

TIDINGS



JULY
2020



A WORD FROM OUR CEO

by Kent Phillips

CEO

Kent Phillips

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Assistant to the CEO

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As we continue our efforts to keep you, your families and our staff safe and secure during this pandemic, I want to share a bit of good news.

Our state nursing advocacy organization, the Tennessee Health Care Association (THCA) has recognized Trezevant's very own Paul Martin with the Professional Services Award for 2020. This award recognizes a health care leader from a THCA-member facility for distinguished professional service. Judging is focused on how the individual contributes significantly to the positive image of the profession in the community. Not only is Paul President of the local chapter of THCA, he also serves on the Mayor's COVID-19 Task Force, so his leadership extends beyond our campus to benefit greater Memphis and Shelby County. Judges take into consideration how the individual displays leadership and a high standard of ethical behavior, contributes to the well-being of residents and the overall success of the facility, takes initiative, and has a positive attitude that boosts staff morale. I think we all agree that Paul fits these traits well.

I am immensely proud of our leadership during this crisis and our staff who are dedicated to your care. It is nice to be recognized for our efforts. Please help me congratulate Paul!

-Kent Phillips



*Trezevant Fountain
Photo by Fred Wimmer*

AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services



We are into the 15th week of navigating the pandemic and beginning to view things in a different perspective. We continue to wear our masks in the common areas, have dinner delivered to our apartments, attend aquatic, exercise, chapel services and movies in limited numbers. Who ever thought you would be spending your retirement years managing to live through a pandemic!

Your generation, known as the greatest generation, are those individuals born between 1901 and 1927. You have lived through a depression fought and won a war, gave birth to the Baby Boomer generation, and catapulted unprecedented growth in the American economy. Overall the economy grew by 37% during the 1950s. By the end of the decade the median American family had 30% more purchasing power than at the beginning. You are a generation of survivors.

The ability to survive is what will sustain us during Covid-19 and we have functions to look forward to! Of course social distancing and masks required.

The return of Happy Hour will resume July 6 observing the normal Monday and Thursday social time in the PAC. The 5:00 p.m. start time remains the same. What differs is tickets will be pre-sold, attendees will be limited, a bartender will be pouring drinks and snacks will be packaged. We will also be offering musical performances in Hope's Garden starting with the return of The Boomers on July 4th, followed by Elvis, the Double D Band, and Brad Birkendahl on later dates during the month. We are planning a very special showing for three consecutive nights to unveil our new Audio/Video equipment in the PAC. The equipment, donated through the generosity of Emile Bizot to honor his wife Carole, affords our residents a spectacular viewing experience. More to come, so be prepared for a fun and safe July.

Kim O'Donnell

Director of Resident Services

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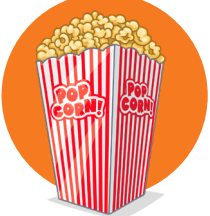
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To receive *Tidings* by mail or on-line, please call Teresa Johnson at (901) 746-1843 or email tjohnson@trezevantmanor.org.

trezevantmanor.org

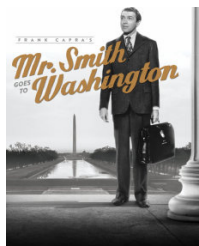


THE TREZEVAANT LIBRARY IS LOOKING FOR VOLUNTEERS! IF YOU'D LIKE TO JOIN US, PLEASE CONTACT MARGARET TAYLOR AT (901) 596-6931.



MOVIES AT TREZEVANT

July, 2020



Wed, July 1, 2020

Mr. Smith Goes to Washington-James Stewart takes on the powers-that-be in our nation's capitol in Capra's timeless classic. Nominated for eleven 1939 Oscars(r), including best picture.(NR, 1939, 5*, 2h10m)



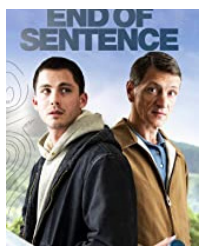
Fri, July 3, 2020

Top Gun-The story of a young flyer who's out to become the best. (PG, 1986, 4.5*, 1h49m)



