



# TIDINGS

July 2021

Issue 7



# AT YOUR SERVICE

by Kim O'Donnell

The following article was submitted by our Public Relations firm, ABO Marketing & PR, to local news media. I wanted to share as it summarizes the wonderful event of June 18th which has become a favorite day at Trezevant.

Many thanks to Rinnie Wood and Ginger Acuff who were the catalysts for this annual event. Trezevant is blessed to have such wonderful support.

Kim  
*Resident Services Director*

## Trezevant Holds First Responder's Appreciation Day

Trezevant, a local senior living community located at 177 N. Highland, held an event celebrating our local first responders on Friday, June 18. The annual First Responder's Appreciation Day honored the Memphis Police Department and Memphis Fire Department. Among the many attendees were City of Memphis Mayor Jim Strickland, Shelby County Mayor Lee Harris and Memphis' new Chief of Police, Cerelyn "C.J." Davis. All three welcomed the crowd and shared appreciation for the first responders who keep our citizens safe.

"It's one of our favorite events of the year," says Rinnie Wood, fitness director at Trezevant. "Both residents and staff eagerly await the chance to thank those who protect and serve us day in and day out."

Trezevant residents and staff were able to visit with the first responders and learn from the TACT unit, bike patrol, robot team, K-9 unit, mounted patrol unit, as well as members of the Memphis Fire Department. Many first responders from the Tillman precinct of the Memphis Police Department and Fire Station #17 attended the event held on Trezevant's campus. Refreshments were available for all. Trezevant's own Reverend Barbara Kirk-Norris led a blessing of the badges to provide hope, encouragement and protection to those who serve their local community.



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# IN ST. EDWARD CHAPEL

*by Rev. Julie McKenna*

July Chaplains' class—Wednesdays at 3pm in St. Edward Chapel. Come join us on all the Wednesdays in July, beginning July 7th for Ben Bledsoe's class on the Wisdom Literature of the Bible. Ben has compiled booklets for all class members to take with them.

Ben describes his class as follows: "Wisdom is both a very desirable and a very elusive quality of Life -- something to be sought and something to work for. Most of us never outgrow our hunger for Wisdom. . . . The lesson from the Bible is that one should include God and His Word as a foundational part of their search for wisdom. Join us in an examination of these important documents."

A new twist on a familiar prayer---

Sometimes an old familiar prayer can take on new life through different wording. In our Lectio Divinia group the Rev. Anne Carriere introduced us to the New Zealand Prayer Book's alternative version of the Lord's prayer. May it bring you new life, as it did for me—Julie

The Lord's Prayer (Alternative version)

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,

Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by the peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom  
sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

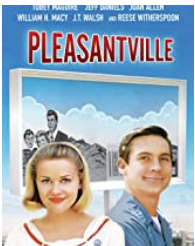
For you reign in the glory of the power that is love, now and for ever. Amen.

# MOVIES AT TREZEVANT

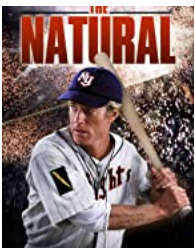
July, 2021



**Fri, July 2, 2021**  
**Top Gun**-High-flying adventure with barnstormer Tom Cruise falling for his beautiful instructor while he competes against fellow flyer Val Kilmer for the coveted Top Gun' award. (PG, 1986, 5\*, 1h49m)



**Sat, July 3, 2021**  
**Pleasantville**-Tobey Maguire and Reese Witherspoon star in this modern day fairy tale where two late 20th Century teenagers accidentally bring living color to a mysterious suburb. (PG-13, 1998, 4.5\*, 2h4m)



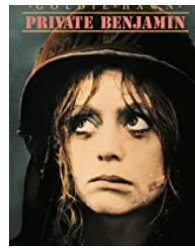
**Sun, July 4, 2021**  
**The Natural**-Robert Redford stars in the inspiring fable of a baseball player's major league dreams and the mysterious woman who shatters them. (PG-13 1984, 5\*, 2h17m)



**Mon, July 5, 2021**  
**The Last Right**-Daniel becomes the focus of a nationwide manhunt for body snatching after traveling to bury the passenger who died in the airplane seat beside him, (2021, 4\*, 1h46m)



**Tue, July 6, 2021**  
**Atlantic Crossing**: E8-Martha suffers a great loss and must decide if she will remain in the USA or return home to Norway with the children after the war. But before she can start a new life, there is one final battle Martha must to face--maybe the greatest battle of her life.



