



TIDINGS

September 2021

Issue 9



AT YOUR SERVICE

by Kim O'Donnell

Trezevant will be honoring four centenarians on Thursday, September 9 at Theatre Memphis also celebrating 100 years of existence. Theatre Memphis will put on the production of Hello Dolly for residents and invited guests in their newly remodeled theater. The newly renovated theater is a finalist for the Memphis Business Journal's 2021 Building Memphis awards, in the Best Renovations-large category. An addition of thousands of square feet of common spaces, reconditioned seats, 21 restrooms, a southern corridor entry with porte-cochere, walls to display local art, new bar along with a full kitchen for catering, and Will Call window accessible from outside. Of course, the well known cut-steel sculptures by Lon Anthony titled "Dramatis Personae" are positioned on the exterior. Art and design elements such as Burton Callicott's rainbow painting, Brantley Elzey's piece "Backstage Romance", along with Wayne Edge's sculpted chandeliers and sconces all contribute to the interior décor. Plan to join us for an evening of celebration, entertainment and tons of fun! Covid protocols observed.

Communications are ramping up at Trezevant as our team has been behind the scenes updating the software. The new program will enable advance capabilities to improve everyday life. Capabilities include push notifications, survey content, weather reports, phone and photo directory, announcements, video interaction, activities registration and so much more. This is an exciting enhancement to our programming as we work to bring the best to Trezevant.

Finally, our dedication is to return to normal with daily activities. Thus, we will move forward with planned events observing all Covid protocols. Please bear in mind that we realize the importance of a balanced and happy social life. As we cope with the Delta variant, any changes in programming, however last minute, will be made for the safety and well being of our residents and staff. Please be aware that we use all resources available in making these decisions.

Kim



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IN ST. EDWARD CHAPEL

by Rev. Julie McKenna

Our special September events:

Wednesday, Sept. 1st at 3:00 pm in Hope's Garden: Service of Remembrance and Release-- a butterfly release in memory of all the residents and staff we've lost during the pandemic (March 15, 2020 to the present). Special music will be provided by Howard and Beverly Vance (guitar and flute), and vocalist, Joel Chapman. Lemonade and cookies as well!

Sunday, Sept. 5th at 10:30am in St. Edward Chapel: Bishop Pheobe Roaf, presiding Bishop of the Episcopal Diocese of West Tennessee will lead us in worship!

Wednesdays, Sept. 8, 15, 22, and 29th and 3:00 pm: Chaplains' classes begin with our own Rev. Milton Winter, resident and retired clergy, will lead us in a study of scripture with pictures of the land of the Bible from Adam and Eve to Abraham and Sarah in a study he calls "Exploring the Land Where God was Born."

MOVIES AT TREZEVANT

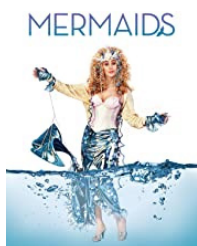
September 2021



Wed, September 1, 2021
Miss Pettigrew Lives for a Day-A British nanny finds herself engaged as a social secretary to a lively American actress in this comedy. (PG-13, 2008, 4.5*, 1h32m)



Tue, September 7, 2021
All Creatures Great & Small:
 Ep 6-Siegfried has flu and James's workload has doubled. James and Tristan must decide if they should perform a high-risk procedure against Siegfried's advice. (TV-MA, 2021, 4.5*, 57m)



Fri, September 3, 2021
Mermaids-A single mother of two is a source of constant embarrassment to her confused 15-year-old daughter, who's trying to deal with her own sexual awakening--and not having an easy time of it. (PG-13, 1990, 4.5*, 1h50m)



Wed, September 8, 2021
9 to 5-Frank Hart itakes advantage of the women who work with him in the grossest manner. When his three assistants manage to trap him in his own house, they assume control of his department and productivity leaps, but just how long can they keep Hart tied up? (PG, 1980, 5*, 1h49m)



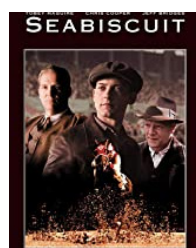
Sat, September 4, 2021
Memoirs of a Geisha-A Cinderella story set in a mysterious and exotic world, this stunning romantic epic shows how a house servant blossoms, against all odds, to become the most captivating geisha of her day. (PG-13, 2005, 5*, 2h25m)



