

### AT YOUR SERVICE

### by Kim O'Donnell

On Friday, November 19, I took a vacation day prior to which I had scheduled numerous tasks to be completed at our home. A co-worker asked me if I was going to do anything fun during my day off to which I replied, "if

meeting technicians, workmen and service representatives is fun, then yes"! Appliances always breakdown the week before a holiday. Thus, the day began with the dishwasher installation team installing a new dishwasher and hauling away the old one. They exited just in time for me to meet the man from the irrigation company who came to winterize the sprinkler system. Luckily, he was able to assist the furniture delivery company as a new chair had to be toted up a flight of stairs, requiring a two person team. Shortly thereafter, the G.E technician appeared to survey the gas cooktop, order parts, register me for the shop4GE.com site and schedule a return visit to complete the job he came for initially. Then, the electrician arrived to install the new doorbell and additional exterior security cameras. Lastly, the window washing crew began dismantling the 6' x 6' storm windows which were in dire need of cleaning. Prior to that, the yard clean up began which resulted in bagging twenty, 55-gallon lawn bags and the pin oak has not dropped its leaves yet! Home ownership has it rewards and responsibilities - aren't you glad you live at Trezevant?



Welcome our new seamstress Anne Thompson, of Divine Stitches! Anne comes highly recommended and will be here monthly beginning Friday, December 10th. Join us in the Clubroom Manor 310 from 10am-1pm for coffee and muffins. Anne will be at Trezevant the second Friday of each month to assist with your alteration needs. A price list may be obtained from my office.

#### LIFE ENRICHMENT

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

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

Just one more reason you can be glad that you live at Trezevant!

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

December Worship Events

Sundays, Dec. 5, 12th and 19th at 10:30am -- Come join us for Advent Services and Holy Communion at St. Edward Chapel.

Wednesday, December 22nd at 3:30 pm - Christmas music in the chapel begins before our Christmas Candlelight service begins at 4:00pm. Special music provided by organist Greg Jones, vocalist Dr. Joel Chapman, and pianist Jane Crum.

Sunday, December 26th at 10:30am come join us for our first Sunday of the Christmas season with worship and holy communion. Special music provided by Jane Crum.

### Chaplains' classes and other special events:

Chaplains' class: Wednesday December 1st, 8th and 15th at 3pm "They Still Spark Wonder: The New Testament Christmas Stories Again." Come and join Dr. Mitzi Minor in this wonderful advent study!

Sometimes even beloved stories have been heard so often and become so familiar that they no longer spark the wonder in us that they once did. The Christmas stories in the New Testament might fall into this category for some of us. Is it possible to hear them anew? I think so! That's what I'm hoping will happen for us all when we gather together around these stories in December. Mitzi

Christmas Stories and Sweets with Dina Smith, Thursday, December 16th at 3:00 pm in the Music Room. Join Dina for some delicious Christmas stories with cookies and hot tea and cider!

Christmas Carol Hymn Sing, Wednesday, December 29th at 3:00 pm in the chapel

## MOVIES AT TREZEVANT

December 2021



Wed, December 1, 2021

Becoming Santa-The story of one man entering the culture & character of Santa Claus for a single season. We follow Jack as he bleaches his hair & goes to Santa School. (Doc, 2011, 4.5\*, 1h32m)



Fri, December 3, 2021

Polar Express-A doubting young boy takes an extraordinary train ride to the North Pole that shows him that the wonder of life never fades for those who believe. (*G*, 2004, 5\*, 1h39m)



Sat, December 4, 2021

The Shop Around the Corner-James Stewart is a Budapest store clerk who finds himself feuding with his coworker, Margaret Sullavan, only to unknowingly fall in love with her.(*G*, 1940, 4.5\*, 1h38m)



Sun, December 5, 2021

Dolly Parton's Christmas on the Square-An embittered scrooge of a woman plans to sell her small town, regardless of the consequences to the people who live there. However, a kindhearted angel arrives and shows her what would happen before she mends her ways and redeems herself. (R, 2021, 4.5\*, 1h33m)



