



TIDINGS



OCTOBER
2020



A WORD FROM OUR CEO

by Kent Phillips

CEO

Kent Phillips

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Assistant to the CEO

Michelle Charbonnet

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Trezevant is a unique community in Memphis that thrives on social connect-
edness. Engagement is what we sell, and what we celebrate. The holistic health
benefits are unquestionable, if unquantifiable. No wonder the pandemic seems
especially difficult for us. I am proud of our staff's effort to mitigate infections
on this campus. I would argue that we live on the safest block in Memphis.
More amazing, though, is the continuing social engagement of our residents,
even in the wake of distancing mandates. Organically, and as a community, we
have learned to balance safety protocols and the connectedness we all crave.
Fitness and social programming are increasing, volunteers are once again
manning their posts, the Resident Council continues its good work. We look
forward to reopening our dining operation after the upgrades to our kitch-
en and, of course, we eagerly await the green light on visits from family and
friends - just around the corner. The message is simple - the light at the end of
the tunnel is growing larger.

We are getting pretty good at "smizing", but I really look forward to simply
smiling.

AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services



We zoomed through summer 2020 and find ourselves in the fall of the year. Fall brings cooler weather, flu shots and more happenings at Trezevant. The Runaway Chef, aka Perre Coleman Magness, will be guiding us through a Zoom presentation featuring recipes with items obtained from the Little Store. Chaplain's Class continues with favorite childhood Sunday school stories along with the Great Courses, Creative Aging Creative Writing course and several trips to early voting, as it is time head to the polls.

Resident Services is excited about the return of Challenges in World Politics with Rhodes College professors done in Zoom format on Wednesday evenings at 7 p.m. Join in for presentations about what's happening in countries far and near. Be sure to mark your calendars for fall floral arranging with Greg Campbell of the Garden District on Wednesday, October 14th-sign up required. The IFF Investment club continues to thrive with best picks from Wall Street! On the 22nd, plan to walk the "Trail of Terror" along the Highland walkway and get spooked for Halloween. We'll continue to have musical performances in Hope's Garden on Fridays and Saturdays at 5 p.m. through the 23rd with some of our ole favorites returning, and of course, check your monthly and weekly calendar for movies in the PAC and so much more.

By the way, my phone just "dinged" and a memory appeared from a November 2019 Facebook posting. It was pictures of our trip to Asheville & Sewanee with the Trezevant Trailblazers. All the smiling faces enjoying tours of the Biltmore decked out in Christmas finery, the Downton Abbey exhibit, organ performance and tour of the Cathedral at The University of the South and the charming Sewanee Inn. Fun times from the past! And we look forward to more enjoyable occasions in the future.

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MOVIES AT TREZEVAANT

October, 2020



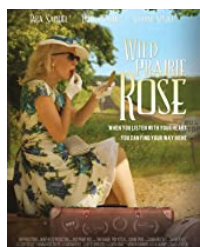
Sat, Oct 3, 2020

Friendly Persuasion-A devout Southern Indiana Quaker family attempts to resist the call to arms during the Civil War, but their pacifism is sorely tested by the events that engulf them in this classic film. (NR, 1956, 5*, 2h17m)



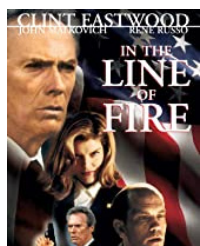
Sun, Oct 4, 2020

Four Seasons Lodge-A community of Holocaust survivors return each year to the lush mountains of New York's Catskill Mountains, where dancing, laughter and late-night revelry may be the best revenge on Hitler. (PG-13, 2009, 4.5*, 1h26m)



Mon, Oct 5, 2020

Wild Prairie Rose-In 1952, Rose Miller returns to her hometown to care for her ailing mother. Once there, she falls in love and must decide if she has the courage to follow her heart. (PG-13, 2016, 4.5*, 1h30m)



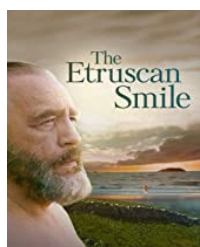
Tue, Oct 6, 2020

In the Line of Fire-A veteran Secret Service agent has a shameful secret that is known to the serial killer that eludes him. (R, 1993, 4.5*, 2h8m)