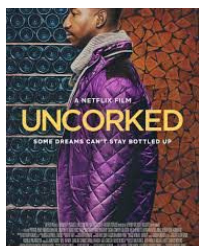
Sat, July 4, 2020

Yankee Doodle Dandy - James Cagney danced and sang his way to a well-deserved Oscar for his outstanding portrayal of vaudeville composer and performer George M. Cohan in this Oscar-nominated biography.(NR, 1942, 5*, 2h5m)



Sun, July 5, 2020

End of Sentence-Frank Fogle embarks on a journey to honor his wife's last wish of spreading her ashes in a remote lake in her native Ireland and a promise of taking his estranged son, Sean, along for the trip. (PG-13, 2020, 4.5*, 1h36m)



Mon, July 6, 2020

Uncorked-Elijah must balance his dream of becoming a master sommelier with his father's expectations that he carry on the family's Memphis BBQ joint. (TV-14, 2020, 4*, 1h44m)



Tue, July 7, 2020

Country Music: The Sons & Daughters of America-During a time of upheaval, country music reflects the changes in American society. (TV-14, 2019, 4.5, 1h54m)1h5)



Wed, July 8, 2020

Oklahoma!-This joyous celebration of frontier life is a story of tender romance & dangerous passion. Score features 'Oh, What a Beautiful Mornin'. (G, 1955, 4.5* 2h27m)



Fri, July 10, 2020

Glory-Matthew Broderick and Denzel Washington star in this inspiring story of the first Black regiment to fight for the North in the Civil War. (R, 1989, 4.5*, 2h2m)



Sat, July 11, 2020

Quartet-At a home for retired opera singers, the annual concert to celebrate Verdi is disrupted by the arrival of Jean (Maggie Smith), an eternal diva and the former wife of one of the residents. (PG-13, 2013, 4.5*, 1h38m)



Sun, July 12, 2020

The Tomorrow Man-Two very different people-one obsessed with the future, the other stuck in the past-try to find love. (PG-13, 2019, 4*, 1h35m)



Mon, July 13, 2020

The Way Back-Former high school basketball phenom, now struggling from a loss, is asked to coach today's mediocre team and sparks them on a winning streak. But is it enough for redemption? (R, 2020, 4*, 1h48m)



Tue, June 16, 2020

Country Music: Will the Circle Be Unbroken-With the Vietnam War intensifying, America is more divided than ever. (TV-14, 2019, 4.5, 1h53m)

Wed, July 15, 2020

The Young Mr. Lincoln-Henry

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IN ST EDWARD CHAPEL

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



In June we began opening things up a bit in Independent Living. We began a couple of new classes and resumed in person worship. Of course, we had to make some adjustments—our classes and church services are limited to 25 persons, donned in masks 6 feet apart, but it was good to see many of you at worship and activities together.

In July, we continue with two Morning prayer services each Sunday, at 10:00 am and 11:00 am. The sermon, announcements and prayer list are also sent out via email with Tuesday's devotional each week. We are not yet able to sing hymns in worship, but hearing the organ play them is wonderful. We read the lyrics to ourselves as the hymns are played.

Beginning July 1st, we will start a new chaplains' class. This class will run for 5 weeks and be held at our regular chaplains' class timeslot, 3:00pm on Wednesdays. The Rev. Milton Winter will lead us in a study of Debbie Blue's "Consider the Women—a provocative guide to the three matriarchs of the major faiths—Hagar, Esther and Mary. If registration numbers demand it a second class time will be offered. Time and dates of second class to be determined.

We will also continue our new Monday group offering of Lectio Divina every Monday afternoon at 2:00pm in St. Edward Chapel. Lectio Divina is a unique way to pray the scriptures. We focus on the Gospel text for the upcoming Sunday readings and have a good group discussion on the meaning we glean from the text. We've had a good solid group of about 15, which mean we have room for about 10 more. Come join us!

Our other regular activities are ongoing. They include:

Mindfulness Meditation at 3:00pm on Mondays in the Chapel

"Listen and Learn"—short stories with Sylvia Adams at 3:00pm on Thursdays in the Chapel

And Knit, Pray, Love at 4:00pm in the Music Room.

God's peace be with all of you. If you are having a difficult time during this pandemic, please know I am available in person or via phone to listen and offer support and prayer. You may reach me at 325-8108, jmckenna@trezevantmanor.org, or drop a note at the pocket on my door (3rd floor across from Guardian Pharmacy).

