



# TIDINGS

JANUARY, 2021

ISSUE 1







# AT YOUR SERVICE

by Kim O'Donnell

As we bid farewell to 2020, we look forward to a new beginning, acquiring a vaccine and bidding farewell to quarantining. Until we can move about the country freely, we will continue to play it safe, wear our masks, wash our hands, check our temperatures and test for Covid-19.

January's programming will kick off with musical performances returning on Fridays and Saturdays at 5pm. There will be a variety of performers including Jeanne Simmons, Lessa Wilkinson, Jeremy Shrader Trio, Judy Gray and Tim Stanek coming to Trezevant via Zoom. Mondays will offer Art & Wellness: An Art, Mindfulness, & Meditation Series created and facilitated by Paige Scheinberg, ATR-BC, RYT. This a collaboration of the Brooks Museum and Creative Aging. Participants will have four Zoom sessions whereby they will create mandalas, learn breathing meditations, guided visualizations, mindful art viewing, and creative art processes as active meditations. All materials will be provided for these sessions dedicated to promoting well-being, self-compassion, positive emotions, self-care, strength and gratitude. Trezevant will also be featuring the newest offering from the Great Courses; England, the 1960s and the Triumph of the Beatles. Take a walk down memory lane and learn how four young men from an old seaport in Northern England lead an epic musical and cultural revolution. Professor Sheldon discusses how this celebrated band emerged as a worldwide phenomenon starting from the early years to the high point of their careers and eventual dissolution. Offering insight into some of the band's greatest hits, including "Yesterday", "Back in the USSR" and "Do You Want to Know a Secret?".

The new year is a time for decluttering your space, organizing your affairs, reconnecting with old friends and looking forward to more time with those who matter.

Happy New Year may 2021 hold all the best that this life has to offer.

Kim O'Donnell

## RESIDENT SERVICES

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## SPIRITUAL SERVICES

Rev. Julie McKenna, Lead  
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# IN ST. EDWARD CHAPEL

*by Rev. Julie McKenna*

Happy New Year! Welcome 2021 and the much-anticipated Covid -19 vaccine!

2021 spring classes are set! Come join us for each of our monthly chaplains' class offerings. Our January class will begin Wednesday, January 6th and will run for 4 weeks. Mary Edith Walker will lead us in the study of the Prophets of the Exile as described below:

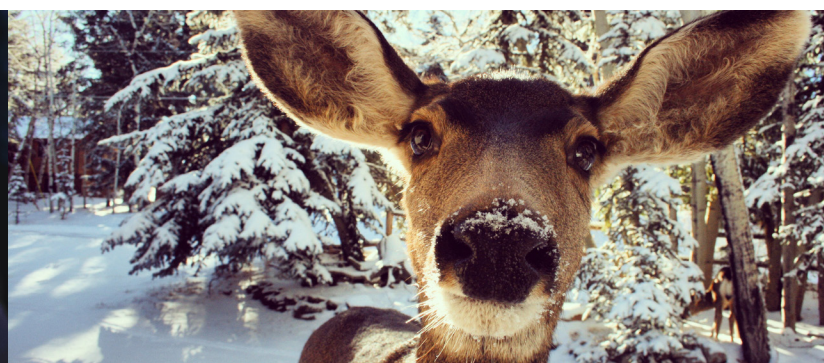
Prophets of the Exile-The Hebrew prophets lived centuries before Christ, but their words are still relevant to our world. Especially in a time of pandemic, racial unrest and economic crises, these prophets – Jeremiah, Ezekiel and Second Isaiah - helped their people through crises even worse than ours. Their words bring both challenge and comfort for today. BYOB – Bring Your Own Bible

Our other regular weekly offerings will return as well:

- 2 Services of Worship and Holy Communion at 9:45 and 11 each Sunday (St. Edward Chapel)
- Lectio Divina with the Rev. Anne Carriere at 2pm on Mondays (St. Edward Chapel)
- Meditation with Linda Mischke at 3:00pm on Mondays (St. Edward Chapel)
- Online devotional mailed out via email to residents on Tuesdays
- Dina Smith's "Listen and Learn" will return at 3pm on Thursdays (St. Edward Chapel)
- Knit, Pray Love will meet at 4pm in the Music Room

I'm happy to report that exciting things are happening in the Terrace as well. Chaplain Barbara began Worship and Holy Communion services the first Sunday of Advent. The service is every Monday at 11:00 a.m. in the Activities Room of the Terrace. We started this service in lieu of our Sunday afternoon service led by volunteer clergy in the Little Chapel of Allen Morgan. The new service has been well attended, and really seems to meet an ongoing need for Assisted Living residents, who have not had access to a worship service during the pandemic. Greg Jones, our organist plays piano for the service. Thanks goes to Barbara, for organizing this and providing this much needed service to Assisted Living Residents, and to Greg for providing all our music for these services!