**Wed, July 7, 2021**  
**Private Benjamin**-A spoiled, aimless woman who impulsively joins the army and after a disastrous initiation finds direction and self-esteem. (R, 1980, 4.5\*, 1h49m)



**Fri, July 9, 2021**  
**Apollo 13**-Enroute to the moon, equipment failure causes the space capsule to lose oxygen - can the crew perform the makeshift repairs and return to Earth? (PG-13, 1995, 5\*, 2h20m)



**Sat, July 10, 2021**  
**National Treasure**-As Benjamin tries to find and decipher ancient riddles that will lead him to the Knights Templar treasure, he's dogged by a ruthless enemy who wants the riches for himself. (PG, 2004, 4.5\*, 2h11m)



**Sun, July 11, 2021**  
**Land**-From acclaimed actress Robin Wright, Land, the poignant story of one woman's search for meaning in the vast and harsh American wilderness. (PG-13, 2021, 4.5\*, 1h29m)



**Mon, July 12, 2021**  
**Six Minutes to Midnight**-A teacher of Nazi High Command daughters senses the coming atrocities in 1939, but must navigate a web of double-agents to raise the alarm. (PG-13, 2021, 4\*, 1h39m)



**Tue, July 13, 2021**  
**Genius: Aretha, Ep I**-Aretha travels to Muscle Shoals in 1967 to record her first album, while



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# BE WELL

by Valerie Smithers, R.N.

## *BEAT THE HEAT- Keeping you safe this summer*

It is that time of year when we must take measures to prevent heat related illness. Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. This can occur with not only with excessive sweating; but may occur if you have fever, vomiting, diarrhea, or use diuretics (water pills). The range of symptoms may include increased thirst, decreased sweating, decreased urinary output, headache, leg cramps, and decreased blood pressure leading to lightheadedness and blackouts. A mild dehydration can be treated by replacing fluids and salt. This can be done by consumption of salted beverages such as Gatorade, Pedialyte, Propel, tomato juice, or cool bullion. Consumption of caffeine free beverages is also best.

Common sense is the best way to prevent heat-related illnesses. Avoid strenuous activities in a very hot environment or a poorly ventilated area. Keep your home cool with a recommended thermostat setting of 73-75 degrees. Wear loose, light colored clothing and a hat when going out. Drink plenty of water and other caffeine free beverages. Eat small meals and more often. Avoid high protein foods which increase metabolic heat. Take frequent breaks if working outside. Pace yourself when doing errands during the heat of the summer. Try to avoid going out during the sun's peak time between 10 a.m. and 3 p.m. Stay safe in these remaining summer days.

PLEASE NOTE:

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

# July, 2021 AT TREZEVAANT

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=TREZEVAANT TERRACE TWW=TREZEVAANT WALKWAY WAY=WAYNOKA ENTRANCE</p>			
<p><b>4 Independence Day</b></p> <p>10:30 Sunday Worship &amp; Holy Communion <i>CH</i></p> <p>3:30 Music with the Southaven Boomers!! <i>PAC</i></p> <p>7:00 MOVIE: The Natural (PG-13, 1984, 5* 2h17m) <i>PAC</i></p>	<p><b>5</b></p> <p>11:30-1:30 Holiday Lunch 1:00</p> <p>3:30 America the Beautiful with Suzanne &amp; Jim <i>PAC</i></p> <p>7:00 MOVIE: The Last Right (2021, 4* 1h46m) <i>PAC</i></p>	<p><b>6</b></p> <p>10:00 *Coffee with Kim <i>Bistro</i></p> <p>1:00 Mah Jongg <i>SDR</i></p> <p>1:30-3:00 Ping Pong! <i>310</i></p> <p>3:30 MOVIE: Atlantic Crossing, E8 (TV-MA, 2021) <i>PAC</i></p>	<p><b>7</b></p> <p>9:30-N</p> <p>10:00 *</p> <p>10:00 M</p> <p>1:00 M (R, 19</p> <p>3:00 C with E</p>
<p><b>11</b></p> <p>10:30 Sunday Worship &amp; Holy Communion <i>CH</i></p> <p>3:30 MOVIE: Land (PG-13, 2021, 4.5*, 1h43m) <i>PAC</i></p>	<p><b>12</b></p> <p>1:00-3:00 Bridge <i>SDR</i></p> <p>2:00 Lectio Divina with Anne Carriere <i>CH</i></p> <p>3:00 Mindfulness Meditation <i>CH</i></p> <p>5:00 Happy Hour <i>PAC</i></p> <p>7:00 MOVIE: Six Minutes to Midnight (PG-13, 2021, 4*, 1h39m) <i>PAC</i></p>	<p><b>13</b></p> <p>9:30-Noon Dr. Warren <i>Clinic</i></p> <p>1:00 Mah Jongg <i>SDR</i></p> <p>1:30-3:00 Ping Pong! <i>310</i></p> <p>3:30 MOVIE: Genius-Aretha, Episode 1 (TV-MA, 2021) <i>PAC</i></p>	<p><b>14</b></p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M 2015, 4</p> <p>3:00 C with E</p>
<p><b>18</b></p> <p>10:30 Sunday Worship &amp; Holy Communion <i>CH</i></p> <p>3:30 MOVIE: Dream Horse (PG, 2021, 4*, 1h53m) <i>PAC</i></p>	<p><b>19</b></p> <p>1:00-3:00 Bridge <i>SDR</i></p> <p>2:00 Lectio Divina with Anne Carriere <i>CH</i></p> <p>3:00 Mindfulness Meditation <i>CH</i></p> <p>5:00 Happy Hour <i>PAC</i></p> <p>7:00 MOVIE: Harriet (R, 2019, 4.5* 2h5m) <i>PAC</i></p>	<p><b>20</b></p> <p>1:00 Mah Jongg <i>SDR</i></p> <p>1:30-3:00 Ping Pong! <i>310</i></p> <p>1:30 *IFF Club Meeting <i>SDR</i></p> <p>3:30 MOVIE: Genius-Aretha, Episode 2 (TV-MA, 2021) <i>PAC</i></p> <p>5:00 Trezevant Tasting <i>MR</i></p>	<p><b>21</b> 9:3</p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M Titans <i>PAC</i></p> <p>3:00 C with E</p> <p>7:15 M Miche</p>
<p><b>25</b></p> <p>10:30 Sunday Worship &amp; Holy Communion <i>CH</i></p> <p>3:30 MOVIE: The Meddler (PG-13, 2015, 4.5*, 1h43m) <i>PAC</i></p> <p>5:30 *Trip to Lafayette's Music Room - Breeze Cayolle! <i>HPL</i></p>	<p><b>26</b></p> <p>2:00 Lectio Divina with Anne Carriere <i>CH</i></p> <p>3:00 Mindfulness Meditation <i>CH</i></p> <p>5:00 Happy Hour <i>PAC</i></p> <p>7:00 MOVIE: Percy v. Goliath (PG-13, 4.5*, 1h39m) <i>PAC</i></p>	<p><b>27</b></p> <p>9:30-Noon Dr. Warren <i>Clinic</i></p> <p>1:00 Mah Jongg <i>SDR</i></p> <p>1:30-3:00 Ping Pong! <i>310</i></p> <p>3:30 MOVIE: Genius-Aretha, Episode 3 (TV-MA, 2021) <i>PAC</i></p>	<p><b>28</b></p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M Hudso <i>PAC</i></p> <p>3:00 C with E</p> <p>7:15 R Meeting</p>

