

TIDINGS



MAY
2020

A WORD FROM OUR CEO

by Kent Phillips

CEO

Kent Phillips

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(901)

Assistant to the CEO

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I realize I don't normally communicate through our Tidings, but then again these are not exactly normal times, are they? My message is a simple one – thank you!

Thank you for working with our leadership and our staff to navigate new procedures in order to keep you safe from COVID-19. As we watch the economy shut down around us, we are grateful to be employed and to serve you.

Thank you for your patience as we temporarily cease the wonderful events and activities, dining service and fitness programs that make Trezevant unique. We are creatively finding ways to break the monotony of isolation, while maintaining the temporary rules of social distancing.

Thank you for wearing your face mask. Every little effort helps! The combination of many preventative measures will keep us all safe from this virus.

Finally, thank you for your positive attitude, your uplifting spirit and your amazing sense of humor. Your grace in these times is inspiring to us! It is a joy to serve you and I look forward to the return of all those wonderful events and activities that truly represent who we are - the Trezevant Way.

Kent
CEO



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services



Discipline, resilience, formidable are words that come to mind when describing the residents at Trezevant. Accustomed to busy professional and social schedules the world all changed with the onset of COVID-19. Trezevant went from a vibrant, bustling community to a quiet, somber one in which the common areas are inhabited with masked personnel.

During this transformation I have observed numerous positive changes. I have observed a group of very self-disciplined people. Longing to adhere to a well-rounded schedule you were able to adapt your daily routine to fit the “new norm”. This meant exercising independently, giving up entertainment and social activities and dining alone.

Your resilience is to be admired you all are so quick to accept the current situation. Although many are well up in years and have daily personal challenges you are quick to recover from all these difficulties. Difficulties that will be endured and or conquered. You are a strong group of individuals whose behaviors should be emulated by staff and families.

Formidable, by definition, is to “inspire respect through being impressively large, powerful, intense, or capable”. You are truly an impressive group of individuals that make up our Trezevant campus. Together we will endure as we continue to restrict our activities and keep smiling behind those masked faces.

Kim
Resident Services Director

Director of Resident Services

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Communication & Program Coordinator

Teresa Johnson

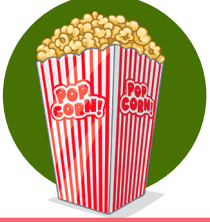
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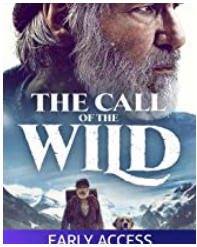


MOVIES AT TREZEVAANT

May, 2020



Fri, May 1, 2020
Shakespeare In Love-The world's greatest ever playwright is young, out of ideas and short of cash, but meets his ideal woman and is inspired to write one of his most famous plays. (R, 1998, 4.5*, 2h3m)



Sat, May 2, 2020
The Call of the Wild-Harrison Ford stars in a thrilling adventure story based on the classic novel. (PG, 2020, 4*, 1h39m)



Sun, May 3, 2020
The Captain-When the windshield of his commercial airplane shatters at 30,000 feet in the air, a pilot and his flight crew work to ensure the safety of the passengers and land the plane. (NR, 2020, 3.5*, 1h50m)



Mon, May 4, 2020
Waiting for Anya-From the author of War Horse, a shepherd-boy risks everything to help smuggle Jewish children into Spain from German-occupied France. (PG-13, 2019, 4.5*, 1h49m)



Tue, May 5, 2020
Sanditon-S1, E5- Tensions between Tom and his laborers erupt during the Sanditon cricket match. Charlotte and Sidney continue to clash. (TV-14, 2019, 4.5*)



Wed, May 6, 2020
The Great Train Robbery-Sean Connery, Donald Sutherland and Lesley-Anne Down star in this true-life action thriller, based on director/screenwriter Michael Crichton's best-selling novel, about a daring gold heist that shocked Victorian society. (PG, 1979, 4.5*, 1h50m)



Fri, May 8, 2020-
Miss Pettigrew Lives for a Day-Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. (PG-13, 2008, 4.5*, 1h32m)