Note: The change in this service location does not leave Allen Morgan residents without services. We lead a weekly devotional every Tuesday in the Little Chapel, and Barbara leads "Tea and Testaments" a short Bible study with residents every Wednesdays as well. Barbara also leads a Bible study is held in Mary Galloway parlor every Wednesday and the two of us co-lead a devotional every Tuesday on the Memory Unit.





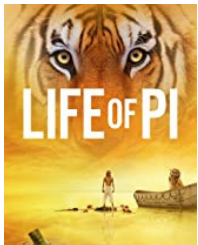
# MOVIES AT TREZEVANT

December, 2020



Fri, Jan. 1, 2020

**The Secret: Dare to Dream**-A feel-good movie starring Katie Holmes and Josh Lucas based on the best-selling book "The Secret," which focuses on the power of positive thinking. (PG, 2020, 4.5\*, 1h47m)



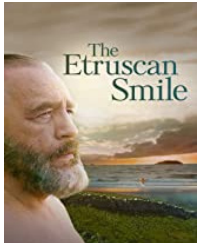
Sat, Jan. 2, 2020

**Life of Pi**-After a cataclysmic shipwreck, an Indian boy named Pi finds himself stranded on a lifeboat with a ferocious Bengal tiger. Together, they face nature's majestic grandeur and fury on an epic journey of discovery. (NR, 1947, 5\*, 1h54m)



Sun, Jan. 3, 2020

**Ann**-ANN is a no-holds-barred portrait of Ann Richards, the legendary governor of Texas. (NR, 2018, 5\*, 1h53m)



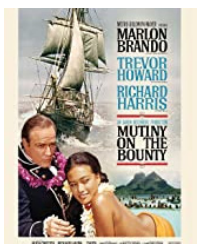
Mon, Jan. 4, 2020

**The Etruscan Smile**-After a rugged old Scotsman moves in with his estranged son, his life will be unexpectedly transformed by a baby grandson and a beautiful woman. (R, 2019, 4.5\*, 1h47m)



Tue, Jan. 5, 2020

**The Crown**-Season 4, Episode 7-The fourth season of The Crown, which follows the life and reign of Queen Elizabeth II (TV-MA, 2020)



Wed, Jan. 6, 2020

**Mutiny on the Bounty**-Based upon a real 1759 mutiny, Marlon Brando leads the crew of the HMS Bounty in a mutiny against the sadistic Captain Bligh, portrayed by Trevor Howard. (NR, 1935, 4.5\*, 2h12m)

Fri, Jan. 8, 2020

**Jezebel**-Bette Davis stars in an



Academy Award-winning role as the beautiful, charming, ruthless Southern belle who scandalizes New Orleans society--destroying the men who love her. (NR, 1938, 4.5\*, 1h44m)

Sat, Jan. 9, 2020

**The Straight Story**-An old man makes a long journey by lawnmower to mend his relationship with an ill brother. (G, 1999, 4.5\*, 1h51m)



Sun, Jan. 10, 2020

**A Call to Spy**-At the dawn of WWII, a desperate Churchill orders his new spy agency to train women for covert ops. Together, they help to undermine the Nazi regime and turn the tide of the war. (PG-13, 2020, 4.5\*, 2h4m)



Mon, Jan. 11, 2020

**Bessie**-Queen Latifah stars as Bessie Smith in this vivid portrait of the legendary 20th century blues singer. (R, 2015, 4.5\*, 1h51m)



Tue, Jan. 12, 2020

**The Crown**-Season 4, Episode 8-The fourth season of The Crown, which follows the life and reign of Queen Elizabeth II (TV-MA, 2020)



