



# TIDINGS

January 2022

Issue 1



# AT YOUR SERVICE

*by Kim O'Donnell*

An older adult's life should be defined by joy and connection. Aging, as we all know, is not for the faint of heart and presents challenges both for the individual and their families. The opportunity to enjoy positive shared experiences is needed to reduce the Senior's feeling of isolation, to promote a positive sense of self and to foster friendships.

The Tennessee Commission on Aging estimates that over 129,000 people in Shelby County are over the age of 65; 37% of these individuals have 4 or more chronic diseases and 29% live alone. By 2030, there will be more than 161,000 Seniors in our community. Engaging Seniors through the arts is the mission of non-profit Creative Aging of the Midsouth. By eliminating logistical and financial barriers, Creative Aging of the Midsouth promotes healthy, vital aging, combats isolation and offers Seniors opportunities to stay relevant and connected.

What better time to explore new beginnings than in January? This year, engage in a new hobby, enroll in a course, take a dance class or go on a theater experience. All are possibilities with Creative Aging's Senior Studio course. The Senior Studio course offerings include Ballet for Beginners at Collage Dance Collective, Drawing & Sketching, Creative Writing, Abstract Painting (all on-line courses), Exploring Hamlet with the TN Shakespeare Company, Mosaic Design at the Dixon Museum.

Please notify me if you would like to be included on the Creative Aging email list. Courses are free and are supported by a grant from the Tennessee Arts Commission.

Happy New Year,

Kim  
Life Enrichment Director

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

## LIFE ENRICHMENT

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# IN ST. EDWARD CHAPEL

by Rev. Julie McKenna

The theme of this Tidings is new beginnings. As I thought about what to write with the beginning of a new year and hopefully, nearing the end of a pandemic, the hymn This is a day of New Beginnings – lyrics by Brian Wren and music by Carlton Young emerged in my mind. It seemed especially appropriate THIS year as we emerge from the darkness of the pandemic and seek renewal and hope in the new year.

This is a Day of New Beginnings

This is a day of new beginnings,  
Time to remember and move on,  
Time to believe what love is bringing,  
Laying to rest the pain that's gone.

For by the life and death of Jesus,  
God's mighty Spirit, now as then,  
Can make for us a world of difference,  
As faith and hope are born again.

Then let us, with the Spirit's daring,  
Step from the past and leave behind  
Our disappointment, guilt and grieving,  
Seeking new paths, and sure to find.

Christ is alive, and goes before us,  
To show and share what love can do.  
This is a day of new beginnings;  
Our God is making all things new.

--May it be so in you and in me. Thanks be to God. Amen.

God's peace be with you all—Julie

*Words, Brian Wren, 1978. Words: ©1983, 1987 Hope Publishing Co. Reprinted with permission under ONE LICENSE #A-723630. All rights reserved.*

## SPIRITUAL CARE OFFERINGS

### SUNDAY WORSHIP AND HOLY COMMUNION

Each Sunday at 10:30 a.m.  
in St. Edward Chapel

LECTIO DIVINA  
with the Rev. Anne Carriere  
Each Monday at 2:00 p.m.  
in St. Edward Chapel

MINDFULNESS  
MEDITATION  
Each Monday at 3:00 p.m.  
in St. Edward Chapel

A PRAYERFUL PAUSE  
Each Wednesday at 1:30 p.m.  
at the Prayer Tree

CHAPLAINS' CLASS  
Each Wednesday at 3:00 p.m.  
in St. Edward Chapel

LISTEN AND LOVE  
with Dina Smith  
Each Thursday at 3:00 p.m.  
in the Gallery Parlor

KNIT, PRAY, LOVE  
Each Thursday at 4:00 pm  
in the Music Room



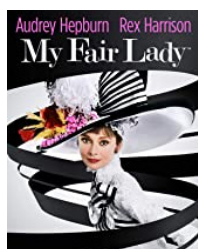
## SPIRITUAL SERVICES

Rev. Julie McKenna, Lead  
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# MOVIES AT TREZEVANT

January 2022



Sat, January 1, 2022

**My Fair Lady**-In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl Eliza Doolittle presentable in high society. (G, 1964, 5\*, 2h53m)



**The Theory of Everything**-The true story of renowned astrophysicist Stephen Hawking embarking on his most ambitious scientific work after receiving an earth-shattering diagnosis. (PG-13, 2014, 4.5\*, 2h4m) 5\*, 1h36m)



