

AT YOUR SERVICE by Kim O'Donnell

Planning and organizing, even in the later stages of our lives, is a vital part of living a quality life. Quality is the key with retirement living and the staff at Trezevant is here to assist residents. The area of campus receiving the greatest number of requests is Maintenance. Our Maintenance department services an average of 1100 orders a

month across the Trezevant campus. These involve everything from appliance repair to zoning issues (A-Z). In addition to maintaining our physical plant, including housekeeping, the Maintenance department also oversees remodeling of units for incoming residents. This may be as many as ten remodeling jobs, simultaneously, involving a range of floor plans from a 648 sq. ft. birch apartment to a 3000 sq. ft. garden home. Needless to say this is no small task, thus it would be beneficial if residents knew the process of the Maintenance order; how it starts and where it goes.

Residents with email accounts may send their requests to maintenance@trezevantmanor.org indicate your building, apartment number, or address, phone contact and the issue you are reporting. The request is entered into a program, assigned to an employee, logged and indicated as active. Once the employee has completed the order it is then updated and closed. Residents without email may call 901-251-9225 to report their issues. Messages are checked during normal working hours.



Priority maintenance issues will take precedent over non-emergency issues such as light bulb changing. If you have an after-hours maintenance emergency please contact the reception desk. The receptionist will contact the necessary personnel to handle the situation. Security personnel have been trained to provide temporary assistance until the assigned on-call staff member arrives.

We strive to bring you the best service possible and are open to new ideas to improve the quality of life here at Trezevant.

RESIDENT SERVICES

Kim O'Donnell, Director kodonnell@trezevantmanor.org (901) 251-9205

Teresa Johnson, Programming & Communications tjohnson@trezevantmanor.org (901) 746-1843 Best regards,

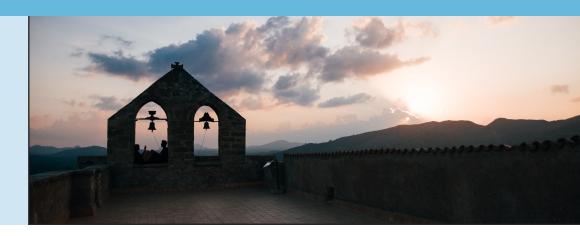
Kim

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

SPIRITUAL SERVICES

Rev. Julie McKenna, Lead Chaplain, Director jmckenna@trezevantmanor.org (901) 325-4000

Rev. Barbara Kirk-Norris, Associate Chaplain bkirknorris@trezevantmanor.org (901) 251-9208



IN ST. EDWARD CHAPEL

by Rev. Julie McKenna

We are so fortunate to have among us able retired resident clergy that would like to lead us in worship. I wanted to give them the occasion to do so, so on 5th Sundays and occasionally a Sunday when I have to be out, I have invited them to preach at St. Edward Chapel.

Sunday, August 1st at 10:30 am -- Rev. Milton Winter will preach and Barbara will be celebrant.

Sunday, August 29th at 10:30am—Rev. Ben Bledsoe will preach and I will be celebrant.

Wednesday, August 18th at 3:00 pm in St. Edward Chapel -- Hymn Sing

Come join us for an informal hymn sing of some old favorites!

Save the dates in Sept:

Wednesday, Sept. 1st at 3:00 pm in Hope's Garden: Service of Remembrance and Release.

We will have a short service with a butterfly release celebrating all the residents and staff lost during the beginnings of Covid till the present date.

Sunday, Sept. 5th at 10:30am - Bishop Phoebe will be here!

Bishop Phoebe Roaf, the Bishop for the Diocese of West Tennessee will be our guest preacher and celebrant at St. Edward Chapel! Please come join us and make Bishop Phoebe feel welcome!

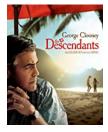
Stay tuned—there's lots more to come in the fall, after Labor Day including a full chaplains' class schedule with guest lecturers like Rachel Shankman from Facing History and Ourselves and Mitzi Minor from Memphis Theological Seminary!

