



# A WORD FROM OUR CEO

by Kent Phillips

CEO Kent Phillips kphillips@trezevantmanor.org

Assistant to the CEO
Michelle Charbonnet
mcharbonnet@trezevantmanor.org

I need to take yet another opportunity to encourage you, to beg you - please wear a mask. We require masks and distancing in our common areas.

Is it a difficult habit to learn? Yes.

Can we perfectly police the requirement? No.

Is it inconvenient? Yes.

Is it uncomfortable? Yes.

Regardless, please do it. Every local, state, national and global health agency supports it, especially around vulnerable individuals (like us!). Wearing a mask is a simple and meaningful way to help delay and mitigate the spread of COVID-19. This is a collective effort to manage the risk of exposure: if you wear a mask, you are helping to decrease the risk; if you don't, you are increasing the risk. There is no neutral stance on the issue. Please help us to help keep you, your neighbors and our staff safe.

Thank you!

# AT YOUR SERVICE



by Kim O'Donnell, Director of Resident Services

In laying out the August calendar we quickly filled the time slots allotted for viewing of the Democratic and Republican national conventions with Western style rodeo and barrel racing! Everybody is a winner with the rodeo so don your Stetson hat, Tony Llama boots and bandana kerchief to root for your favorite cowboy. Stay tuned for the channel information as do to Covid we won't be gathering.

Kidding aside Covid mitigation seems to be our lot in life for 2020. Couple that with the happenings we view each day and night on television and it is difficult to find a bright spot. So Resident Services thought it was time to be creative. Fed Ex St. Jude will be hosting the 2020 golf tournament at Southwind without fans. Join us for an armchair view of the event on August 2nd in the PAC, limited seating. In agreement with Dining services we are arranging for dining by floors. Consult your August calendar for the dates you and your neighbors will be dining in SDR. We will offer a full bar with your regularly selected menu brought to you in SDR. Also on August 7th sign up for Cybersecurity for Seniors: Staying safe from scammers. We all know a horror story where a Senior has been taken advantage of do to deception by a clever crook. Sign up early as limited seating is available. The Investing for the Future club, also known as IFF, is off to a great start having chosen officers and their first stock selections. This group is full at this time but if interested let us know as things can change. Tuesday afternoons plan to view the Memphis Memoirs showing and enjoy an historical look at our great city. Music performances for August will be in the evenings at 7pm in Hopes Garden consult your calendar for days. Feel free to view from the comfort of your apartments for those who overlook Hopes Garden. The Chariots of Fire Challenge will be a fun way to optimize health, exercise and win prizes. Chaplain's Class, Mindfulness Meditation and many, many movies will round out the month.

Finally get your creative juices flowing with heirloom quality kiln fired ceramics. A complete ceramics kit, of your choosing, will be delivered to your door whereby you add your creative flair with paint. It is picked up, fired and the finished product is returned. This would make a nice Christmas gift and may be arranged through Resident Services.

Stay safe,

Kim

Director of Resident Services Kim O'Donnell kodonnell@trezevantmanor.org (901) 251-9205

Communication & Program
Coordinator

Teresa Johnson tjohnson@trezevantmanor.org (901) 746-1843

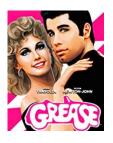
To receive *Tidings* by mail or online, please call Teresa Johnson at (901) 746-1843 or email tjohnson@trezevantmanor.org.

trezevantmanor.org



## **MOVIES AT TREZEVANT**

July, 2020



#### Sat, Aug 1, 2020

**Grease**-Grease is the one that you want! Go back to high school with Pink Lady Sandy, leader of the badboy T-Birds, Danny, and a rockin' and rollin' all-star cast. (PG, 1978, 4.5\*, 1h50m)



## Sun, Aug 9, 2020

(R, 1986, 5\* 1h29m)

Sat, Aug 8, 2020

Emma-Jane Austen's beloved comedy about finding your equal and earning your happy ending is reimagined in this delicious new film adaptation of Emma. (PG-13, 2020, 4\*, 2h4m)

Stand by Me-Four young friends

teenager in this first-rate adaptation

find the remains of a missing

of Stephen King's The Body.