Wed, Jan. 13, 2020

**The Misfits**-Clark Gable and Marilyn Monroe star with Montgomery Clift in this piercing drama set against the brawling backdrop of a Reno rodeo. (PG-13, 1961, 2h4m)



Fri, Jan. 15, 2020

**Hush, Hush, Sweet Charlotte**-An aging recluse deluded by horrible memories and hallucinations, lives in a secluded house where her married lover was murdered by an



# BE WELL

by Rinnie Wood

## WALK TO MARGARITAVILLE! STARTING MONDAY, JANUARY 4TH 2021

Together we, the residents & staff of Trezevant, will set out to walk the 500 miles to Margaritaville, our dream destination where the weather is warm, the sky is blue, the sun shines brightly every day, and there are no worries. Sounds good?

Then join in!

We will arrive at Margaritaville healthy and energized, with prizes waiting for us at the end of this rainbow. But

first, between January 4 and January 31, we must walk 500 miles collectively. In order to reach our goal of 500 miles by Sunday, January 31, 2021, we need as many people as possible to walk and record their mileage. When we add the total miles walked by staff and residents on January 31, the mileage total must be 500 or more. Then, we will win improved health and fun prizes as the celebration of our success.

*Together, we can do this!*

So, let's lace up our walking shoes (brightly colored laces available at sign-up), grab our instruction flyer



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and log sheets at the sign in desk at G1, set your personal mileage goal, and get moving. Each week you can turn in your weekly log, and receive a different colored bracelet each of the 4 weeks, indicating you are participating in the Walk to Margaritaville.

In 2021, let's set & achieve our first goals of the year...Get ready, get set, let's go!



# January, 2021 AT TREZEVANT

PLEASE NOTE:  
Events are subject to change.  
Please check the weekly calendar  
for updates. \* = Sign up in the  
Activity Book.

Sunday	Monday	Tuesday	
<b>LOCATION KEY:</b> CH=ST. EDWARD CHAPEL GAL=GALLERY HG=HOPE'S GARDEN HPL=HIGHLAND ENTRANCE MR=MUSIC ROOM PAC=PACIFIC CHURCH SDR=ST. DAVID'S RECREATION CENTER TT=TRINITY TWW=THE WAY WAY=WAYNE			
<b>3</b> 9:45 Sunday Worship <i>CH</i> 11:00 Sunday Worship- 2nd service <i>CH</i> 1:00 & 3:30 MOVIE: Ann (NR, 2018, 5*, 1h53m)	<b>4</b> 12:30-2:00 *Art & Wellness with Brooks <i>PAC</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: The Etruscan Smile (R, 2019, 4*, 1h47m) <i>PAC</i>	<b>5</b> 10:00 *High Point Grocery <i>HPL</i> 1:00 Mah Jongg <i>SDR</i> 1:00 & 3:30 MOVIE: The Crown: Season 4, Episode 7 (TV-MA, 2020) <i>PAC</i> 1:30-3:00 Ping Pong! <i>310</i>	<b>6</b> 9:30-N 10:00 M 1:00 & on the 2h12m 3:00 C of the Walke
<b>10</b> 9:45 Sunday Worship <i>CH</i> 11:00 Sunday Worship- 2nd service <i>CH</i> 1:00 & 3:30 MOVIE: A Call to Spy (PG-13, 2020, 4*, 2h4m) <i>PAC</i>	<b>11</b> 12:30-2:00*Art & Wellness with Brooks <i>PAC</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: Bessie (R, 2015, 4.5*, 1h51m)	<b>12</b> 10:00 *High Point Grocery <i>HPL</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 1:00 Mah Jongg <i>SDR</i> 1:00 & 3:30 MOVIE: The Crown: Season 4, Episode 8 (TV-MA, 2020) <i>PAC</i> 1:30-3:00 Ping Pong! <i>310</i>	<b>13</b> 10:00 M 1:00 & Misfit 2h4m) 3:00 C of the Walke
<b>17</b> 9:45 Sunday Worship <i>CH</i> 11:00 Sunday Worship- 2nd service <i>CH</i> 1:00 & 3:30 MOVIE: The Gardener (TV-G, 2018, 4.5*, 1h21m)	<b>18</b> <i>MLK Day</i> 12:30-2:00 *Art & Wellness with Brooks <i>PAC</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: Driveways (PG-13, 2020, 4*, 1h23m)	<b>19</b> 10:00 *HP Grocery <i>HPL</i> 1:00 Mah Jongg <i>SDR</i> 1:00 & 3:30 MOVIE: The Crown: Season 4, Episode 9 (TV-MA, 2020) <i>PAC</i> 1:30-3:00 Ping Pong! <i>310</i> 1:30 *IFF Club Meeting <i>SDR</i> 7:30-9:30 Olga Kern Virtual Concert (Cliburn Gold MedalPianist) <i>PAC</i>	<b>20</b> 9:30-N 10:00 M 1:00 & of her 1h37m 3:00 C of the Walke
<b>24</b> 9:45 & 11:00 Sunday Worship <i>CH</i> 1 & 3:30 MOVIE: Billie (NR, 2017, 4*, 1h38m)	<b>25</b> 12:30-2:00 *Art & Wellness with Brooks <i>PAC</i> 2:00 Lectio Divina with Anne C. <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 7:00 MOVIE: The Kindness of Strangers (PG-13, 2020, 4.5*, 1h54m) <i>PAC</i>	<b>26</b> 10:00 *High Point Grocery <i>HPL</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 1:00 Mah Jongg <i>SDR</i> 1:00 & 3:30 MOVIE: The Crown: Season 4, Episode 10 (TV-MA, 2020) <i>PAC</i> 1:30-3:00 Ping Pong! <i>310</i>	<b>27</b> 10:00 M 1:00 & Happen 5*, 1h4 3:00 C of the Walke
<b>31</b> 9:45 & 11:00 Sunday Worship <i>CH</i> 1 & 3:30 MOVIE: About Time (R, 2013, 4.5*, 2h3m)			