<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<p><b>1</b>  <b>9:00-4:00 Dottie's Digs GI</b>            1:30-3:00 Ping Pong! 310            2:00 The Great Courses: The American Mind E3&amp;4 PAC            4:00 Knit, Pray, Love MR            5:00 Happy Hour PAC</p>	<p><b>2</b> 10:30 *Kroger HPL  <b>*11:30 Trezevant Explores: Art with Wil Hergenrader &amp; Lunch, Res. Req'd-746-1843</b>            1:00 Board Games SDR  <b>2:00 MOVIE: Top Gun (PG, 1986, 5*, 1h49m) PAC</b>  <b>5:00 TGIFT! with Lannie McMillen PAC</b></p>	<p><b>3</b>  <b>1:00 MOVIE: Pleasantville (PG-13, 1998, 4.5*, 2h4m) PAC</b>  <b>5:00 Saturday Music Hour with Terry Starr MR</b></p>
<p>Noon Dr. Warren Clinic  <b>*High Point Grocery HPL</b>  <b>Men's Coffee Hour 310</b>  <b>MOVIE: Private Benjamin (R, 1980, 4.5*, 1h49m) PAC</b>  <b>Chaplain's Class: Wisdom Ben Bledsoe CH</b></p>	<p><b>8</b>            1:30-3:00 Ping Pong! 310            2:00 The Great Courses: The American Mind E5&amp;6 PAC            3:00 Listen &amp; Love w/ Dina Smith CH            4:00 Knit, Pray, Love MR            5:00 Happy Hour PAC</p>	<p><b>9</b> <b>Make a New Friend Day</b>            10:30 *Kroger HPL            1:00 Board Games SDR  <b>1:00 MOVIE: Apollo 13 (PG-13, 1995, 5*, 2h20m) PAC</b>  <b>5:00 TGIFT! with Jeremy Clement MR</b></p>	<p><b>10</b>  <b>1:00 MOVIE: National Treasure (PG, 2004, 4.5*, 2h11m) PAC</b>  <b>5:00 Saturday Music Hour MR</b></p>
<p><b>Men's Coffee Hour 310</b>  <b>*High Point Grocery HPL</b>  <b>MOVIE: Brooklyn (PG-13, 2013, 4.5*, 1h51m) PAC</b>  <b>Chaplain's Class: Wisdom Ben Bledsoe CH</b></p>	<p><b>15</b> <b>9:00-4:00 Dottie's Digs GI</b>            1:30-3:00 Ping Pong! 310            2:00 The Great Courses: The American Mind E7&amp;8 PAC            3:00 Listen &amp; Love w/ Dina Smith CH            4:00 Knit, Pray, Love MR  <b>4:45 *Dinner Group: Amerigo's HPL</b>            5:00 Happy Hour PAC</p>	<p><b>16</b> 10:30 *Kroger HPL  <b>10:30 *Pink Palace Movie: Cuba and lunch at Bosco's HPL</b>            1:00 Board Games SDR  <b>1:00 MOVIE: Superman (PG, 1978, 4.5*, 2h23m) PAC</b>  <b>5:00 TGIFT! with Shaun Marsh MR</b></p>	<p><b>17</b>  <b>1:00 MOVIE: Glory (R, 1989, 5*, 2h2m) PAC</b>  <b>5:00 Saturday Music Hour MR</b></p>
<p>10-Noon Dr. Warren Clin.  <b>Men's Coffee Hour 310</b>  <b>*High Point Grocery HPL</b>  <b>MOVIE: Remember the Titans (PG, 2000, 5*, 1h53m)</b>  <b>Chaplain's Class: Wisdom Ben Bledsoe CH</b>  <b>Music with Basil &amp; Doreen PAC</b></p>	<p><b>22</b> 1:30-3:00 Ping Pong! 310            2:00 The Great Courses: The American Mind E9&amp;10 PAC            3:00 Listen &amp; Love w/ Dina Smith CH            4:00 Knit, Pray, Love MR            5:00 Happy Hour PAC  <b>5:30 *Out to Dinner: Ecco on Overton Square HPL</b></p>	<p><b>23</b>            10:30 *Kroger HPL            1:00 Board Games SDR  <b>1:00 MOVIE: Miracle (PG, 2004, 5*, 2h15m) PAC</b>  <b>5:00 TGIFT! with Nancy Apple MR</b></p>	<p><b>24</b>  <b>1:00 MOVIE: Tombstone (R, 1993, 5*, 2h9m) PAC</b>  <b>5:00 Saturday Music Hour with Tim Stanek MR</b></p>
<p><b>Men's Coffee Hour 310</b>  <b>*High Point Grocery HPL</b>  <b>MOVIE: Hyde Park on Broadway (R, 2012, 4*, 1h35m)</b>  <b>Chaplain's Class: Wisdom Ben Bledsoe CH</b>  <b>President Quarterly Meeting PAC</b></p>	<p><b>29</b>            1:30-3:00 Ping Pong! 310            2:00 The Great Courses: The American Mind E11&amp;12 PAC            3:00 Listen &amp; Love w/ Dina Smith CH            4:00 Knit, Pray, Love MR            5:00 Happy Hour PAC</p>	<p><b>30</b>            10:30 *Kroger HPL            1:00 Board Games SDR  <b>1:00 MOVIE: Forrest Gump (PG-13, 1994, 5*, 2h22m) PAC</b>  <b>5:00 TGIFT! with Bobby Lawson MR</b></p>	<p><b>31</b>  <b>1:00 MOVIE: The Flags of our Fathers (R, 2006, 4.5*, 2h11m) PAC</b>  <b>5:00 Saturday Music Hour with Dubois Duo MR</b></p>

