



TIDINGS

April 2021

Issue 4



AT YOUR SERVICE

by Kim O'Donnell

This too shall pass...

While on my weekly, Saturday errands I passed a frame shop with this phrase written on the exterior window. Alluding to not just the virus but all things relating to the virus; testing, quarantining, social distancing, mask mandates, disinfecting, sanitizing and vaccines. Now that the vast majority of our residents have been vaccinated and positivity rates in Shelby County are on the decline, there is a strong sense of relief. Although we must not let down our guard, we can look forward to a gradual re-opening of the Trezevant campus.

Guess what's back...

April is volunteer month and we will be honoring all of our volunteers with a luncheon on Thursday, April 22nd which is also Earth Day. If you work in the Little Store, Happy Hour, Dottie's Digs, the library, Chapel, serve as a floor or homes representative, on the Resident Council, or are part of any of our numerous committees-specifically Scholarship, Dining, Green, Grounds, Resident Ambassadors, Health Services-this is your luncheon. Resident Services will be sending out a form for you to complete so that we may honor you for all of your volunteer time here at Trezevant and in the community. If you have not yet offered your services and are interested in volunteering, you may indicate so on the form, as we are in need of more volunteers.



Trezevant Explores will return on May 7th with Debbie Litch of Theater Memphis. Theater Memphis has done a multi million dollar renovation and are celebrating their 101st birthday this year. Debbie will inform us of upcoming productions as we look forward to partnering with them in 2021.

The Art Studio is open, our very talented group of artists have returned to their workshop with weekly lessons from Anne Hughes Sayle. The Massage room will reopen with the return of Cindy McKee and Lynda Gail Deacon by appointment. Suntrust/Truist bank will return with a new name and logo, hours and days will remain the same. Off campus outings to local venues will start again in April with walks around the city and beyond.

Trezevant Tastings will be on April 20th offering beverages and light appetizers for your enjoyment.

We are so blessed to be able to say that we survived the pandemic as we look forward to a gradual return to normalcy.

RESIDENT SERVICES

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SPIRITUAL SERVICES

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Rev. Barbara Kirk-Norris,
Associate Chaplain
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IN ST. EDWARD CHAPEL

by Rev. Julie McKenna

Palm Sunday Service - Sunday, March 28, 2021-10:30 a.m. Worship & Holy Communion in St. Edward Chapel
The Rev. Barbara Kirk-Norris preacher, The Rev. Julie McKenna, celebrant

Calvary Lenten Series - Wednesday, March 31, 2021 - Noon in St. Edward Chapel
Rev. Dan Matthews (From February 19 Livestream)

Maundy Thursday Service - Thursday, April 1, 2021 - 3:00 p.m. in St. Edward Chapel
Rev. Julie McKenna, preacher and celebrant

Good Friday Service - Friday, April 2, 2021 - 10:30 a.m. in the Terrace Activity Room or 1:00 p.m. in St. Edward Chapel
Rev. Barbara Kirk-Norris, preacher, Special music by soloist Ginger Hopkins

Easter Sunday Service - Sunday, April 4, 2021 - 10:30 am in St. Edward Chapel
The Rev. Julie McKenna preacher, The Rev. Barbara Kirk-Norris, celebrant, Special music by baritone, Nathan Holmes and Trumpeter, Jeremy Shrader

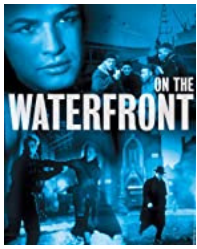
Easter Flower Cross in Hope's Garden

Family members and residents are invited to bring flowers to the table outside the main entrance lobby and leave them in the buckets provided anytime Friday, April 2, or Saturday morning, April 3. From 2:00 to 4:00 p.m. on Saturday, residents and family members are invited to add flowers to the cross. April also begins a new Chaplains' Class. This will be a 6-week class focused on Transitions in Levels of Care, beginning on Wednesday, April 7 at 3:00 pm in St. Edward Chapel.

