

# IIDINGS

October 2021



### AT YOUR SERVICE

### by Kim O'Donnell

A sign that Fall has arrived at my home is when the firewood is ordered and due to be delivered. An indication that the weather in Memphis is about to change bringing brisk mornings and shorter days. Changes are occur-

ring at Trezevant as we look toward a busy Fall schedule. October promises to be filled with fun events to keep your days active and nights full.

Trezevant Explores will be hosting the Hospitality Hub on Oct. 1st. Kelcey Johnson, Executive Director and Ellen Roberds, Dragonfly Collective Principal will be here to present to our residents. The Hub staff has decades of experience identifying challenges faced by the homeless and works with them to implement solutions that best suit their needs. Sign up for lunch in the Activity book or on CATIE.

October has traditionally been the month to recognize cancer survivors. Awareness, knowledge and early detection are keys to battling all types of cancer. Trezevant will host a special event on Wednesday, Oct. 13 for survivors. Guest speaker Belinda Mandrell, PhD from St. Jude will be here to inform us of advancements in cancer treatments. Look for details in the monthly calendar and on CATIE.

Stepping It Up Week starts October 25th with our Fitness Coordinators planning a week full of activities. Challenges, give aways, walks and a Trail of Terror are in store for all participants.

There is a new buzz about the campus as Domus Reginae, translated, "the house of princess", may be spotted off the northeast walkway. The intricately, hand painted bee domicile is the home of queen, Tessie, along with a colony of honey producing bees and drones. Check out the library reading room for a notebook full of informa-

tion about bees, their habits and uniqueness. They are fascinating creatures.

#### LIFE ENRICHMENT

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

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

Trezevant election time is near for the even floors of the Manor and Place. Newly elected representatives will be replacing those who have completed their terms. Representatives attend monthly meetings and are in the know about what is happening at Trezevant. Interested parties may contact the president of the Resident Assoc., Mary Virginia Rogers or my office.

The Resident Services program is undergoing a rebranding. Plan to attend the Resident Association quarterly meeting on Oct. 27th to learn about what all is in store.

Happy Fall,

Kim

Life Enrichment Director

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

### October Chaplains' classes:

Transitions 2.0 Chaplains' classes:

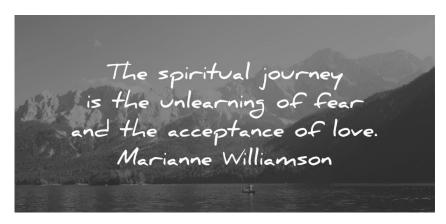
Curious about donating your body to science? Come join us for Transitions 2.0 -- a follow up to our spring sessions. In Transitions 2.0 we'll hear about the Genesis Body Donation Program and the Anatomical Bequest Program at UTHSC.

Wednesday, October 6 at 3:00 p.m. in St. Edward Chapel—Genesis Body donation through the MERI center.

Wednesday, October 13 at 3:00 p.m. in St. Edward Chapel -- University of Tennessee Health Sciences Anatomical Bequest Program

Tuesday, October 12 at 3:00 p.m.-Special one time Chaplains' class! Winston Churchill aptly advised, "Never Waste a Good Crisis" What can we learn, how can we grow spiritual from the crises we face today? Come join us for a provocative discussion together on what the pandemic and the ongoing chaos of our modern world can teach us. Class led by our own, LInda Mischke, writer and spiritual director.

Wednesdays beginning October 20 at 3:00 p.m. in St. Edward Chapel -- Special 4-week Chaplains' Class led by Rachel Shankman of Facing History and Ourselves. This is a unique and wonderful opportunity to explore the tough issues of inequality and justice in a non-judgmental, safe space together. Details available soon!



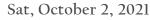
# **MOVIES AT TREZEVANT**

October 2021



Fri, October 1, 2021

Dan in Real Life-A widower finds out the woman he loves is his brother's girlfriend.(PG-13, 2007, 4.5\*, 1h38m)



Sweet Home Alabama-Melanie is engaged, but her past holds secrets in Alabama. (PG-13, 2002, 5\*, 1h48m)



Sun, October 3, 2021

The Starling-After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.(PG-13, 2005, 5\*, 2h25m)



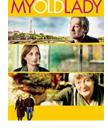
Mon, October 4, 2021

The Mountain Minor-Life-worn Charlie struggles with leaving his present life to return to his childhood home and the music and lifestyle that once defined him. But first he must pass his musical heritage on to his grand-kids. (PG-13 2019, 4\*, 1h27m)



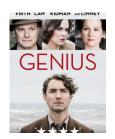
Tue, October 5, 2021

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\*)