MOVIES AT TREZEVANT

August 2021



Sun, August 1, 2021 Queen Bees-With her house under repair, a fiercely independent widow stays at a retirement home and realizes it's high school all over again in this comedy about staying young at heart. (PG-13, 2021, 4.5*, 1h41m)



Mon, August 2, 2021 The Descendants-Hawaiian lawyer George Clooney deals with grief, fatherhood and real estate in the wake of a tragedy in this Oscar(R)-winning drama. (R, 2011, 4.5*, 1h54m)



Tue, August 3, 2021 All Creatures Great & Small: Ep 2-Siegfried's younger brother Tristan arrives, having passed his final exams at veterinary college and bringing his own unique chaos to Skeldale House. James starts to feel threatened when Tristan goes out of his way to impress his brother. (TV-14, 2021, 4.5*, 47m)

Wed, August 4, 2021

Beach Blanket Bingo-Subplots in this classic beach movie of the 1960s include: a group of beach teens become involved in a kidnapping of a singing idol; a mermaid falls in love with a nitwit; a villainous "drunkard"; and motorcycle gangs. (G, 1965, 4.5*, 1h36m)

Fri, August 6, 2021

Beaches-Bette Midler and Barbara Hershey are complete opposites whose lifelong bond carries them down a rocky--and often comical--road. (PG-13, 1988, 4.5*, 2h3m)



SENIOR MOMENT











Sat, August 7, 2021

Caddyshack-A comedy about a construction tycoon who tries to join a snobby country club that doesn't want him as a member. (R, 1980, 4.5*, 1h37m)

Sun, August 8, 2021

Senior Moment-After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again. (PG-13, 2021, 4*, 1h32m)

Mon, August 9, 2021

Crazy Rich Asians-Based on the acclaimed worldwide bestseller. Native New Yorker Rachel Chu accompanies her boyfriend to his best friend's wedding in Singapore and meets his family for the first time. (PG-13, 2018, 4.5, 2h) Tue, August 10, 2021 All Creatures Great & Small: Ep 3-Siegfried is interviewing for his dream job at Darrowby Racecourse. James faces the toughest challenge of his career when he is called to treat Hugh Hulton's pedigree racehorse, Andante. (TV-MA, 2021, 4.5*, 57m) Wed, August 11, 2021 Grease-Go back to high school with Pink Lady Sandy, leader of the bad-boy T-Birds, Danny, and a rockin' and rollin' all-star cast. (PG, 1978, 5*, 1h50m) Fri, August 13, 2021 Stand by Me-Four 12-yearolds searching for a missing

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EACHES



WELLNESS SERVICES

Rinnie Wood, Fitness Director & Community Liaison rwood@trezevantmanor.org (901)251-9223

Ginger Acuff, Instructor Kirsti Carroll, Instructor Leigh Pittinger, Instructor Sheila Rae, Instructor (901) 251-9223

Valerie Smithers, Wellness Nurse vsmithers@trezevantmanor.org (901) 251-9239

BEWELL by Rinnie Wood, Fitness Director & Community Liaison

Don't we all want to remain active for our lifetime? Falls and fall-related injuries are a major threat to independent living. Falls are the leading cause of injury-related hospitalizations for those 65 years old and older.

Trezevant will be adding a very special balance, heart, strength and flexibility training program called SAIL (Staying Active and Independent for Life). Look for a flyer in your mailbox the first week of August that will detail the SAIL format, information session, class schedules, and how everyone here can benefit from this program.

Many falls are due to aging, such as chronic health conditions, daily medications, changes in muscle strength, balance, vision, and walking ability. By learning to manage these conditions, falls among adults 65 and older can be prevented or reduced. From 2003-2005, a study was developed to demonstrate the effectiveness of a fall prevention program, which included:

Identification of individual risk factors

Group strength, balance, and aerobic exercise classes

Group education classes on fall prevention, exercise, home safety, safe footwear, walkers, and canes.

The study noted above indicated the four most important things to do to prevent falls are:

Begin an exercise program. Make your home safer. Have your healthcare provider review your medicines. Have your vision checked.

Repeat after me... Falls among those 65 and older can be reduced or prevented.

LET'S SHOUT IT TOGETHER... FALLS AMONG THOSE 65 AND OLDER CAN BE REDUCED OR PRE-VENTED.