Mon, December 6, 2021

The Christmas Chronicles-The story of sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus on camera turns into an unexpected journey that most kids could only dream about.(TV-PG, 2018, 4.5\*,1h45m)



4

Tue, December 14, 2021 Downton Abbey: S1, E4-The fair arrives in the village and Mrs. Hughes finds herself the center of speculation when she meets a former suitor who makes her question her position at





Sat, December 11, 2021

5\*, 1h36m)

Downton. (TV-14, 2011, 5\*)

Elf-One Christmas Eve a long time

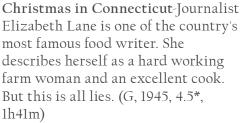
ago, a baby crawled into Santa's bag

of toys Raised as an elf. Buddy goes

world-in New York City. (PG, 2003,

looking for his true place in the

Fri, December 10, 2021





Sun, December 12, 2021

A Boy Called Christmas-In this origin story of Father Christmas, an ordinary boy sets out on an extraordinary adventure to find his father who is on a quest to discover the fabled village of Elfhelm. (TBA)



Mon, December 13, 2021

You've Got Maily-Multiple Academy Award winner Tom Hanks reunites with his Sleepless in Seattle co-star, Meg Ryan, and director, Nora Ephron, to discover love at first byte in this on-line romantic comedy. (PG, 1998, 5\*, 1h59m)



Tue, December 14, 2021 Downton Abbey: S1, E5-As the village prepares for the annual flower show, Isobel finds herself in conflict with Violet, and Mary is introduced to a potential suitor, but it would seem she only has eyes for Matthew. (TV-14, 2011, 5\*)



Wed, December 15, 2021 Tree Man-The story of Christmas tree salesmen who journey to the sidewalks of New York City every holiday season.(Doc, 2016, 3\*, 1h2m)

Fri, December 17, 2021

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#### 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

The Trezevant Community... A Community of Giving

During this season of giving, let's pause and recognize the many ways our residents and staff serve one another. Whether the gesture is simply writing a note to another resident (cards compliments of the Random Acts of Kindness residents' group and Trezevant), donating to our staff holiday fund, scholarship fund or the Trezevant Foundation, volunteering, or a staff person going over and beyond their job requirements, there is year-round generosity on display here.

This is surely a wonderful thing to observe, but guess what else is wonderful? Giving is good for us! Four ways giving helps us:

- 1. Giving to others makes us happy. Sonja Lyubomirsky writes in her book The How of Happiness, that research shows "kindness and generosity, along with gratitude, leads to greater happiness."
- 2. Giving is good for our health. A five year study in 1999 showed that elderly volunteers were 44% less likely to die than non-volunteers. Interestingly, those receiving help, even with similar ages and lifestyles, did not experience that longer longevity. Also, volunteers with chronic illnesses including HIV and multiple sclerosis had improved health benefits. Researchers suggest that one reason giving may improve physical health and longevity is that it helps decrease stress.
- 3. Giving promotes cooperation and social connection. When you give, you're more likely to get back. Several studies, including work by sociologists Brent Simpson and Robb Willer, indicate that when we give to others, your generosity is likely to be rewarded by others down the line. These exchanges promote trust and cooperation, strengthening our ties.
- 4. Giving is contagious. Research also indicates that giving inspires observers to behave more generously. Altruism could spread far beyond an individual act. Giving has been linked to the release of oxytocin, a hormone that creates feelings of "warmth, euphoria, and connection to others." In laboratory studies, it was discovered that oxytocin caused people to give more generously and feel greater empathy, with "symptoms" lasting up to two hours.