- Wed., April 7th - Valerie Smithers and Leslie Brewington will talk about what happens from the Independent Living side to determine when a change is needed in a resident's level of care.
- Wed., April 14th - Julie Repking will share information about life in the Terrace and answer questions/ concerns of residents.
- Wed., April 21st—Paul Martin will share information about moving to Allen Morgan—both for rehab and for the nursing home.
- Wed. April 28th—We will explore what it means to have dementia, learn about life on Trezevant's memory unit, and hear about the memory unit support group for spouses and family members.
- Wed. May 5th—We will explore the distinction between Hospice and Palliative Care, and what both have to offer residents and their families.
- Wed., May 12th—We will look at legacy making, end of life rituals, and have additional Q and A time for issues not clearly fleshed out in earlier sessions.

MOVIES AT TREZEVA

April, 2021



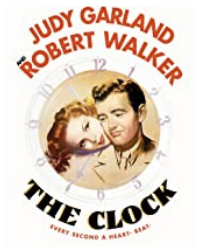
Sat, April 3, 2021
On the Waterfront-Marlon Brando stars in this hard-hitting drama about an ex-prizefighter who goes up against labor leaders to expose corruption in the ranks. (NR, 1954, 4.5*, 1h47m)



Sun, April 4, 2021
Easter Parade-Fred Astaire stars as a rising Broadway star who tries to break away from former dance partner Ann Miller so he can be with newcomer Judy Garland. (NR, 1948, 5*, 1h43m)



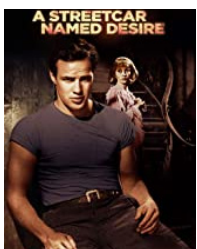
Tue, April 6, 2021
Fosse/Verdon-An inside look at the partnership between choreographer/director, Bob Fosse, and Gwen Verdon, one of the greatest Broadway dancers of all time. (TV-MA, 2019, 4.5*)



Wed, April 7, 2021
The Clock-Judy Garland stars as an office worker whose chance encounter with soldier Robert Walker in New York's Penn Station leads to a 24-hour romance and marriage. (NR, 1945, 4.5*, 1h30m)



Fri, April 9, 2021
Miss Potter-Biography of children's author Beatrix Potter, including how she overcame a domineering mother and the chauvinism of Victorian England to become a best-selling author. (PG, 2006, 5*, 1h32m)



Sat, April 10, 2021
A Streetcar Named Desire-A neurotic belle Blanche du Bois

struggles to hold on to her fading Southern gentility against the brutish badgering of her brother-in-law, Stanley Kowalski. (PG, 1951, 4.5*, 2h4m)



Tue, April 13, 2021
Fosse/Verdon-An inside look at the partnership between choreographer/director, Bob Fosse, and Gwen Verdon, one of the greatest Broadway dancers of all time. (TV-MA, 2019, 4.5*)



Wed, April 14, 2021
Summer Stock-A farmer gets sucked into show business when a theatrical troupe invades her farm. (PG-13, 1950, 5*, 1h49m)



Fri, April 16, 2021
Harvey-Based on the Pulitzer Prize-winning play, as the good-natured Elwood P. Dowd, whose constant companion is a six-foot tall rabbit that only he can see. (NR, 1950, 5*, 1h44m)



Sat, April 17, 2021
Sayonara-The story of an American ace fighter pilot who falls in love with a famous Japanese dancer. Sayonara won four Academy Awards, including acting honors for co-stars Red Buttons and Miyoshi Umeki. (G, 1957, 4.5*, 2h27m)



Sun, April 18, 2021
Wild Mountain Thyme-Rosemary is set on winning Anthony's love. Anthony, stung by his father's plan to sell the farm in Ireland to his American cousin, is finally jolted into pursuing his dreams. (PG-13, 2020, 4*, 1h42m)

continued on page 9

BE WELL

by Rinnie Wood

As we see Covid regulations loosen, how would you like to enter the upcoming phase of life? What do you want to leave behind, what do you want to hold on to, what do you most anticipate? As spring bursts forth, we see signs of hope and rebirth. This is a good time to explore our paths for the future.

Questions we might all ask ourselves are:

- What really matters to me?
- How do I put this into action?
- What can I do to avoid physical and mental illness?
- What should I do to maintain or begin a healthy lifestyle, while incorporating more gathering and socializing into our lives?