Fri, September 10, 2021
The Paper-Oscar winner Ron Howard directs an all-star cast, including Michael Keaton, Robert Duvall, Glenn Close and Marisa Tomei, in this drama following 24 hours in a newspaper editor's life. (R, 1994, 4.5, 1h52m)



Sun, September 5, 2021
The Last Letter from your Lover-A pair of interwoven stories set in the past and present follow an ambitious journalist determined to solve the mystery of a forbidden love affair at the center of a trove of secret love letters from 1965.(TV-MA, 2021, 4*, 1h50m)



Sat, September 11, 2021
Seabiscuit-True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of the nation as well. (PG-13, 2003, 5*, 2h25m)



Mon, September 6, 2021
Swing Shift-Goldie Hawn stars in this nostalgic romantic comedy as a demure World War II housewife whose life is enriched by her job at a homefront factory. (PG, 1984, 4.5*, 1h40m)



Sun, September 12, 2021
Genius-Chronicling the complex relationship between famed literary editor Max Perkins, and the eccentric novelist Thomas Wolfe.(PG-13, 2021, 4.5*, 1h43m)



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BE WELL

by Rinnie Wood, Fitness Director & Community Liaison

FIVE WAYS BEING OUTDOORS CAN MAKE YOU HAPPIER & HEALTHIER

Natural surroundings and fresh air have strong healing powers, according to some studies. Erica Price, a certified therapeutic recreational therapist, states, "Being outdoors can be healing and beneficial for the body and mind. Whether at the beach, forest, or in a neighborhood park, nature has a calming effect."

According to Price, being outdoors can improve your health in the following five ways:

- Lowers your blood pressure and reduces stress- Simply looking at trees reduces stress hormones cortisol and adrenaline.
- Improves mood- Anxiety, depression and anger are notably decreased after spending time outside. Researchers have found that nature simply makes us happy.
- Improves focus- Studies show that both adults and children are better able to concentrate after being in nature.
- Helps us heal quicker- Patients who spent time outside during their recovery required fewer painkillers, had fewer complications, and had shorter hospital stays.
- Support graceful aging- According to the Journal of Aging and Health, adults over 70 experienced fewer sleep difficulties, enjoyed improved mobility and ability to perform daily activities and complained less about aches and pains. Sharp Health News, May 2020

With autumn upon us, we can all anticipate spending time outdoors here at Trezevant and in the community. Go outside and enjoy Hope's Garden. Soon, we will be publishing our Trezevant Walks schedule, which begins Tuesday, September 21. These outings are planned for every Tuesday through October 26. We will have our Haunted Trail again on our path. Sign up in the Activities Book for these, and also for the on-site Alzheimer's Walk on Friday, November 5. So, lace up your walking shoes and get outdoors. Or simply stroll to a bench, take a deep breath, look at the flowers, trees, and sky, and count your blessings.

Your body and mind will thank you!

PLEASE NOTE:

Events are subject to change.

Please check the weekly calendar for updates.

*=Sign up in the Activity Book.