Join Ginger, Leigh, and me, and get ready to SAIL into a fall-free zone here at Trezevant!

ease check the weekly calendar or updates. *=Sign up in the Activity Book.	Sunday	Monday	Tuesday	U
for updates. *=Sign up in the Activity Book.	l 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: Queen Bees (PG-13, 1984, 5* 1h41m) <i>PAC</i>	2 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: The Descendants (R, 2011, 4.5*, 1h54m) <i>PAC</i>	3 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: All Creatures Great & Small, Season 1, Episode 2 (TV-PG, 2021, 4.5*) <i>PAC</i>	4 9:00-10 Man <i>HG</i> 10:00 *Hig 10:00 Mer 1:00 MOV Bingo (G, <i>PAC</i> 4:00 Herg Presentat 7:15 Basil
1	8 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00-4:00 Golf Watch Party <i>PAC</i> 7:00 MOVIE: Senior Moment (PG-13, 2020, 4*, 1h34m) <i>PAC</i>	9 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: Crazy Rich Asians (PG-13, 2018, 4.5*, 2h) <i>PAC</i>	10 9:30-Noon Dr. Warren <i>Clinic</i> 10:00 *Coffee with Kim <i>Bistro</i> 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>310</i> 4:00 ELVIS is in the building!! <i>PAC</i>	11 9:00-10:15 <i>HG</i> 10:00 *Hig 10:00 Mer 1:00 MOV 5*, 1h50m 7:15 Estat Bailey <i>PA</i>
ft, 2021 AT TREZEVANT	15 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: Genius (PG-13, 2016, 4.5*, 1h43m) <i>PAC</i>	 16 1:00-3:00 Bridge SDR 2:00 Lectio Divina with Anne Carriere CH 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:00 MOVIE: La La Land (PG-13, 2016, 4.5*, 2h7m) 	17 1:00 Mah Jongg <i>SDR</i> 1:30 *IFF Club Meeting <i>GAL</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: All Creatures Great & Small, Season 1, Episode 3 (TV-PG, 2021, 4.5*) <i>PAC</i> 5:00 Trezevant Tasting <i>MR</i>	18 9:00-10:15 <i>HG</i> 9:30-Nooi 10:00 Mer 10:00 *Hig 3:00 Hym 4:30-6:30 Reception times <i>PA</i>
	22 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: From the Vine (PG-13, 2020, 4.5*, 1h34m) <i>PAC</i>	23 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: Mamma Mia (PG-13, 2008, 5* 1h48m) <i>PAC</i>	24 9:30-Noon Dr. Warren <i>Clinic</i> 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: All Creatures Great & Small, Season 1, Episode 4 (TV-PG, 2021, 4.5*) <i>PAC</i>	25 9:00-10:15 <i>HG</i> 10:00 Mer 10:00 *Hig 1:00 MOV (PG, 1981, 4:00 Herg Presentat
-	29 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: Queen Marie (PG-13, 2021, 4*, 1h50m) <i>PAC</i>	30 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: Marley & Me (PG, 2008, 5*, 1h55m) <i>PAC</i>	31 1:00 Mah Jongg <i>SDR</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: All Creatures Great & Small, Season 1, Episode 5 (TV-PG, 2021, 4.5*) <i>PAC</i>	I

PLEASE NOTE: Events are subject to change.