We control the five main contributors to brain health, states Dr. Sanjay Gupta, MD, in his book *Stay Sharp*. These are:

1. Being more active
2. Keeping the brain stimulated
3. Getting restful sleep
4. Nourishing the body with proper nutrition
5. Having a vibrant social life

When asked “What is the single most important thing for brain function and mitigating disease?” Dr. Gupta responds “The answer is exercise. And it’s as easy as walking.”

Sound like a broken record? Exercise.

While we cannot avoid certain physical and mental conditions completely, exercise may slow the progression of both. As you exit this strange and challenging pandemic period, please remember to keep your plan simple. Keep the things you love, reduce the things you don’t, and exercise!



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Leigh Pittinger, Instructor
Sheila Rae, Instructor
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Physical Therapy
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PLEASE NOTE:

Events are subject to change.
Please check the weekly calendar
for updates. *-Sign up in the
Activity Book.

April, 2021 AT TREZEVANT

Sunday	Monday	Tuesday	
<p>LOCATION KEY:</p> <p>CH=ST. EDWARD CHAPEL GAL=GALLERY HG=HOPE'S GARDEN HPL=HIGHLAND ENTRANCE MR=MUSIC ROOM</p> <p>PAC=PERFORMING ARTS CENTER SDR=SNOWDEN DINING ROOM TT=TREZEVANT TERRACE TWW=TREZEVANT WALKWAY WAY=WAYNOKA ENTRANCE</p>			
<p>4 EASTER</p> <p>10:30 Sunday Worship <i>CH</i></p> <p>3:30 MOVIE: Easter Parade (NR, 1948, 5* 1h43m) <i>PAC</i></p>	<p>5</p> <p>1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 NCAA CHAMPION- SHIP WATCH PARTY <i>PAC</i></p>	<p>6</p> <p>10:00 *High Point Grocery <i>HPL</i> 1:00 Mah Jongg <i>SDR</i> 3:30 MOVIE: Fosse/Verdon - EI (TV-MA, 2019, 4.5*) 3:15 Meditation Walk <i>HPL</i> 1:30-3:00 Ping Pong! <i>3I0</i></p>	<p>7</p> <p>9:30-N 10:00 M 1:00 M 1945, 4 3:00 C Trezev</p>
<p>11</p> <p>10:30 Sunday Worship <i>CH</i></p> <p>3:00-5:00 Masters Watch Party <i>PAC</i></p> <p>7:00 MOVIE: Rams (PG- 13, 2021, 4.5*, 1h59m) <i>PAC</i></p>	<p>12</p> <p>1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 MOVIE: Nomadland (R, 2020, 4*, 1h48m) <i>PAC</i></p>	<p>13</p> <p>10:00 *High Point Grocery <i>HPL</i> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>3I0</i> 3:30 MOVIE: Fosse/Verdon - E2 (TV-MA, 2019, 4.5*) 3:15 Meditation Walk <i>HPL</i></p>	<p>14</p> <p>10:00 M 1:00 M (PG-13 3:00 C Trezev</p>
<p>18</p> <p>10:30 Sunday Worship <i>CH</i></p> <p>3:30 MOVIE: Wild Mountain Thyme (PG- 13, 2020, 4*, 1h42m) <i>PAC</i></p>	<p>19</p> <p>1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Medita- tion <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 Harry & Ike: A Study in Contrasts with Keith Wood <i>PAC</i></p>	<p>20</p> <p>10:00 *High Point Grocery <i>HPL</i> 1:00 Mah Jongg <i>SDR</i> 1:30 *IFF Club Meeting <i>SDR</i> 1:30-3:00 Ping Pong! <i>3I0</i> 3:30 MOVIE: Fosse/Verdon - E3 (TV-MA, 2019, 4.5*) 3:15 Meditation Walk <i>HPL</i> 5:30 Trezevant Tasting <i>MR</i></p>	<p>21</p> <p>9:30-N 10:00 M 1:00 M (PG, 19 3:00 C Trezev</p>
<p>25</p> <p>10:30 Sunday Worship <i>CH</i></p> <p>3:30 MOVIE: Wildlife (PG-13, 2018, 4.5*, 1h44m)<i>PAC</i></p>	<p>26</p> <p>2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 MOVIE: Minari (PG-13, 2021, 4.5*, 1h55m) <i>PAC</i></p>	<p>27</p> <p>10:00 *High Point Grocery <i>HPL</i> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>3I0</i> 3:30 MOVIE: Fosse/Verdon -E4 (TV-MA, 2019, 4.5*)</p>	<p>28</p> <p>10:00 M 1:00 M Gal (N <i>PAC</i> 3:00 C Trezev</p>