September, 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>1</p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M</p> <p>Lives f</p> <p>4.5*, 1</p> <p>3:00 S</p> <p>HG</p>
<p>5</p> <p>10:30 Sunday Worship & Holy Communion CH</p> <p>3:30 MOVIE: The Last Letter from your Lover (TV-MA, 2021, 4* 1h50m) PAC</p>	<p>6</p> <p>LABOR DAY</p> <p>11:30-1:00 BBQ Lunch! HG</p> <p>1:00-3:00 Bridge SDR</p> <p>2:00 Lectio Divina with Anne Carriere CH</p> <p>3:00 Mindfulness Meditation CH</p> <p>7:00 MOVIE: Swing Shift (PG, 1984, 4.5*, 1h40m) PAC</p>	<p>7</p> <p>10:00 *Coffee with Kim Bistro</p> <p>1:00 Mah Jongg SDR</p> <p>1:30-3:00 Ping Pong! 310</p> <p>3:30 MOVIE: All Creatures Great & Small E6 (TV-PG, 2021, 4.5*) PAC</p>	<p>8</p> <p>9:30-N</p> <p>10:00 *</p> <p>10:00 M</p> <p>1:00 M</p> <p>5*, 1h</p> <p>3:00 C</p> <p>Milton</p>
<p>12</p> <p>10:30 Sunday Worship & Holy Communion CH</p> <p>3:30 MOVIE: Genius (PG-13, 2021, 4.5*, 1h43m) PAC</p>	<p>13</p> <p>1:00 *CATIE Training PAC</p> <p>1:00-3:00 Bridge SDR</p> <p>2:00 Lectio Divina with Anne Carriere CH</p> <p>3:00 Mindfulness Meditation CH</p> <p>5:00 Happy Hour PAC</p> <p>7:00 MOVIE: The Courier (PG-13, 2021, 4.5*, 1h52m) PAC</p>	<p>14</p> <p>9:30-Noon Dr. Warren Clinic</p> <p>10:00 *Coffee with Kent Bistro</p> <p>1:00 *CATIE Training PAC</p> <p>1:00 Mah Jongg SDR</p> <p>1:30-3:00 Ping Pong! 310</p> <p>3:30 MOVIE: All Creatures Great & Small E7 (TV-PG, 2021, 4.5*) PAC</p>	<p>15</p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M</p> <p>2009,</p> <p>3:00 C</p> <p>Milton</p> <p>4:00 *</p>
<p>19</p> <p>10:30 Sunday Worship & Holy Communion CH</p> <p>3:30 MOVIE: When Last We Spoke (PG-13, 2020, 4.5*, 1h47m) PAC</p>	<p>20</p> <p>1:00-3:00 Bridge SDR</p> <p>2:00 Lectio Divina with Anne Carriere CH</p> <p>3:00 Mindfulness Meditation CH</p> <p>5:00 Happy Hour PAC</p> <p>7:00 MOVIE: Charming the Hearts of Men (PG-13, 2020, 5*, 1h47m) PAC</p>	<p>21</p> <p>1:00 Mah Jongg SDR</p> <p>1:30-3:00 Ping Pong! 310</p> <p>1:30 *IFF Club Meeting PAC</p> <p>3:30 MOVIE: Modern Love S1, E1 (TV-PG, 2019, 4.5*) PAC</p>	<p>22</p> <p>9:30-N</p> <p>10:00 M</p> <p>10:00 *</p> <p>1:00 M</p> <p>Success</p> <p>1h47m</p> <p>3:00 C</p> <p>Milton</p>
<p>26</p> <p>10:30 Sunday Worship & Holy Communion CH</p> <p>3:30 MOVIE: Free Byrd (PG-13, 2021, 4*, 1h29m) PAC</p>	<p>27</p> <p>2:00 Lectio Divina with Anne Carriere CH</p> <p>3:00 Mindfulness Meditation CH</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Afghanistan Situation & Performance by Elham Fanous PAC</p>	<p>28</p> <p>9:30-Noon Dr. Warren Clinic</p> <p>1:00 Mah Jongg SDR</p> <p>1:30-3:00 Ping Pong! 310</p> <p>3:30 MOVIE: Modern Love S1, E1 (TV-PG, 2019, 4.5*) PAC</p>	<p>29</p> <p>10:00 M</p> <p>10:00 *</p> <p>Noon-V</p> <p>Vaccin</p> <p>3:00 C</p> <p>Milton</p>