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Wed, October 6, 2021 My Old Lady-A witty and heartfelt drama about surprising inheritances and unexpected connections. (PG-13, 2014, 4\*, 1h47m)



Fri, October 8, 2021

Genius-Chronicling the complex relationship between famed literary editor Max Perkins, and the eccentric novelist Thomas Wolfe. (PG-13, 2016, 4.5\*, 1h44m)



Sat, October 9, 2021

Water for Elephants-An old man recalls his unforgettable experience working in a Depression-era circus. (PG-13, 2011, 4.5, 2h)



Sun, October 10, 2021

Worth-An attorney in Washington D.C. battles against cynicism, bureaucracy and politics to help the victims of 9/11. (PG-13, 2020, 4.5\*, 1h58m)



Mon, October 11, 2021

Beyond the Sea-Fact and fantasy are blended in this biopic of singeractor Bobby Darin, chronicling his rags-to-riches life.(PG-13, 2004, 4.5\*, 1h58m)



Tue, October 12, 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 New York Times column. (PG-13, 2019, 4.5\*)



Fri, October 15, 2021

When Harry Met Sally-Two people meet and go their separate ways twice before they finally strike a friendship. When they are tempted to explore their relationship further... (R, 1989, 5\*, 1h35m)



continued on page 9



#### 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

## BE WELL

by Rinnie Wood, Fitness Director & Community Liaison

### Sleep is Key to a Healthy Brain

Sleep is the time that our minds and bodies regenerate. In his book Keep Sharp Dr. Sanjay Gupta notes that sleep is "a critical phase during which the body replenishes itself in a variety of ways that ultimately affect every system, from the brain to the heart, the immune system, and all the inner workings of our metabolism." He also notes that we have been given a great deal of bad information, which he addresses. Research is well documented by experts about the tremendous damage to the brain and body caused by lack of proper sleep. Dr. Gupta highlights 3 myths and the truth behind each.

MYTH: The body shuts down during sleep. TRUTH: This is the time the body heals tissues, strengthens memory, and even grows. Losing sleep will have both short and long term consequences.

MYTH: The older you get, the less sleep you need. TRUTH: Although sleep patterns change-it's harder to fall and stay awake-our sleep needs remain constant in adulthood.

MYTH: There is nothing wrong with taking sleep aids. TRUTH: Virtually all sleep aids (prescription or over the counter) will help you fall asleep faster, they don't allow you to have as restful sleep as natural. Some are habit-forming and increase chance for brain decline and dementia.

Dr. Gupta follows with secrets to good sleep. Let's put his suggestions to use:

- · Set a sleep schedule.
- · Avoid long naps.
- · Don't be a night owl.
- · Wake up in the morning light.
- · Get moving.
- · Watch what you eat and drink.
- · Eliminate electronics. Sleep in cool, dark quarters, ideally 60-67 degrees.
- · Establish bedtime rituals. For about 30 minutes before bedtime, enjoy preparing so that mind and body know bedtime is near.

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PLEASE NOTE:

ge. ndar the	Sunday	Monday	Tuesday	
Events are subject to change.  AT TREZEVANT Please check the weekly calend for updates. *= Sign up in the Activity Book.	3 10:30 Sunday Worship & Holy Communion CH 3:30 MOVIE: The Starling (PG-13, 2021, 4.5* 1h44m) PAC  10 10:30 Sunday Worship & Holy Communion CH 3:30 MOVIE: Worth (PG, 2020, 4.5*, 1h35m) PAC	4 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: The Mountain Minor (PG-13 2019 4* 1h27) PAC  11 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: Beyond the Sea (PG-13, 2004, 4.5*, 1h58m) PAC	12 9:30-Noon Dr. Warren Clinic 10:00 Mah Jongg SDR 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Modern Love: S1, E3&4 (TV-PG, 2019, 4.5*) PAC  12 9:30-Noon Dr. Warren Clinic 10:00 Coffee with Kent* Bistro 1:00 Mah Jongg SDR 1:30-3:00 Ping Pong! 310 3:00 Special Chaplains' Class: How can we grow spiritually from crises today? CH 3:30 MOVIE: Modern Love: S1, E5&6 (TV-PG, 2019, 4.5*) PAC	6 9:30 10:00 1 1:00 M 13, 201 3:00 C Transi 7:15 Pe Gracic 13 10:00 10:00 WAY 1:00 C with I from \$ 3:00 C Trans
J. Laber, 2021	17 10:30 Sunday Worship & Holy Communion CH 3:30 MOVIE: Never Too Late (PG-13, 2020, 4*, 1h38m) PAC  24 10:30 Worship & Holy Communion CH 3:30 MOVIE: First Cow (PG-13 2020, 4*, 2h1m)  31 10:30 Worship & Holy Communion CH 3:30 MOVIE: Hocus Pocus (PG 1993 5* 1h36)	18 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: Driveways (PG-13, 2020, 4.5*, 1h23m) PAC  25 STEPPIN' IT UP WEEK  8:00-Noon Get your T-Shirt PAC Noon Pick Up a Salad PAC 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 Alzheimer's Assn Spk PAC	19 1:00 Mah Jongg SDR 1:30-3:00 Ping Pong! 310 1:30 IFF Club Meeting GAL 3:30 MOVIE: Modern Love: S1, E7&8(TV-PG, 2019, 4.5*) PAC  26 STEPPIN' IT UP WEEK 9:30-Noon Dr. Warren Clinic 1:00 Mah Jongg SDR 1:30-3:00 Ping Pong! 310 3:15-5:00 Harbortown Walk with Nacho Night in HG* HPL 3:30 MOVIE: Modern Love: S2, E1&2 (TV-PG, 2019, 4.5*) PAC 5:30 Out to Dinner: Complicated Pilgrim* HPL	20 9:3 10:00 N 10:00 S TM an 1:00 M 1h53m 3:00 C 7:00 Ti Perfor 27 ST 9:30-11 10:00 N 10:00 H Noon- 1:00 M Crook 1h55m 3:00 C 4:00 N 7:15 RA