Sat, Oct 10, 2020

National Treasure-A man must steal the Declaration of Independence to find a treasure. (PG, 2004, 4.5*, 2h11m)



Sun, Oct 11, 2020

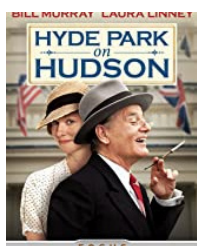
The Etruscan Smile-A rugged old Scotsman leaves his isolated island for San Francisco to seek medical treatment. Moving in with his estranged son, his life will be



transformed by a baby grandson and a beautiful woman. (R, 2019, 4.5*, 1h47m)

Mon, Oct 12, 2020

Fisherman's Friends-A cynical London music executive heads to a remote Cornish village where he's pranked by his boss into trying to sign a group of shanty singing fishermen. (PG-13, 2020, 4.5*, 1h51m)



Tue, Oct 13, 2020

Hyde Park on Hudson-This engaging look at the pivotal meeting between President Franklin D. Roosevelt and the King and Queen of England. (R, 2012, 4*, 1h35m)



Wed, Oct 14, 2020

Escape from Alcatraz-A hardened convict engineers an elaborate plan to escape infamous Alcatraz Prison - a feat nobody had successfully accomplished before. (R, 1979, 4.5*, 1h51m)



Sat, Oct 17, 2020

The Lake House-A lonely doctor who once occupied an unusual lakeside home begins exchanging love letters with its newest resident, a frustrated architect. (PG, 2006, 4.5*, 1h38m)



Sun, Oct 18, 2020

Mr. Jones-1933. An ambitious young journalist travels to Moscow to uncover the truth behind Stalin's Soviet propaganda that pushes their "utopia" to the Western world. (R, 2020, 4.5*, 1h58m)

Mon, Oct 19, 2020

Widows-Four widows band together

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IN ST EDWARD CHAPEL

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



A big thanks to Ben Bledsoe for his wonderful series on Psalms in Sept. In October we'll have a change of focus and welcome Milton Winter back with his series "Some Favorite Childhood Sunday School Stories Gently Revisited." Beginning Oct. 4th this series will run 4 weeks and should stimulate some interesting discussion about our perceptions then and now. Sessions will be Tuesdays at 2pm and Wednesdays at 3pm through the month of October. You can sign up in the activity calendar. Also on Oct 4th Greg Jones will give his second (rescheduled) organ and piano concert. The concert will feature both sacred and secular music—a real treat for us all!

This year, with all the complexity the virus brings, we will forgo a public blessing of the pets. However, all residents with pets are welcome to contact the chaplains for a private pet blessing in Hope's Garden the week of Oct. 4th.

Our regular activities are going strong. We have a good crowd at all of them. A big thank you is due to Sylvia Adams for taking over Dina's Listen and Learn while she was off campus. We are excited Dina is able to be back to lead Listen and Learn. Soon she'll be a resident herself—YEAH!!

An interesting aside--Our knit pray love group just completed a wonderful mission project. They made 16 neckwarmers for Calvary's knitting mission for the homeless. On Sept. 17th, the neckwarmers, hand warmers, jackets and other goodies were bagged up to present as gifts to the homeless. The gift bags will be blessed with all those collected from Calvary on Nov. 1st at the Overton Park Shell. Thank you, Knit Pray Love knitters!!

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OCTOBER AT TREZEVA NT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

PLEASE NOTE:

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

*=SIGN UP IN THE ACTIVITY BOOK

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

4

10:00 & 11:00 Worship *CH*

1:00 MOVIE: Four Seasons Lodge (PG-13, 2009, 4.5*, 1h26m) *PAC*

4:00 *A Concert with Greg Jones *CH*

5

2:00 Lectio Divina with Anne Carriere *CH*

3:00 Mindfulness Meditation *CH*

4:00 *Cooking with the Runaway Chef *PAC*

7:00 MOVIE: Wild Prairie Rose (PG-13, 2016, 5*, 1h30m) *PAC*

6

1:30-3:00 Ping Pong! *310*

2:00 *Chaplain's Class: Some Favorite Childhood Sunday School Stories Gently Revisited with Milton Winter *CH*

