

TIDINGS



DECEMBER
2019



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

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As we deck the halls with holiday décor, let's look forward to upcoming festivities. Now is the ideal time to plan for the future! The year 2020 is rapidly approaching and Trezevant Resident Services would like to make this the year of lifelong learning. To be more specific, learning through the arts and creative expression. Participation in courses, classes, and workshops will enhance one's sense of control, offer social engagement, improve physical and mental functioning along with attitude. Creative writing, mosaic building, Mah Jongg, bridge, piano, dulcimer, pottery, art, theater are all areas to explore.

Other areas of interest would involve volunteering and the opportunities are abundant on the Trezevant campus. A few examples are giving time to the Trezevant Ambassadors, Little Store, Dottie's Digs, Chapel Committee, Library staff, Grounds Committee, Happy Hour, Choral group, Allen Morgan visitation.

Finally, you may wish to explore new horizons by joining the Trezevant Trailblazers on a motorcoach trip. Our next excursion will be a visit to the Mississippi Delta with a two night stay at the Alluvian Hotel in Greenwood, MS and visits to B.B. King's, Delta Blues, Grammy, and Jim Henson Muppets museums. We will also visit McCarty Pottery and, as always, we have a few surprises in store.

Wherever your interests lie, there is always room to learn, grow and explore. Age is not only a number, but also a state of mind. Resident Services would like to invite you to move into the year with 2020 vision!

Kim O'Donnell

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



I just got back from a trip with the Trezevant Trailblazers. 20 of us traveled to Asheville, then Chattanooga, Sewanee and Lynchburg. We had a great time seeing the Biltmore estate, the Chattanooga Aquarium, the Sewanee Chapel, and the Jack Daniels distillery.

Kim told us someone at the Biltmore commented on how lovely our group was—not like the previous group that was demanding and whiny. I was struck by how well the group got along. We looked out for each other, we laughed, we enjoyed each other's company. Randy Turner even put his doctoring skills to good use and dressed Carol Bizot's wound when she tripped getting on the bus, and continued to check on her injury throughout the trip. And it occurred to me, as a community at Trezevant we have a unique opportunity-- we can be a beacon of the kingdom together. I know, there always will be squabbles and things don't always go perfectly. But we can control how we react to situations, we can choose to build one another up and look after each other, and do the same for all of the Trezevant community—the servers in the dining room, the maintenance staff, the housekeepers, the sitters, the visiting family members. We can be a sign the New Beginning with God is near. We can be a sign pointing to the kingdom. We can be God's shalom now. May it be so. Amen. -- Julie

Please join us for our spiritual care offerings for the month of December are as follows:

Sunday, Dec. 1 and Dec. 8—1st and 2nd Sunday of Advent: Worship and Holy Communion in the spirit of Advent, 10:30am St. Edward Chapel
Advent services will also be held at 3pm Dec. 1st, 8th, and 29th in Little Chapel in Allen Morgan Center.

Sunday, Dec. 15th at 10:30am: On this 3rd Sunday of Advent, the new Episcopal Bishop of West Tennessee, Bishop Phoebe Roaf will join us as preacher and celebrant in St. Edward Chapel! We'll have a special musical guest as well, oboist, Nathan Nix.

Wed., Dec. 18th at 3pm-Blue Christmas Service in St. Edward Chapel:
Are you feeling less than thrilled with the jubilation of the holiday season? Come join Julie and Barbara for a low key, pensive holiday worship experience.

Thurs., Dec. 19th at 3pm-Christmas Stories with Dina in the Music Room:
Come join us for an hour of Christmas stories, Christmas carols, fellowship and cookies with wonderful storyteller, Dina Smith.

Sunday, Dec. 22nd at 4pm Christmas Candlelight Service with special music and Trezevant choir, 4pm in St. Edward Chapel. (There will be no Sunday morning services or Allen Morgan Little chapel services on this day).

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 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 Valerie Smithers, RN

Fitness Director

Rinnie Wood

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Fitness Instructors

Ginger Acuff

Laura Charbonnet

Madeline Genette

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It that time of year again-Flu Season! Everyone should remain on close watch for any flu like symptoms. Always alert the nurse or your physician's office if you have any of the following symptoms:

- 1) Fever
- 2) Cough or sore throat
- 3) Body aches or headaches
- 4) Chills
- 5) Fatigue
- 6) Nausea, vomiting, or other GI upset

Want to avoid getting sick? Please always practice good hand washing methods with soap and water or alcohol based hand sanitizers. Avoid touching your eyes, nose, and mouth as germs are spread this way. Try to avoid close contact with sick people and have visitors that may be ill postpone their visits.

