

TIDINGS



AUGUST
2019

Lavissa



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

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To receive *Tidings* by mail or on-line, please call Teresa Johnson at (901) 746-1843 or email tjohnson@trezevantmanor.org.

trezevantmanor.org

Recently, I was asked to meet with a couple who reside in the Manor. They requested a face-to-face meeting to discuss disbursement of their belongings upon transitioning from independent living. I was happy to meet with them, and share my experiences, but was somewhat concerned as to providing them with the needed information. I wanted to have all the right answers, so they would feel enabled to take the next step. I want to applaud them for their foresight and organization in regard to future plans, and for allowing me to have a glimpse into their lives. Their extensive travels, collections and dedication to causes of importance supported not only an interesting life, but a fascinating one as well.

Planning and organizing, even in the later stages of our lives, is a vital part of living a quality life. Quality is the key with retirement living and the staff at Trezevant is here to assist residents. During the July meeting of the Resident Association Council, it was suggested that we explain how Maintenance Work Orders (requests regarding maintenance issues) flow from request to completion. Trezevant residents may not realize that our Maintenance department services an average of *1,200 orders each month* across our campus. These involve everything from appliance repair to zoning issues (A-Z). The Maintenance department also remodels units for new residents, with as many as ten remodeling jobs occurring simultaneously. The remodels may involve a range of floor plans—from a 648 sq. ft. birch apartment to a 3,000 sq. ft. garden home. Needless to say, this is no small task! Thus, it would be beneficial if residents knew the process of the Maintenance order; how it starts and where it goes.

Residents with email accounts may send their requests to maintenance@trezevantmanor.org. Be sure to include your building, apartment number or address, phone contact and the issue you are reporting. Residents without email may call 901-251-9225 to report their issues, visit the Maintenance office on the 4th floor of the Manor to complete a written work order, or even report the issue to the reception desk. After-hours maintenance emergencies should be reported to the reception desk. The receptionist will contact the necessary personnel to handle the situation. Security personnel have been trained to provide temporary assistance until the assigned on-call staff member arrives.

Upon receipt, the request is entered into a program, assigned to an employee, logged and indicated as active. Priority maintenance issues will take precedence over non-emergency issues. Once the employee has completed the order, it is then updated and closed.

We strive to bring you the best service possible and are open to new ideas to improve the quality of life here at Trezevant.

Kim

IN ST EDWARD CHAPEL

by Rev. Julie McKenna, Lead Chaplain/Director of Spiritual Services



We welcomed the Rev. Barbara Kirk-Norris to the chaplain's department on July 1st. If you haven't had the chance to meet her, stop by and say hello--she is lovely. Barbara has been busy shaking a lot of hands and getting familiar with lots of names and faces. Barbara is an Episcopal priest. She comes to us from Midland, Texas where she has been serving in a parish as associate rector, but she is a native Tennessean—she and her husband Bill grew up in Knoxville. Barbara is taking over my duties as Associate Chaplain. She is responsible for ministry to Terrace residents and families. We share the responsibility of ministry to Allen Morgan residents. She also will preach for me once a month in St. Edward and be involved in our services on important days like All Saints, Blue Christmas, and all Holy Week Services. You'll also see her for some of our other events like Chaplains' Class and Meditation. Her office is on the 4th floor of the Terrace opposite the Terrace meditation room. (It is the sunroom on the right in the common area). I for one am very excited she is here! Please make her feel welcome, as I know you will.

This month we will have our usual activities on the schedule—
Wed., Mindfulness meditation with Linda Mischke at 2:35pm
Thursdays—"Listen and Love" – short stories with Dina Smith in the gallery parlor at 3pm
Knit, Pray, Love will meet at 4pm in the music room
Fridays—Praying with Colors will meet in the Terrace activity room at 10:30am with Barbara.

Beginning in September, we have a full school year of new Chaplains' classes and Spiritual Speaker Series planned for you! Stay tuned- we're real excited about our offerings this year!

