



PARDON OUR DUST

There is a reminder that routinely makes the rounds on social media. Remember that you are a lot like I-26 (or I-20, I-95, or I-77) – always under construction. Just when you get one thing fixed or one project completed, you find something else in your life that needs to be taken apart and rebuilt.

With six communities around the state, Presbyterian Communities are often like that quip. There always seem to be multiple construction and renovation projects in process. Sometimes the dust, noise and disruption to routine can get a little annoying, but the end results are always worth it! With new construction, you begin with a patch of dirt. But over time a building, a wing or a special gathering place grows to serve the community for many years to come. And when renovations happen, the inconvenience of not having a particular space available to us for a while soon gives way to the joy of utilizing a newly renovated or reimagined space.

Just looking back over the last year or so, The Village at Summerville cut the ribbon on Evergreen House, a new state-of-the art, Montessori-based memory care household. The Foothills Retirement Community in Easley has welcomed new residents into a new independent living wing called “Hickory.” Construction at Foothills is also complete for the new Abbott Bistro and outdoor pavilion which opened this January. The bistro is named for Major General Forrest A. Abbott and Mrs. Maryann C. Abbott, his wife, whose bequest provided a substantial source of funds for this project.

That is just a recap of what’s been recently completed, but more construction is in progress.

An expansion and renovation of the rehabilitation unit of the Cassels Health Care Center is already underway at The Columbia Presbyterian Community.

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The Pavilion at the Abbott Bistro at the Foothills Community.

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WE KNEW THAT ALL ALONG

Have you ever read of or heard of an “authoritative source” claiming to validate a fact as though it is a new finding, when it’s something you have known all along? Perhaps your reaction was to say to yourself, “Well, of course that’s true; I’ve known that for ages!”

I had that experience recently when reading in the Wall Street Journal about the Harvard Study of Adult Development, which began to study the lives of 724 young males in 1938, and continues to do so to the present day (see “The Real Secret of Lifelong Fulfillment” by Waldinger and Shulz, January 14-15, 2023). It is remarkable how a study has tracked these men and all aspects of their lives (including their spouses and their children) for over 80 years!

The article went on to state that over all these decades of study, “one crucial factor stands out for the consistency and power of its ties to physical health, mental health, and longevity.” It is not career success, exercise, or diet, as important as these all may be. No, that most crucial factor is good relationships. The authors state that if there is one thing anyone should do to ensure health and happiness, it should be to cultivate warm relationships of all kinds.

At Presbyterian Communities, we couldn’t agree more, and we might add, “We’ve known that all along!” As have most non-profit operators of senior living communities.

The fact is, PCSC does provide the material necessities of good shelter and nutrition to our residents. We also provide varying levels of care for those who need

medical assistance or help with the activities of daily living like dressing or bathing.

But as important as those things are for life, there is something else crucially important to well-being that comes from living at a Presbyterian Community: the opportunity to form relationships, to make friends and to enjoy fellowship with others.

Of course, if one’s pockets are deep enough, one can remain living in one’s house with services and care brought in even as one becomes increasingly frail. At the end of the day, however, that person is often living alone. But when living in a Presbyterian Community, he or she can enjoy those necessary, life-sustaining relationships that come from living in close proximity to peers.

At PCSC we’ve long said that seniors live longer, healthier and happier lives when they move into one of our communities. And now we could not be more pleased to learn that the Harvard Study of Adult

Development has claimed a scientific basis for what we’ve known all along!



If there is one thing anyone should do to ensure health and happiness, it should be to cultivate warm relationships of all kinds.

A handwritten signature in blue ink that reads "Franklin Fant".

Rev. Dr. Franklin Fant



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.

WHAT'S HIDING AT THE BACK OF THE DRAWER?

What an honor it is for me to join the team at Presbyterian Communities of South Carolina as your new Director of Foundation Services and Church Relations. I'm a Charlotte native, but have been living in Louisville, Kentucky, for the last 11 years. Moving from Louisville to Columbia has been equal parts challenging and exciting. Lots of purging, pitching and packing. But, little by little the pieces of the puzzle are coming together. One of the amazing realizations about moving is finding lots of stuff in closets, under beds, and in the back of drawers that I had forgotten I had.

And what might you find hiding in the back of a drawer? What about that life insurance policy that you purchased years ago when you were being sure your family would be cared for – just in case. But kids grow up, get married and find jobs. Their needs and yours have changed, and you realize you are carrying more insurance coverage than you need. Does this sound familiar?

Have you considered 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.

You could also retain ownership of your policy and simply name PCSC as a beneficiary. Or purchase a new policy and name us as owner and sole beneficiary. In that case, you can make annual gifts to cover the premiums and take an income tax deduction each year.