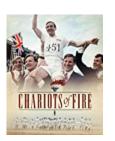
#### Sun, Aug 2, 2020

School of Life-Paris 1930. Paul has only ever had one and the same horizon: the high walls of the orphanage. Entrusted to a joyful country woman, Célestine, the city child arrives in a wild region. (G, 2018, 4.5\*, 1h44m)



#### Mon, Aug 10, 2020

Something's Gotta Give-A perennial playboy who has never dated a woman over thirty finds that love is as serious as a heart attack when he falls for his girlfriend's mother. (PG-13, 2003, 4.5\*, 2h8m)



#### Mon, Aug 3, 2020

Tue, Aug 4, 2020

Chariots of Fire-Two runners are driven by personal compulsions to win at the 1924 Olympics in this 1981 Best Picture Oscar(R) winner. (PG, 1981, 4.5\*, 2h4m)

Homes-WKNO Series that will take

from Downtown Memphis through

Midtown to the far reaches of Shelby

Memphis Memoirs: Historic

you on a tour of historic homes



# Tue, Aug 11, 2020

Memphis Memoirs: Beyond the Parkways-WKNO Series that takes a look at the development of the major streets in Memphis, and how they formed a city rich in history and community.Wed, Aug 12, 2020

The Parent Trap-Teenage twin sisters swap places and scheme to

reunite their divorced parents.



#### Wed, Aug 5, 2020

County.

Summertime-An American spinster's dream of romance finally becomes a bittersweet reality when she meets a handsome--but married--Italian man.



#### Fri, Aug 14, 2020

(G, 1961, 4.5\*, 2h9m)

A League of their Own-Tom Hanks and Geena Davis star in this bigleague comedy based on the real-life exploits of the All-American Girls Baseball League. (PG, 1992, 5, 2h7m)



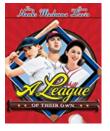
#### Fri, Aug 7, 2020

French Kiss-En route to Paris to win back her ex-fiance, a neurotic woman becomes involved with a French thief.



(PG-13, 1995, 4.5\*, 1h51m)

(PG-13, 1955, 4.5\*, 1h40m)



## Sat, Aug 15, 2020

**E.T.**-Steven Spielberg's contemporary classic! A stranded alien needs



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# IN ST EDWARD CHAPEL

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



We are adjusting to the new normal, and our two services each Sunday at 10:00 and 11:00 seems to be working well. 25 persons are allowed into each service and chairs are set in the chapel 6 feet apart. All participants are required to wear masks. Sermons and prayer lists are sent out to residents via email each week as well. Taped services are now broadcast each week on 991 at 10:30 and 3:00pm Broadcasts on 991 are of the previous week's service.

Monthly Chaplains' Classes-- Our plan is to continue a new chaplains' class each month. We are thankful to have such a dynamic group of spiritual leaders on campus who are willing to share their knowledge and their time with us! For August, Linda Mischke will lead us in a 4 week study of the mysteries of prayer. Come join us!

AUGUST CHAPLAINS' CLASS---- THE MYSTERIES OF PRAYER Prayer is often a mystery. The urge to pray is part of every human heart, but how? This series will explore prayer in all its dimensions confronting both what it isn't and what it is.

Session 1-- August 4th/ 5th: GROWING UP IN OUR PRAYERS

- 1) From monologue to dialogue
- 2) Prayer is more about relationship than results.

Session 2-- August 11th/12th: PRAY AS YOU CAN, NOT AS YOU CAN'T

- 1) Prayer is bigger than you think!
- 2) New ways to pray

Session 3-- August 18th/19th: PRAYER IN TOUGH TIMES

- 1) Prayer in personal distress
- 2) Prayer for others' distress -- What do we mean when we say "You're in my prayers"?

Session 4-- August 25th/26th: FALLING IN LOVE WITH THE MYSTERY

- 1) Accepting uncertainty
- 2) A firm foundation
- 3) What does it mean to "pray without ceasing"?

Two sessions of "The Mysteries of Prayer" will be offered: Tuesdays at 2pm or Wednesdays at 3pm. Registered attendants may participate in either class, both are filled on a first come, first serve basis. We do ask that you register, however, so we can be sure to have the appropriate number of handouts available. You may sign up in the activity book.