For our sakes, and the sake of others, let's commit to share as we are able, and to count our many blessings, I wish you health and happiness this holiday season,
Rinnie

Events are subject to change. Please updates. \*=Sign up in the Activity Book or on CATIE. check the weekly calendar for PLEASE NOTE:

Jecember, 2021 ATTREZEVANT

Sunday	Monday	Tuesday	u
LOCATION KEY:  CH=St. Edward Cha GAL=Gallery  HG=Hope's Garden  HPL=Highland Park  MR=Music Room  MWW-Manor Wall	SDR TT= <sup>*</sup> TWV WAY	Performing Arts Center Snowden Dining Room Frezevant Terrace W=Terrace Walkway Y=Waynoka Entrance	1 10:00 WAY 10:00 Met 1:00 MOV (Doc, 201 1:30 A Pr 2:30 Chri Laurelwo 3:00 Chap Mitzi Mit
10:30 All Saints Celebration <i>CH</i> 3:30 MOVIE: Dolly Parton's Christmas on the Square (TV-PG, 2020, 4.5*, 1h38m) <i>PAC</i> 4:00 Resident Performances <i>PAC</i>	6 10:00-2:00 Episcopal Popup Bookshop at Trezevant MWW 1:00-3:00 Bridge SDR 2:00 Lectio Divina CH 3:00 Meditation CH 5:00 Happy Hour PAC 7:00 MOVIE: The Christmas Chronicles (TV-PG, 2018, 5*, 1h45m) PAC	9:30-Noon Dr. Warren <i>Clinic</i> 10:00 Coffee with Kim* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S1, E4 (TV-14, 2011, 4.5*) <i>PAC</i>	8 10:00 Hig 10:00 Met 1:30 A Pra 3:00 Chap Mitzi Mit 5:00 IL C PAC/SDE
10:30 Sunday Worship & Holy Communion CH 3:30 MOVIE: A Boy Called Christmas (TBA) PAC 4:30-5:30 Cocoa at the Fire Pits HG or MR	13 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: You've Got Mail (PG, 1998, 5*, 1h59m) PAC	14 10:00 Coffee with Kent* Bistro 12:30 Duplicate Bridge SDR 1:30-3:00 Ping Pong! 310 1:30 IFF Club Meeting GAL 3:30 MOVIE: Downton Abbey, S1, E5 (TV-14, 2011, 4.5*) PAC 4:00 Caroling at the Terrace MR	15 9:30-1 Clinic 10:00 Me 10:00 Hig WAY 1:00 MOV 2016, 3*, 1 1:30 A Pra 1:00 IFF C 3:00 Cha Mitzi Mit
19 10:30 Sunday Worship & Holy Communion CH 3:30 MOVIE: A Castle for Christmas (TBA) PAC	20 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: Christmas Vacation (PG-13, 1989, 5*, 1h37m) PAC	21 9:30-Noon Dr. Warren Clinic 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Downton Abbey, S1, E6 (TV-14, 2015, 4.5*) PAC	22 10:00 10:00 High 1:00 MOV China (Do PAC 1:30 A Pra 3:30 Chris Service C 7:00 Basi PAC
26 10:30 Worship & Holy Communion CH 3:30 MOVIE: Little Women (PG 2019, , 4.5*, 2h15m)	27 1:00-3:00 Bridge SDR 2:00 Lectio Divina with Anne Carriere CH 3:00 Mindfulness Med. CH 5:00 Happy Hour PAC 7:00 MOVIE: The Holiday (PG-13, 2006, 5*, 2h15m) PAC	28 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Downton Abbey, S1, E7 (TV-14, 2015, 4.5*) PAC	29 10:00 310 10:00 High WAY 1:00 MOV 1960, 4.5 <sup>3</sup> 1:30 A Pro 3:00 Hym 6:00 Birth Trezevan