By reviewing that thing that's been hiding at the back of your drawer, you could convert a policy you no longer need into a legacy expressing your concern for older adults. And, for very little out-of-pocket cost you could make a substantial gift that could give you an immediate charitable deduction without affecting your investment portfolio or cash flow. Definitely something to think about.

Interested? If this idea appeals to you, please talk it over with your legal, financial, or tax advisor and then get in touch. I'd love to learn more about you and your connections to Presbyterian Communities while exploring ways that the hidden gem hiding at the back of a drawer could support older adults for many years to come.

Bill McConnell
 (803) 365-0844 • william.mcconnell@prescomm.org



Bill McConnell, Director of Foundation Services and Church Relations

It's easy to support PCSC or your favorite PCSC community online!

You can make a gift by credit card or debit card by visiting giving.prescommunities.org or simply open the camera on your smart phone or tablet and point it at the QR code to start the



process. You can designate how you wish your gift to be used and if it is in honor or memory of someone or something special. We will send you a letter thanking you for your gift and will also send an acknowledgement notifying others of memorials or honorariums.



GIVING.PRESCOMMUNITIES.ORG



Above: Two interior views of the Abbott Bistro at the Foothills Community.



A rendering of the new dining room in the Cassels Health Care Center at the Columbia Community.



Exterior rendering of an expanded, renovated Cassels Health Care Center.

Pardon Our Dust *Continued from page 1*

This project will add 10 new rooms, a new therapy gym, a new dining area, as well as a complete renovation of existing rooms.

This renovation will also convert all current semi-private rooms to private and include installation of full baths for each room. Not stopping there, the existing nurses station, offices, resident lounge, activities area and main dining room will also be renovated. This project, which will also include a renovated, more attractive main entrance, will take many months. Final completion is anticipated for the spring of 2024.

New construction is also underway at the Foothills Community, where a Wellness and Therapy building is about to begin taking shape. This building will provide much needed space for physical, occupational, and speech therapy, a separate space for exercise and wellness activities, as well as a new enclosure (including shower and changing rooms) for the existing pool.

Just reading through this list can make you tired! But, it also speaks loudly to the commitment of our organization and its supporters who want to ensure the very best and most beautiful communities possible for those who will live with us for years to come.

As we look at all this activity, we are continually grateful to the generous donors and friends of Presbyterian Communities who have helped make some of these projects (and others that preceded them) possible. So even though the dust and noise can be temporarily frustrating, the end results – beauty, functionality, and more space for resident use – are well worth a little inconvenience.



Exterior view of the new wing under construction at the Cassels Health Care Center.

TWO PCSC COMMUNITIES WELCOME NEW EXECUTIVE DIRECTORS

COLUMBIA

Cindy Robbins, MBA, LNHA, CRCA, has joined The Columbia Presbyterian Community as the new Executive Director.



Since January 2020, Cindy served as the Healthcare Administrator of the Katherine R. Ligon Healthcare Center at The Village at Summerville. She was responsible for the skilled nursing center's day-to-day operation and regulatory compliance. While at The Village, Cindy strongly committed to her leadership team. She established meaningful relationships and worked with employees to create an environment of autonomy for those served. In addition, Cindy was instrumental in developing a leadership growth program for the employees and considers that one of her most significant accomplishments.

Cindy began her career in senior living eight years ago as an Admissions Coordinator in long-term care. She was responsible for maintaining a high census through her marketing and customer service efforts. Since becoming a licensed administrator, she has managed licensed nursing centers serving up to 130 residents with an employee base of up to 275.

Cindy holds an MBA in Healthcare from Southern Wesleyan University.

Cindy is grateful for the opportunity of this new role with PCSC, stating, "PCSC feels like home." Please join us in welcoming Cindy! We are excited about the energy, passion, knowledge and experience she will bring to the Columbia Community.

CLINTON

Executive Director Tamiaka Hawkins first joined The Clinton Presbyterian Community in January 2022 as Operations Manager while she worked to complete her licensure



process. We are excited to announce that Tamiaka officially became Executive Director in August 2022.

While relatively new to the Clinton community, Tamiaka is not new to our organization. She served as Social Services Director at The Foothills Retirement Community in Easley for the last three years. While at Foothills, she assisted residents, patients and their families, ensuring smooth transitions to/from and within Foothills' continuum of care.