## 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

# **AUGUST AT TREZEVANT**

SUNDAY MONDAY TUESDAY WEDI

## **PLEASE NOTE:**

EVENTS ARE SUBJECT TO CHANGE • CHECK THE WEEKLY CALENDAR FOR UPDATES • FILM SCREENINGS ARE FREQUENCY FILM SCREENINGS ARE FREQUENCY FILM SCREENINGS ARE FREQUENCY FOR THE FORM OF THE PROPERTY OF THE PROPERTY OF THE FREQUENCY FOR THE PROPERTY OF THE PROPERT

2	3 SDR DINING-MANOR FLOORS 2 & 3	SDR DINING-MANOR FLOORS 4 & 5	<b>5</b> SDR DINING-N
10:00 & 11:00 Worship <i>CH 10:30 &amp; 3:00 p.m. 991</i> 3:00-5:00 *World Golf	2:00 Lectio Divina with Anne Carriere  CH  3:00 Mindfulness Meditation CH	1:30-3:00 Ping Pong! <i>310</i> 2:00 *Chaplain's Class: The Mysteries of Prayer with Linda Mischke CH	9:00-10:00 T 10:00 Men's Coffe 1:00 Movie: Summ 1h40m) <i>PAC</i>
Championship at Southwind Watch Party <i>PAC</i>	7:00 MOVIE: Chariots of Fire (PG, 1981, 4.5*, 2h4m) <i>PAC</i>	3:30 MOVIE: Memphis Memoirs-Historic Homes <i>PAC</i>	Encore at 3:30 p.n. 3:00 *Chaplain's ( Prayer with Linda
9	10 SDR DINING-PLACE FLOORS 1 & 2	<b>11</b> SDR DINING-PLACE FLOORS 3 & 4	12 SDR DINING
10:00 & 11:00 Worship <i>CH</i>	2:00 Lectio Divina with Anne Carriere	1:30-3:00 Ping Pong! <i>310</i>	COTTAGES 9:00-10:00 Tim the
10:30 & 3:00 p.m. 991	CH 3:00 Mindfulness Meditation CH	2:00 *Chaplain's Class: The Mysteries of Prayer with Linda Mischke CH	10:00 Men's Coffe
1:00 MOVIE: Emma (PG-13, 2020, 4*, 2h4m) <i>PAC</i>	7:00 MOVIE: Something's Gotta Give	3:30 MOVIE: Memphis Memoirs-Beyond	1:00 MOVIE: The Pa 2h9m) <i>PAC</i>
Encore at 3:30 p.m. PAC	(PG-13, 2003, 4.5*, 2h8m) <i>PAC</i>	the Parkways <i>PAC</i>	Encore at 3:30 p.m 3:00 *Chaplain's C Prayer with Linda
16	17 SDR DINING-MANOR FLOORS 2 & 3	18 SDR DINING-MANOR FLOORS 4 & 5	19 SDR DINING
10:00 & 11:00 Worship <i>CH</i>	2:00 Lectio Divina with Anne Carriere	1:30 *IFF Club Meeting <i>Bistro</i>	9:00-10:00 Tim the 9a-Noon *Audiolog
10:30 & 3:00 p.m. 991	CH	1:30-3:00 Ping Pong! <i>310</i>	10:00 Men's Coffe
1:00 MOVIE: The Music Never Stopped (PG, 2011, 4,5*, 1h44m)	3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: Jaws (PG, 1975, 5*,	2:00 *Chaplain's Class: The Mysteries of Prayer with Linda Mischke CH	1:00 MOVIE: The G 1h45m) <i>PAC</i>
PAC Encore at 3:30 p.m. PAC	2h4m) <i>PAC</i>	3:30 MOVIE: Memphis Memoirs-Lost Memphis <i>PAC</i>	Encore at 3:30 p.m. 3:00 *Chaplain's C Prayer with Linda
23	<b>24</b> SDR DINING-PLACE FLOORS 1&2	<b>25</b> SDR DINING-PLACE FLOORS 3 & 4	26 SDR DININ
10:00 & 11:00 Worship CH 10:30 & 3:00 p.m. 991 1:00 MOVIE: The Monuments Men (PG-13, 2014, 4*, 1h58m) <i>PAC</i> Encore at 3:30 p.m. PAC	2:00 Lectio Divina with Anne C. <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: Crazy Rich Asians (PG-13, 2018, 4.5*, 2h1m) <i>PAC</i>	1:30-3:00 Ping Pong! 310 2:00 *Chaplain's Class: The Mysteries of Prayer with Linda Mischke CH 3:30 MOVIE: Memphis Memoirs-Cotton Carnival PAC	COTTAGES 9:00-10:00 Tim th 10:00 Men's Coffe 1:00 Movie: The So 4.5*, 1h44m) <i>PAC</i>
30	31	varill <b>va</b> i <i>FNU</i>	Encore at 3:30 p.n
10:00 & 11:00 Worship CH 10:30 & 3:00 p.m. 991 1:00 MOVIE: Eat, Pray, Love (PG-	2:00 Lectio Divina with Anne Carriere  CH  3:00 Mindfulness Meditation CH		3:00 *Chaplain's ( Prayer with Linda
13, 2010, 4.5*, 2h20m) <i>PAC</i> Encore at 3:30 p.m. PAC	7:00 MOVIE: Message in a Bottle (PG- 13, 1999, 4.5*, 2h11m) <i>PAC</i>		

