

TIDINGS



**OCTOBER
2019**



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

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The first indication of the arrival of Fall at my home is the purchase of a cord of firewood. Burning firewood seems to be the furthest thing from my mind as temperatures are peaking in the mid 80s-mid 90s and the calendar indicates it is October! The firewood arrived in mid-September and the purveyor, a new provider to us, was named Willie Nelson! Mr. Nelson was so polite as he unloaded all the perfectly cut logs stacking them in alternating directions with each layer. My husband remarked that the wood looked to be perfectly seasoned and is anxiously anticipating lighting that first fire.

Anticipation abounds here at Trezevant with the onset of the next season. We will resume walks at popular outdoor destinations beginning with the Rhodes campus. Rhodes' Challenges in World Politics will be returning on select Wednesdays with topics ranging from the Hong Kong protests to Brexit. Flu shots and a health fair are planned for the first week along with a presentation by Jose Velazquez on the James Lee House a farmhouse dating back to 1848 now a jaw dropping bed and breakfast. A visit to Porter Leath for a morning of volunteering with lunch to follow, out to dinner at Felicia Suzanne, and a special offering to attend Creative Aging's Cocktails, Canapes & CATS at Theater Memphis, sign up early as limited space is available. "Steppin It Up Week" begins on Oct. 21st with fun, fitness, community and a lighted Halloween walking trail sure to get everyone in the mood for ghoulish festivities. Resident Association Quarterly meeting is Oct. 23rd and a tour of the University of Memphis Art Museum is planned for the following day. Southern Authors featuring Susan Bacon Dynerman's *The History Teacher* a mystery thriller involving the CIA, select college football games, musical performances, fine dining, pumpkin decorating and judging, movies, and Halloween Trivia night to wrap up the month.

Be sure to check out all the new titles in our library as the Selection Committee has been busy researching and previewing the best of the literary world. Finally, the Trezevant Trailblazers will be going to Asheville, NC to tour the Biltmore Estate in its holiday finery while hosting the Downton Abbey exhibit, this trip also includes a visit to Sewanee College, the Tennessee Aquarium and Jack Daniels Distillery with lunch at Miss Bobo's. Contact me for details. Finally if you are interested in learning to play Mah Jongg or bridge, or honing your skills notify Resident Services.

IN ST EDWARD CHAPEL

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



October Spiritual Care Offerings

A new Bible study with archdeacon Mimsy Jones, Spiritual care week and an evening with Brian Russell, sculptor of the chapel furnishings for both St. Edward and Little Chapel are just a few of the special offerings we have available to all during the month of October. See below for event details:

Spiritual Speaker Series

Tuesday, October 1 - In our themed series "Created to Create" Brian Russell, artist and sculptor of all our chapel furnishings will share the meaning behind the pieces he designed for both chapels as well as his own experience with creativity and spirituality.

Chaplains' Class

Wed., Oct 2nd - The Way: Walking in the Footsteps of Jesus. This session will focus on Jesus' ministry to outcasts, the poor and the most helpless of society. Facilitated by Rev. Julie.

Wed. Oct 9, 16, 23 and 30 - A study of the books of Ruth and Jonah with The Rev. Archdeacon Mimsy Jones. You know if it's Mimsy it will be wonderful-come here her take on these two incredible books.

Blessing of the Pets

Sunday, Oct. 13th - All residents and staff with pets are welcome to come and have their pets blessed in this short/ sweet service. Hollywood Feed will be with us to hand out treat bags to all the pups present.

Spiritual Care Week: Blessing of the Hands

Monday Oct. 21- Friday Oct. 25th - All staff will have the opportunity to have their hands blessed as we recognize them for their healing and caring ministry with residents. Residents who actively care for others are also invited to have their hands blessed. Chaplains will move throughout the campus offering hand blessings and prayer cards to any who would like to receive a blessing of the hands.

Lead Chaplain /Director of Spiritual Services

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Associate Chaplain

Rev. Barbara Kirk- Norris
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Spiritual Speaker Series

First Tuesday of October at 7:15 p.m. in St. Edward Chapel

Mindfulness Meditation

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

Chaplains' Class

Wednesdays at 3:00 p.m. in the Chapel

Listen & Love with Dina Smith

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

Knit, Pray, Love!

Thursdays at 4:00 p.m. in the Music Room





BE WELL

by Rinnie Wood, Fitness Director

Fitness Director

Rinnie Wood

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Fitness Instructors

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Get ready for October, the most glorious month of the year in Memphis. So let's all take a deep breath of crisp fall air, and get moving.