Sat, May 9, 2020
Just Mercy-A true story that follows young lawyer's battle for justice as he defends a man sentenced to death despite evidence proving his innocence. (PG, 2019, 5*, 2h16m)



Sun, May 10, 2020
Edie-83 year old Edie believes that it is never too late - packing an old camping bag and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland. (PG-13, 2017, 4.5*, 1h41m)



Mon, May 11, 2020
The Iron Lady-Meryl Streep is in an intimate portrait of the first and only female Prime Minister of the United Kingdom. (PG-13, 2011, 4*, 1h44m)



Tue, May 12, 2020
Sanditon-S1, E6- Charlotte arrives in London to find the abducted Miss Lambe. Lady Denham falls gravely ill. Charlotte begins to see Sydney in a new light, and vice versa. (TV-14, 2019, 4.5*)



Wed, May 13, 2020
Oklahoma!-Set in the Oklahoma Territory in the early 1900s, this joyous celebration of frontier life is a story of tender romance and dangerous passion. (G, 1955, 4.5* 2h27m)

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IN ST EDWARD CHAPEL

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



As you know, things are a little different in the way of worship right now. Since we can't gather together on Sundays, we are offering virtual worship services at our Sunday regular worship times-- 10:30 a.m. and 3:00 p.m.-- on channel 991. Services are shorter, with 2 hymns and no Holy Communion. Worship booklets and bulletins with weekly readings are available on the table outside the chapel. A huge thanks to our chapel executive committee for being our virtual congregation for taping. Also, a big thank you is due to Ginny Webb, for being our pianist for taping since Greg Jones is not able to be with us on campus.

Daily Devotionals (or Daily Reflections) are a new offering we began with the pandemic. Daily devotionals are viewable at 11:30am each weekday on 991. You can also access our virtual worship services and devotionals through the resident portal at: www.tportal.org (password: Trezevant123) and watch videos on your own time schedule.

Our clergy residents and spiritual directors have contributed to our devotional offerings. A big thanks to Ben Bledsoe, Walter and Linda Mischke, Anne Carriere and Milton Winter who have shared their insights with us. Thanks also to those of you who have forwarded inspiring prayers and messages of hope they have come across through friends and family.

Another new offering this spring is our Walking Meditation. Each Tuesday at 3pm residents meet at the Highland entrance for a silent meditation on the Trezevant trail. Each participant receives a hand out with instructions. We walk individually for 25 minutes, then reconvene in the chapel or outside (with social distancing of course) to discuss our experience. It has been beautiful to see spring emerge and enjoy some sunshine and fresh air. Come join us!

Other offerings: Dina Smith is unable to come on campus to lead her Listen and Learn storytelling, but we have been able to continue this offering thanks to Sylvia Adams. Sylvia has filled in for Dina and the group meets at 3pm on Thursdays in the chapel so they can spread out.

Knit, Pray Love continues to meet at 4pm each Thursday in the music room.

*NOTE: Written versions of sermons, prayer list and daily devotionals sent to all residents who have email. Any residents that do not have access to email are welcome to contact Chaplain Julie at 325-8108 for hard copies of these.

**Lead Chaplain /Director of
Spiritual Services**

Rev. Julie McKenna

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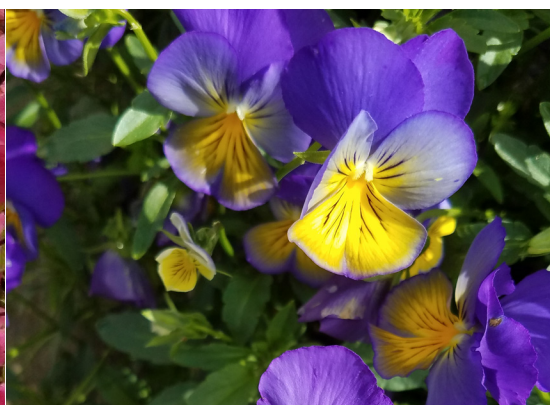
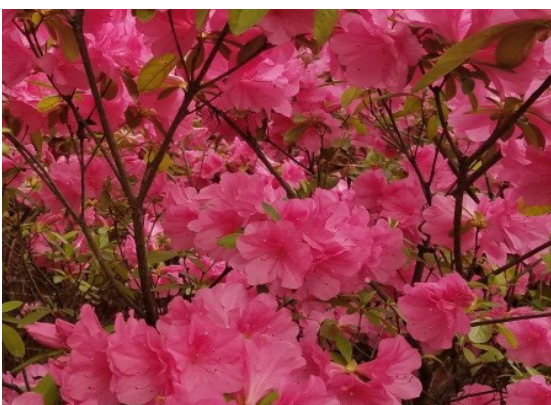
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Associate Chaplain