– Julie

Lead Chaplain /Director of Spiritual Services

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Associate Chaplain

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JULY AT TREZEVAANT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>PLEASE NOTE: EVENTS ARE SUBJECT TO CHANGE • CHECK THE WEEKLY CALENDAR FOR UPDATES • FILM SCREENINGS ARE HELD IN THE PAC • *=SIGN UP IN THE ACTIVITY BOOK Regular Events - Fitness Events - Special Events - Chapel Events - Movies</p>			<p>1 9:00-10:00 Tim 10:00 Men's Coffee 10:00-11:45 Dr. Warren 1:00 MOVIE: Mr. Smith (NR, 1939, 5*, 2h10m) <i>Encore at 3:30 p.m.</i> 3:00 *Chaplain's Cla with Milton Winter</p>
<p>5 10:00 Worship CH 11:00 Worship CH 1:00 MOVIE: End of Sentence (PG-13, 2020, 4.5*, 1h36m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>6 2:00 *Lectio Divina with Anne Carriere CH 3:00 Mindfulness Meditation CH 5:00 HAPPY HOUR RETURNS! PAC 7:00 MOVIE: Uncorked (TV-MA, 2020, 4*, 1h44m) PAC</p>	<p>7 1-3:30 Dr. Warren Clinic 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Country Music, A Film by Ken Burns Episode 5</p>	<p>8 9:00-10:00 Tim 9:45-Noon Dr. Warren 10:00 Men's Coffee 1:00 MOVIE: Oklahoma (4.5*, 2h27m) PAC <i>Encore at 3:30 p.m.</i> 3:00 *Chaplain's Cla with Milton Winter</p>
<p>12 10:00 Worship CH 11:00 Worship CH 1:00 MOVIE: The Tomorrow Man (PG-13, 2019, 4*, 1h35m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>13 2:00 *Lectio Divina with Anne Carriere CH 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:00 MOVIE: The Way Back (R, 2020, 4*, 1h48m) PAC</p>	<p>14 1:30-3:00 Ping Pong! 310 12:30-3:30 Dr. Warren Clinic 3:30 MOVIE: Country Music, A Film by Ken Burns Episode 6</p>	<p>15 9:00-10:00 9a-Noon *Audiologis 10:00-11:45 Dr. Warren 10:00 Men's Coffee 1:00 MOVIE: The You (4.5*, 1h39m) PAC <i>Encore at 3:30 p.m.</i> 3:00 *Chaplain's Cla with Milton Winter</p>
<p>19 10:00 & 11:00 Worship CH 1:00 MOVIE: Brian Banks (PG013, 2019, 4.5*, 1h39m) 5:00 Celebration of Trezevant Performing Arts Center Gift by Emile Bizot In Honor of Carole Bizot <i>Bistro</i>; Followed by Hamilton: The Musical Movie PAC <i>RSVP Only-50 persons max</i></p>	<p>20 2:00 *Lectio Divina with Anne Carriere CH 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:00 MOVIE: Just Mercy (PG-13, 2019, 5*, 2h19m) PAC</p>	<p>21 1:30 *IFF Club Meeting SDR 1:30-3:00 Ping Pong! 310 1-3:30 Dr. Warren Clinic 3:30 MOVIE: Country Music, A Film by Ken Burns Episode 7</p>	<p>22 9:00-10:00 T 9:45-Noon Dr. Warren 10:00 Men's Coffee 1:00 MOVIE: Mr. De (1936, 5*, 1h55m) PA <i>Encore at 3:30 p.m.</i> 3:00 *Chaplain's Cla with Milton Winter</p>
<p>26 10:00 Worship 991 11:00 Worship 991 1:00 MOVIE: Change in the Air (PG, 2018, 4*, 1h34m) PAC <i>Encore at 3:30 p.m. PAC</i></p>	<p>27 2:00 *Lectio Divina with Anne Carriere CH 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:00 MOVIE: Knives Out (PG-13, 2019, 4*, 2h10m) PAC</p>	<p>28 12:30-3:30 Dr. Warren Clinic 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Country Music, A Film by Ken Burns Episode 8</p>	<p>29 9:00-10:00 Tim the I 1:00 MOVIE: To Kill a (4*, 2h9) PAC <i>Encore at 3:30 p.m.</i> 3:00 *Chaplain's Cla with Milton Winter</p>