Beginning as a CNA and through 20 years in healthcare, Tamiaka has worked diligently to grow in her knowledge of senior living. She holds a bachelor's degree in Healthcare Administration and an associate's degree in Health and Wellness. Most recently, Tamiaka completed the Administrator in Training (AIT) program at the Foothills Community. Though already familiar with PCSC culture and clinical regulations, the AIT program helped her gain knowledge of our operations by taking on projects and real responsibilities within a Life Plan Community.

When you ask her about being part of Presbyterian Communities of South Carolina, she will tell you that she enjoys being part of the team, loves investing time with the residents and loves what she does. When Tamiaka is away from campus, she spends time with her wonderful husband and three children, ages 18, 17 and 8 years old. She also has a dog named Rocco that she loves very much.



ROBERT TIMMS HONORED FOR HIS MINISTRY AMONG US

(L-R): Franklin Fant, CEO; Mandy Stamper, COO; Robert Timms; Jill Timms; and Leslie Anzalone, ED

We congratulate Robert Timms, director of facility services at The Foothills Retirement Community, who was recently honored by the Presbyterian Association of Homes and Services for the Aging (PAHSA) with its 2022 Caritas Award. The award was presented to Robert at the October 2022 PAHSA Fall Gathering in Denver, Colorado.

Lynn O'Connor, PAHSA board chair, who led the award ceremony explained, "This award recognizes an individual or group serving among PAHSA's members who exemplify the Christian virtue to love God and neighbor." The award is supported by the generosity of Hamlin Capital Advisors, a PAHSA sponsor whose representatives presented

Robert with a heart-shaped crystal trophy. Along with the trophy, PAHSA will make a contribution to the Presbyterian Communities of South Carolina Foundation in Robert's honor.

Robert was nominated by Foothill's Executive Director Leslie Anzalone, who was also present at the ceremony. Leslie wrote in her nomination, "Robert has a servant heart, and it is displayed daily in his loving care to our residents, and in the way he maintains our building and grounds as the Director of Facility Services. He leads by example in making our values part of his daily routine ensuring that our mission and faith are honored each day."

Leslie also shared that Robert formerly served as a Baptist pastor in a local congregation. He often supports the work of the chaplain at Foothills, by responding to residents, families and staff when the chaplain is unavailable. She wrote, "[We are] blessed to have Robert and we are thankful for his dedication and commitment to our ministry. Our community is better because of his leadership."

Accepting the award, Robert said, "I am so honored. I never imagined receiving such an award." He plans to display the trophy at Foothills where all can see it. "I didn't win this on my own. A lot of people – my coworkers – are part of this. The [award] really belongs to our whole community."

PCSC SAYS “GOOD-BYE” AND “WELCOME” TO BOARD MEMBERS

One of the most important resources for Presbyterian Communities of South Carolina is the guidance provided by its Board of Trustees. These volunteer leaders provide time, wisdom and energy to help establish the long-term goals of the ministry and ensure that management carries out the Board’s strategic directives.

Trustees serve three-year terms and can be re-elected for up to two more terms. At the end of 2022, two trustees rolled off the Board, both of whom had served the maximum of nine consecutive years: Julian J. “Jay” Nexsen

and Wally B. Graves. Jay served as Chair of the Board for 2020-2022, as well as Vice-Chair and Chair of the Finance Committee prior to that. Wally served as Secretary for 2021-22 as well as on the Finance and Audit Committees. PCSC is deeply thankful for their service and their passion for its mission to enrich the lives of older adults.

MCCONNELL TO LEAD FOUNDATION

William “Bill” McConnell has joined the Presbyterian Communities of South Carolina as PCSC’s new Director of Foundation Services and Church Relations. He began his work in mid-December 2022. In his role, Bill will oversee the daily operations of the PCSC Foundation, as well as encourage the participation of individuals in this ministry through various forms of charitable giving and gift planning. He will also work with Presbyterian churches and presbyteries in the state to promote our mutual support and collaboration between PCSC and the churches in areas touching on the well-being of older adults.

Bill comes to PCSC from the Presbyterian Mission Agency in Louisville, Kentucky, where he has served as Interim National Director of Special Offerings & Appeals and as a Mission Engagement Advisor for the Central Region of the United States. In those roles, he helped connect and engage individuals, congregations, presbyteries, and synods with national and international ministries of the Presbyterian Church (U.S.A.). Prior to that he was Executive Director of the Presbyterian Association of Musicians, Bill also brings experience working with residents and families in health care communities in North Carolina and Tennessee.

A native of Charlotte, Bill holds degrees from East Carolina University and the University of Cincinnati College-Conservatory of Music. He has earned the designation of Certified Fund Raising Executive through CFRE, International.