KEY



NESDAY	THURSDAY	FRIDAY	SATURDAY
HELD IN THE PAC · *=S nts - Movies	IGN UP IN THE ACTIVITY BOOK		1 1:00 MOVIE: Grease (PG, 1978, 4.5*, 1h50m) <i>PAC</i> Encore at 3:30 p.m. PAC
NOR FLOORS 6 & 7 I the Produce Man <i>HG</i> Hour <i>310</i> I time (PG-13, 1955, 4.5*,  PAC I ass: The Mysteries of lischke CH	SDR DINING-MANOR FLOORS 8 & 9 9:00-Noon *Podiatrist 318 1:30-3:00 Ping Pong! 310 2:00 MOVIE:The Great Courses: Events that Changed History E11 & 12 PAC 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love MR	SDR DINING-MANOR FLOORS 10 & 11  10:30 Praying the Rosary CH 1:00 MOVIE: French Kiss (PG-13, 1995, 4.5*, 1h51m) PAC 3:30 *Cybersecurity for Seniors: Staying safe from scammers with Jessica Van Gurp PAC 7:00 Music with Bobby Lawson HG	8 1:00 MOVIE: Stand by Me (R, 1986, 5*, 1h28m) <i>PAC</i> Encore at 3:30 p.m. PAC
LACE FLOORS 5 & HOMES/  Produce Man <i>HG</i> Hour <i>310</i> ent Trap (G, 1961, 4.5*,  PAC ess: The Mysteries of lischke CH	1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E13 & 14 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR 7:00 Music with Diana Stein HG	1:00 MOVIE: A League of their Own (PG, 1992, 5*, 2h7m) <i>PAC</i> Encore at 3:30 p.m. PAC	1:00 MOVIE: E.T. (PG, 1982, 5*, 1h54m) <i>PAC Encore at 3:30 p.m. PAC</i> 7:00 Music with Tim Stanek <i>HG</i>
IANOR FLOORS 6 & 7 Produce Man HG st HPL Hour 310 duate (PG, 1967, 4.5*,  PAC ass: The Mysteries of a scheet ch	2 OSDR DINING-MANOR FLOORS 8 & 9 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E15 & 16 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR	21SDR DINING-MANOR FLOORS 10 & 11  1:00 MOVIE: Now & Then (PG-13, 1995, 5*, 1h42m) PAC Encore at 3:30 p.m. PAC  7:00 Music with Donna Wolf HG	1:00 MOVIE: National Lampoons' Vacation (R, 1983, 4.5*, 1h38m) PAC Encore at 3:30 p.m. PAC
PLACE FLOORS 5 & HOMES/ Produce Man <i>HG</i> Hour <i>310</i> en Year Itch (G, 1955, <i>PAC</i> ess: The Mysteries of lischke CH	1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E17 & 18 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR	1:00 MOVIE: Divine Secrets of the Ya-Ya Sisterhood (PG-13, 2002, 4.5*, 1h56m) <i>PAC</i> Encore at 3:30 p.m. PAC	1:00 MOVIE: Dirty Dancing (PG-13, 1987, 5*, 1h40m) PAC Encore at 3:30 p.m. PAC 7:00 Music with Rick Nethery HG



# **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

## GET READY, GET SET, GOOOO!

August is here, and while we are weary of heat and Covid-19 concerns, life here at Trezevant is about to take a wonderful turn! Fitness instructors are returning, and you can embark on a fun fitness adventure, The Chariots of Fire Challenge, which can lead to big prizes and positive results.

Kirsti Carroll will be teaching stretching and balance, light weights and will also be teaching in the Terrace. Leigh Pittinger returns to lead three yoga classes and one stretch class on Tuesdays, Thursdays and Fridays at 10am. Sheila Rae will be back to teach her signature Tai Chi classes. Ginger will continue teaching and spending time in the Fitness Center. See your August calendar for details and locations, but remember that all yoga and Tai Chi will take place in the PAC, and participants will bring their own props and stay socially distanced. Please wear your mask to enter and exit all classes.