# FROM DOTTIE'S DIGS

*by Julie Hoyman*

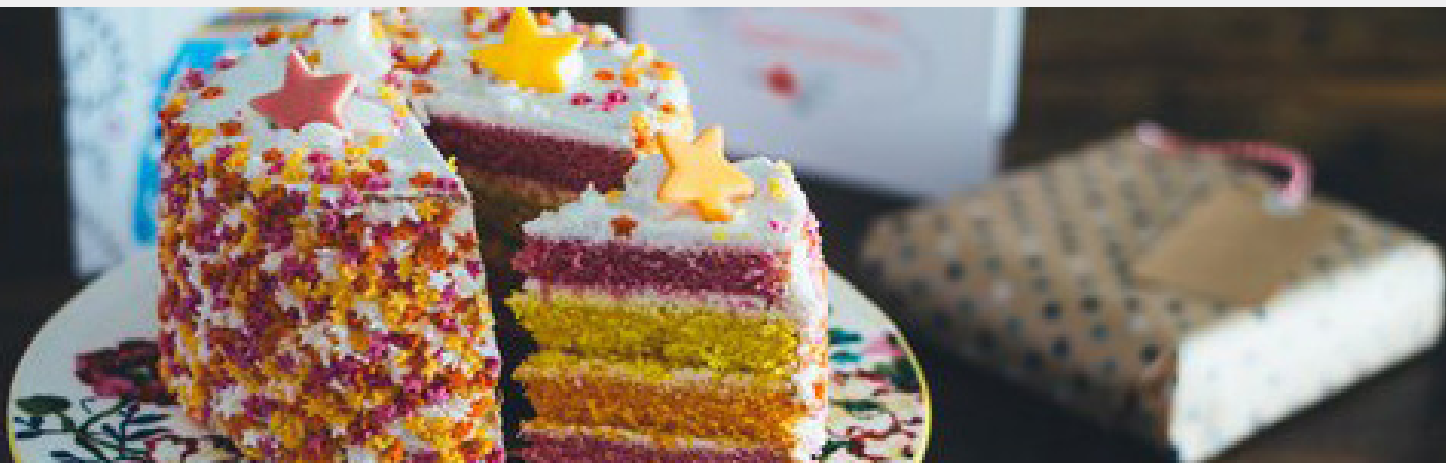
Dottie's Digs is celebrating Christmas in July! Please come by on July 1st and 15th and find treasures for yourself. There is furniture, glassware, paintings and much more! We are celebrating the holidays a little early and will have plenty of decorations for those who wish to get ahead of their friends. Lights, Christmas ornaments, door décor, and so much more! Before the fireworks go off, come in and see all the holiday décor we have for sale.