To celebrate the changing seasons, we have expanded our Trezevant Walks series to eight different locations around the city, from downtown to Shelby Farms. In addition to the six Tuesday afternoon walks, two Friday morning walks have been added. Look carefully at your flyer, so that you can decide which you want to attend. Many are followed by breakfast or treats, so pick what appeals to you, and sign up in the Activities Book. Please note the those with * are walks suited to those more limited with walking distance. Locations are:

- South Bluffs at the River
- Rhodes Campus
- *Shelby Farms
- Central Gardens
- *Harahan Bridge
- *Harbortown
- Audubon Park
- *The Pyramid

Watch for the flyer for our 8th annual Steppin' It Up Week, which begins Monday, October twenty-first. The theme is "Celebrating Fun, Fitness and Community." We can look forward to many events and movies that will keep our minds and bodies particularly active and engaged that week. These include special fitness challenges, games and educational presentations. You earn points all week as you watch, learn and laugh. And of course, win prizes!

Look out for our first Trezevant Haunted Walking Trail on Wednesday, October 23, sponsored by Resident Services, Fitness and Marketing. It will be scary fun!

Please join your fitness team and fellow residents to enjoy the wonderful month of October, with expected and unexpected outdoor and indoor opportunities to explore together!



MEDICARE OPEN ENROLLMENT

by Kim O'Donnell, Director of Resident Services



Fall Open Enrollment occurs each year from October 15 through December 7. Any change you make during Fall Open Enrollment will take effect January 1. In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Part D plan. If you have Medicare Advantage, you can also switch to Original Medicare. To get drug coverage, you should also join a Part D plan.

Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment. If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year. If you have a Medicare Advantage Plan or a Part D plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year. Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year.

Help is out there. Use Medicare's Plan Finder tool if you need help. The Plan Finder tool compares plans based on the drugs you need, the pharmacy you visit, and your drug costs. When you receive the list of plans, check the plans' websites or call them to see which best fits your needs. If you research a plan online, also call the plan itself to confirm what you have learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about your conversation, including the date, the representative you spoke to, and any outcomes or next steps. This information may help protect you in case a plan representative gives you misinformation.

The best way to enroll in a new plan is to call 1-800-MEDICARE. Enrolling in a new plan directly through Medicare is the best way to protect yourself if there are problems with enrollment. Write down everything about the conversation when you enroll through Medicare, including the date, the representative you spoke to, and any outcomes or next steps. Before you enroll in a new plan, remember to confirm all the details about your new plan with the plan itself.

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MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

***WALK WITH RINNIE: RHODES**

CAMPUS on Tue, 10/1 at 3:30 p.m.
Meet at HPL.

SPIRITUAL SPEAKER SERIES:

CREATIVITY & SPIRITUALITY on
Tue, 10/1 with Carol DeForest at
7:15 p.m. in the CH.

GET YOUR FLU SHOT! on Wed, 10/2
from Noon-4:00 p.m. in the PAC.

**CHAPLAINS' CLASS: WALKING IN THE
FOOTSTEPS OF JESUS** with the Rev.
Julie McKenna on Wed, 10/2 at
3:00 p.m. in the CH.

***FIRST WEDNESDAY DINNER & A**

MOVIE on Wed, 10/2 at 3:30 p.m.
at WAY.

CHALLENGES IN WORLD POLITICS:

PROTESTS IN HONG KONG on Wed,
10/2 at 7:15 p.m. in the PAC.

HEALTH FAIR & ANOTHER CHANCE TO

GET YOUR FLU SHOTS! on Thu, 10/3
from Noon-4:00 p.m. in the PAC.

***TREZEVANT EXPLORES: JAMES VELAZQUEZ FROM THE JAMES LEE**

HOUSE on Fri, 10/4 in the PAC.
Lunch at 11:30 a.m.-\$7.50;
Presentation at Noon.

***WALK WITH RINNIE: HYDE LAKE AT**

SHELBY FARMS on Tue, 10/8 at 3:30
p.m. Meet at HPL.

CHALLENGES IN WORLD POLITICS:

SECURITY IN THE GLOBAL SEAS on
Wed, 10/9 at 7:15 p.m. in the
PAC.

***VOLUNTEER: READ AT PORTER LEATH
& LUNCH** on Fri, 10/11 at 9:30 a.m.
at HPL.

***COOPER-YOUNG FARMER'S MARKET**

& LUNCH AT on Sat,
10/12 at 10:30 a.m. from HPL.

***SENIOR ART SERIES: TN.**

SHAKESPEARE CO AT THEATER

MEMPHIS on Tue, 10/15 at 1:00
p.m. at HPL.

***OUT TO DINNER: FELICIA SUZANNE**

on Tue, 10/15. Depart at 6:00
p.m. from HPL.

***AUDIOLOGIST VISIT** on Wed, 10/16

at 9:00 a.m. from HPL.

CHALLENGES IN WORLD POLITICS:

NUCLEAR WEAPONS on Wed, 10/16
at 7:15 p.m. in the PAC.