Franklin Fant adds, “I look forward to working with Bill to build upon the strong foundation of donor support and church relations PCSC is blessed to enjoy. He will be traveling to our communities, so watch for him and join me in welcoming him to our ministry!”

At the same time, PCSC is grateful to welcome two new Trustees, Susan Green-Grove and Clarissa Whaley, and looks forward to the talents and contributions they bring with them to the organization.

PCSC thanks these board members who will help guide it during 2023.

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PCSC Foundation Board of Directors

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VOLUNTEER SPOTLIGHT: PATY MABEUS BRINGS JOY TO THE COLUMBIA COMMUNITY

Growing up on a farm in Mahaska, Kansas, taught volunteer Paty Mabeus many life lessons, including the incredible importance of working together and selflessly helping others.

“On the farm, everyone just did what was needed,” Paty stated. “You see a need, and you do it!” Lessons and values learned in those early days carried with her throughout her life. She fondly remembers helping milk cows so that her mother could make cottage cheese, working in the garden, baling hay and feeding all the animals.

What stands out most of all from those days is how secure she felt. There was never a time that her family, friends or neighbors had to go without. “If we heard that our neighbors or friends needed anything, we brought it,” Paty explained. “And if we were in need, they brought whatever it was to us. It was the way it should be.”

Paty was in for a culture shock when she left the security of the farm to attend the University of Kansas. Isolated on the farm and living in a very small community, she hadn’t had many encounters with different types of people. While attending the university, she took the opportunity to soak up college life and joined the Alpha

Ki Omega sorority where she made some lifelong friends, discovered how to relate to all kinds of people, and started volunteering in the community.

Although she did not finish all four years at the university, she found her true passion for helping people.

Paty’s need to help and serve others continued to grow throughout her life. She spent over 10 years volunteering in a hospital cancer ward. She enjoyed conversing with the patients and helping make them happy and ease their suffering. Making great conversation is one of Paty’s talents she learned from her years as a cosmetologist. Socializing is also something she learned from being a military wife to her beloved late husband, Duane. She often entertained other military couples at their home, using the cooking skills learned from living on the farm.

When the time came for her own parents and her husband to live in a health care center, Paty fell in love with the residents. She brought them ice cream and other treats. She visited them and made



them feel loved. She made those that she visited know how special they were. Paty has that effect on people.

Paty has been volunteering with The Columbia Presbyterian Community for four years. She shows up every day smiling, dressed her best and looking stunning from head to toe! Paty visits “her ladies” and helps them with different tasks. She then can be found in the Healthcare Center helping with Bingo, cleaning up after events, doing manicures, setting up for programs, cooking with the ladies who make casseroles for needy families, and doing other amazing things. You will see Paty most workdays – volunteering as many hours as a full-time employee, sharing her love, joy and many talents with all those she sees!

Thank you, Paty Mabeus for being a super volunteer!



Paty and Duane

DOING GOOD AND FEELING GOOD...

VOLUNTEERING AT PCSC

Sustaining and advancing the work of Presbyterian Communities of South Carolina takes many forms. The support of volunteers who give generously of their time and energy is an essential part of this ministry.



PCSC's volunteers are church groups, civic groups, and individuals. The age range of our volunteer force is large. Some groups serve in regular, ongoing capacities, while others serve on a more temporary basis as needs require or time allows. One thing is for certain, however. These "hands-on" supporters not only do good; they leave feeling good. PCSC residents appreciate the presence of volunteers very much, and they make this felt by those who come to visit and spend time with them.

Visiting and volunteering are activities any age group can do, and there is a variety of activities sure to fit a group or individual's abilities and interests. We thank you for also being flexible in your volunteering as guidelines related to the pandemic may change.

Examples of ways volunteers may be involved include (and this is not an exhaustive list):

- ✓ Playing games such as Wii, board games, or cards
- ✓ Sharing stories and pictures of travel experiences
- ✓ Reading to a resident
- ✓ Teaching a crafts class
- ✓ Sharing a musical or dance performance
- ✓ Offering technology support
- ✓ Hosting or assisting with a party
- ✓ Assisting with outings and trips
- ✓ Bringing a pet to visit
- ✓ Assisting with gardening projects

You can find out about volunteer opportunities at the web page below. You may also have ideas of your own. For questions about volunteering opportunities at one of our communities, contact the community in your area listed on the right and ask to speak with the Life Enrichment Director.



