

TIDINGS |



DECEMBER
2018



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

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Now that Thanksgiving is under our belts it is time to deck the halls as we watch Trezevant transformed into a holiday wonderland. Trees are trimmed, boughs are hung, and party preparations are underway. Plans are in the making with family and friends as we look forward to a time of celebration and cheer. I would like to send a little cheer your way with the following mimicking the Twelve Days of Christmas, one of my favorite Christmas tunes.

On the first day of Christmas my true love sent to me
Jeremy Clement strumming guitar in the Bistro;
On the second day of Christmas my true love sent to me
The O'Donnell's hosting luminaries;
On the third day of Christmas my true love sent to me
A Lunch & Learn with Maxine;
On the fourth day of Christmas my true love sent to me
An excursion to Wilson, Arkansas;
On the fifth day of Christmas my true love sent to me
The First Wednesday Movie Group outing;
On the sixth day of Christmas my true love sent to me
A Dottie's Digs shopping spree;
On the seventh day of Christmas my true love sent to me
Gary Beard playing carols on the ivory keys;
On the eighth day of Christmas my true love sent to me
Oscar Sueing performing on the Saxophone;
On the ninth day of Christmas my true love sent to me
St. Luke's performance of Handel's Messiah;
On the tenth day of Christmas my true love sent to me
Amy Grant's tribute to the Volunteers of Tennessee;
On the eleventh day of Christmas my true love sent to me
A shopping trip to Kroger and the Dollar Tree;
On the twelfth day of Christmas my true love sent to me
The Independent Living Residents' Christmas party!

Check your monthly calendars and the Activity Book for details, sign ups, locations and many more activities.

Merry Christmas to all!



IN ST EDWARD CHAPEL

by Rev. Robin Hatzenbuehler, Chaplain



Christmas is coming! But first comes Advent! To help you prepare:

- Weekly Guided meditation at 2:15pm on Wednesdays will help you find the quiet reflection time needed during the Advent Season.
- Weekly Sunday Chapel services at 10:30 (St. Edward) and at 3pm (Little Chapel) will lead you more deeply into the season as we prepare for the nativity of the Christ child but also for the final coming of Christ. Each Sunday a candle is lit in the Advent wreath, and the sermons will focus on a different aspect of this season.
- Daily readings in the Advent Booklet, The Gifts of Advent, which you found in your mailbox, will help your spiritual preparation on a daily basis! Written by spiritual director, Manor resident, author, and Chair of the Chapel Committee, Linda Doudy Mischke, this booklet is a labor of love. Her gift of writing with inspire us all.
- Tuesday evening, December 4 at 7:15pm the Spiritual Speakers will be your own chaplains, Robin and Julie. “Blue Christmas” is a service of remembrance and wholeness for this season, which is one of joy but which also holds within it the remembrance of Christmases past when others we loved were with us. Though loss of a loved one is fresher for some of us this year, this loss is common to all of us, and your presence will be a comfort to all who attend.
- Chaplain’s Class December 5 at 3pm “What to Add in Advent” and on Thursday, December 13, at 3pm, Dina’s traditional Christmas stories and cookies in the Music Room.
- Christmas Candlelight Service, Sunday, December 23, at 4:00pm. We have the largest choir ever – men and women, and cellist Ann Ray. I think you will find it particularly meaningful to worship with your Trezevant community then. Bring your family and friends!
- In order to focus on this important community Christmas service, there will be no other services that day either in St. Edward Chapel or in Little Chapel.
- Sunday, December 30, in his final visit to our Chapel, the Episcopal Bishop, the Right Reverend Don Johnson, will be our celebrant and preacher at the Sunday morning worship service.

May God bless you during these holy seasons.

Chaplain & Director of Pastoral Care and Religious Services

Rev. Robin Hatzenbuehler
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Associate Chaplain

Rev. Julie McKenna
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Guided Meditation

Wednesdays at 2:15 p.m.
in St. Edward Chapel

Chaplain's Class

with Rev. Robin & Linda Doudy Mischke
Wed., Dec 5 & Dec 12 at 3:15 p.m.
in St. Edward Chapel

Listen & Love

with Dina Smith
Thu, Dec 6 at 3:00 p.m.
in the Gallery

Christmas Stories

with Dina Smith
Thu, Dec 13 at 3:00 p.m.
in the Gallery



BE WELL

by Rinnie Wood, Fitness Director



Fitness Director

Rinnie Wood
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Fitness Instructors

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GIVE YOURSELF THE GIFT OF WELLNESS

Definition of *wellness*

wellness-noun; well-ness | \ 'wel-nəs \

the quality or state of being in good health especially as an actively sought goal lifestyles that promote wellness (Merriam-Webster Dictionary)

The National Wellness Institute suggests that optimal wellness includes a balance of the six components in the graphic above. Individuals who seek and include these appear to be the most fulfilled “well” individuals.