Wednesday	Thursday	Friday	Saturday
<p>PERFORMING ARTS CENTER          SNOWDEN DINING ROOM          TREZEVANT TERRACE          TREZEVANT WALKWAY          WAYNOKA ENTRANCE</p>		<p><b>1 NEW YEAR'S DAY</b>  <b>11:30 Holiday Lunch Delivery</b>          1:00 Board Games <i>SDR</i>          1:00 &amp; 3:30 MOVIE: The Secret: Dare to Dream (PG, 2020, 4.5*, 1h47m) <i>PAC</i></p>	<p><b>2</b>          1:00 MOVIE: Life of Pi (PG, 2012, 4.5*, 2h6m) <i>PAC</i>  <b>5:00 Music with Tim Stanek (Zoom) PAC</b></p>
<p>Noon Dr. Warren <i>Clinic</i>          Men's Coffee Hour <i>310</i>          3:30 MOVIE: Mutiny on the Bounty (NR, 1935, 4.5*, 1h45m) <i>PAC</i>          Chaplain's Class: Prophets of Exile with Mary Edith Smith <i>CH</i></p>	<p><b>7</b>  <b>9:00-4:00 Dottie's Digs GI</b>          1:30-3:00 Ping Pong! <i>310</i>          2:00 The Great Courses: Events that Changed History 33 &amp; 34 <i>PAC</i>          3:00 Listen &amp; Love w/ Dina Smith <i>CH</i>          4:00 Knit, Pray, Love <i>MR</i></p>	<p><b>8</b>          1:00 Board Games <i>SDR</i>          1:00 MOVIE: Jezebel (NR, 1938, 4.5*, 1h44m) <i>PAC</i>  <b>5:00 Music with Lee Cagle (Zoom) PAC</b></p>	<p><b>9</b>          1:00 MOVIE: The Straight Story (G, 1999, 4.5*, 1h51m) <i>PAC</i>  <b>5:00 Performance by Jeffrey Day (Zoom) PAC</b></p>
<p>Men's Coffee Hour <i>310</i>          3:30 MOVIE: The Great Escape (PG-13, 1961, 4.5*, 1h55m) <i>PAC</i>          Chaplain's Class: Prophets of Exile with Mary Edith Smith <i>CH</i></p>	<p><b>14</b>          1:30-3:00 Ping Pong! <i>310</i>          2:00 The Great Courses: Events that Changed History 35 &amp; 36 <i>PAC</i>          3:00 Listen &amp; Love w/ Dina Smith <i>CH</i>          4:00 Knit, Pray, Love <i>MR</i></p>	<p><b>15</b>          1:00 Board Games <i>SDR</i>          1:00 MOVIE: Hush, Hush, Sweet Charlotte (PG-13, 1964, 5*, 2h12m) <i>PAC</i>  <b>5:00 Music with Simmons &amp; Wilkinson (Zoom) PAC</b></p>	<p><b>16</b>          1:00 MOVIE: Of Mice &amp; Men (PG-13, 1992, 5*, 1h50m) <i>PAC</i>  <b>5:00 Music with Side Street Steppers (Zoom) PAC</b></p>
<p>Noon Dr. Warren <i>Clinic</i>          Men's Coffee Hour <i>310</i>          3:30 MOVIE: No Man of Mine (G, 1950, 4.5*, 1h45m) <i>PAC</i>          Chaplain's Class: Prophets of Exile with Mary Edith Smith <i>CH</i></p>	<p><b>21</b>  <b>9:00-4:00 Dottie's Digs GI</b>          1:30-3:00 Ping Pong! <i>310</i>          2:00 The Great Courses: The Beatles <i>PAC</i>          3:00 Listen &amp; Love w/ Dina Smith <i>CH</i>          4:00 Knit, Pray, Love <i>MR</i>  <b>6:00 *Burns Supper Delivery</b></p>	<p><b>22</b>          1:00 Board Games <i>SDR</i>          1:00 MOVIE: Now Voyager (NR, 1942, 5*, 1h57m) <i>PAC</i>  <b>5:00 Music with Jeremy Shrader Duo (Zoom) PAC</b></p>	<p><b>23</b>          1:00 MOVIE: Another Year (PG-13, 2010, 4*, 2h9m) <i>PAC</i>  <b>5:00 Music with Alejandro Parades (Zoom) PAC</b></p>
<p>Men's Coffee Hour <i>310</i>          3:30 MOVIE: It Happened One Night (G, 1934, 1h35m) <i>PAC</i>          Chaplain's Class: Prophets of Exile with Mary Edith Smith <i>CH</i></p>	<p><b>28</b>          1:30-3:00 Ping Pong! <i>310</i>          2:00 The Great Courses: The Beatles <i>PAC</i>          3:00 Listen &amp; Love w/ Dina Smith <i>CH</i>          4:00 Knit, Pray, Love <i>MR</i>  <b>6:00 UofM v. SMU PAC</b></p>	<p><b>29</b>          1:00 Board Games <i>SDR</i>          1:00 MOVIE: All About Eve (G, 1950, 5*, 2h18m) <i>PAC</i>  <b>5:00 Music with Judy Gray (Zoom) PAC</b></p>	<p><b>30</b>          1:00 MOVIE: Rocky (PG, 1976, 5*, 1h59m) <i>PAC</i>  <b>5:00 Music with Double D Band (Zoom) PAC</b></p>