But if you're not so lucky, please see your physician, take medications as directed, then stay home until your symptoms resolve. If you have fever, you are advised to stay in until you are fever free for a period of at least 24 hours.

We will be happy to assist you in rescheduling any housekeeping/maintenance or other services. You may have your meals delivered to your apartment and we will waive any delivery charges.

Thank you for helping to keep all our residents healthy!



IN FOUNDATION

by Stacey Sears, Director of Development



Did you know? Most charities receive an average of 41% of their contributions in the last few weeks of the year, according to charity navigator. So why do so many people give during this time period, and why should you consider making a gift to the Trezevant Foundation before the end of the year?

#1 Holiday Spirit

Inspired by the giving spirit, many people not only shop for gifts for friends and family, but direct their money to favorite charities. Holiday giving offers a wonderful opportunity to demonstrate gratitude and compassion for others.

#2 Tax Benefits

As the end of a tax year approaches, individuals may focus on their personal income tax planning. For individuals who itemize deductions, a gift to Trezevant Foundation may allow them to claim a charitable contribution deduction against their taxable income. If a gift is deductible, it will reduce an individual's taxes paid based on the income tax bracket they are in.

#3 Gratitude

Showing gratitude to others by showing your appreciation for their kindness and generosity with a honorarium gift to the foundation.

Make Your Year-End Gift

To be counted as a 2019 contribution and to qualify for a possible tax deduction, donations made by check must be mailed via U.S. Postal Service with postmark and/or check date on or before December 31, 2019.

The Little Store, a great place to find gifts this season!

Robyn Swanson and Dorsey Wade have done such a great job with decorating and selecting wonderful holiday gifts for your friends, family and even yourself. From edible treats like toffee, malted milk balls, caramels and cheese straws to men's Christmas ties and beer socks. The Little Shop has items like purses, earrings, toys and so much more to choose for that special someone. Come in and see for yourself all the items that are available!

Remember, the hours at the Little Store are Monday-Friday, 11:00 a.m.-3:00 p.m. and Saturday, 11:00 a.m.-1:00 p.m. Closed Sundays and Holidays.

Director of Development

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Little Store/Dottie's Digs

Robyn Swanson

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MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

CAROL SINGING! OPERA MEMPHIS CAROLERS during dinner on Tue, 12/3 from 6:30-7:00 p.m. in SDR.

DECK THE HALLS! RESIDENT CHRISTMAS TREE DECORATING! with snacks on Wed, 12/4 at 11:00 a.m. in the PAC.

***ESTEE LAUDER FROM DILLARD'S** on Wed, 12/4 from 11:00 a.m. to 4:00 p.m. in the GAL.

SPECIAL PERFORMANCE: PENNY KING'S BAND on Wed, 12/4 at 7:15 p.m. from HPL.

***PODIATRIST VISIT** on Thu, 12/5 at 9:00 a.m. from HPL.

***TREZEVANT EXPLORES: THE REAL CHRISTOPHER COLUMBUS WITH JOHN THOMPSON** on Fri, 12/6 in the PAC. Lunch at 11:30 a.m. - \$7.50; Presentation at Noon.

SPECIAL PERFORMANCE: JEANNE SIMMONS & BARBARA CHRISTENSEN on Wed, 12/6 at 7:00 p.m. in SDR.

***OUTING: SHOPPING & LUNCH AT WOMEN'S EXCHANGE** on Tue, 12/10 at 10:30 a.m. from HPL.

*Independent
Living Christmas
Masquerade Gala*

on Wed, 12/11 from 4:00-8:00 p.m. RSVP to Ashley Newman at 251-9212.

COLLEGE FOOTBALL WATCH PARTY: UOFM V. TENNESSEE on Sat, 12/14 at 2:00 p.m. in the PAC.

RESIDENT & STAFF CAROLING on Tue, 12/17 at 3:30 p.m. Meet in the MR.

OUTING: TRIP TO SEE STARRY NIGHTS on Tue, 12/17 at 6:30 p.m. from HPL.

***AUDIOLOGIST VISIT** on Wed, 12/18 at 9:00 a.m. from HPL.

CHAPLAINS' CLASS: BLUE CHRISTMAS on Wed, 12/18 at 3:00 p.m. in the CH.