-- Julie

Lead Chaplain /Director of Spiritual Services

Rev. Julie McKenna
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(901) 325-8108

Associate Chaplain

Rev. Barbara Kirk- Norris
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(901) 251-9208

Mindfulness Meditation

Wednesdays at 2:35 p.m. in the Chapel

Listen & Love with Dina Smith

Thursdays at 3:00 p.m. in the Gallery



BE WELL

by Rinnie Wood, Fitness Director

Fitness Director

Rinnie Wood

rwood@trezevantmanor.org

(901) 251-9223

Fitness Instructors

Ginger Acuff

Laura Charbonnet

Madeline Genette

Carole Manley

Desiree McCain

Leigh Pittinger

Sheila Rae

Marty Wheeler

(901) 251-9223

Wellness Nurse

Valerie Smithers

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(901) 251-9239

Physical Therapy

(901) 251-9234

Trezevant Residents-Below is the article from the August 10, 2018 AARP Newsletter outlining vaccinations we all need in order to be safe from illness, and protect those around us from illnesses, too. Please take heed!

1. INFLUENZA VACCINE

Who needs it: All adults, no matter their age.

How often: Once a year. “The virus itself changes every year,” says Katz. “Researchers try to predict what will be the most common strain that season, then reformulate the vaccine accordingly.” Flu season typically begins in October and ends in March. Flu shots are given to all residents and staff each fall.

Why you need it: Seniors are most vulnerable. Studies show that a vaccination can reduce the risk of illness by as much as 40 to 60 percent.

Talk to your doctor if: You’ve had a severe reaction to the flu shot in the past, are allergic to eggs (funny enough, the flu vaccine is most commonly grown in them), have (or have had) Guillain-Barré syndrome, or have a fever.

2. PNEUMOCOCCAL VACCINE

Who needs it: Healthy adults 65 years and older.

How often: The CDC recommends two pneumococcal vaccines for healthy adults 65 and older. Don’t get them at the same time. You should receive a dose of the pneumococcal conjugate vaccine (PCV13), then a dose of pneumococcal polysaccharide vaccine (PPSV23) one year later.

Why you need it: Pneumococcal disease, which can cause pneumonia, kills more people in the U.S. each year than all other vaccine-preventable diseases combined. An estimated 28,000 cases and 2,900 deaths from invasive pneumococcal disease occurred in 2014. Experts estimate PCV13 prevented more than 30,000 cases of invasive pneumococcal disease and 3,000 deaths in its first three years of use.

3. TDAP BOOSTER (tetanus, diphtheria, pertussis) vaccine &/or the Td (tetanus, diphtheria)

Who needs it: The Tdap vaccine came out in 2005, and along with protecting against tetanus and diphtheria, like the vaccine it replaced, it also includes new, additional protection against whooping cough, also known as pertussis. If you can’t remember ever getting this shot, you probably need it. How often: You get Tdap only once, and after that, you still need the Td booster every 10 years. Otherwise, your protection against tetanus and diphtheria will fade.

Why you need it: Due to a rise in whooping cough cases in the U.S., you really do need to be vaccinated against it, even if you’re over 65. In the first year after getting vaccinated, Tdap prevents the illness in about 7 out of 10 people who received the vaccine.

4. SHINGLES (herpes zoster) vaccine



Who needs it: The CDC recommends that everyone 50 and older get the new shingles vaccine, Shingrix, even if they had the earlier recommended vaccine, Zostavax — which was much less effective — and even if they've already had shingles.

How often: For now, the CDC is recommending only that you get this new vaccine, which is given in two doses spaced two to six months apart, to prevent both shingles and its complications.

Why you need it: One in three people will get shingles, usually after age 50. The risk rises with age. By 85, half of adults will have had at least one outbreak. Chicken pox and shingles are caused by the same virus, varicella zoster. After a person recovers from chicken pox, this virus stays dormant for decades in the body, ready to appear when the immune system is weakened by stress, medication or disease. This infection causes a red rash and painful blisters. Shingrix can protect 97 percent of people in their 50s and 60s, and 91 percent of those in their 70s and 80s.