KEY

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

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Tim the Produce Man HG Hour 310 Men Clinic Dads Goes to Washington (G, 1999) PAC Class: Consider the Woman CH</p>	<p>2 9:00-Noon *Podiatrist 318 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E1 & 2 PAC 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love MR</p>	<p>3 10:30 Praying the Rosary CH 1:00 MOVIE: Top Gun (PG, 1986, 4.5*, 1h49m) PAC Encore at 3:30 p.m. PAC</p>	<p>4  11:30-1:00 Lunch 2:00-3:00 The Boomers! HG 3:30 MOVIE: Yankee Doodle Dandy (NR, 1942, 5*, 2h5m) 7:15 BINGO SDR</p>
<p>Tim the Produce Man HG Men Clinic Hour 310 Ma (NR, 1955, PAC Class: Consider the Woman CH</p>	<p>9 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E3 & 4 PAC 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love MR 4:00 Music with ELVIS! HG 5:00 Happy Hour PAC</p>	<p>10 1:00 MOVIE: Glory (R, 1999, 4*, 2h2m) PAC Encore at 3:30 p.m. PAC</p>	<p>11 1:00 MOVIE: Quartet (PG-13, 2013, 4.5*, 1h38m) PAC Encore at 3:30 p.m. PAC 7:15 BINGO SDR</p>
<p>Tim the Produce Man HG st HPL Men Clinic Hour 310 ng Mr. Lincoln (G, 1939, PAC Class: Consider the Woman CH</p>	<p>16 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E5 & 6 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC</p>	<p>17 1:00 MOVIE: Apollo 13 (PG-13, 1995, 5*, 2h20m) 5:00 Celebration of Trezevant Performing Arts Center Gift by Emile Bizot In Honor of Carole Bizot <i>Bistro</i> Followed by Hamilton: The Musical Movie PAC RSVP Only-50 persons max</p>	<p>18 1:00 MOVIE: The Hollars (PG13, 2016, 4.5*, 1h28m) 5:00 Celebration of Trezevant Performing Arts Center Gift by Emile Bizot In Honor of Carole Bizot <i>Bistro</i> Followed by Hamilton: The Musical Movie PAC RSVP Only-50 persons max 7:15 BINGO SDR</p>
<p>Tim the Produce Man HG Men Clinic Hour 310 Dads Goes to Town (G, C PAC Class: Consider the Woman CH</p>	<p>23 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E7 & 8 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR 4:00 Music with Double D Band HG 5:00 Happy Hour PAC</p>	<p>24 1:00 MOVIE: A Few Good Men (R, 1992, 5*, 2h17m) PAC Encore at 3:30 p.m. PAC</p>	<p>25 1:00 MOVIE: Wish You Well (NR, 2015, 4.5*, 1h40m) PAC Encore at 3:30 p.m. PAC</p>
<p>Produce Man HG Mockingbird (PG, 1963, PAC Class: Consider the Woman CH</p>	<p>30 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History E9 & 10 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR 4:00 Music with Brad Birkendahl HG 5:00 Happy Hour PAC</p>	<p>31 1:00 MOVIE: The Lincoln Lawyer (R, 2011, 4.5*, 1h58m) Encore at 3:30 p.m. PAC</p>	



BE WELL

by Rinnie Wood, Fitness Director

Fitness Director

Rinnie Wood

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Laura Charbonnet

Madeline Genette

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My Trezevant friends,

It is easy for us to find that our energy and initiative wanes in periods of general unrest. Together, let's increase our energy and change our attitudes by making a few strategic changes to our weekly planning.

1. Plan weekly. On the front end, record physical, educational and social time for the next week. Give yourself a fudge day.
2. Avoid Boredom. Most people prefer doing something to doing nothing. Plan your week every week and highlight opportunities here at Trezevant. Movies, classes, entertainment and time to see others in the library or lobbies can create structure. Try something new.
3. Challenge yourself, but don't kill yourself. Meet yourself where you are.
4. Keep moving. Build in time for strength and cardio training, and stretching. Choose a class, walk outside or indoors, or spend time in the fitness center.
5. Breath deeply 3x per day- just 4 deep breaths in and out (each to a count of four) makes us feel more relaxed. Sit forward in your chair, chest raised.
6. Socialize. Call someone you haven't visited with before, or reacquaint yourself with a person, book or game.
7. Watch something other than the news. Perhaps a show about the arts, nature, or history will engage you, but is less distressing than news .
8. Smile. We promise to smile back.

