

# TIDINGS



NOVEMBER  
2019





# AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

## Director of Resident Services

Kim O'Donnell

kodonnell@trezevantmanor.org

(901) 251-9205

## Communication & Program Coordinator

Teresa Johnson

tjohnson@trezevantmanor.org

(901) 746-1843

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

[trezevantmanor.org](http://trezevantmanor.org)

Thanksgiving falls on November 28th a holiday marked for showing gratitude.

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” —Zig Ziglar

As we approach the upcoming holidays it is an appropriate time to consider the reason for our celebrations. The first Thanksgiving was in 1621 when the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast. The feast consisting of turkey, potatoes, corn, beans, pies and more still sets the menu for present day Thanksgiving dinners. Like the Pilgrims and Indians from the first Thanksgiving we will enjoy sitting down to a meal prepared for our dining pleasure. The menu will definitely include turkey and maybe a special recipe your grandmother prepared for holiday dinners. In our home it is corn pudding made from corn, cut off the cob, mixed with butter, eggs, baking soda, flour, cream, salt, sugar and sprinkled with paprika. Placed in a 350 degree oven and baked for one hour being mindful to stir, from the bottom of the dish, at just the precise times so as to achieve the perfect consistency. It makes me hungry just thinking about it!

Culinary considerations aside the reason for gathering still remains that of being grateful for our blessings. Gratitude is the healthiest of all human emotions, as stated by Zig Ziglar in the opening quote. The act of expressing gratitude results in having more things for which to be grateful. At Trezevant we have so much to be grateful for; beautiful surroundings, tasty meals, entertainment, educational programs, on site wellness services, therapies, transportation and the knowledge that friends are nearby. We are all blessed to be here, from the newest resident to the employee of thirty plus years.



# IN ST EDWARD CHAPEL

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



Lots is happening in November in the Spiritual Care department! Come join us for the following:

- Sunday, November 3rd—All Saints Celebration—10:30 a.m. St. Edward Chapel. This will be a celebration of life for all residents and staff we have lost in the past year. Special music by Howard and Beverly Vance.
- Tuesday, November 5th—7:15 p.m. Spiritual Speaker Series: “Created to Create—Music and Spirituality” in St. Edward Chapel. Keyboard virtuoso Scott Elsholz, an extraordinary musician and entertaining presenter, will share his connection with music, the universal language.
- Wednesday, November 6th, 13th and 20th at 3:00 p.m.—Chaplains’ Class Video series 'Embracing a Life of Meaning: Kathleen Norris on Discovering What Matters' led by Linda Mischke and Julie McKenna.
- Saturday, November 9th at 9:30 a.m.—Join the chaplains and other staff and residents at our tent on Tiger lane for the annual Alzheimer’s walk!
- NO chaplains’ class Nov. 27—Enjoy Thanksgiving!!

## Lead Chaplain /Director of Spiritual Services

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

## Associate Chaplain

Rev. Barbara Kirk- Norris  
bkirknorris@trezevantmanor.org  
(901) 251-9208

## Spiritual Speaker Series

First Tuesday of November 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  
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

## 7 Scientifically Proven Benefits of Gratitude

Developing an “attitude of gratitude” is one of the simplest ways to improve your life. We all have the ability and opportunity to cultivate gratitude. Focus on all that you have, rather than those things you don’t have.

Whether you choose to write a few sentences in a gratitude journal, or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

Here are 7 scientifically proven benefits, taken from the article posted in Psychology Today April 3, 2015.

1. Gratitude opens the door to more relationships. Not only does saying “thank you” constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in Emotion. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people’s contributions can lead to new opportunities.
2. Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in Personality and Individual Differences. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.
3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Ken-





# BE WELL (CONTINUED)

by Rinnie Wood, Fitness Director



tucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

5. Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

6. Gratitude improves self-esteem. A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.

7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

So, during this season of Thanksgiving, let's give and receive all the benefits of gratitude!

Rinnie and the Wellness Team

---

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

[trezevantmanor.org](http://trezevantmanor.org)



# MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

**\*TREZEVANT EXPLORES: JIMMY ROUT, SHELBY COUNTY HISTORIAN** on Fri, 11/1 in the PAC. *Lunch at 11:30 a.m.-\$7.50; Presentation at Noon.*

**COLLEGE FOOTBALL WATCH PARTY: UOFM V. SMU** on Sat, 11/2 in the PAC. Time 6:30 p.m.

**\*WALK WITH RINNIE: AUDUBON PARK TRAIL** on Tue, 11/5 at 3:30 p.m. Meet at HPL.

**SPIRITUAL SPEAKER SERIES: CREATIVITY & SPIRITUALITY** on Tue, 11/5 with Scott Elsholz at 7:15 p.m. in the CH.

**CHAPLAINS' CLASS: EMBRACING A LIFE OF MEANING** on Wed, 11/6 at 3:00 p.m. in the CH.

**\*FIRST WEDNESDAY DINNER & MOVIE** on Wed, 11/6 at 3:45 p.m. at WAY. *Movie is 'Last Christmas' with Emma Thompson. Restaurant TBD.*