Now read on about our newest challenge designed for you to have fun, as you seek optimal health. Move to build strength, endurance, and improve balance and flexibility... PLUS you can win great prizes!

## THE CHARIOTS OF FIRE AUGUST 2020 CHALLENGE MONDAY, AUGUST 3- FRIDAY, AUGUST 28

When & where can I learn about the details, and pick up rules and logs? Come to the PAC between 9am and 11am on Friday, July 31. Limit 12 people at a time. You can grab coffee and muffins, and pick up your information packet, tracking log and a surprise. If you cannot make it to the PAC, items will be available on Rinnie's desk, and in the Fitness Center.

How do I sign up? Pick up your information packet. Beginning August 3, enter your activities and points, as directed. Turn them in by noon, August 28.

Who wins prizes? Everyone who completes the forms and turns them by August 28 will qualify for a prize. There will be a Grand Prize Winner, (most points); "Master Motivator," (works hard and supports other participants); plus 4 category winners and runners-up in each category.

Join in.... This just may be your best August ever!

# **MOVIES AT TREZEVA**

Continued from Page 4



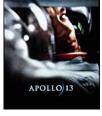
to phone home - he meets the suburban kids who help him get there.

(PG, 1982, 5\*, 1h29m)



Sun, Aug 16, 2020

The Music Never Stopped-From the author of Awakenings comes this heartwarming tale of a father and son who find a connection through the music that embodied the generation gap of the 1960s. (PG, 2011, 4.5\*, 1h44m)



Mon, Aug 17, 2020

Jaws-HD. Steven Spielberg's classic thriller about a peaceful resort community that comes under attack by a man-eating Great White shark. (PG, 1975, 5\*, 2h4m)



Tue, Aug 18, 2020 **Memphis Memoirs Lost** 

Memphis-This transports viewers back to a time when Union Station stood tall and proud in the Memphis skyline and the old Cossitt Library was treasured.



Wed, Aug 19, 2020

The Graduate-Hollywood darlings Dustin Hoffman, Anne Bancroft and Katharine Ross create one outrageous love triangle in this groundbreaking American film classic. (PG, 1967, 4.5\*, 1h45m)



Fri, Aug 21, 2020

Now & Then-Demi Moore, Rosie O'Donnell and Melanie Griffith star in this nostalgic story of growing up in America. (PG-13, 1995, 5\*, 1h42m)



Sat, Aug 22, 2020



National Lampoon's Vacation-

Chevy Chase mans the wheel and convinces his all-American family that the way to really enjoy their holiday is to hit the road west for Wally World. (R, 1983, 4.5\*, 1h38m)



Sun, Aug 23, 2020

The Monuments Men-In the midst of WWII a small group of art experts are commissioned by Roosevelt as soldier to locate vast troves of priceless art looted by the Nazis. (NR, 1942, 5\*, 2h5m)



Mon, Aug 24, 2020

Crazy Rich Asians-A New Yorker accompanies her boyfriend to Singapore to meet his family for the first time, only to discover that he's rich. (PG-13, 1975, 5\*, 2h4m)



Tue, Aug 25, 2020

**Memphis Memoirs Cotton** Carnival-The Cotton Carnival Years - travels back to the beginnings of the "South's Greatest Party" in 1931.



Wed, Aug 26, 2020

The Seven Year Itch-A married New Yorker must control his fantasies when a voluptuous new neighbor moves into his apartment building. (PG-13, 2019, 4.5\*, 2h10m)



Fri, Aug 28, 2020

Divine Secrets of the Ya-Ya **Sisterhood**-New York playwright is a long way from her hometown, but an even greater distance separates her from her mother. (PG-13, 2002, 4.5\*, 1h58m)



Sat, Aug 29, 2020 Dirty Dancing-Summer in a holiday camp with her family.

# RESIDENT REFLECTIONS









# AUGUST BIRTHDAYS

Betty Carter	1
Margaret Taylor	1
Albert Pyland	3
Jimmye Pidgeon	5
Ray Podesta	6
Anne Connell	9
Manilla Frisby	10
Mary Vaiden	10
John Wade	13
Robert Deininger	15
Samuel Beach	15
Peg Stringer	16
Anne Caldwell	27
Susan Whitehead	27
Sylvia Adams	28
Anna McNeill	31

#### RESIDENT REFLECTIONS

- 1. Helen Jabbour and Sally Hergenrader at Knit, Pray, Love
- 2. Lillies in the Trezevant Garden
- 3. Blooming flowers in the Trezevant Garden
- 4. Frankie Wade on the walking path

# 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