Wednesday	Thursday	Friday	Saturday
<p>Men's Coffee Hour 310</p> <p>*High Point Grocery HPL</p> <p>MOVIE: Miss Petigrew for a Day (PG-13, 2008, 1h32m) PAC</p> <p>Service of Remembrance</p>	<p>2</p> <p>9:00-4:00 Dottie's Digs GI</p> <p>9:00-Noon Podiatrist* TT</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: Experience America 13 & 14 PAC</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>	<p>3 10:30 *Kroger HPL</p> <p>*11:30 Trezevant Explores: When HAIR Came to Town Encore. Res. Req'd-746-1843</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: Mermaids (PG-13, 1990, 4.5*, 1h50m) PAC</p> <p>5:00 TGIFT! with Lannie McMillen PAC</p>	<p>4</p> <p>1:00 MOVIE: Memoirs of a Geisha (PG-13, 2005, 5*, 2h25m) PAC</p> <p>5:00 Saturday Music Hour with Andre Duvall PAC</p>
<p>Noon Dr. Warren Clinic</p> <p>*High Point Grocery HPL</p> <p>Men's Coffee Hour 310</p> <p>MOVIE: 9 to 5 (PG, 1980, 1h49m) PAC</p> <p>Chaplain's Class with n Winter CH</p>	<p>9</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: Experience America 15 & 16 PAC</p> <p>3:00 Listen & Love w/ Dina Smith CH</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 *A Celebration of Centenarians WAY</p>	<p>10</p> <p>10:30 *Kroger HPL</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: The Paper (R, 1994, 4.5*, 1h52m) PAC</p> <p>5:00 TGIFT! with Noel Medford PAC</p>	<p>11</p> <p>1:00 MOVIE: Seabiscuit (PG-13, 2003, 5*, 2h20m)</p> <p>5:00 Saturday Music Hour with Tim Stanek MR</p>
<p>Men's Coffee Hour 310</p> <p>*High Point Grocery HPL</p> <p>MOVIE: Up in the Air (R, 4.5*, 1h49m) PAC</p> <p>Chaplain's Class with n Winter CH</p> <p>CATIE Training PAC</p>	<p>16 9:00-4:00 Dottie's Digs GI</p> <p>1:00 *CATIE Training PAC</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: Experience America 17 & 18 PAC</p> <p>3:00 Listen & Love w/ Dina Smith CH</p> <p>4:00 Knit, Pray, Love MR</p> <p>4:45 *Amerigo's Outing HPL</p> <p>5:00 Happy Hour PAC</p>	<p>17 10:30 *Out to Lunch: Barrettsville General Store HPL</p> <p>10:30 *Kroger HPL</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: The Wife (R, 2018, 4.5*, 1h40m) PAC</p> <p>3:00 *CATIE Training PAC</p> <p>5:00 TGIFT! with Ljuliana Thomas PAC</p>	<p>18</p> <p>1:00 MOVIE: Broadcast News (R, 1987, 4.5*, 2h12m) PAC</p> <p>5:00 Saturday Music Hour with Jim Mahannah Band PAC</p>
<p>Noon Dr. Warren Clin.</p> <p>Men's Coffee Hour 310</p> <p>*High Point Grocery HPL</p> <p>MOVIE: The Secret of my (PG-13, 2010, 4.5*,) PAC</p> <p>Chaplain's Class with n Winter CH</p>	<p>23</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: Experience America 19 & 20 PAC</p> <p>3:00 Listen & Love w/ Dina Smith CH</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p> <p>*Out to Dinner: Restaurant Iris HPL</p>	<p>24</p> <p>10:30 *Kroger HPL</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: Morning Glory (PG-13, 2010, 4.5*, 1h47m) PAC</p> <p>5:00 TGIFT! with Rick Nethery PAC</p>	<p>25</p> <p>11:00-1:30 Elegance at Trezevant Fashion Show and Silent Auction SDR/TWW</p> <p>5:00 Saturday Music Hour with Deante Payne PAC</p>
<p>Men's Coffee Hour 310</p> <p>*High Point Grocery HPL</p> <p>4:00 Health Fair with Vaccination Clinic PAC</p> <p>Chaplain's Class with n Winter CH</p>	<p>30</p> <p>Noon-4:00 Health Fair with Vaccination Clinic PAC</p> <p>1:30-3:00 Ping Pong! 310</p> <p>3:00 Listen & Love w/ Dina Smith CH</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>		

SEPTEMBER BIRTHDAYS

Walter Mischke	1	Barbara Nash	10	Janet Canale	20
Nita Faye Ferris	3	Gail Williamson	10	Wayne Shannon	22
Elaine Colmer	4	Gerald Walton	11	Joan Chesney	23
Helen Brandon	5	Loretta Taras	13	Julia Maddux	24
Mary Dunklin	7	James Boren	15	Sam Stringer	24
Bill Butler	7	Tom Wood	16	Worthington Brown	24
Betty Brunthaver	7	Sue Britton	16	Kay Robilio	25
Kenneth Cross	7	Phillip Vaiden	19	Ann Bailey	26
Mary McCallum	8	John Robertson	19	Jane Williams	27
Henry Harvey	8	John Waller	19	Lynn Frierson	27



