

TIDINGS



JULY
2019



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

Kim O'Donnell

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The June 15th edition of the Commercial Appeal feature entitled, Mid-South Memories, depicts Edward H. Little, retired president and chairman of the board Colgate Palmolive Co. at the groundbreaking ceremonies for the 11 story, \$5 million Trezevant Episcopal Home. Mr. Little made a \$1 million gift for construction of the facility. The facility was to be built in memory of his late wife, Suzanne Trezevant Little, for the purpose of housing independent Seniors. Since that day in 1975, a number of changes have been made to the Trezevant campus. The Allen Morgan Center was completed in 1980 to serve residents in need of temporary rehab or a higher level of care. The first of the Cottages were added to the property in 1988, with additions in 1991, 1999, 2008. The first assisted living facility opened on the third floor of Allen Morgan in 1997, moving to a new 104 apartment complex in 2007, Trezevant Terrace. The Terrace also houses the Mary Galloway Home and a state of the art memory support center. In 2010, Trezevant Place, a 68 unit apartment building, was completed offering additional housing for independent Seniors.

Initially, the concept of Senior retirement housing did not catch on quickly. But Trezevant has evolved into the premier retirement living community in the Mid-South. We are asking for your support to vote in the 2019 Commercial Appeal's Memphis Most. Trezevant is among the finalists in Best Retirement Community under the category of "places". Encourage your neighbors, friends and family to go to <https://commercialappeal.secondstreetapp.com>. Voting runs through July 7th.

We appreciate your participation and encourage everyone to get involved during the month of July. Resident Services will be tallying participation in select events throughout the month. Plan to attend movies, and musical performances, and participate in games and outings. A list of selected events will be distributed and prizes will be awarded for the top participants.

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

trezevantmanor.org



IN ST EDWARD CHAPEL

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



Well, by the time you read this, my month of operating solo as your chaplain will be over. It's been busy, but not unmanageable, thanks to some incredible volunteers. Many thanks to the following people who went above and beyond to be sure the chapel offerings throughout the campus remained constant during the transition:

- Dina Smith—who kept me sane during the actual move and helped me get loads of books out of boxes and onto shelves in my new office.
- Anne Carriere—who led worship on May 26th so I could go on vacation.
- Linda Mischke—who took over my Terrace Wed. morning devotional for six weeks so I could settle in the new position. Linda also covered a devotional in the memory unit for me when I went on vacation.
- Ben Bledsoe—who led an Allen Morgan devotional when I was out of town.
- Walter Mischke—who led devotionals in Allen Morgan and the memory unit, and preached June 30th at St. Edward.
- Anna McNeil—who took over Tuesday pet therapy and took George Steffens and his dog Chief around to visit residents in the Terrace.
- Julie Walton—who took over Friday pet therapy and took Ron Hotchkiss and his dog Eli to visit residents in Allen Morgan and the Terrace.
- Ann Nichols—who took over Praying with Colors every Friday she was in town in May and June.
- And the full chapel committee-- whose support and steady hand on all things related to the chapel kept both chapel services and a funeral running smoothly. (Sylvia Adams, Dorsey Wade, Mary Virginia Rogers, Julie Walton, Linda Mischke, and Greg Jones, our organist) Thank you all for making these last 2 months a smooth transition.

I'm happy to report that on July 1st we will welcome our new Associate Chaplain, the Rev. Barbara Kirk-Norris, to campus. She will begin acclimating to ministry in the Terrace and Allen Morgan that first week, and on Sunday, July 7th we will celebrate her new ministry with us at

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Lead Chaplain /Director of Spiritual Services

Rev. Julie McKenna
jmckenna@trezevantmanor.org
(901) 325-8108

Associate Chaplain

Rev. Barbara Kirk- Norris

Mindfulness Meditation

Wednesdays at 2:15 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

vsmithers@trezevantmanor.org

(901) 251-9239

Physical Therapy

(901) 251-9234

See your July fitness calendar
for new BALANCE classes
beginning in #201!
2PM Mondays
CHAIR YOGA FOR BALANCE
&
2PM Wednesdays
INTERMEDIATE BALANCE!

Falls Are Serious and Costly. Let's pause to focus on the risks and effects of falls, and the simple things you can do to prevent them.