CLINTON

(864) 833-5190

COLUMBIA

(803) 796-8700

FLORENCE

(843) 665-2222

FOOTHILLS

(864) 859-3367

LAUREL CREST

(803) 796-0370

SUMMERVILLE

(843) 873-2550

[PresCommunities.org/volunteer-opportunities](https://www.prescommunities.org/volunteer-opportunities)

PCSC ANNOUNCES DATES FOR UPCOMING AMBASSADOR MEETINGS

Presbyterian Communities of South Carolina proudly serves as a faith-based ministry of the Presbyterian churches in the state. Its treasured relationships with those churches is one of its greatest strengths and blessings. Undergirding these relationships are the PCSC Ambassadors who serve as liaisons to their churches. These Ambassadors serve an important role in communicating the work and mission of PCSC to their local church, as well as relaying questions and needs to PCSC.

Each spring, the Ambassadors convene at five annual meetings held at PCSC communities around the state. These meetings are opportunities for Ambassadors to receive updates on the ministry of PCSC, but they are also opportunities for PCSC to hear from the Ambassadors. Pastors are also encouraged to attend.

PCSC recently announced the dates and locations of the spring meetings. Ambassadors and pastors are invited to attend the meeting of their choice.

DATE	COMMUNITY
Wednesday, March 22	Columbia (in Lexington)
Thursday, March 23	Clinton
Tuesday, March 28	Summerville
Wednesday, March 29	Florence
Thursday, March 30	Foothills (in Easley)

Besides hearing the latest updates on what is happening with PCSC, these meetings are a great opportunity to connect with friends and tour the communities.

If you are interested in supporting your church's ministry to older adults by serving as an Ambassador or if you would like to see if your church has an Ambassador (we welcome having more than one!), please contact us.

Bill McConnell: (803) 365-0844

William.McConnell@PresComm.org

Cathy Jackson: (803) 461-7832

Cathy.Jackson@PresComm.org

FOLLOW US ON SOCIAL MEDIA

If you are on social media, be sure to like, share and follow PCSC for informative posts, current news, photos, videos and more! Simply search for:

- **Presbyterian Communities of South Carolina**
- **The Columbia Presbyterian Community**
- **The Clinton Presbyterian Community**
- **The Florence Presbyterian Community**
- **The Foothills Retirement Community**
- **Laurel Crest Retirement Community**
- **The Village at Summerville**



DISCOVER THE BENEFITS OF RIGHT-SIZING

Taking care of your home can be a labor of love, but it can also be a drain on your time and money. As the years go by, you may realize that your current home and yard are more than you need or have the time or desire to care for. Perhaps you are ready to simplify your living situation. Downsizing your home can give you the freedom to focus on other goals as you plan your retirement years.

While it can be difficult to leave a home where you've built memories over the years, there's a lot to gain by moving to a smaller home, townhome or retirement community. Here are six perks of living smaller:



① Less home upkeep. Maintaining a large home can be overwhelming, and the repairs can be both time-consuming and expensive. With one project after the next, it can feel like your work is never done.

② Less cleaning. Downsizing to a smaller space means spending less time dusting, cleaning and scrubbing floors, washing windows and vacuuming carpets.

③ Less clutter. If you're living in a smaller space, you'll have an incentive to declutter and downsize your belongings. You might even make some money selling excess furniture and items you don't need.

④ Greater safety. Moving to a home or retirement community that meets your needs can help you stay safe, whether that means one-level living, lawn care services or other home features that make life easier.

⑤ More freedom. The responsibilities of maintaining a large home can make it difficult to get away. Downsizing can free up time and money to spend on travel, hobbies, family and friendships.

⑥ New social opportunities. Living in a big home can be lonely, especially after children have grown up and moved away. Joining a retirement community can open doors to new friends and social activities.

Ready to rethink your living situation?

We're here to help you explore your options so you can make a smart decision. Move-in ready accommodations are available at many of our communities! Learn more about what you can gain by exploring what Presbyterian Communities of South Carolina has to offer when you visit www.prescommunities.org. For more information or to schedule a tour, contact the marketing office at your community of interest.



Marion Simmons



Ida Stewart



CELEBRATING 100 YEARS...TIMES TWO!

Celebrating a 100th birthday is quite a milestone – celebrating two remarkable ladies and their 100th birthdays less than a month apart is quite extraordinary. Residents Marion Simmons and Ida Stewart celebrated 100 years of life and memories this November and December, respectively. Marion Simmons, known fondly by her friends as “Speedy,” celebrated her birthday with family and friends. When asked how she got the nickname, she explained that a teacher once said to her, “Speedy, speed up that line,” and the name stuck with her. Marion continues to live up to her nickname, attending outings, parties and more with friends at the Clinton Community. Ida Stewart, the former vice president of merchandising for Estee Lauder Cosmetics, celebrated her birthday with colleagues and many dear friends and family. Close friend and retired talk show host H.A. Thompson travelled to the Clinton Community to emcee during Ida’s birthday celebration. Stories, photos and more highlighted the color and light that Ida shares with all. It was an honor to celebrate two amazing and beautiful souls – ladies that have changed the lives of many and inspired us all.