# RESIDENT REFLECTIONS



December, 2020

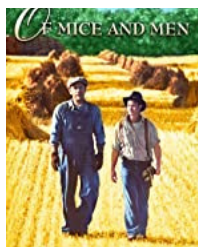
1. Robin Swanson and the Dottie's Digs Christmas Mannequin
2. Carol Dunkley Original Artwork and Door Decoration Contest Winner
3. Sue Atwood Door & Door Decoration Contest Winner
4. Donn & Faye Southern enjoy the Christmas Caroling





# MOVIES AT TREZEVANT

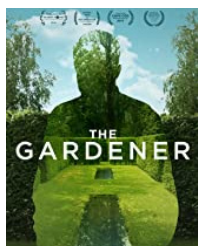
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unknown assailant. (PG-13, 1964, 5\*, 2h12m)

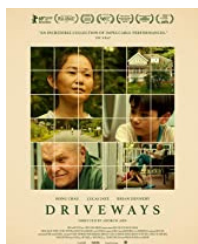
Sat, Jan. 16, 2020

**Of Mice & Men**-A contemporary remake of the beloved classic about a nomadic farm worker who looks after his dimwitted, gentle-giant friend. (PG-13, 1992, 4.5\*, 1h50m)



Sun, Jan. 17, 2020

**The Gardener**-See how Frank Cabot gave birth to one of the greatest gardens in the world. (2018, 4.5\*, 1h24m)



Mon, Jan. 18, 2020

**Driveways**-When a lonely boy accompanies his mother on a trip to clean out his late aunt's house, he befriends a war veteran that lives next door. (PG-13, 2020, 4.5\*, 1h23m)