ednesday	Thursday	Friday	Saturday
High Point Gro.*  A's Coffee Hour 310 IE: Becoming Santa I, 4.5*, 1h32m) Ayerful Pause TWW  stmas Shopping at od* HPL Ilains; Class with hor CH	2 9:00-4:00 Dottie's Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> 10:30 Hutchison Alumni Group* <i>MR</i> 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses <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>	3 9:30 Jazz & Java SDR 10:30 Kroger* WAY 1:00 Board Games SDR 2:00 MOVIE: The Polar Express (G, 2004, 5*, 1h39m) PAC 5:00 TGIFT! with Bobby Lawson (Oldies) PAC	4 1:00 MOVIE: The Shop Around the Corner (G, 1940, 4.5*, 1h38m) PAC 5:00 Saturday Music Hour with Memphis Ukelele with Jon Hornyak PAC
h Point Gro.* WAY I's Coffee Hour 310 yerful Pause TWW lains; Class with nor CH nristmas Party /Bistro	9 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: <i>PAC</i> 3:00 Listen & Love: The Preacher's Corner: Stories of faith, foibles, and friendship from Chicago, Illinois to Holly Springs, Mississippi w/ Dina Smith <i>GAL</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i> 6:00 Lights at the Dixon* <i>HPL</i>	10 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Elf (PG, 2003, 5*, 1h36m) 3:30 CATIE Connection Hours* PAC 5:00 TGIFT! with Terry Starr (Piano) PAC	11 1:00 MOVIE: Christmas in Connecticut (G, 1945, 4.5*, 1h41m) PAC 5:00 Saturday Music Hour with Michelle Pellay- Walker (Classical) PAC
Noon Dr. Warren  n's Coffee Hour 310 h Point Grocery*  IE: Tree Man (Doc, h22m) PAC yerful Pause TWW lub Meeting PAC olains' Class with	16 9:00-4:00 Dottie's Digs <i>GI</i> 1:30-3:00 Ping Pong! <i>310</i> 2:00 The Great Courses <i>PAC</i> 3:00 Listen & Love: The Preacher's Corner: Stories of faith, foibles, and friendship from Chicago, Illinois to Holly Springs, Mississippi 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>	17 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: The Family Stone (PG-13, 2005, 4.5*, 1h43m) PAC 3:30 CATIE Connection Hours* PAC 5:00 TGIFT! with Diana Stein (Rockabilly) PAC	18 1:00 MOVIE: Meet Me in St. Louis (NR, 1944, 5*, 1h52m) PAC 5:00 Saturday Music Hour with The Whitings PAC
Men's Coffee 310 Point Grocery* IE: Xmas without c, 2015, 4*, 1h3m) yerful Pause TWW stmas Candlelight 'H Alter Performance	23 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: PAC 3:00 Listen & Love: The Preacher's Corner: Stories of faith, foibles, and friendship from Chicago, Illinois to Holly Springs, Mississippi w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC	24 10:30 Kroger* <i>WAY</i> 1:00 Board Games <i>SDR</i> 1:00 MOVIE: The Family Man (PG-13, 2000, 5*, 2h6m)	25 1:00 MOVIE: One Christmas (G, 1994, 4.5*, 1h30m)
Men's Coffee Hour Point Grocery*  IE: Oceans II (NR, , 2h7m) PAC yerful Pause TWW n Sing CH day Night at :1 SDR	30 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: <i>PAC</i> 3:00 Listen & Love: The Preacher's Corner: Stories of faith, foibles, and friendship from Chicago, Illinois to Holly Springs, Mississippi w/ Dina Smith <i>GAL</i> 4:00 Knit, Pray, Love <i>MR</i> 5:00 Happy Hour <i>PAC</i>	31 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Bridget Jones Diary (R, 2004, 4.5*, 1h38m) 7:00 NYE Shrader Trio, Dessert & Champagne SDR	

## DECEMBER BIRTHDAYS

Jet Thompson	1
Hal Brunt	3
Ron Terry	5
Virginia Hollon	5
Ben Bledsoe	8
Linda Spiese	9
Ginny Webb	10
Carol Morris	11
Patty Calvert	11
Susanne Darnell	15
Betty Green	17
Gloria Baxter	22
Thea Dotson	24
Betty Jane Harris	26
Jim McDonnell	26
Tommie Saxon	30



## LIBRARY ETTIQUETTE 101

by Margaret Taylor

The Trezevant Library is for all of us to enjoy, so let's be reminded of a few of the basics:

Returned books are left in the Book Drop.

Books are checked out at the desk; directions are printed on a sign at the front of the desk.