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 2.5 million older people are treated in ERs for fall injuries.
- Over 700,000 patients each year are hospitalized because of a fall injury.
- Each year at least 250,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Adjusted for inflation, the direct medical costs for fall injuries are \$34 billion annually. Hospital costs account for two-thirds of the total.

What Conditions Make You More Likely to Fall? Research has identified risk factors that contribute to falling. Many risk factors can be changed or modified to help prevent falls. The more risk factors a person has, the greater their chances of falling.

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear

Make Your Home Safer. Contact our therapy department at 251-9234 for an assessment to help you reduce your in-home fall risks.

Ask your Doctor to:

- Evaluate your fall risks and talk with them about things you can do.
- Review your prescription & OTC medicines to see if any might make you dizzy or sleepy.
- Check if it's safe for you to take vitamin D supplements with calcium.

Do Strength and Balance Exercises. We offer a wide variety of classes to help you reduce your risks of falling. Please look carefully at your July Fitness Calendar to see these, and call Rinnie at 251-9223 for help in selecting the best options for you.

TIDINGS TIDBITS

by Teresa Johnson, Communication & Program Coordinator



We who delight in our Trezevant Library would welcome more volunteers. We check-in returned books, shelve books, and even work on the computer! If you would like to join us, call Margaret Taylor at 596-6931.

New titles in Large Print are: “Where the Crawdads Sing”, “Queen Bee”, and “Spies of Shilling Lane”.

Mysteries: “Body in the Castle Well”, “Triple Jeopardy”, “Silent Patient”, “Sentence is Death”.

Non Fiction: “Furious Hours”, “The Pioneers”.

Fiction: “Erotic Stories for Punjabi Widows”, “Spying in the South”

CHAPEL *continued from page 3*

St. Edward Chapel. Once a month, she will preach in my place at St. Edward. Barbara is an Episcopal priest originally from Knoxville TN, currently serving as Associate Rector in Midland, Texas. She is delightful, and I think you will enjoy her.

Mark your calendars for another special date. On Saturday, July 20th, we will have a special workshop on Centering Prayer and Lectio Divina. See details below:

Do you seek the small, still voice of God? Please join us for brief introduction to two ancient contemplative spiritual practices that are being rediscovered in our modern era: Centering Prayer and Lectio Divina (Praying the Scriptures). At this two-hour workshop, you will learn about prayer as relationship, the simple method of Centering Prayer, how to deal with thoughts, and how the fruits of the prayer are manifest in your life. You will also learn about how the early monastics prayed the scriptures as a means of opening to the transformative power of the Word of God. We will experience two sessions of Centering Prayer and will pray the Sunday gospel reading in the manner of Lectio Divina. The workshop is conducted by Rev. Mike Potter who is commissioned by Contemplative Outreach Ltd. to present these materials. The workshop will be held from 10:00 a.m. to 12:00 Noon on Saturday, July 20th, followed by lunch. For more information, please contact Rev. Julie McKenna at 901-325-8108 or jmckenna@trezevantmanor.org.

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If you wish to contribute news such as volunteer opportunities, resident accomplishments or important community comments, please submit them to Teresa Johnson at tjohnson@trezevantmanor.org or put comments in the Suggestion Box located near the USPS mailboxes.

MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

***FIRST WEDNESDAY DINNER & A MOVIE** on Wed, 7/3 at 3:00 p.m. Departs from WAY.

INDEPENDENCE DAY FESTIVITIES on Thu, 7/4 include 11:30 a.m. BBQ Lunch, 3:00 p.m. Americana with Barbara & Basil in the MR and 6:00 p.m. Movie in the PAC!

BE A KID AGAIN DAY on Mon, 7/8. Watch for (big) kids all over campus! Feel free to join in!

APOLLO 11 PRESENTATION WITH BILL WEPPNER on Tue, 7/9 at 7:15 p.m. in the PAC.

NEW RESIDENT RECEPTION on Wed, 7/10. Check your invitation for your ETA.

***HOUR OF SERVICE AT THE TERRACE** on Thu, 7/11. Cheer up the Terrace residents with a visit. Meet at the Manor front desk at 11:00 a.m.