3:30 MOVIE: In the Line of Fire (R, 1993, 4.5*, 2h8m) *PAC*

7 8:30-4:00 Res

Appointment *PAC*

10:00-Noon D

10:00 Men's Coffee

3:00 *Chaplain's Cla
Childhood Sunday S
Revisited with Milt

7:00 *Challenges in

11

10:00 & 11:00 Worship *CH*

1:00 & 3:30 MOVIE: The Etruscan Smile (R, 2019, 4.5*, 1h47m) *PAC*

12

2:00 Lectio Divina with Anne Carriere *CH*

3:00 Mindfulness Meditation *CH*

7:00 MOVIE: Fisherman's Friends (PG-13, 2020, 4.5*, 1h51m) *PAC*

13

1:00-3:00 Dr. Warren *Clinic*

1:30-3:00 Ping Pong! *310*

2:00 *Chaplain's Class: Some Favorite Childhood Sunday School Stories Gently Revisited with Milton Winter *CH*

3:30 MOVIE: Hyde Park on Hudson (R, 2012, 4*, 1h35m) *PAC*

14 10:00 Men's

1:00 MOVIE: Escape 4.5*, 1h52m) *PAC*

3:00 *Chaplain's Cla
Childhood Sunday S
Revisited with Milt

4:00 *Garden Distri

7:00 *Challenges in

18

10:00 & 11:00 Worship *CH*

1:00 & 3:30 MOVIE: Mr. Jones (R, 2020, 4*, 1h58m) *PAC*

19

2:00 Lectio Divina with Anne Carriere *CH*

3:00 Mindfulness Meditation *CH*

7:00 MOVIE: Widows (R, 2018, 4*, 2h9m) *PAC*

20

1:30 *IFF Club Meeting *Bistro*

1:30-3:00 Ping Pong! *310*

2:00 *Chaplain's Class: Some Favorite Childhood Sunday School Stories Gently Revisited with Milton Winter *CH*

3:30 MOVIE: Man of the Year (PG-13, 2006, 4.5*, 1h55m) *PAC*

21 9a-Noon *A

10:00-Noon Dr. War

10:00 Men's Coffee

1:00 & 3:30 MOVIE: Thieves (PG-13, 199

3:00 *Chaplain's Cla
Childhood Sunday S
Revisited with Milt

7:00 *Challenges in

25

10:00 & 11:00 Worship *CH*

1:00 & 3:30 MOVIE: The Martian (PG-13, 2015, 4.5*, 2h21m) *PAC*

26

2:00 Lectio Divina with Anne C. *CH*

3:00 Mindfulness Meditation *CH*

7:00 MOVIE: The Conspirator (PG-13, 2011, 4.5*, 2h2m) *PAC*

27

1:00-3:00 Dr. Warren *Clinic*

1:30-3:00 Ping Pong! *310*

2:00 *Chaplain's Class: Some Favorite Childhood Sunday School Stories Gently Revisited with Milton Winter *CH*

3:30 MOVIE: White House Down (PG-13, 2013, 4.5*, 2h11m) *PAC*

28

10:45 Early Voting T

10:00 Men's Coffee

1:00 & 3:30 MOVIE: Third Kind (PG, 1977

3:00 *Chaplain's Cla
Childhood Sunday S
Revisited with Milt

KEY

CH CHAPEL

ECR EXECUTIVE CONFERENCE ROOM

GAL GALLERY

HG HOPE'S GARDEN

HPL HIGHLAND ENT.