Newspapers may not be removed from the Reading Room before 7:30 p.m.

### New titles:

The Long Call by Ann Cleeves

Peril by Bob Woodward

The Speckled Beauty by Rick Bragg

The Wish by Nicholas Sparks

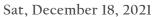
God Rest Ye Royal Gentlemen by Rhys Bowen

## **MOVIES AT TREZEVANT**

Continued

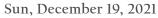


The Family Stone-A culture clash ensues when a NYC career woman heads to New England to spend Christmas with her boyfriend's family. (PG-13, 2005, 4.5\*, 1h43m)





Meet Me In St. Louis-A Judy Garland and Margaret O'Brien star in this heartwarming tale of the emotional trauma the colorful members of an early 20th century St. Louis family experience when they learn their father has been transferred-and they will have to move to New York. (NR, 1944, 5\*, 1h52m)





A Castle for Christmas-To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle-and faces off with the grumpy duke who owns it. (TBA)

### Mon, December 20, 2021



Christmas Vacation-Jan convinces her neighbors to chip in their meager earnings to help raise a race horse. (PG-13, 1989, 5\*, 1h37m)

Tue, December 21, 2021



Downton Abbey: S1, E6-Sybil's determination to pursue her political leanings lands her in great danger when a fight breaks out at an election results meeting. (TV-14, 2011, 5\*)



Wed, December 22, 2021 Xmas Without China-Tom challenges his neighbors to go through the Christmas season without any Chinese products. Taking on the consumer missionimpossible, the Joneses discover that they're giving up not just their toys, plates, lamps, and clothes, but the beloved hair dryer, coffeemaker, X-Box, and most of their Christmas decorations.(Doc, 2015)



XMAS

CHINA

Fri, December 24, 2021 The Family Man-Hard-charging



2h6m)



Sat, December 25, 2021 One Christmas-An 8 year old boy visits his estranged father for the holidays in 1930s New Orleans. Stars Katharine Hepburn. (G, 1994, 4.5\*, 1h30m)

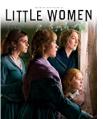
businessman Nicolas Cage gets a

magical Christmas Eve chance to

holiday romance. (PG-13, 2000, 5\*,

experience life as a family man in this





Little Women-Greta Gerwig's adaptation of the timeless and beloved story of four sisters each determined to live life on their own terms. (PG, 2019, 4.5\*, 2h15m)

### Mon, December 27, 2021



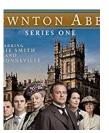
The Holiday-Two women on opposite sides of the globe swap houses and discover that a change of address can really change their lives. (PG-13, 2006, 5\*, 2h15m)



the Holiday



Tue, December 28, 2021 Downton Abbey: S1, E7-Cora makes a discovery that throws the inheritance issue into chaos, Thomas leaves the Abbey and Mary exacts vengeance on Edith for her treachery, while the household is rocked by a shocking announcement. (TV-14, 2011,



Wed, December 29, 2021 Oceans II-A British woman is determined to improve herself while she looks for love in a year in which she keeps a personal diary. (R, 2001, 4.5\*, 1h38m)

BRIDGETJONES'S



## RESIDENT REFLECTIONS

1. Random Acts of Kindness recruited volunteers to help create Appreciation Cards for Trezevant Staff. Left to Right: Mary Allie Baldwin, Jo Maxwell, Anna McNeill, Karen White, Gail Murray, GeeGee Chandler, Margaret Taylor. Front: Gerald Walton. 2. Participants in the Walk to End Alzheimers! 3. Elizabeth Holmes with Jim McDonnell, Missie McDonnell and John Holmes at the Veterans Day Luncheon. 4. Ray Curle and John & Jo Maxwell talk with our speaker, Dr. Todd Robinson. 4. Flashback to Halloween with Presh Gill and her daughter, Kathy Penn, alongside Loretta Taras.





# TREZEVANT CONTACT INFORMATION

TREZEVANT
RECEPTION DESK
(901) 325-4000

TREZEVANT TERRACE RECEPTION DESK (901) 746-1800

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