Wednesday	Thursday	Friday	Saturday
		l 10:30 Kroger* WAY ll:30 Trezevant Explores: Hospitality Hub with Lunch* PAC l:00 Board Games SDR 2:00 MOVIE: Dan in Real Life (PG-13, 2007, 4.5*, 1h38m) PAC 5:00 TGIFT! with Michael Brennan (Violin) PAC	1:00 MOVIE: Sweet Home Alabama (PG-13, 2002, 5*, 1h48m) PAC 5:00 Saturday Music Hour with Louise Page PAC
O-Noon Dr. Warren Clinic High Point Grocery* WAY Men's Coffee Hour 310 OVIE: My Old Lady (PG-4, 4*, 1h47m) PAC haplains; Class: itions 2.0 CH erformance: Goodness ous Alive Group PACs	7 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Experience America PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC	8 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Genius (PG-13, 2016, 4.5*, 1h44m) PAC 5:00 TGIFT! with the Dubois Duo PAC	9 1:00 MOVIE: Water for Elephants (PG-13, 2011, 4.5*, 2h) PAC 5:00 Saturday Music Hour with Memphis Hot Notes PAC 6:45 Transportation to Cannon Center for MSO Ticketholders* WAY
Men's Coffee Hour 310 High Point Grocery*  ancer Awareness Talk Belinda Mandrell, PhD St. Jude & Dessert PAC Chaplains' Class: itions 2.0 CH	14 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 <i>PAC</i> 3:00 Listen & Love w/ Dina Smith <i>GAL</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i>	15 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: When Harry Met Sally (PG, 1989, 5*, 1h35m) PAC 3:30 CATIE Training* PAC 5:00 TGIFT! with Lannie McMillen PAC	16 1:00 MOVIE: Respect (PG-13, 2021, 4.5*, 2h24m) PAC 5:00 Saturday Music Hour with Sandra Miller PAC
O-Noon Dr. Warren Clin. Men's Coffee Hour 310 High Point Grocery* WAY Senior Art Series: MSO at d lunch at Fratelli's* HPL OVIE: Rudy (PG, 1993, 5*, ) PAC haplains' Class: CH rezevant's Got Talent mers Sign Up by 10/13* PAC	21 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Experience America PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 4:45 Dinner Group: Amerigo's* HPL 5:00 Happy Hour PAC	10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Far From Heaven (PG-13, 2002, 4.5*, 1h47m) PAC 5:00 TGIFT! with Bobby Lawson PAC	23 1:00 MOVIE: Bridges of Madison County (PG-13, 1993, 4.5*, 2h14m) PAC 5:00 Saturday Music Hour with Noel Medford PAC
EPPIN' IT UP WEEK 1:00 Life Balance Activ. PAC Men's Coffee Hour 310 High Point Grocery* WAY 4:00 Decorate Haunted Trl OVIE: Agatha Christie's ed House (PG-13, 2017, 4.5*, ) PAC haplains' Class: CH futrition Presentation PAC AC Quarterly Meeting PAC	28 STEPPIN' IT UP WEEK 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Experience America PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Costume Contest & Happy Hour Haunted Trail	29 STEPPIN' IT UP WEEK 7:30 Campus Walk HPL 10:30 Kroger* WAY Noon Healthy Lunch & Breathing with Leigh PAC 1:00 Board Games SDR 1:00 MOVIE: Rebecca (PG-13, 2020, 4.5* 2h3m) PAC 4:00 Steppin' It Up Prizes SDR 5:00 TGIFT! with Arthur Hart PAC	30 1:00 MOVIE: The Stolen (TV-14, 2016, 4*, 1h37m) PAC 5:00 Saturday Music Hour with Two Quarts Low PAC