***TREZEVAANT TASTING: SUMMERTIME DRINKS** on Tue, 7/16 at 5:00 p.m. in the MR. \$15 pp.

***AUDIOLOGIST VISIT** on Wed, 7/17 at 9:00 a.m. from HPL.

***LAFAYETTE'S LIVE MUSIC** on Wed, 7/17. Depart at 5:00 p.m. from HPL.

***LUNCH AT RED FISH & MOVIE AT POWERHOUSE MALCO** on Fri, 7/19. Depart at 11:30 a.m.

from HPL.

SPECIAL PERFORMANCE: WEST TN CHORO COMPANY on Sun, 7/21 at 4:00 p.m. in the PAC.

***OUT TO DINNER: P.O. PRESS** on Tue, 7/23. Depart at 5:30 p.m. from HPL.

FINE DINING on Sun, 7/28 at 5:30 p.m. in SDR; reservations req'd at 251-9212.

RAC QUARTERLY MEETING on Wed, 7/24 at 7:15 p.m. in the PAC.

FEDEX/ST. JUDE INVITATIONAL WATCH PARTY on Sun, 7/28 from 3:00-5:00 p.m. in the PAC.

SOUTHERN AUTHOR SERIES: THE NEST KEEPER BY BETH CARTER KREWSON on Wed, 7/31 at 5:00 p.m. in the PAC.

BIRTHDAY CELEBRATIONS Wed, 7/31 at 6:00 p.m. in SDR.

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 Wed, 7/3 and Thu, 7/11 & 7/17 (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 7/6, 7/13 and 7/20 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

7/4 **6:00 Movie!**
7/11 Simmons & Wilkinson (Flute/Piano)
7/18 Swiney & Felix (Stds)
7/25 Jimmy Ogle Presentation

Celebrate! It's Your Birthday!!

| | | | |
|----|-----------------|----|--------------------|
| 3 | John Douglas | 13 | Presh Gill |
| 3 | Ann Whitsitt | 15 | Jerry Austin |
| 4 | Chipsy Butler | 15 | Rosemary Mosby |
| 6 | Nell Cannon | 16 | Nancy Morris |
| 6 | Judith Drescher | 16 | Jack Richbourg |
| 6 | Julia Harvey | 17 | Madge Saba |
| 6 | Nancy Higgason | 18 | David Lindstrom |
| 8 | Charlotte Jones | 24 | Carroll Ann Pera |
| 9 | Dixie Austin | 25 | Tolly Murff |
| 10 | Buddy Nix | 27 | John Austin |
| 11 | Peggy Bodine | 27 | Sara Heckle |
| 12 | Sara Shelton | 29 | Suzanne Gronemeyer |

ACTIVITIES CONTINUED

TGIFT MUSIC (5PM-Music Room)

- 7/5 Arthur Hart (Classical Piano)
- 7/12 Jeremy Shrader Duo (Guitar & Vocals)
- 7/19 Terry Starr (Piano)
- 7/26 Jeremy Clement (Recording Two Shows-5:00 & 7:00)

SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

- 7/6 Bobby Lawson (Blues, Oldies)
- 7/13 TBD
- 7/20 Alter Trio (Jazz with Vocals)
- 7/27 Sandra Miller (Var)

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

dedwards@trezevantmanor.org

(901) 251-9212

DINING RESERVATIONS

Ashley Newman

anewman@trezevantmanor.org

(901) 251-9212

HOUSEKEEPING

Annie Wade

awade@trezevantmanor.org

(901) 515-2999

MAINTENANCE

maintenance@trezevantmanor.org

(901) 251-9225

SECURITY

securityoffice@trezevantmanor.org

(901) 515-2998

TRANSPORTATION

transportation@trezevantmanor.org

(901) 251-9227



LOOKING BACK

1. Fitness Director Rinnie Wood and Linda Spiese enjoyed breakfast at The Arcade after our Trezevant walk across the Harahan Bridge. 2. Judge Harry Wellford, Peggy Bodine, Eva & Bob Hussey, Elaine Colmer, Jed Dreifus, Carol Jones and Mary Kate Wyatt reveled at the hustle and bustle of Downtown Memphis during our Out To Dinner outing at Catherine & Mary's! 3. It was HOT on our Memphis Zoo outing! But Virginia Trenholm, Frances McDonald, Anna McNeill and Theresa Mauer kept smiling anyway! 4. Joanne Fleming tries on the motorcycle for size during our First Responder Appreciation Day. 5. One of our favorite responders, Anthony, is a person-sniffing dog out to save missing persons for the MPD.