INSPIRING LEADERSHIP

Executive Director Tamiaka Hawkins and the Clinton Community leadership team made a point to encourage, inspire and bond with one another. Tamiaka brought the leadership team together recently for a special group outing. Department leaders stepped up to the challenge at Topgolf and then ventured to the new Crazy Mason Milkshake Bar in Greenville. As Amy Poehler says, “Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life forever.”



Dianna Blakely, Willie Campbell and Nick Vickers, and Jim Caprell and Tracy Anderson during the leadership team outing.



(L-R): Jim Foote, Fran Curtis, Dot Daniel, Anna Hull, Martha Simmons, Gwen Warner and Anne Pitts.

TEA FOR ALL

During an outing to the Gallery Tea Room in Newberry, residents donned their fancy tea hats and experienced the wonderful tastes and ambiances of traditional teas. They had toured the Newberry Museum that morning, enjoying a special wedding gown exhibit. Lunch, tea time, shopping and a delightful ride home with friends filled the afternoon to the brim with joy and fun times.

CHRISTMAS IN CLINTON

“That was my Christmas gift this year,” one resident stated. Another resident said, “I needed this.” The Clinton Community was filled with holiday cheer this Christmas season. Staff and residents trimmed the trees and celebrated together the most wonderful time of the year. With visits from Santa, Rudolph and elves, Christmas outings and carols with Pre-K students, excellent food, festive parties, and evenings filled with magic, it was a fabulously jolly season for all.



Gwen Warner, Margie Roberts and Mary Creighton trim the Heritage Court tree.



Director of Dining Services, Tracy Anderson, shows off her holiday spirit.



Left: Dot Smith shows off a Christmas card she made during craft class.

Below: Santa and “Rudolph,” spreading holiday cheer.



MS Bailey Pre-K students perform Christmas carols for the residents.



Left: Jan Stewart smiles for the camera after receiving her gift bag during the annual Santa Supper.



Bill Pace (above) and Joe Lax (below) are pinned during a special Veteran’s Day ceremony.



Left: Aubrey Brock, Joyce Templeton, Anne Pitts, Anna Hull, Jennifer Harris and Shirley Arledge at the Fountain Inn Museum.



Carolyn Jeffcoat at Halloween.

Left: Betty M., Ann H., Jan, Jim, Betty Y., Joyce, Anne P., Gwen, and Gin at the Pelzer Auditorium for The Bridges of Madison County.



Columbia residents enjoyed gathering to ring in the New Year! The evening included music by one of our favorites, Bob Michalski, as well as delicious refreshments provided by dining services and wine. Above: Ginny Nichols, Nancy Jacobs, Julie Smoak, Eloise Wooden and Nancy Humphreys.



Suryaram Joshi



Residents enjoy the music of Bob Michalski during the New Year's Celebration. (L-R): Nancy Jacobs (red coat), Eloise Wooden and Tom Lolis.



Joann McDuffie participates in the first annual Family and Friends Ornament Making Party.



Pat Lawrence shows off her handmade Christmas ornament.



Nancy Anderson enjoying the Resident and Family Christmas Drop-In and a special visit from Mt. Taber Lutheran Church Youth Carolers.



Ginny Nichols and Julie Smoak enjoy refreshments provided by dining services at the New Year's Celebration.



On Ugly Sweater Day, staff members wore store-bought or handmade designs. Above: Saquadra Herring and Sales and Marketing Director Alisha Knight.



Frances Kuhne, Crawford Youna and Carolyn Lowe help decorate the Wellness Center Christmas tree with ornaments from the Oh Fit-Mas Tree box, with the ornament colors coordinating with exercises such as squats, calf raises and wall planks.



Ida McCaskill is one of many residents who mentor and read to first graders from Pleasant Hill Elementary. The students will make many visits to the community throughout the school year.

NOVICE KNITTERS

The Novice Knitters have been coming together and sharing their knitting skills with others for six years. Resident Sue Haigler played a huge part in starting the group and stated that they began very simply – making small dish cloths just to kill some time. From dish cloths six years ago to making prayer shawls and Christmas Wreath Pins for our residents in our Mabry House this year...what a way they have come! We are incredibly thankful for the talents they have shared over the years.