Jednesday	Thursday	Friday	Saturday
:15 Tim the Produce gh Point Grocery <i>HPL</i> a's Coffee Hour <i>310</i> IE: Beach Blanket 1965, 4.5*, 1h36m) enrader Art ion Repeat <i>PAC</i> Alter Performance <i>PAC</i>	5 9:00-4:00 Dottie's Digs <i>GI</i> 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Expe- rience America 7&8 <i>PAC</i> 4:00 Knit, Pray, Love <i>GAL</i> 5:00 Happy Hour <i>PAC</i>	 6 10:30 *Kroger HPL *11:30 Trezevant Explores: When HAIR Came to Memphis with Mike Osborn Res. Req'd-746-1843 1:00 Board Games SDR 2:00 MOVIE: Beaches (PG-13, 1988, 4.5*, 2h3m)PAC 5:00 TGIFT! with Sandra Miller MR 	7 1:00 MOVIE: Caddyshack (R, 1980, 4.5*, 1h37m) <i>PAC</i> 5:00 Saturday Music Hour with Kenneth Jackson <i>MR</i>
Tim the Produce Man gh Point Grocery <i>HPL</i> o's Coffee Hour <i>310</i> IE: Grease (PG, 1978, a) <i>PAC</i> e Planning with Mac <i>C</i>	12 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Expe- rience America 9&10 <i>PAC</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i>	13 10:30 *Kroger <i>HPL</i> 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Stand by Me (R, 1986, 5*, 1h28m) <i>PAC</i> 5:00 TGIFT! with Wyly Bigger <i>MR</i>	14 1:00 MOVIE: South Pacific (NR, 1958, 4.5*, 2h37m) <i>PAC</i> 5:00 Saturday Music Hour with Stephan White <i>MR</i>
Tim the Produce Man n Dr. Warren <i>Clinic</i> a's Coffee Hour <i>310</i> gh Point Grocery <i>HPL</i> n Sing <i>CH</i> New Resident a-Check invitation for	 19 9:00-4:00 Dottie's Digs <i>GI</i> 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses: Experience America 11&12 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>GAL</i> 4:00 Knit, Pray, Love <i>MR</i> 4:45 *Dinner Group: Amerigo's <i>HPL</i> 5:00 Happy Hour <i>PAC</i> 	 20 10:30 *Kroger HPL 10:30 *Outing to Barrettville General Store for lunch HPL 1:00 Board Games SDR 1:00 MOVIE: The Notebook (PG-13, 2004, 4.5*, 2h3m) PAC 5:00 TGIFT! with Louise Page MR 	21 1:00 MOVIE: Eat, Pray, Love (PG-13, 2010, 4.5*, 2h20m) <i>PAC</i> 5:00 Saturday Music Hour with Deborah Swiney <i>MR</i>
Tim the Produce Man a's Coffee Hour <i>310</i> gh Point Grocery <i>HPL</i> IE: On Golden Pond 4.5*, 1h49m) <i>PAC</i> enrader Art ion Repeat <i>PAC</i>	26 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Expe- rience America 13&14 PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC 5:30 *Out to Dinner: Andrew Michael HPL	27 10:30 *Kroger <i>HPL</i> 1:00 Board Games <i>SDR</i> 1:00 MOVIE: Dirty Dancing (PG-13, 1987, 5*, 1h40m) <i>PAC</i> 5:00 TGIFT! with Arthur Hart <i>MR</i>	28 1:00 MOVIE: The Graduate (PG, 1967, 4.5*, 1h45m) PAC 5:00 Saturday Music Hour with Diana Stein MR

OCATION KEY:

CH=ST. EDWARD CHAPEL GAL=GALLERY HG=HOPE'S GARDEN HPL=HIGHLAND ENTRANCE MR=MUSIC ROOM PAC=PERFORMING ARTS CENTER SDR=SNOWDEN DINING ROOM TT=TREZEVANT TERRACE TWW=TREZEVANT WALKWAY WAY=WAYNOKA ENTRANCE

AUGUST BIRTHDAYS

August 1	Ann Whitsitt	August 9	Anne Connell	August
	Margaret Taylor		Lavinia Skinner	
	Grace Upshaw	August 10	Mannie Frisby	August
August 2	Joy Austin-Files		Mary Vaiden	August
August 4	Randy Turner	August 13	Eleanor Nunn	
August 5	Jimmye Pidgeon		Warren Nunn	August
August 6	Helen Cox		John Wade	
	Ray Podesta	August 15	Sam Beach	
August 7	Elaine Schuppe	August 16	Peg Stringer	

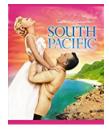
August 17	Mary Nelson
	Stephan Nelson
August 20	Eva Hussey
August 27	Suzanne Osborn
	Susan Whitehead
August 28	Sylvia Adams
	Dina Smith



FROM DOTTIE'S DIGS

August is a great time to get rid of the clutter and get ready for the fall. I always enjoy changing things up. My Mom and Sister loved the art of rearranging. I think if the Olympics had re arranging as a sport, they could have won the gold medal. Dottie's is a great place to get rid of the old and pick out something new. Retail Therapy is good especially if your letting things go to make room for some new things. Everyone enjoys looking for treasures in Dottie's Dig. Thankis to everyone and their donations!