FROM DOTTIE'S DIGS

by Julie Hoyman

HELP WANTED! We are in need of volunteers in The Little Store and Dottie's Digs. The Little Store Shifts are Tuesday mornings from 11:00 a.m. to 1:00 p.m. and Fridays from 1:00 p.m. to 3:00 p.m.. Dottie's needs volunteers once per month or more often if you have time. The shifts are usually Tuesdays and Wednesdays for 1 to 2 hours pricing and cleaning new merchandise. Contact Julie Hoyman at jhoyman@trezevantmanor.org or Stacey Sears at ssears@trezevantmanor.org. Or just stop by the Foundation Office, The Little Store or Dottie's Digs! We'd love to see you!

MOVIES AT TREZEVANT

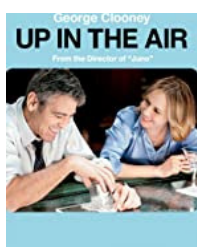
Continued



Mon, September 13, 2021
The Courier-A true-life Cold War spy thriller about Greville Wynne, who must form an alliance with a Soviet spy to prevent a nuclear confrontation. (PG-13, 2021, 4.5*, 1h52m)



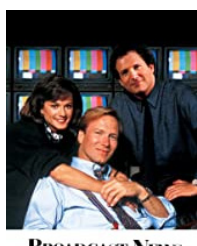
Tue, September 14, 2021
All Creatures Great & Small: Ep 7-As the Skeldale Christmas party gets underway, James is called out to the Dales, and Helen asks if she can go with him. (TV-14, 2021, 4.5*, 47m)



Wed, September 15, 2021
Up in the Air-A well-traveled firing expert lives for his life on the road. (R, 2009, 4.5*, 1h49m)



Fri, September 17, 2021
The Wife-The interwoven story of a couple's youthful passion with a portrait of a marriage, thirty-plus years later. (R, 2018, 4.5*, 1h40m)



Sat, September 18, 2021
Broadcast News-The frantic world of network television news is viewed from the perspective of three colleagues. (R, 1987, 4.5*, 2h12m)



Sun, September 19, 2021
When Last We Spoke-A In 1967, two sisters, are abandoned and raised by grandparents in the town of Fireside. Humor, heartbreak and triumph are served in this tale of family, friendship and forgiveness. (PG-13, 2020, 4.5*, 1h47m)

Mon, September 20, 2021
Charming the Hearts of Men-With the help of a Congressional ally, a sophisticated Southern



woman inspires legislation which allows opportunities never before afforded to women. (PG-13, 2021, 4.5*, 1h47m)



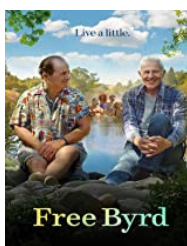
Tue, September 21, 2021
Modern Love, S1, E1&2-These are unique stories about the joys and tribulations of love, each inspired by a real-life personal essay from the beloved New York Times column. (PG-13, 2019, 4.5*)



Wed, September 22, 2021
The Secret of my Success-Young Brantley arrives in New York ready to get rich - but starting in the mailroom wasn't part of the plan! (PG-13, 1987, 4.5*, 1h51m)



Fri, September 24, 2021
Morning Glory-News producer Becky is tasked with reviving a failing morning show. With cancellation on the line and her troublesome anchor, Mike thwarting her every effort, Becky has to get creative to keep the show afloat. (PG-13, 2010, 4.5*, 1h47m)



Sun, September 26, 2021
Free Byrd-A middle-aged underachieving van driver, Jay, is assigned to drive an irascible senior, Harry, to a new home. Along the way they have a series of misadventures giving both men new perspective on life. (PG-13, 2021, 4*, 1h29m)



Tue, September 28, 2021
Modern Love, S1, E3&4-These are unique stories about the joys and tribulations of love, each inspired by a real-life personal essay from the beloved NY Times column. (PG-13, 2019, 4.5*)

RESIDENT REFLECTIONS

At our New Resident Welcome Reception in August

1. George Loomis, Joan Chesney and Kim O'Donnell 2. Lillian Hammond, Kim O'Donnell and Anne Connell 3. Worth Brown and Walker Hays 4. Karen White and Dina Smith 5. Mary Linda & Lee Wardlaw





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