How do we include those six pillars of wellness in our lives? Do we seek activities that satisfy our intellectual and spiritual curiosities? Do we work at tasks, whether physical or occupational, that allow us the satisfaction of setting and achieving goals? Do we share time with those who nurture our social needs and emotional growth?

During this holiday season, let’s pause and embrace the wellness opportunities Trezevant provides us. Let’s give thanks for the chance to grow into a greater state of wellness.

Our fitness and wellness team wishes each and every one of you happiness and good health during this Season of Joy!



IN FOUNDATION

by Nora Conaway, Trezevant Foundation Director



I have a confession to make. I REALLY love Amazon. They could put a two headed snake up for sale and even I might try to think of a reason why I need it. My Kindle is the greatest invention ever and I can be (and have become) a hoarder of books, without taking up one bit of space in our home. I intuit that there are a large number of you who share my fondness for this e-tail giant every time I walk by the mailroom package table, laden with the smiling arrow.

Although I have written about Amazon Smile before, the foundation has failed to reap any benefits due to lack of enrollment so I thought I might publish a reminder, as we approach the Christmas season. Amazon Smile is the philanthropic arm of Amazon which gives awards to chosen charities through customer purchases. We will receive a percentage of your purchases from Amazon all year long. Please understand that everything available for purchase on Amazon is also available on Amazon Smile. You will just need to start out in a different place.

First, in your browser, type in smile.amazon.com or just Google amazon smile and click on it. The home page will come up and, on the right side, it will tell you to type in your charity. When you type in Trezevant Manor Foundation (or Trezevant Foundation) it will take you to another page on which they show the name of the foundation and ask you to confirm it. When that is completed by clicking a button, that is it. The only requirement is that you always start out at smile.amazon.com (rather than plain old amazon.com) for Trezevant Foundation to be able to receive a percentage of your purchase price, at no cost to you or Trezevant. Just set it as a favorite to go to with one click. How easy is that!

Maybe we can create an Amazon wave and add special significance to all those goody-filled boxes out on the mailroom table.

Foundation Director

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The Trezevant Foundation was established to ensure that LifeCare residents would always have a place here, even if they outlived their financial resources. Additionally, the Foundation also provides resident amenities to enhance life in the community, and an employee scholarship fund to improve their lives and the skills they bring to Trezevant. The E. H. Little Society, named for Trezevant's founding benefactor, is composed of those who have included the Trezevant Foundation in their planned giving through an estate gift.



MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

MULLINS UMC CHRISTMAS

CAROLS Sun, 12/2 at 1:30 p.m. in the PAC.

***LUMINARIES & LIBATIONS**

AT KIM O'DONNELL'S on Sun, 12/2; three bus trips available beginning at 5:00 p.m.

***LUNCH & LEARN WITH MAXINE**

PATTERSON on Mon, 12/3
Lunch and Presentation at Noon in the PAC.

CAPTEL PHONE PRESENTATION

Mon, 12/3 at 1:00 p.m. in the GAL.

***WILSON, AR TRIP** Visit Johnny Cash's childhood home, tour the square and eat at Wilson's cafe on Tue, 12/4. Depart at 9:30 a.m.

***ESTEE LAUDER** on Tue, 12/4 from 10:00 a.m.-4:00 p.m. in the GAL.

SPIRITUAL SPEAKER SERIES: BLUE CHRISTMAS WITH REV. ROBIN AND REV. JULIE

on Tue, 12/4 at 7:15 p.m. in St. Edward Chapel.

***TREZEVANT EXPLORES: GARY**

BEARD on Fri, 12/7; 11:30 a.m. lunch (\$7.50), Noon performance.

INDEPENDENT LIVING RESIDENT ANNUAL CHRISTMAS COCKTAIL

PARTY on Wed, 12/12 at 4:00 p.m. in the PAC.

INDEPENDENT LIVING RESIDENT ANNUAL CHRISTMAS PARTY

on Wed, 12/12. Three seatings;

reservations required at 251-9212.

COOKIES WITH DINA SMITH on Thu, 12/13 at 3:00 p.m. in the GAL.

SPECIAL MUSIC: FIGEROA & PEASLEE Sun, 12/16 at 5:00 p.m. in the PAC.

***AUDIOLOGIST VISIT**

Transportation provided on Wed, 12/19 at 9:00 a.m.

***STARRY NIGHTS TRIP** View the Christmas lights at Shelby Farms on Thu, 12/20 at 6:00 p.m. at HPL

CHRISTMAS CANDLELIGHT

SERVICE on Sun, 12/23 at 4:00 p.m. in the Chapel.

BIRTHDAY CELEBRATIONS Wed, 12/26 at 6:00 p.m. in SDR.

HARVARD PROFESSOR MIKE

MCCORMICK Mon, 12/26 at 7:15 p.m. in the PAC.

NYE PARTY Mon, 12/31 from 7:00-9:00 p.m. in the PAC.