MR MUSIC RO

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE PAC •	1 9:00-Noon *Podiatrist 318 9:00-4:00 Dottie's Digs <i>Ticket Required G1</i> 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History 25 & 26 PAC 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love MR	2 10:30 Praying the Rosary CH 2:00 *Creative Writing with Elaine Blanchard PAC 5:00 Music with Joyce Cobb HG	3 1:00 & 3:30 MOVIE: Friendly Persuasion (NR, 1956, 5*, 2h17m) PAC 5:00 Music with Sandra Miller HG
President Flu Shots by Dr. Warren Clinic Hour 310 Pass: Some Favorite School Stories Gently on Winter CH World Politics PAC	8 1:30-3:00 Ping Pong! 310 3:00 Listen & Love w/ Dina Smith CH 4:00 Knit, Pray, Love MR	9 2:00 *Creative Writing with Elaine Blanchard PAC 5:00 Music with Deante Payne HG	10 1:00 & 3:30 MOVIE: National Treasure (PG, 2004, 4.5*, 2h11m) PAC 5:00 Music with Larkin Bryant HG
Coffee Hour 310 from Alcatraz (PG, 1979, Pass: Some Favorite School Stories Gently on Winter CH Pet Flower Arranging PAC World Politics PAC	15 10:45 Early Voting Trip WAY 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History 27 & 28 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR	16 2:00 *Creative Writing with Elaine Blanchard PAC 5:00 Music with Sable & Jackson HG	17 10:45 Early Voting Trip WAY 1:00 & 3:30 MOVIE: The Lake House (PG, 2006, 4.5*, 1h35m) PAC 5:00 Music with RSVP Chorus HG
Radiologist HPL Dr. Warren Clinic Hour 310 Robin Hood: Prince of Thieves (PG, 1991, 4.5*, 2h21m) PAC Pass: Some Favorite School Stories Gently on Winter CH World Politics PAC	22 10:45 Early Voting Trip WAY 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History 29 & 30 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR 5:00 Walk the Trezevant Trail of Terror HPL	23 1:00 & 3:30 MOVIE: A Perfect Murder (R, 1998, 4.5*, 1h47m) PAC 5:00 Music with Leah Van Merkestyn HG	24 1:00 & 3:30 MOVIE: Practical Magic (PG-13, 1998, 5*, 1h44m) PAC
Trip Hour 310 Close Encounters of the Third Kind (PG, 1977, 4.5*, 2h14m) PAC Pass: Some Favorite School Stories Gently on Winter CH	29 1:30-3:00 Ping Pong! 310 2:00 MOVIE: The Great Courses: Events that Changed History 31 & 32 PAC 3:00 Listen & Love with Dina Smith CH 4:00 Knit, Pray, Love MR	30 1:00 & 3:30 MOVIE: Enola Holmes (PG-13, 2020) PAC 5:00 Costumes & Cocktails at the Fountain HPL	31 Happy Halloween 1:00 & 3:30 MOVIE: Strangers on a Train (PG, 1951, 4.5*, 1h40m) PAC



BE WELL

by Rinnie Wood, Fitness Director

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Summer is winding down, the coronavirus pandemic is dragging on and — if that wasn't enough — peak season for yet another disease is looming just around the corner: influenza. So the big question now is: What will this fall and winter be like with both COVID-19 and the flu in the mix?

We don't exactly know yet, says infectious disease specialist Dr. Kristin Englund, MD., but there are some simple steps you can take to protect yourself and your loved ones. The U.S. flu season can start as early as October, though it sometimes doesn't rear its head until January or February.

To get an idea of how heavy or light our flu season will be, we can sometimes look to patterns in the Southern Hemisphere, Dr. Englund says. The good news is, so far, South Africa and Australia have both reported lighter than usual flu seasons. Influenza viruses and the coronavirus spread in similar ways, so it's likely that masking, physical distancing and other actions people are taking to contain the coronavirus are also reducing the spread of the flu.

1. Get your flu shot: Studies show the flu vaccine reduces your risk of flu illness overall and makes it less likely that you would get severely sick if you did become infected. We don't have a vaccine for COVID-19, so let's protect ourselves against the one thing we know we can protect ourselves from. The flu vaccine not only protects you, but it protects all the loved ones around you, as well as someone who may be more vulnerable.
2. Stay vigilant with safety precautions: Like COVID-19, flu viruses spread through droplets that come out of a sick person's nose or mouth. So, many of the things you're likely doing to prevent the spread of COVID-19 — like wearing a mask in public, staying six feet away from others and washing your hands frequently — could also reduce your chances of being exposed to a flu virus.
3. Know what to do if you get sick: The flu and COVID-19 have many overlapping symptoms, such as fever, cough, shortness of breath and muscle aches. If you develop these symptoms, call your doctor. He or she can let you know what to do next and if you should be tested for the flu or COVID-19. The FDA has given emergency authorization for a test that will check for Type A and B seasonal flu viruses and Covid-19 at the same time.
4. Stock your medicine cabinet: If you get a mild case of the flu or COVID-19, you'll want to stay home until you feel better to avoid passing it on to others. Keep a few things handy in case this happens: a fever reducer like acetaminophen (Tylenol), Ibuprofen for muscle aches, cough syrup and thermometer. If you have an underlying condition that puts you at greater risk for severe illness, it may also be helpful to have a pulse oximeter at home, which measures the levels of oxygen in your blood.