5. HEPATITIS VACCINE

Who needs it: People 50 and older who are at high risk for hepatitis A (HAV), a disease of the liver. Infections result primarily from travel to another country where hepatitis A virus transmission is common, through close contact with a hepatitis A-infected individual, or recreational drug use.

How often: Once, but given in two doses over six months.

Why you need it: Hepatitis A rates in U.S. have declined by more than 95 percent since the hepatitis A vaccine first became available in 1995. In 2016, there were an estimated 4,000 hepatitis A cases in the U.S.

6. HEPATITIS B VACCINE

Who needs it: Adults 50 and older who are at risk for contracting hepatitis B, a liver infection. Hepatitis B is transmitted when a body fluid (blood, semen, saliva) from a person infected with the hepatitis B virus enters the body of someone who is not infected.

How often: Adults getting the vaccine need three doses — the second dose given four weeks after the first; the third dose five months after the second. There is also a combination vaccine for both hepatitis A and B called Twinrix, which is given in three doses over six months.

Why you need it: The CDC estimates that the estimated number of new HBV infections in 2016 was 20,900.

Yours in the pursuit of health and wellness,
Rinnie

MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

***TREZEVANT EXPLORES: J.T. YOUNG, CEO OF MLGW** on Fri, 8/2 at 11:30 a.m. in the PAC.

RESIDENT ASSOCIATION QUARTERLY MEETING on Wed, 8/7 at 7:15 p.m. in the PAC.

***TOUR MEMPHIS FOOD BANK & LUNCH WITH RINNIE** on Fri, 8/9 at 11:00 a.m. at HPL.

SON & DAUGHTER DAY: Invite your Son and Daughter to brunch on Sun, 8/11 between 11:00 a.m.-1:30 p.m. in SDR. *Reservations req'd at 251-9212.*

ELVIS! LIVE AT TREZEVANT on Mon, 8/12 at 7:15 p.m. in the PAC.

***TREZEVANT TASTING: DRINKS** on Tue, 8/13 at 5:00 p.m. in the MR. \$15 pp.

***OUT TO DINNER: HOG & HOMINY** on Tue, 8/20. Depart at 5:30 p.m. from HPL.

***SENIOR ART SERIES: JOHN ANGOTTI (Jazz)** on Wed, 8/21. Bus departs at 1:30 at HPL.

***AUDIOLOGIST VISIT** on Wed, 8/21 at 9:00 a.m. from HPL.

***DIXON GALLERY TOUR OF CENTRAL TO THEIR LIVES: SOUTHERN WOMEN ARTISTS & LUNCH AT FRATELLI'S** on Fri, 8/23. Depart at 10:00 a.m. from HPL.

FINE DINING on Sun, 8/25 at 5:30 p.m. in SDR; *reservations req'd at 251-9212.*

SOUTHERN AUTHOR SERIES: NANCY DAINDRIDGE PATTERSON on Wed, 8/28 at 5:00 p.m. in the PAC.

BIRTHDAY CELEBRATIONS Wed, 8/28 at 6:00 p.m. in SDR.

COLLEGE FOOTBALL WATCH PARTY: MEMPHIS V. OLE MISS on Sat, 8/31 at 11:00 a.m. in the PAC.

MOVIES Mon, Tue, Wed, Sat, & Sun each week. Check calendars 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 Every Tues at 11:15 a.m. in Club Room 310.

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

PLAY PING PONG! Each Tue & Thu beginning from 1:30-3:00 p.m. in Room 310.

TIM THE PRODUCE MAN! Each Wed from 9:00-10:15 a.m. in the Highland Parking Lot.

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

GREAT COURSES: AMERICA'S FOUNDING FATHERS Every Thu at 2:00 p.m. in the PAC.