MOVIES Mon, Tue, Wed, Sat, & Sun each week. Check schedule for titles and times. *Subject to change.*

HAPPY HOUR Spend time with friends in the PAC every Mon and Thurs, from 5:00-6:00 p.m. \$2 cover charge, free drinks.

***LANGUAGE LESSONS WITH BRIGITTE EBEL** each Tue, at

11:15 a.m. in 310.

DR. WARREN every Tues from 1:00 to 3:30 p.m. in the Wellness Clinic.

MEN'S COFFEE CLUB every Wed at 10:00 a.m. in Club Room 310.

BOARD GAMES Play with old & new friends each Fri at 2:00 p.m. in the SDR.

DOTTIE'S DIGS is open Thu, 12/6 and 12/20 (G1), from 9:00-5:00 p.m. Proceeds benefit the Trezevant Foundation.

SATURDAY BINGO 12/1, 12/8 and 12/15 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

12/6 Swingtime Explosion (Big Band)
12/13 RSVP Chorus (Accapella)
12/20 Jerold Walker (Jazz)
12/27 Ljuliana Thomas (Jazz)

TGIFT MUSIC (5PM-Music Room)

12/7 Charles Norman (Oldies)
12/14 Noel Medford (Classical)
12/21 Terry Starr (Piano)
12/28 Beverly Brothers (Guitar/Vocals)

SATURDAY MUSIC HOUR (4PM, BISTRO)

12/1 Jeremy Clement (Jazz)
12/8 Oscar Sueings (Saxophone)
12/15 Deborah Swiney & Jon Felix (stds)
12/22 DeAnte Payne (Jazz)
12/29 Mid-South Bossa (Bossa Nova)

Celebrate! It's Your Birthday!!

3	Mickey Bell	16	Bill Adams
5	Virginia Hollon	18	Sarah Flowers
6	Nelie Waller	22	Gloria Baxter
8	Ben Bledsoe	24	Thea Dotson
9	Linda Spiese	26	Betty Jane Harris
10	Sarah Gratz	26	Jim McDonnell
10	Ginny Webb	27	Judy Sebelius
11	Patty Calvert	30	Tommie Saxon
13	Margaret Weakley	31	William Morehead
15	Susanne Darnell		

LIBRARY NOTES

by Margaret Taylor, Library Volunteer

Please stop by the library and check out these new titles:

Mysteries

Game Drive by Marie Moore

The Patriarch by Martin Walker

The Glass Room by Ann Cleeves

Large Print

Every Breath You Take by Mary Higgins Clark

Cottage by the Sea by Debbie Macomber

Non-Fiction

Presidents of War by Michael Beschloss

Fear by Bob Woodward

Play by Play by Verne Lundquist

TREZEVANT CONTACT INFORMATION

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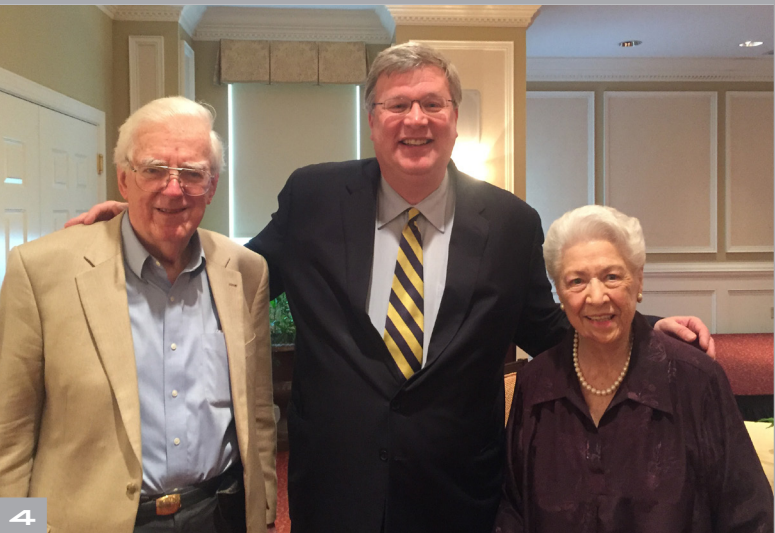
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TRANSPORTATION

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LOOKING BACK

1. Residents and staff represented Trezevant at the Alzheimer's Walk! What a great showing!! 2. Colonel Elmer Follis, our Veterans Day luncheon speaker, was surprised when former training mate and Resident John Wade arrived! They haven't seen one another in 61 years! 3. Sara Holmes, Mary Edith Walker and Elaine Colmer rested at a Fall walk with Fitness Director Rinnie Wood. 4. Joe Saino and Florence Leffler enjoyed Mayor Jim Strickland's presentation at the Trezevant Explores luncheon. 5. Helen Cox, Rinnie Wood, Susan Whitehead, Mannie Frisby, Charlotte Jones, Donna Sue Shannon and Barbara Wilson participated in the 21-day Good Food for Good Health Challenge.