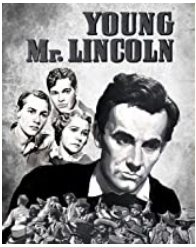
We will support one another and have fun along the way.

Let's make this journey together!

Rinnie

MOVIES AT TREZEVAANT

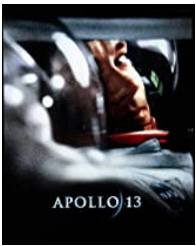
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Fonda's great stamp on the Lincoln character, directed by John Ford and featuring ten years in the President's live. (G, 1939, 4.5*, 1h39m)

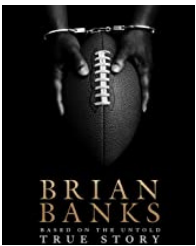
Fri, July 17, 2020

Apollo 13-A "routine" space flight becomes a desperate battle to survive in this breathtaking adventure of courage and faith starring Tom Hanks, Kevin Bacon, Bill Paxton, Gary Sinise and Ed Harris. (PG-13, 1995, 5*, 2h20m)



Sat, July 18, 2020

The Hollars-A struggling artist (John Krasinski) is forced to navigate the small town he left behind when news of his mother's illness brings him home. (PG-13, 2016, 4.5*, 1h28m)



Sun, July 19, 2020

Brian Banks-A football player's dreams to play in the NFL are halted when he is wrongly convicted and sent to prison. Years later, he fights to clear his name within an unjust system. (PG-13, 2019, 4.5*, 1h39m)



Mon, July 20, 2020

Just Mercy-A powerful true story that follows young lawyer Bryan Stevenson and his battle for justice as he defends a man sentenced to death despite evidence proving his innocence.. (PG-13, 2019, 5*, 2h16m)



Tue, July 21, 2020

Country Music: Are You Sure Hank Done It This Way?-Defining country music is debated



as never before and the argument sparks a vibrant era. (TV-14, 2019, 4.5, 1h51m)

Wed, July 22, 2020

Mr Deeds Goes to Town-A reluctant millionaire is declared insane when he announced that he'll give his fortune away to America's poor. (G, 1936, 5*, 1h55m)



Fri, July 24, 2020

A Few Good Men-a young Navy lawyer is assigned to investigate a murder case, in which nobody's talking. (R, 1992, 5*, 2h17m)



Sat, July 25, 2020

Wish You Well-A tragic accident forces Louisa & Oz to move from New York to their grandmother's small farm in Virginia. (NR, 2015, 4.5*, 1h40m)



Sun, July 26, 2020

Change in the Air-Quirky locals embrace mysterious new neighbor, but want to know her secret. (PG, 2018, 4*, 1h34m)

Mon, July 27, 2020

Knives Out-When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. (PG-13, 2019, 4.5*, 2h10m)



Tue, June 30, 2020

Country Music: Don't Get Above Your Raisin'-As country music's popularity skyrockets, the genre confronts the question of whether it can also stay true to its roots. (TV-14, 2019, 4.5, 1h54m)



RESIDENT REFLECTIONS



JULY BIRTHDAYS

Nell Crocker	3	Kiersten Watkins	13
John Douglas	3	Gerry Austin	15
Ann Whitsitt	3	Rose Buoni	15
Chipsy Butler	4	Rosemary Mosby	15
Honey Cannon	6	Nancy Morris	16
Judy Drescher	6	Jack Richbourg	16
Julia Harvey	6	Madge Saba	17
Nancy Higgason	6	David Lindstrom	18
Charlotte Jones	8	Carroll Ann Pera	24
Dixie Austin	9	James Murff	25
Ann Nichols	10	Sara Heckle	27
Buddy Nix	10	Ann Kinney	27
Peggy Bodine	11	Dorothy Stevenson	28
Sara Shelton	12	Suzanne Gronemeyer	29
Presh Gill	13		

RESIDENT REFLECTIONS

1. 11th Floor wishes Happy Birthday to Ann
2. Emile Bizot & Family at the Drive-by Parade
3. Art Walk at the Hergenrader's home
4. Sally Hergenrader

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