**ANDORRA ASSEMBLAGE TEA** for Centennarians of Trezevant on Fri, 11/8 at 10:00 a.m. in the MR.

**\*VICTORIAN VILLAGE HOME TOUR & LUNCH AT FLIGHT** on Fri, 11/8 at 10:30 a.m. Departs from HPL.

**RHODES ALUMNI DINNER** on Fri, 11/8 at 5:30 p.m. in the PAC.

**SPECIAL PERFORMANCE: VICTORY VERTICAL PROJECT WITH GARY PEDERSON** on Sun, 11/10 at 3:00 p.m. in the PAC.

**\*VETERANS DAY LUNCHEON AND VICTORY VERTICAL MUSIC** on Mon, 11/11 from 11:30 a.m.-1:00 p.m. in the PAC.

**\*WALK WITH RINNIE: PYRAMID &**

**VIEW FROM THE TOP** on Tue, 11/12 at 3:30 p.m. Meet at HPL.

**CHAPLAINS' CLASS: EMBRACING A LIFE OF MEANING** on Wed, 11/13 at 3:00 p.m. in the CH.

**SPECIAL PERFORMANCE: SWINGTIME EXPLOSION** on Wed, 11/13 at 7:15 p.m. in the PAC.

**\*OUT TO DINNER: BHAN THAI** on Tue, 11/19. Depart at 6:00 p.m. from HPL.

**\*AUDIOLOGIST VISIT** on Wed, 11/20 at 9:00 a.m. from HPL.

**SPECIAL PERFORMANCE: BLUES & BOOGIE WOOGIE SHOW WITH JAMEY WHITING** on Wed, 11/20 at 7:15 p.m. in the PAC.

**GERRY WILLIAMSON ART SHOW & RECEPTION** on Sat, 11/23 at 3:00-5:00 p.m. in TWW.

**BIRTHDAY CELEBRATIONS** Wed, 11/27 at 6:00 p.m. in SDR.

*Happy Thanksgiving!!*

**Enjoy a buffet lunch in Snowden Dining Room and watch a movie or two in the Performing Arts Center!**

**COLLEGE FOOTBALL WATCH PARTY: UOFM V. CINCINNATI** on Fri, 11/29 in the PAC. Time TBD.

**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.

**THE GREAT COURSES: THE AMERICAN WEST** each 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, 11/7 & 11/21 (G1), from 9:00-5:00 p.m. Proceeds benefit the Trezevant Foundation.

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

**SATURDAY BINGO** 11/2, 11/9, and 11/16 at 7:15 p.m. in SDR.

**THURS EVENING ENTERTAINMENT (7:15PM-PAC)**

11/7 Jerold Walker Orchestra (Classical)

11/14 Deborah Swiney & Jon Felix (Stds/Oldies)

11/21 Big Barton Band (Country)

11/28 Movie: The Big Chill

**TGIFT MUSIC (5PM-Music Room)**

11/1 Wyly Bigger (Blues/R&R)

11/8 Arthur Hart (Classical)

11/15 Jeremy Clement (Var)

11/22 Thomas & Fosco (Var)

*Celebrate!*  
It's Your Birthday!!

2	Jeffrey Gross	10	S. D. Wooten
2	Gail Weesner	11	Marjorie Gerald
4	Dottie Grayson	11	Wil Hergenrader
5	Bettye Lee Drew	12	Nancy Cross
5	Faye Southern	13	Barbara Williams
7	Mary Alice Gordon	14	Dixie Power
7	Wilma Tate	17	Carol Sheffield
7	Richard Williams	20	John Grayson
8	Barbara Christensen	21	Myrna Egdorf
8	Carolyn Whitley	29	Ted Johnson
9	Edna Earl Douglas	30	Gerry Jauchler
9	Ann Knox		

**MARK YOUR CALENDAR (CONTINUED)**

11/29 Drivin' Sideways Band (R&R)

**SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)**

11/2 Brazil (Jazz)

11/9 Lily Afshar (Classical Guitar)

11/16 Rick Nethery (Oldies)

11/23 Alejandro Parades (Latin/Bossa)

11/30 Larkin Bryant (Dulcimer)

**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. Ted Johnson participated in Steppin' It Up Week Pool Games with Fitness Instructor Marty Wheeler . 2. Helen Jabbour and Gloria Baxter stopped to take in the view at Shelby Farms on a Trezevant Walk outing. 3. Wayne Shannon and his rescue pup mingled with other animals at the Blessing of the Animals in Hope's Garden 4. Carroll Ann Pera, Ann Stevens, Ann Nichols, Rinnie Wood and Loretta Taras sipped a witches brew at the Haunted Trezevant Trail! 5. Chipsy Butler and Faye Southern talked all things Trezevant at the Haunted Trail. 6. Peggy Bodine and Judge Harry Wellford congratulated Rinnie Wood on a job well done on the Haunted Trail!