MOVIES AT TREZEVANT



LALA LAND

teenager's body find more than they bargained for. (PG, 1986, 5*, 1h28m)

Sat, August 14, 2021

South Pacific-A towering musical masterpiece and the tender love story of a naive young Navy nurse and an older French Plantation owner on a U.S. occupied South Sea island. (PG, 1958, 4.5*, 2h37m)

Sun, August 15, 2021

Genius-Nicole Kidman and Colin Firth star in this stirring drama about the friendship between Thomas Wolfe and editor Maxwell Perkins. (PG-13, 2016, 4.5*, 1h43m) Mon, August 16, 2021

La La Land-A jazz pianist falls in love with an aspiring actress as they both pursue their dreams of stardom in this six-time Oscar(R) winner. (PG-13, 2016, 4.5*, 2h7m)

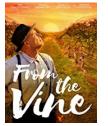
Tue, August 17, 2021 All Creatures Great & Small: Ep 4-Mrs. Pumphrey fears her beloved Tricki Woo is dying, so James takes Tricki back for a period of rehabilitation. (TV-14, 2021, 4.5*, 47m)

Fri, August 20, 2021

The Notebook-Behind every great love is a great story. Two teenagers from opposite sides of the tracks fall in love during one summer together, but are tragically forced apart. (PG-13, 2004, 4.5*, 2h3m)

Sat, August 21, 2021

Eat Pray Love-A married woman realizes her life needs to go in a different direction - after a painful divorce, she takes off on a roundthe-world journey. (PG-13, 2010,















4.5*, 2h20m)

Sun, August 22, 2021 From the Vine-A downtrodden man experiences an ethical crisis and travels back to his hometown in rural Italy to recalibrate his moral compass. (PG-13, 2020, 4.5*, 1h34m)

Mon, August 23, 2021 Mamma Mia-Have the time of your life with Meryl Streep and an all-star cast in this undeniably fun celebration of mothers and daughters, old friends and newly found family! (PG-13, 2008, 5*, 1h48m)

Tue, August 24, 2021 All Creatures Great & Small: Ep 5-James has been named Attending Vet at the town fair, where the locals try to cheat and bribe him. (TV-14, 2021, 4.5*, 47m)

Wed, August 25, 2021 On Golden Pond-Three generations confront each other during a New England vacation in this Oscar(R)-winning drama with Katharine Hepburn and Henry Fonda. (PG, 1981, 4.5*, 1h49m)

Fri, August 27, 2021 Dirty Dancing-Spending the summer in a holiday camp with her family, Frances ('Baby') falls in love with the camp's dancing teacher. (PG-13, 1987, 5*, 1h40m)

Sat, August 28, 2021 Queen Marie-Romania's every hope accompanies its queen on her mission to Paris to lobby for international recognition at the 1919 peace talks. (PG-13, 2021, 4*, 1h40m)





RESIDENT REFLECTIONS

1. New Mural in Terrace Walkway Adjacent Page: 1. Resident Garden Photos taken by Dee Canale



ELEGANCE AT TREZEVANT FASHION SHOW



Join your friends and neighbors at the Elegance at Trezevant Fashion Show hosted by Trezevant and Coming Attractions! See the latest trends in Ladies apparel, enjoy lunch and get a chance to win a PRIZE!

> Saturday, September 25, 2021 11:00 a.m. - 1:30 p.m.

Tickets Go On Sale Wednesday, September 1, 2021

Contact Teresa Johnson at (901) 325-4000 to purchase tickets!

> \$25.00 per person Lunch is included.

Benefitting Hope's Galden at Thesevant



TREZEVANT CONTACT INFORMATION

TREZEVANT RECEPTION DESK (901) 325-4000

TREZEVANT TERRACE RECEPTION DESK (901) 746-1800

> ALLEN MORGAN RECEPTION DESK (901) 325-4003

> > BANK Suntrust Bank (901) 462-2801

DINING DIRECTOR David Edwards dedwards@trezevantmanor.org (901) 251-9212

DINING RESERVATIONS Ashley Newman anewman@trezevantmanor.org (901) 251-9212

HOUSEKEEPING Annie Wade awade@trezevantmanor.org (901) 515-2999

MAINTENANCE maintenance@trezevantmanor.org (901) 251-9225

SECURITY securityoffice@trezevantmanor.org (901) 515-2998

TRANSPORTATION transportation@trezevantmanor.org (901) 251-9227





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