Novice Knitters: Sue Haigler, Hepsey Parham, Betty Paffrath, and Kate Powers

CAROL EDWARDS CRAFTS RESIDENTS' LIFE STORIES

Florence resident Carol Edwards has a gift of bringing stories to life through her writing. She is a published author and finds purpose and joy in sharing this gift with others. Recently, she began interviewing and authoring the biography stories of some of her fellow residents. The resident's life is painted in color through her words starting with the titles such as "Our Own Steel Magnolia" to "From the Tobacco Fields of SC to the Shores of Normandy." The residents have enjoyed having someone capture their memories on paper so their story turned legacy can be shared for years to come.



Halloween is a real Treat! Resident Alice Baker dresses up and shares in the festivities during our community's Trunk-or-Treat with local pre-schoolers.



It's A Wild Wild West World Out There! Residents Grace Blackmon and Jack Edwards try to solve the mystery at our Second Annual Dinner Murder Mystery.



Left: Rehab Director Jesse Bingham shares a laugh with resident Maymie Lou Spearman.



Staff eat, dance and fellowship the night away at the Annual Staff Christmas Party. (L-R): Angela Woodberry, Yolanda Shaw, Cathy Williams and Martha Ray.



Residents gather to give staff their Annual Employee Appreciation Gift. (L-R): Kate Powers, Lu Ussery, Dixie Walters, Betty Caddell, Ruth Spann, Steve Caddell and Maymie Lou Spearman.



Blanchie Baugh is excited to see Santa and give him her list at the Mabry House Christmas Party!



Activities Coordinator Emily Perry makes an ornament with short-term rehabilitation resident Fannie Simon.



Patricia Roberts and her daughters enjoy time together at the resident Christmas party.



ACTIVE AGING WEEK

In early October, we participated in Active Aging Week. The Foothills Community had several “staff vs. residents” competitions, and our residents proved just what an active lifestyle across the life span means – they beat us several times! Our week included bocce ball (above), pickleball (right), chair volleyball and bean bag baseball. A group of residents, who call themselves the Foothills Fiddlesticks (top right), are also trying out Pound exercise classes that consist of drumming, cardio and strength training.



CHRISTMAS CHEER!

It’s the most wonderful time of the year! Residents kicked off the evening with a Jingle Mingle that included a saxophonist, Mistletoe Cocktail and appetizer delights. Dinner was then enjoyed with a theatrical performance by The Whittings Jazz.

Santa and his helper visit residents Diana Malcolm and Don Chamberlain.

Pat Culclasure, Mary Coronato and John Minerva try to convince Santa they’ve been good all year.



Clockwise from right: Marion Allen, David Cook, Gary Rhinesmith, Capers Dixon, Kris Dixon Don Erdman, Joan Erdman, Don Chamberlain and Diana Malcolm.

Annette Bailine, Christine Armitage (Life Enrichment), and Betty Addington.

HALLOWEEN SPOOKTACULAR!

The Foothills Community held the annual pup parade and costume contest, then ended the day with Trick or Treating. Residents went all out with decorating their booths and passing out everyone's favorite candy, while the team and their families trick or treated through the community.



Resident Annette Bailine



Volunteer Julia Palmer



Life Enrichment Director Ailee McKain and Wellness Director Christie Talbert join guest speaker Dr. Kenneth Cooper at the International Council on Active Aging Conference in Orlando, Florida. Cooper is a retired Air Force Lieutenant who pioneered the benefits of aerobic exercise for maintaining and improving health.



Residents and staff kick off our "Maintain, Don't Gain" challenge, entering the holiday season with the Turkey Trot 5K. A few staff members were seen wearing matching t-shirts that read, "Trot Squad - We'll Get There When We Get There."



The Foothills Community teamed up with First Presbyterian Church of Greenville for the second year to assemble, fill and prepare shoe boxes for Operation Christmas Child. Residents, staff and family members contributed to the success of the project. Betsy Hays and Carol Floriani prepare the boxes for pick-up.



Foothills residents kicked off college football season in style with a tailgate party complete with specialty cocktails, tailgate themed lunch and a visit from the Clemson tiger. Left: Nancy Dougherty. Right: Dr. Ralph Bowick, the oldest living Clemson football player, who played tackle/guard in 1943 under the legendary coach Frank Howard.

HAPPY ANNIVERSARY, LAUREL CREST ...

Each August, as Laurel Crest celebrates its anniversary, we mark the event with a great dinner enjoyed by all of our residents. This year's menu included a frisée and grape salad, mushroom lemon basil soup with wild rice, a choice of sauteed sea scallops with caramelized apples or veal loin chops with morels, and a decadent dessert of chocolate pomegranate tart.



Eunice Rusche and Maxine Reynolds



George Cobb, Jerrie Jay and Betty Hendrix

... AND A VERY MERRY CHRISTMAS!