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MAY AT TREZEVAANT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

PLEASE NOTE:

EVENTS ARE SUBJECT TO CHANGE • CHECK THE WEEKLY CALENDAR FOR UPDATES • FILM SCREENINGS ARE HELD IN THE PA

Regular Events - Fitness Events - Special Events - Chapel Events - Movies

3

10:30 Worship 991
1:00 MOVIE: The Captain (NR, 2020, 4*, 1h50m) PAC
Encore at 3:30 p.m. PAC

4

1:00 MOVIE: Waiting for Anya (PG-13, 2020, 4.5*, 1h49m) PAC
Encore at 3:30 p.m. PAC
3:00 Meditation Walk HPL

5

1:00 MOVIE: Sanditon: S1, E5 (TV-14, 2019)
Encore at 3:30 p.m. PAC
1-3:30 Dr. Warren Clinic
1:30-3:00 Ping Pong! 310

6

1:00 MOVIE: The Great Train Robbery (NR, 1953, 4*, 1h50m) PAC
Encore at 3:30 p.m. PAC

10

10:30 Worship 991
1:00 MOVIE: Edie (PG-13, 2019, 4.5*, 1h41m) PAC
Encore at 3:30 p.m. PAC

11

1:00 MOVIE: The Iron Lady (PG-13, 2011, 4*, 1h44m) PAC
Encore at 3:30 p.m. PAC
3:00 Meditation Walk HPL

12

1:00 MOVIE: Sanditon: S1, E6 (TV-14, 2019)
Encore at 3:30 p.m. PAC
1:30-3:00 Ping Pong! 310

13

10:00-11:45 Dr. Warren Clinic
1:00 MOVIE: Oklahoma (NR, 1955, 4*, 1h41m) PAC
Encore at 3:30 p.m. PAC

17

10:30 Worship 991
1:00 MOVIE: Sufna (NR, 2020, 5*, 2h23m) PAC
Encore at 3:30 p.m. PAC

18

1:00 MOVIE: Between Waves (R, 2018, 4*, 1h30m) PAC
Encore at 3:30 p.m. PAC
3:00 Meditation Walk HPL

19

1:00 MOVIE: Sanditon: S1, E7 (TV-14, 2019)
Encore at 3:30 p.m. PAC
1:30-3:00 Ping Pong! 310
1-3:30 Dr. Warren Clinic

20

9a-Noon *Audiologist HPL
1:00 MOVIE: Seven Brides for Seven Brothers (G, 1954, 4.5*, 1h42m) PAC
Encore at 3:30 p.m. PAC

24

10:30 Worship 991
1:00 MOVIE: My Dog Skip (PG, 2000, 4.5*, 1h35m) PAC
Encore at 3:30 p.m. PAC

25 MEMORIAL DAY

1:00 MOVIE: W.E. (R, 2012, 4*, 1h58m) PAC
Encore at 3:30 p.m. PAC
3:00 Meditation Walk HPL

26

1:00 MOVIE: Sanditon: S1, E8 (TV-14, 2019)
Encore at 3:30 p.m. PAC
1:30-3:00 Ping Pong! 310

27

10:00-11:45 Dr. Warren Clinic
1:00 MOVIE: African Queen (PG, 1951, 4*, 1h45m) PAC
Encore at 3:30 p.m. PAC

30

10:30 Worship 991
1:00 MOVIE: Feast of Love (R, 2007, 4*, 1h41m)
Encore at 3:30 p.m. PAC