Wednesday	Thursday	Friday	Saturday
	<p>1 MAUNDY THURSDAY 9:00-4:00 Dottie's Digs GI 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Turning Points in History E5 & 6<i>PAC</i> 3:00 Maundy Thu. Service <i>CH</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i></p>	<p>2 GOOD FRIDAY 1:00 Good Friday Service <i>CH</i> 5:00 TGIFT! with Opera Memphis HG</p>	<p>3 1:00 MOVIE: On the Waterfront (NR, 1954, 4.5*, 1h47m) <i>PAC</i> 5:00 Saturday Music Hour with IRIS Orchestra Duo PAC</p>
<p>oon Dr. Warren <i>Clinic</i> Men's Coffee Hour <i>310</i> MOVIE: The Clock (NR, 4.5*, 1h30m) <i>PAC</i> chaplain's Class: ant Transitions <i>CH</i></p>	<p>8 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Turning Points in History E7&8 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>CH</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i></p>	<p>9 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Miss Potter (PG, 2006, 5*, 1h32m)<i>PAC</i> 5:00 TGIFT! with Breeze Cayolle PAC</p>	<p>10 1:00 MOVIE: A Streetcar Named Desire (PG, 1951, 4.5*, 2h4m) <i>PAC</i> 5:00 Saturday Music Hour with the Jim Mahannah Band PAC</p>
<p>Men's Coffee Hour <i>310</i> MOVIE: Summer Stock (G, 1950, 5*, 1h49m) <i>PAC</i> chaplain's Class: ant Transitions <i>CH</i></p>	<p>15 9:00-4:00 Dottie's Digs GI 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Turning Points in History E9 & 10 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>CH</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i></p>	<p>16 10:30 *Plant Oddities at Botanic Gardens and Lunch at Fratelli's HPL 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Harvey (NR, 1950, 5*, 1h44m)<i>PAC</i> 5:00 TGIFT! with Beverly Brothers PAC</p>	<p>17 1:00 MOVIE: Sayonara (G, 1957, 4.5*, 2h27m) <i>PAC</i> 5:00 Saturday Music Hour with Lea Van Merkestyn PAC</p>
<p>oon Dr. Warren <i>Clinic</i> Men's Coffee Hour <i>310</i> MOVIE: A Star is Born (G, 1954, 4.5*, 2h55m) <i>PAC</i> chaplain's Class: ant Transitions <i>CH</i></p>	<p>22 EARTH DAY 11:30 Volunteer Luncheon SDR 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Turning Points in History E11 & 12 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>CH</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i></p>	<p>23 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Willy Wonka & the Chocolate Factory (PG, 1971, 5*, 1h39m) <i>PAC</i> 5:00 TGIFT! with Terry Starr PAC</p>	<p>24 1:00 MOVIE: Guys and Dolls (NR, 1955, 4.5*, 2h29m) <i>PAC</i> 5:00 Saturday Music Hour with Davy Ray Bennett PAC 6:45 *Transportation to MSO HPL</p>
<p>Men's Coffee Hour <i>310</i> MOVIE: For Me and My Lady (NR, 1942, 4.5*, 1h43m) <i>PAC</i> chaplain's Class: ant Transitions <i>CH</i></p>	<p>29 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Turning Points in History E13 & 14 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>CH</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i></p>	<p>30 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Steel Dawn (PG, 1989, 5*, 1h58m)<i>PAC</i> 5:00 TGIFT! with Hank & Stan PAC</p>	

RESIDENT REFLECTIONS



1 & 2. Barbara Wilson & Geraldine Page received Valentine cards from their great granddaughters, who attend the same preschool! 3. Jim Waller & Kitty Cannon celebrate their anniversary with dinner at Tsunami! Congratulations! 4. Larry delivered dinner to Barbara Christensen. We see he's smiling even through his mask! Thank you to Larry and the whole Dining Staff for their flexibility during COVID!