COLLEGE FOOTBALL WATCH PARTY:

UOFM V. TULANE on Sat, 10/19 in
the PAC. Time TBD.

***WALK WITH RINNIE: HARAHAAN**

BRIDGE on Tue, 10/22 at 3:30 p.m.
Meet at HPL.

***TREZEVANT TASTING: DRINKS** on

Tue, 10/22 at 5:00 p.m. in the
MR. \$15 pp.

TAKE A SPOOKY STROLL ON THE TREZEVANT HALLOWEEN WALKING

TRAIL! on Wed, 10/23 at 5:00.
Meet at the Front Desk.

RA QUARTERLY MEETING on Wed,

10/23 at 7:15 p.m. in the PAC.

***TOUR OF UOFM ART GALLERY &**

LUNCH AT CHAR on Thu, 10/24 at
10:30 a.m. at HPL.

GREAT COURSES: THE AMERICAN

WEST History, Myth, & Legacy

Begins on Thu, 10/24 at 2:00 p.m.
in the PAC, continues each Thu.

FINE DINING on Sun, 10/27 at 5:30

p.m. in the SDR. *Reservations
required-251-9212.*

***WALK WITH RINNIE: HARBORTOWN**

& HALLOWEEN DECOR/SNACKS on
Tue, 10/29 at 3:30 p.m. Meet at
HPL.

PUMPKIN CARVING CONTEST Judge

employee entries from Wed,
10/30 8:30 a.m -5:00 p.m. and
Thu, 10/31 8:30-3:30 p.m. in
TWW. *Proceeds benefit Walk to
End Alzheimers.*

SOUTHERN AUTHOR SERIES: IT'S A

MYSTERY! on Wed, 10/30 at 5:00
p.m. in the PAC.

BIRTHDAY CELEBRATIONS Wed,

10/30 at 6:00 p.m. in SDR.

TRICKS OR TREATS? *Treats it is!* on

Thu, 10/31 from 2:30-3:30 p.m. in
TWW.

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.

MEN'S COFFEE HOUR Every Wed at

10:00 a.m. in Club Room 310.

BOARD GAMES Play with old &

new friends each Fri at 1:00 p.m.
in the SDR.

DOTTIE'S DIGS Open Thu, 10/3 &

10/17 (G1), from 9:00-5:00 p.m.
Proceeds benefit the Trezevant
Foundation.

Celebrate! It's Your Birthday!!

2	Iolis Carruthers	14	Carol Caldwell
3	Bridget Barek	16	David Adams
3	George Walker	16	Cathy Richbourg
4	Bill Long	17	Page Williamson
7	Grattan Brown	18	Kitty Cannon
7	Joanne Fleming	19	June Kramer
8	Jenny Richardson	20	Julia Allen
10	Frances James	21	Mary Alice Quinn
10	Mike McDonnell	26	Monte Brown
11	Modine Bolen	27	Jo Barton
11	Bernice Tutterow	27	Marsilee Carter
12	Emile Bizot	27	Robert Hussey
13	Ann Ray	29	Ann Hunt
13	Nancy Wheat		

MARK YOUR CALENDAR (CONTINUED)

RESIDENT BALLROOM DANCING Each Fri from 3:00 to 3:45 p.m. in the PAC.

SATURDAY BINGO 10/5, 10/12 and 10/19 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

10/3 IRIS Orchestra (Classical)
 10/10 Memphis Sideshow (Stds/Oldies)
 10/17 Jim Mahannah Band (Big Band)
 10/24
 10/31 HALLOWEEN TRIVIA!

TGIFT MUSIC (5PM-Music Room)

10/4 John Aldinger (Piano)
 10/11 Sandra Miller (Piano)
 10/18 Jim Johnson (Piano)
 10/25 Beg to Differ (MUS Group)

SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

10/5 Jeremy Schrader Duo (Acoustic/Vocals)
 10/12 David Virone (Acoustic)
 10/19 Joyce Cobb (Jazz)
 10/26 Bobby Lawson (Oldies)

TREZEVANT CONTACT INFORMATION

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LOOKING BACK

1. Sara Holmes, Jean Borkert, Madeline Genette, Marti Wheeler, Elizabeth Holmes, Susan Crawford, Marilyn Dunanavant, Ann Nichols, Modine Bolen, Dorsey Wade, Rinnie Wood and Faye Southern enjoyed the first of the Fall Trezevant Walks! 2. Mayor Jim Strickland introduced himself to resident Frances McDonald during his visit to make a Grandparents' Day Proclamation. 3. A table of lovely Trezevant residents, including Linda Mischke, Ginny Webb, Susan Herron and Julie Walton, savored the wonderful lunch at the Coming Attractions Fashion Show.