KEY

CH CHAPEL ECR EXECUTIVE CONFERENCE ROOM GAL GALLERY HG HOPE'S GARDEN HPL HIGHLAND ENT. MR MUSIC ROOM

DAY	THURSDAY	FRIDAY	SATURDAY
<p>C • * =SIGN UP IN THE ACTIVITY BOOK</p>		<p>1 10:30 Praying the Rosary CH 1:00 MOVIE: Shakespeare In Love (R, 1999, 4.5*, 2h3m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>2 1:00 MOVIE: The Call of the Wild (PG, 2020, 4*, 1h39m) <i>Encore at 3:30 p.m. PAC</i></p>
<p>Robbery (PG, 1979,</p>	<p>7 9:00-Noon *Podiatrist TT 1:00 MOVIE: The Great Courses: Smithsonian PAC <i>Encore at 3:30 p.m. PAC</i> 1:30-3:00 Ping Pong! 310 2:00 Great Courses: Smithsonian 991 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love CH</p>	<p>8 1:00 MOVIE: Miss Pettigrew Lives for a Day (PG-13, 2006, 4.5*, 1h38m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>9 1:00 MOVIE: Just Mercy (PG-13, 2019, 4.5*, 2h18m)</p>
<p>1945, 4.5*, 2h21m)</p>	<p>14 1:00 MOVIE: The Great Courses: Smithsonian PAC <i>Encore at 3:30 p.m. PAC</i> 2:00 Great Courses: Smithsonian PAC 1:30-3:00 Ping Pong! 310 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love CH</p>	<p>15 1:00 MOVIE: Magic in the Moonlight (PG-13, 2014, 3.5*, 1h37m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>16 1:00 MOVIE: Jane Eyre (PG-13, 1996, 4*, 2h) <i>Encore at 3:30 p.m. PAC</i></p>
<p>Seven Brothers</p>	<p>21 1:00 MOVIE: The Great Courses: Smithsonian PAC <i>Encore at 3:30 p.m. PAC</i> 2:00 Great Courses: Smithsonian PAC 1:30-3:00 Ping Pong! 310 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love CH</p>	<p>22 1:00 MOVIE: Sleepless in Seattle (PG, 1993, 5*, 1h45m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>23 1:00 MOVIE: Jerry Maguire (R, 1996, 4.5*, 2h18m) PAC <i>Encore at 3:30 p.m. PAC</i></p>
<p>G, 1951, 4.5*,</p>	<p>28 1:00 MOVIE: The Great Courses: Smithsonian PAC <i>Encore at 3:30 p.m. PAC</i> 2:00 Great Courses: Smithsonian PAC 1:30-3:00 Ping Pong! 310 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love CH</p>	<p>29 1:00 MOVIE: Beaches (PG-13, 1998, 4.5*, 2h3m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>30 1:00 MOVIE: Legends of the Fall (R, 1994, 4.5*, 2h12m) PAC <i>Encore at 3:30 p.m. PAC</i></p>



BE WELL

by Rinnie Wood, Fitness Director

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Madeline Genette

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What happens to a community like Trezevant when a pandemic arrives? How does it affect us, our families and friendships? How does the arrival of this invisible threat affect our sleep, our health, habits and general wellness?

Residents have had to adapt quickly to real distance from loved ones and social distance from residents and staff, changes in routines, and focused maneuvering at every turn. Events big and small are cancelled, and dreams put on hold. These sudden changes, and concerns about the future, affect us all.

The rhythm of life is different. The simplest tasks, such as grocery shopping, going to hair appointments and exercise classes, are cancelled or adjusted. While we sell ourselves on our gratitude (yes, we all have many blessings), most of us feel emotional at times. Frustration, confusion, sadness, anger or feeling overwhelmed are just a few emotions many experience.

These emotions are normal. If these or other emotions feel extreme or linger, please contact Chaplain Julie McKenna (325-8108). If you just don't feel quite right physically, contact our nurse Valerie Smithers (251-9239). If you need help with services, groceries or communicating with family, call Resident Services Director Kim O'Donnell (251-9205). If you would like a creative exercise program, call me (251-9223). During these unprecedented times, simply ask for help if you need it.

While spring always offers renewal and hope, the trails and gardens here represent something sweeter and more profound this year. Colors appear brighter, and sounds ring clearer. It is magical on our campus now, so enjoy the views outside. This may just be Trezevant's answer to cabin fever.