MOVIES AT TREZEVANT

Continued



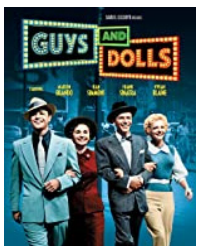
Tue, April 20, 2021
Fosse/Verdon-An inside look at the partnership between choreographer/director, Bob Fosse, and Gwen Verdon, one of the greatest Broadway dancers of all time. (TV-MA, 2019, 4.5*)



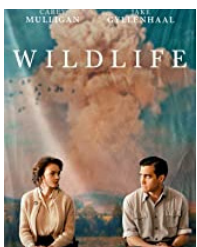
Wed, April 21, 2021
A Star is Born-The career of talented nightclub singer Esther Blodgett is launched by movie star Norman Maine, who also wins the young singer's heart. (PG, 1954, 4.5*, 2h55m)



Fri, April 23, 2021
Willy Wonka & the Chocolate Factory-Take an unforgettable, uniquely magical, musical journey through the deliciously delightful, whimsically wonderful world of Willy Wonka And The Chocolate Factory. (G, 1971, 5*, 1h39m)



Sat, April 24, 2021
Guys and Dolls-When Sky Masterson is challenged to take a missionary to Havana, he finds himself falling in love. But will she return his love when she realizes the trip was a ploy? (NR, 1955, 4.5*, 2h29m)



Sun, April 25, 2021
Wildlife-14-year-old Joe witnesses his mother's struggles after his father temporarily abandons them. (PG-13, 2019, 4*, 1h44m)

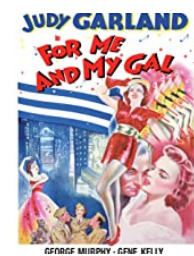
Mon, April 26, 2021



Minari-A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home. (PG-13, 2021, 4.5*, 1h55m)



Tue, April 27, 2021
Fosse/Verdon-An inside look at the partnership between choreographer/director, Bob Fosse, and Gwen Verdon, one of the greatest Broadway dancers of all time. (TV-MA, 2019, 4.5*)



Wed, April 28, 2021
For Me and My Gal-Academy Award-winner Gene Kelly makes his film debut as a song and dance man who lures singer Judy Garland away from her vaudeville partner. (NR, 1942, 4.5*, 1h43m)



Fri, April 30, 2021
Steel Magnolias-The lives, loves, and losses of a trio of strong-willed women in a small Louisiana town are the basis of this heartwarming, often hilarious story. (PG, 1989, 5*, 1h58m)

Let's Welcome Back
Terry Starr!!

Friday, April 23, 2021
5:00 p.m.
Performing Arts Center



Keith Wood is Back!!

Harry & Ike: A Study in Contrasts
Presidents Harry S. Truman & Dwight
D. Eisenhower

Monday, April 19, 2021
7:15 p.m.
Performing Arts Center



TREZEVANT TIDBITS

Spring cleaning is a wonderful time to clean out your living space. Dottie's Digs is asking when you start your spring cleaning that you think of us! Dottie's Digs is a great place to donate items that you do not want or need anymore. Currently, we are taking clothes, shoes, glassware, appliances, furniture, jewelry, and much more!

All proceeds from the sales at Dottie's Digs go to the Foundation at Trezevant to fulfill its' mission. Your in-kind donation is tax-deductible. When donating please fill out the in-kind form located on the table at the entry of Dottie's Digs. Fill out the form and take the white copy and leave the yellow copy at the table. A letter will be sent to you from the Foundation for your records.

Thank you again for shopping at Dottie's Digs and we look forward to seeing you every first and third Thursday of the month for our sales.

-Julie Hoyman

APRIL BIRTHDAYS

Minor Murrah	1
Missie McDonnell	2
Dolores Burkhalter	3
Donna McEniry	4
Elinor Reed	5
Linda Douty Mischke	5
Mary Kate Wyatt	5
Sissy Long	7
Bobby Hollabaugh	9
Geraldine Page	11
Irene Orgill	15
Anne Shaw	16
Kathleen Brafford	19
Pamela Lowery	19
Jane Jones	23
T.V. Miller	26
Bob Richardson	28



TREZEVANT CONTACT INFORMATION

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