SPECIAL PERFORMANCE: WALKER ORCHESTRA on Wed, 12/18 at 7:15 p.m. from HPL.

CANDLELIGHT CHRISTMAS SERVICE on Sun, 12/22 at 4:00 p.m. in the CH.

Merry Christmas!

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

NEW YEAR'S EVE PARTY WITH THE MISSISSIPPI BOOMERS on Tue, 12/31 from 7:00-9:00 p.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.

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, 12/5 & 12/19 (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 12/7 12/14, and 12/21 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

12/5 RSVP Chorus (Acapella)
12/12 Beale Canto (Chorus)
12/19 MOVIE: It's a Wonderful Life!

12/26 Memphis Ukelele Trio

TGIFT MUSIC (5PM-Music Room)

12/6 Jeremy Clement (Classical)
12/13 Louise Page (Sing Along)
12/20 Diana Stein (Var)
12/27 Sandra Miller (Var)

SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

12/7 Figueroa & Peaslee
12/14 Jim Johnson (Guitar)
12/21 Tim Stanek (Oldies)
12/28 Kenneth Jackson (Sax)

Celebrate!
It's Your Birthday!!

1	Jacquelyn Thompson	15	Susanne Darnell
3	Hal Brunt	16	Bill Adams
5	Virginia Hollon	16	Dorothy Barry
5	Julie Mills	16	Royanne Bogy
5	Ron Terry	16	Ida Holmes
6	Barbara Froom	18	Sarah Flowers
7	Mary Floyd	22	Gloria Baxter
7	Ruth Pouncey	24	Thea Dotson
8	Ben Bledsoe	25	Naomi Long
8	Anne Bunting	26	Betty Jane Harris
9	Linda Spiese	26	Jim McDonnell
10	Sarah Gratz	28	Walker Mulherin
10	Ginny Webb	29	Betty Johnson
11	Patty Calvert	30	Barbara McGinnis
11	Carol Morris	30	Tommie Saxon
		31	Bill Morehead

TREZEVANT CONTACT INFORMATION

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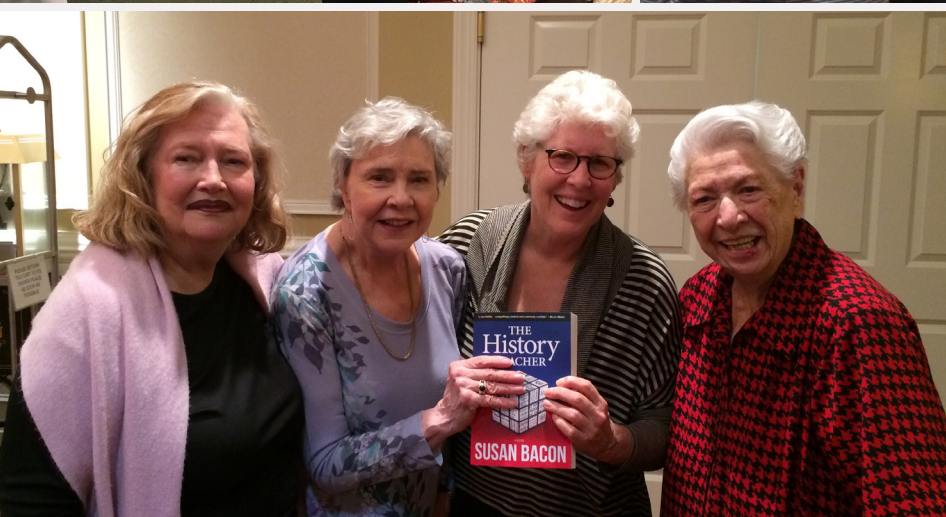
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LOOKING BACK

1. Trezevant Trailblazers in All Saints Chapel at Sewanee on the coach trip to Asheville, North Carolina! 2. Susan Herron helped ready The Little Store for the Christmas Open House. 3. Judge Kay Robilio, Mary Pat Custer, Author Susan Bacon and Florence Leffler had a lively discussion at the Southern Author Series in November. 4. Just by 'reading' their expressions, I'd say that Elizabeth Holmes, Margaret Taylor and Mary Edith Walker had a great time at the Trezevant Library Dinner! 5. Julie & Gerald Walton and Peggy Bodine met with Garick Pederson to learn more about the Victory Vertical Project at the Veteran's Day Luncheon in November. 6. Trezevant is so proud to honor our Veterans like JimMcDonnell, seen here with wife, Missie.