the center is NICU nurse Veronica Imel.*

## KNITTING CIRCLE

Recently, Laurel Crest has started a knitting circle for anyone who enjoys this pastime. Within the first few gatherings, the group decided they wanted to work on hats for babies hospitalized in the neo-natal intensive care unit. It only took a few weeks before they were able to collect 45 hats. On April 5, they delivered their hats to the Prisma Health Children's Hospital in Columbia. Their next "assignment" is to provide hats to the homeless. And if you don't knit, that's ok! They need special volunteer "rollers" who will roll up the yarn, making it easier for the knitters to work with. It has truly been inspiring to watch these women and men work on something to give back to the community.

## MR. & MRS. WELLNESS

This year, PCSC started a new program to promote wellness within its communities. This was a contest among residents to see how active they could be, both in and outside of the community. Activities covered the seven dimensions of wellness: spiritual, intellectual, physical, social, vocational, emotional and environmental. At Laurel Crest, the winners of the "Mr. & Mrs. Wellness" contest were actually a "Mr. & Mrs." in real life: Tom and Judy Turnipseed. Tom and Judy have always been active in their lives and they strive to continue doing so. They are also great cheerleaders for Laurel Crest and PCSC.



*Judy and Tom Turnipseed*



*Being a part of PCSC has many advantages, one of which is sharing talented directors! Laurel Crest was lucky to have Wellness Director Jenny Nance from The Columbia Presbyterian Community teach a yoga and meditation class. It was such a good class, residents asked her to come every week!*



*Laurel Crest residents practice bocce ball and Wii bowling to get ready for the 10th Anniversary PCSC Olympic Games!*



*Laurel Crest recently received a new look in the dining room. The residents and staff collaborated on this beautiful plate wall.*





## THE VILLAGE FAIR

by Margret VanOrden Maloney, a resident at The Village

A Tuesday in mid-April took residents back to their youth. The gathering outside of the Health and Rehabilitation Center resembled a mini-fair, complete with clowns, bubbles, corn dogs, popcorn, music, hamburgers and even games of skill.

What stood out most was the laughter and camaraderie – the mingling of friends and strangers. Many of the staff wore humorous costumes. Concierge Joey Shakespeare was elegant in his Ring Master outfit. Some staff had costumes so complete that they could not be identified, but their friendliness livened up even the most serious attendees. Children added gaiety to the function. Some were in costume and others merely skipping around the grounds with smiles on their faces.

The high winds that day prevented the balloon rides that had been planned, but the event was still a huge success. I don't hesitate to say it was the most light-hearted, joyous gathering ever held on our campus.

Kudos to all who did the planning – “The residents thank you!”



*Village staff members Joey Shakespeare and Megan Johnson were costumed for the fair.*



*Ann Huffman and her great-granddaughter enjoyed the fair.*



*There was even a fortune teller!*



*Faith Sellers and Karl Robinson enjoy carnival treats.*





*Joyce Hickman, Bess Lawton and Margaret Maloney celebrate St. Patrick's Day together.*



*Emma Johannemann and Millie Schady don masks for the Mardi Gras Lunch.*



*We are fortunate to partner with our local Home Depot that does a monthly project with our residents. Joyce Hickman smiles as she pots her plant.*



*A group of contributing artists stand by the new mural in the Village Gallery Walk.*



*Florence resident Maymie Lou Spearman and Florence Executive Director Ben Prince*

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<b>The Columbia Presbyterian Community</b> .....	(803) 796-8700
700 DaVega Drive, Lexington, SC 29073	ColumbiaMarketing@PresComm.org
<b>The Florence Presbyterian Community</b> .....	(843) 665-2222
2350 W. Lucas Street, Florence, SC 29501	FlorenceMarketing@PresComm.org
<b>The Foothills Retirement Community</b> .....	(864) 859-3367
205 Bud Nalley Drive, Easley, SC 29642	FoothillsMarketing@PresComm.org
<b>Laurel Crest Retirement Community</b> .....	(803) 796-0370
100 Joseph Walker Drive, West Columbia, SC 29169	Marketing@LaurelCrest.org
<b>The Village at Summerville</b> .....	(843) 873-2550
201 W. 9th North Street, Summerville, SC 29483	SummervilleMarketing@PresComm.org
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