Tue, Jan. 19, 2020

**The Crown, Season 4, Episode 9**-The fourth season of The Crown, which follows the life and reign of Queen Elizabeth II (TV-MA, 2020)



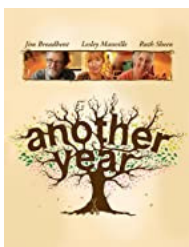
Wed, Jan. 20, 2020

**No Man of her Own**-A pregnant wanderer is involved in a train crash and assumes a dead girl's identity. When she is blackmailed by a man who discovers her true identity, she decides to kill him. (G, 1950, 4.5\*, 1h37m)



Fri, Jan. 22, 2020

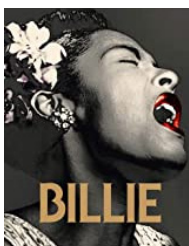
**Now Voyager**-Charlotte Vale, a spinster, defies her domineering mother to discover



love, heartbreak and eventual contentment. (NR, 1942, 5\*, 1h47m)

Sat, Jan. 23, 2020

**Another Year**-A long-married couple brightens the lives of family and friends through a combination of love, wisdom and the gift of hope. (PG-13, 2010, 4\*, 2h9m)



Sun, Jan. 24, 2020

**Billie**-One of the greatest voices of all time. This film chronicles her amazing story featuring remastered performances and interviews from musical greats. (NR, 2017, 4\*, 1h38m)



Mon, Jan. 25, 2020

**The Kindness of Strangers**-In NYC, six strangers' lives intersect while struggling to find help, hope and love. They soon discover that liberation lies in each other's hands. (PG-13, 2020, 4.5\*, 1h54m)



Tue, Jan. 26, 2020

**The Crown, Season 4, Episode 10**-The fourth season of The Crown, which follows the life and reign of Queen Elizabeth II (TV-MA, 2020)



Wed, Jan. 27, 2020

**It Happened One Night**-When a brash reporter meets a runaway heiress, can love be far behind? (G, 1934, 5\*, 1h45m)



Fri, Jan. 29, 2020

**All About Eve**-A seemingly timid but secretly ruthless ingénue insinuates herself into the lives of an aging Broadway star and her circle of theater friends. (G, 1950, 5\*, 2h18m)



## FOR YOUR ENJOYMENT

\*Sign up for the Art and Wellness created by Brooks Museum and Creative Aging and hosted by Paige Scheinberg, ATR-BC, RYT

Each Monday in January, 2021  
12:30 p.m.-2:00 p.m.  
Performing Arts Center



## MUSIC IS BACK!

A variety of our favorite musicians will come to us via Zoom beginning in January!

Each Friday and Saturday Evening  
5:00 p.m.  
Performing Arts Center



# TREZEVANT TIDBITS

Our coin drive raised \$3,000 to combat Alzheimer's. Campus-wide receipts were \$537.00 in coins and \$2,463.00 in checks and cash. Thank you for your generosity! Start saving your coins for next year's drive for the Alzheimer's Association. Security officer Joe Levy won the coin guessing contest with a guess of \$466.00, and the actual vase total was \$447.31. Congratulations, Joe!

The Secret Santa Gift Drive was a HUGE SUCCESS! We had gifts aplenty and made the Mary Galloway Home Residents very happy! Thank you to all who provided gifts for this effort! You truly made this a Christmas of Giving at Trezevant!

# JANUARY BIRTHDAYS

Lynn Murff	1
Terry Robertson	1
Rusty Loth	6
Sally Hergenrader	8
Anna Pyland	8
Shirley Schroeder	9
Mary Wardlaw	9
Mary Virginia Rogers	11
Roger Lowery	12
Ann Powell	12
Jane Cash	16
Caroline Nance	17
Christine Garrett	18
Jo Maxwell	18
Anne Timmons	18
Nancy Erb	21
Norma Atkins	22
GeeGee Chandler	24
Alice Anne Miller	25
Julie Walton	25
Mary Edith Walker	27
Robert McCallum, Jr.	30
Jean Reynolds	30

## TREZEVANT CONTACT INFORMATION

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