Dottie's also takes donations to add to its' fabulous offerings. If you are in a move or just want to clear some clutter, remember you can always donate to Dottie's Digs. A letter will be sent for your tax records as an in-kind donation.



## JULY BIRTHDAYS

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





# MOVIES AT TREZEVA

*Continued*



Little Re braves her first solo in C.L. Franklin's church in 1953. A National Geographic series. (TV-MA, 2021, 4.5\*, 57m)

Wed, July 14, 2021

Brooklyn-In this love story based on the best-selling novel, a young Irish immigrant travels to New York City and is torn between two countries and two men. (PG-13, 2015, 4.5\*, 1h51m)

Fri, July 16, 2021

Superman-Director Richard Donner brings the legendary character Superman to the big screen, with Golden Globe-nominee Christopher Reeve as the Man of Steel. (PG, 1978, 4.5\*, 2h23m)

Sat, July 17, 2021

Glory-The stirring true story of the first all-black U.S. Army regiment and its battles during the Civil War. (R, 1989, 5\*, 2h2m)

Sun, July 18, 2021

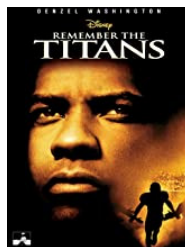
Dream Horse-An inspiring true story of a town's against-all-odds fight to raise a winning race horse and save their struggling town. (PG, 2021, 4\*, 1h53m)

Mon, July 19, 2021

Harriet-The extraordinary story of abolitionist Harriet Tubman is chronicled in this "powerful" (New York Times) drama. (R, 2019, 4.5\*, 2h5m)

Tue, July 20, 2021

Genius: Aretha-E2 Struggling to find her sound, Aretha meets Jerry Wexler in 1964. Little Re goes on her first gospel



tour in 1954, led by her father. (TV-14, 2021, 4.5\*, 47m)

Wed, July 21, 2021

Remember the Titans-True story of a newly integrated high school football team. (PG, 2000, 5\*, 1h53m)

Fri, July 23, 2021

Miracle-True story of a player-turned-coach who led the Olympic hockey team. (PG, 2004, 5\*, 2h15m)

Sat, July 24, 2021

Tombstone-Wyatt Earp & Doc Holliday team up at the O.K. Corral. (R, 1993, 5\*, 2h9m)

Sun, July 25, 2021

The Meddler-After she's left at the altar, a workaholic ends up on her Caribbean honeymoon cruise with her estranged father. (TV-MA, 2018, 4\*, 1h38m)

Mon, July 26, 2021

Hachi: A Dog's Tale-A recent widow crosses coasts to be closer to her daughter and meddles in the lives of those around her. (PG-13, 2016, 4\*, 1h43m)

Tue, July 27, 2021

Genius: Aretha-E3

Aretha juggles her music career and her commitment to the civil rights movement in 1967 and 1968, led by Martha Luther King, Jr. (TV-14, 2021, 4.5\*, 47m)

Wed, July 28, 2021

Hyde Park on Hudson-An engaging look at the pivotal meeting between FDR and the King and Queen of England at FDR's home in upstate New York. (R, 2012, 4\*, 1h35m)



# RESIDENT REFLECTIONS



1. Barbara Wilson and her family! 2. Marilyn Dunavant and three of Memphis' finest!! 3. Residents and Staff enjoying the First Responders Day and the weather! From left: Kosta Taras, Loretta Taras, Ann Nichols, Geraldine Page, Rev. Barbara Kirk-Norris, Brian Wilmarth, Anna McNeill, Paul Martin, Elizabeth Holmes, Kim O'Donnell, Rinnie Wood, Susan Whitehead, Diane Davis and Ann Knox. Adjacent Page: 1. Missie McDonnell and Buzzy Hussey 2. Lillian Brown with Colonel Brenda Patterson. 3. Mayor Jim Strickland and new Police Director Cerelyn 'C.J.' Davis meet with TV reporters from Hope's Garden.





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