MOVIES AT TREZEVANT

Continued from Page 4



to pull off a heist that goes wildly out of control in this riveting thriller. (R, 2018, 4*, 2h9m)

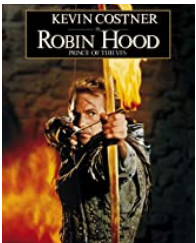
Tue, Oct 20, 2020

Man of the Year-A political talk show host decides to run for president. (PG-13, 2006, 4.5*, 1h55m)



Wed, Oct 21, 2020

Robin Hood: Prince of Thieves-Kevin Costner is the legendary swashbuckling hero of England's Sherwood Forest who defends the poor and battles Alan Rickman's deliciously evil Sheriff of Nottingham. (PG-13, 1991, 4.5*, 2h23m)



Fri, Oct 23, 2020

A Perfect Murder-A wealthy woman becomes the target for murder when her husband, an investor with financial difficulties, discovers her affair with an artist and blackmails her lover into killing her. (R, 1998, 4.5*, 1h47m)



Sat, Oct 24, 2020

Practical Magic-Superstars Sandra Bullock and Nicole Kidman are "bewitching" sisters using their hereditary gift of magic to overcome obstacles in discovering true love. (PG-13, 1998, 5*, 1h44m)



Sun, Oct 25, 2020

The Martian-From legendary director Ridley Scott (Alien, Prometheus) comes a gripping tale of human strength and the will to



survive, starring Matt Damon as an astronaut stranded on Mars. (PG-13, 2015, 4.5*, 2h21m)

Mon, Oct 26, 2020

The Conspirator-From director Robert Redford comes the riveting true story behind the assassination trial of Abraham Lincoln - including the lone woman who was accused of plotting his murder. (PG-13, 2011, 4.5*, 2h2m)



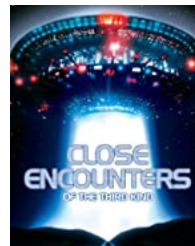
Tue, Oct 27, 2020

White House Down-While on a White House tour with his daughter, a Capitol policeman acts to save his child and protect the president from an armed group of invaders. (PG-13, 2013, 4.5*, 2h11m)



Wed, Oct 28, 2020

Close Encounters of the Third Kind-Power Repairman Roy Neary has an extraordinary encounter with a strange spacecraft while out on a call. (PG, 1977, 4.5*, 2h14m)



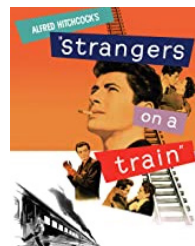
Fri, Oct 30, 2020

Enola Holmes-Intrepid teen Enola Holmes uses her sleuthing skills to outsmart Big Brother Sherlock and help a runaway lord. (PG-13, 2020)



Sat, Oct 31, 2020

Strangers on a Train-Hitchcock's super-thriller about two passengers who meet accidentally and plot to "exchange" murders, a tennis star who wants out of his marriage. (PG, 1951, 4.5*, 1h40m)



RESIDENT REFLECTIONS



OCTOBER BIRTHDAYS

Iolis Carruthers	2	Cecile Skaggs	13
Bridget Barek	3	Nancy Wheat	13
George Walker	3	John Maxwell	15
Martha Wood	3	David Adams	16
William 'Bill' Long	4	Cathy Richbourg	16
Lillian H. Brown	5	Page Williamson	17
Robert 'Grattan' Brown	7	Kitty Cannon	18
Carol Dunkley	7	June Kramer	19
Joanne Fleming	7	Julia Allen	20
Ginny Richardson	8	Mary Alice Quinn	21
Frances James	10	Harry 'Monty' Brown	26
Michael McDonnell	10	Robert Hussey	27
Moden Bolen	11	Fred Mack	27
Bernice Tutterow	11	Ann Hunt	29
Emile Bizot	12	Lois Hill	30

RESIDENT REFLECTIONS

1. Marilyn Dunavant with her Chariots of Fire Award
2. Lobster Lunches with Kiersten Watkins, Donn Southern, Kitty Cannon, Faye Southern, and James Waller
3. Knit, Pray, Love group Dorsey Wade, Sylvia Adams, Barbara Wilson, Helen Jabbour, and Julie Walton
4. Your Voice, Your Vote members Joan Cheney and Linda Mischke

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