Laurel Crest employees enjoyed an opportunity to celebrate the season as well! A Christmas party was held in the Three Rivers Room and included employees and their immediate family members. A lunch was provided, along with many activities for both employees and their children. Hourly employees were also blessed to receive a monetary Christmas gift given by the very generous Laurel Crest residents.



At the employee Christmas party, one of the many activities children could participate in was a fingerprint ornament made with pieces from a real tree.



Resident Judy Turnipseed visits with Santa Claus during the employee Christmas party. Employees' children were also able to visit with Santa, have their picture taken and write a letter to Santa.



Dianne Ward, Becca Sieckman and Chelsea Goodnight are dressed in their festive attire for the employee Christmas party.



Executive Director Jim Deel and his family hosted an evening on the patio featuring smores, hot chocolate and various other drink choices. The weather was perfect on this brisk Autumn evening. There was lots of reminiscing, story-telling and great conversation.



Laurel Crest residents enjoyed an opportunity to celebrate the Christmas season with a fabulous party featuring culinary delights from our dining team, a string trio to entertain and great fellowship with one another.



Laurel Crest residents enjoyed a concert of Christmas favorites performed by both residents as well as members of our great music team.

Left: French horn played by musical director Jim Boatwright.

HAVING A HOLLY JOLLY TIME!

The Village at Summerville was in full swing for the holidays, and both residents and staff joined in the festivities!

Residents participated in the Snowflake Challenge and also the Reindeer Games. Both activities were to help remind the residents how important movement is throughout this busy season.

The Snowflake Challenge was a friendly competition between residents who visit the wellness center. Every time a resident exercised in the gym or took a wellness class, they got a “snowflake” added to their name. The challenge started on December 1 and wrapped up on December 25. Between independent exercise and taking group fitness classes the residents visited the gym a total of 270 times! The “winner” of the challenge took more than 20 fitness classes!

The Reindeer Games was a fun holiday-themed event to get residents in the Christmas spirit by participating in different games designed to challenge their balance, cognitive and reflex skills. The residents participated in penguin bowling, snowball throw, reindeer antler ring toss and jingle bell pong.

Keeping in mind that this season isn't only busy for the residents but also the employees, we offered a Maintain Don't Gain challenge. This self-motivated wellness challenge helped employees stay on track with their wellness goals, increase their walking and make sure they are managing their holiday stress. At the start of the challenge we had 33 people join with their initial weigh-ins – the challenge ended the first week of the New Year.



Joyce Hickman enjoys a trip to Charleston place for a beautiful Christmas exhibit. On the trip, residents had a lunch of she crab soup, steaks, crab cakes, and local salads.



Lambert Mills



Snowball Snowman Throw



Bill White works on holiday décor in the woodworking shop.



Pansy Ramsey and Jo Bonnette



Elizabeth Sikes



Gary and Beth Wyckoff



Above: The Village at Summerville residents braved the chilly temperatures to view the gorgeous Christmas Lights at Brookgreen Gardens.



Jeanetta Kozey, Marion Sulak and Bill Krucke took part in the Reindeer Games.

Right: Rosie McLaurin enjoyed a trike ride one sunny autumn day!

Right: Joanne McAfee and resident Hazel Berry got dressed up to enjoy a delicious Greek feast to celebrate our new in-house dining program.





PRESBYTERIAN COMMUNITIES OF SOUTH CAROLINA

Management Services Office
2817 Ashland Road
Columbia, SC 29210

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CONTACT US TO LEARN MORE ABOUT PRESBYTERIAN COMMUNITIES:

The Clinton Presbyterian Community	(864) 833-5190
801 Musgrove Street, Clinton, SC 29325	ClintonMarketing@PresComm.org
The Columbia Presbyterian Community	(803) 796-8700
700 DaVega Drive, Lexington, SC 29073	ColumbiaMarketing@PresComm.org
The Florence Presbyterian Community	(843) 665-2222
2350 W. Lucas Street, Florence, SC 29501	FlorenceMarketing@PresComm.org
The Foothills Retirement Community	(864) 859-3367
205 Bud Nalley Drive, Easley, SC 29642	FoothillsMarketing@PresComm.org
Laurel Crest Retirement Community	(803) 796-0370
100 Joseph Walker Drive, West Columbia, SC 29169	Marketing@LaurelCrest.org
The Village at Summerville	(843) 873-2550
201 W. 9th North Street, Summerville, SC 29483	SummervilleMarketing@PresComm.org
Management Services Office	(803) 772-5885
2817 Ashland Road, Columbia, SC 29210	Info@PresComm.org

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