BOARD GAMES Play with old & new friends each Fri at 1:00

p.m. in the SDR.

DOTTIE'S DIGS Open Thu, 8/1 & 8/15 (G1), from 9:00-5:00 p.m. Proceeds benefit the Trezevant Foundation.

BALLROOM DANCING Each Fri, at 3:30 p.m. in the PAC.

SATURDAY BINGO 8/3, 8/10 and 8/17 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

8/1 The Ghost of Jimmy Ogle

8/8 Jim Mahannah Band (Big Band)

8/15 Penny Kings Band (Swing)

8/22 Memphis Side Show (Oldies/Blues/Std's)

8/29 Swingtime Explosion (Big Band)

TGIFT MUSIC (5PM-Music Room)

8/2 Nancy Apple (Country)

8/9 Jim Johnson (Piano)

8/16 Jordan Hiley (Classical)

8/23 Lea Van Merkestyn (Acoustic)

8/30 Buzz McIntyre (Oldies)

SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

8/3 Rick Nethery (Acoustic)

8/10 Beale Canto (Acapella)

8/17 Susan Holloway (Violin/Var)

8/24 Glenn Malchow (Acoustic)

8/31 Thomas & Falco (Bossa Nova, Jazz)

Celebrate! It's Your Birthday!!

1	Betty Carter	10	Mary Vaiden
1	Margaret Taylor	13	John Wade
1	Grace Upshaw	14	Mary Lewis Casey
2	Jolanda Penczner	15	Samuel Beach
4	Randy Turner	15	Bob Deininger
5	Jimmye Pidgeon	16	Phoebe Copeland
6	Helen Cox	16	Peg Stringer
6	Ray Podesta	17	Betty J Hoyt
6	Harry Wellford	20	Eva Hussey
7	Elaine Schuppe	23	Andy Simmons
9	Anne Connell	27	Anne Caldwell
9	Art Nienhuis	27	Susan Whitehead
9	Lavinia Skinner	28	Sylvia Adams
10	Mannie Frisby	31	Anna McNeill

TIDINGS TIDBITS

Congratulations are in order! Anna McNeill is the 2019 winner of Leading Age Distinguished Senior Award for the state of Tennessee!



Anna McNeill is legally blind, but that doesn't stop her! She regularly visits residents in our assisted living and nursing home. For the past 4 years, she has been an active part of our Resident Visitation Team. Along with 7 other

independent living residents, she agrees to visit with one or two assigned residents in assisted living or health center each week. Anna has consistently visited 2 residents, invited them to join her in activities, and welcomed them and other residents she has gotten to know in the process to be involved in the life of the community. Anna is one of the most positive influences around Trezevant. Her attitude exemplifies everything Trezevant stands for. She is welcoming to all, and seeks to bring light and life to those around her. *Congratulations, Anna!*

TREZEVANT CONTACT INFORMATION

TREZEVANT RECEPTION DESK

(901) 325-4000

TREZEVANT TERRACE RECEPTION DESK

(901) 746-1800

ALLEN MORGAN RECEPTION DESK

(901) 325-4003

BANK

Suntrust Bank

(901) 462-2801

DINING DIRECTOR

David Edwards

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(901) 251-9212

DINING RESERVATIONS

Ashley Newman

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HOUSEKEEPING

Annie Wade

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MAINTENANCE

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SECURITY

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(901) 515-2998

TRANSPORTATION

transportation@trezevantmanor.org

(901) 251-9227



LOOKING BACK NEW RESIDENTS' RECEPTION - JULY, 2019

- 1. Terry & John Robertson
 - 2. Carol Morris
 - 3. Perry Magness and Diane Davis
 - 4. Jackie Williamson
 - 5. Anna & Dr. Albert Pyland
 - 6. Elinor Reed, pictured with Marilyn Dunavant
- Not pictured - Buzzy Hussey & Dr. Hal Brunt and Milton Winter*