As a result of the Covid19 pandemic, many things are different, but many remain the same at Trezevant. We continue to move our bodies, expand our minds, socialize, seek help as we need it, and enjoy and appreciate the gifts that surround us here at Trezevant. There are many!

MOVIES AT TREZEVAANT

Continued from Page 4



Fri, May 15, 2020

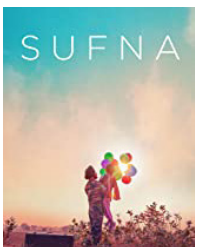
Magic in the Moonlight-An Englishman (Colin Firth) is brought in to help unmask a possible swindler (Emma Stone). Personal and professional complications ensue. (PG-13, 2014, 3.5*, 1h37m)

JANE EYRE



Sat, May 16, 2020

Jane Eyre-A mousy governess who softens the heart of her employer soon discovers that he's hiding a terrible secret. (PG-13, 1996, 4.5*, 2h)



Sun, May 17, 2020

Sufna-This is a story about a how a young (man from humble beginnings achieves what he aims for. (PG-13, 2004, 4.5*, 1h46m)

Mon, May 18, 2020

Between Waves-Despite fame, fortune, and millions of adoring fans, best-selling author Rick Gray (Faust Checho) is having a midlife crisis. (R, 2018, 4*, 1h30m)



Tue, May 19, 2020

Sanditon, S1, E7- With Sanditon's regatta fast approaching, the success of the resort hangs in the balance—as do a number of romances. (TV-14, 2019, 4.5)



Wed, May 20, 2020

Seven Brides for Seven Brothers-When the eldest of seven brothers living on the frontier in the Oregon Territory returns with a bride, she is shocked to learn that her new home includes six untamed, unkempt, and uncouth brothers-in-law. own. (G, 1954, 5*, 1h42m)



Fri, May 22, 2020

Sleepless in Seattle-Tom Hanks and Meg Ryan star in an enchanting romance about a widower whose son convinces him to find new love and the woman who answers his call. (PG, 1993, 5*, 1h45m)



Sat, May 23, 2020

Jerry Maguire-Tom Cruise is in top form as a sports agent who suddenly discovers his scruples in this romantic comedy, which co-stars Cuba Gooding, Jr. in his Oscar(r)-winning role. (R 1996, 4.5*, 2h18m)



Sun, May 24, 2020

My Dog Skip-Kevin Bacon, Diane Lane and Frankie Muniz star in this heartwarming coming-of-age story about a sensitive young Southern boy who learns valuable life lessons with his dog. (PG, 2000, 4.5*, 1h35m)



Mon, May 25, 2020

W.E.-The story of a lonely New Yorker who begins to explore the ultimate love story: King Edward VIII's abdication of the throne for the woman he loved. (R, 2012, 4*, 1h58m)



Tue, May 26, 2020

Sanditon, S1, E8- It is the night of the Midsummer Ball, and romance, jealousy, and betrayal fill the air. (TV-14, 2019, 4.5)



Wed, May 27, 2020

African Queen-In Africa during WW1, a gin-swilling riverboat owner/captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship. (PG, 1952, 5*, 1h45m)

RESIDENT REFLECTIONS



MAY BIRTHDAYS

Sally Podesta	1	Ozzie Schaefer	17
John Holmes	2	Laurence Streuli	17
Jim Higgason	3	Kitty McClintock	19
Louise Presley	3	Martin Shea	20
Bobby Holmes	6	Janice Jamison	22
Maggie Hollabaugh	9	John Moran	22
Betty Brewster	11	Milton Winter	22
Barbara Wilson	11	Perre Magness	23
John Mansfield	12	Mary Custer	25
Joyce Stanley	13	Mildred Carruthers	25
Carol Jones	17	Claire Saino	26
Betsy Rucks	17	Helen Quinn	31

Resident Reflections (con't)

1. Presh Gill and Honey Cannon
2. John Maxwell and Ken Clark
3. Janet and Dee Canale
4. Caroline Nance and Chipsy Butler
5. Trezevant Easter Cross-2020

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