# OCTOBER BIRTHDAYS

Jerald Duncan	1
Bridget Barek	3
George Walker	3
Martha Wood	3
Lillian Hammond	6
Grattan Brown	7
Carol Dunkley	7
Joanne Fleming	7
George Loomis	10
Modine Bolen	11
Bernice Tutterow	11
Emile Bizot	12
Cecile Skaggs	13
John Maxwell	15
Cathy Richbourg	16
Page Williamson	17
Kitty Cannon	18
Julia Allen	20
Mary Alice Quinn	21
Lee Wardlaw	21
Ann Hunt	29
Lois Hill	30



### WHO'S NEW AT TREZEVANT

Kirk Pafford, Administrator of Assisted Living at Trezevant Terrace. Kirk began his career as a nurse at Baptist Memorial Hospital and moved to Allen Morgan, holding a variety of roles over a span of 10 years. Prior to this new role, Kirk served as an administrator at a facility in Collierville. Kirk holds a bachelor's degree from UT at Martin, an Administration Certification from the State of TN and is also a Certified Dementia Provider. We are glad to have Kirk back!

Jesse Crittendon, Director, Dining Services. Jesse joined us in early September after serving as an Area Director for Eclipse Senior Living. Jesse has 25 years of experience in senior living with a focus on dining service. Be sure to give Jesse a big Trezevant welcome!

# **MOVIES AT TREZEVANT**

Continued



Respect "Respect" is the remarkable true story of the music icon's journey to find her voice. (PG-13, 2021, 4.5\*, 2h24m)



Sun, October 17, 2021 Never Too Late-Decades after Caine, Bronson, Angus and Wendell escaped a POW camp, they're looking to escape Hogan Hills Retirement Home. But the rules of engagement have changed, and planning an escape is even harder when you can't quite remember them. (PG-13, 2020, 4\*, 1h38m)



Mon, October 18, 2021

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, October 19, 2021

Modern Love, SI, E5&6-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, October 20, 2021 Rudy-Rock-solid, immensely entertaining, based-on-fact account of Rudy Ruettiger, working-class boy intent on realizing his dreams of playing football at Notre Dame. (PG, 1993, 5\*, 1h53m)



Fri, October 22, 2021

Far From Heaven-NFaced with a marital crisis, a 1950s housewife finds solace in her taboo friendship with the family's black gardener. Her once seemingly perfect life



begins to crumble as she tries to break free from her sexually repressive and racist community. (PG-13, 2002, 4.5\*, 1h47m)



Sun, October 24, 2021

First Cow-Two travelers, on the run from a band of vengeful hunters in the 1820s Northwest, dream of striking it rich, but their tenuous plan to make their fortune on the frontier comes to rely on the secret use of a landowner's prized dairy cow. (PG-13, 2020, 4\*, 2hlm)



Tue, October 26, 2021

Modern Love, SI, E7&8-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\*)



Wed, October 27, 2021 Agatha Christie's Crooked House-A spy-turned-privatedetective is lured by his former lover to catch her grandfather's murderer before Scotland Yard





Fri, October 29, 2021 Rebecca-A newlywed arrives at her husband's imposing family estate and finds herself battling the shadow of his first wife whose legacy lives on in the house long after her death. (PG-13, 2020, 4.5\*, 2h3m)



Sat, October 30, 2021

The Stolen-The story of a woman who must find her kidnapped son, navigating a world she doesn't know, on the edge of danger with every heartbeat. (TV-14, 2006, 4\*, 1h37m)

# RESIDENT REFLECTIONS

At the Celebration of Centenarians: 1. Barbara Wilson and Jet Thompson 2. Grand Entrance! 3. Virginia Hollon 4. Mary Alice Quinn and Ann Powell

On-Campus: 5. New Bee Hive quote: The hum of the bees is the voice of the garden. - Elizabeth Lawrence





# TREZEVANT CONTACT INFORMATION

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TREZEVANT TERRACE RECEPTION DESK (901) 746-1800

> ALLEN MORGAN RECEPTION DESK (901) 325-4003

> > BANK Truist Bank (901) 462-2801

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DINING RESERVATIONS

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