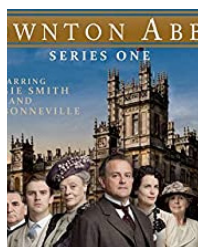
Sun, January 2, 2022

**Finding You**-An unlikely romance is sparked when an aspiring violinist encounters a heartthrob movie star filming his new fantasy-action film in an Irish coastal village. (PG, 2021, 4.5\*, 1h59m)



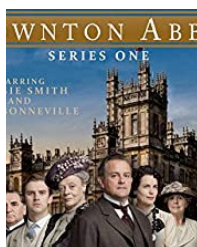
Mon, January 10, 2022

**Eddie the Eagle**-Taron Egerton and Hugh Jackman co-star in the inspirational true story of Eddie the Eagle, a British ski-jumper whose Olympic performance wins the hearts of fans around the world. (PG-13, 2016, 4.5\*, 1h45m)



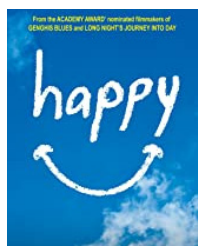
Tue, January 4, 2022

**Downton Abbey: S2, E1**-The Great War unsettles life at Downton and Isobel's surprising news about Matthew rocks the family further. New maid, Ethel ruffles O'Brien's feathers and Bates returns with life changing news for Anna. (TV-14, 2011, 5\*)



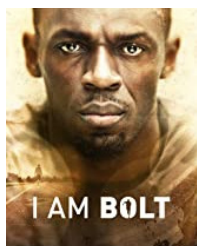
Tue, January 11, 2022

**Downton Abbey: S2, E2**-Rosamund is eager to unearth Lavinia and Carlisle's secret. The death of an officer motivates Isobel and Sybil to see Downton in a different light. New valet Lang arrives as William gets his call up papers and is love in the air for both Edith and Mary? (TV-14, 2011, 5\*)



Wed, January 5, 2022

**Happy**-Happy combines cutting-edge science from the new field of positive psychology with real-life stories of people from around the world whose lives illustrate these findings. (Doc, 2011, 4.5\*, 1h15m)



Wed, January 12, 2022

**I Am Bolt**-The career and the legacy of Jamaican runner Usain Bolt. (PG, 2016, 4.5\*, 1h47m)



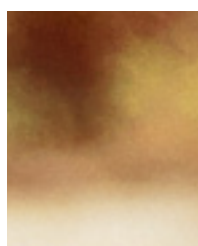
Fri, January 7, 2022

**The King's Speech**-The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch. (R, 2010, 5\*, 1h58m)



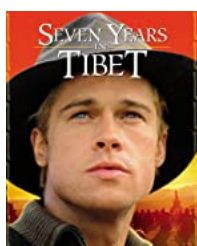
Fri, January 14, 2022

**Billy Elliot**-A quirky 11-year-old boy from a blue-collar English family discovers he has an uncanny talent for dance in this Oscar(R)-nominated hit. (R, 2000, 5\*, 1h50m)



Sat, January 8, 2022

**Dear Zindagi**-Kaira is a budding cinematographer in search of a perfect life. Her encounter with Jug, an unconventional thinker, helps her gain a new perspective on life. (TV-14, 2016, 4\*, 2h29m)



Sat, January 15, 2022

**Seven Years in Tibet**-Heinrich Harrer is an Austrian mountaineer in search of fame and glory. His 1939 adventure takes him to Tibet where the Dalai Lama teaches him selflessness. (PG-13, 1997, 4.5\*, 2h16m)

Sun, January 9, 2022

Sun, January 16, 2022

**The Ramen Girl**-An American slacker (Brittany Murphy, 8 Mile) abandoned





## WELLNESS SERVICES

Rinnie Wood, Fitness Director &  
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Ginger Acuff, Instructor  
Kirsti Carroll, Instructor  
Leigh Pittinger, Instructor  
Sheila Rae, Instructor  
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Valerie Smithers, Wellness Nurse  
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# BE WELL

*by Rinnie Wood, Fitness Director & Community Liaison*

Let's Get It Right In 2022!

During the recent 2021 holiday season, it appeared that the glow was particularly bright. People were joyful when seeing one another, garbed in festive attire, maskless and smiling. Christmas music invited singing, and decorations glistened. Entering 2022, we have the choice to continue feeling joyful. We can focus on the gifts we have, rather than what Covid has been taken away.

Let's take this new year to a new level. Let's take one week each week in January and focus on improving ourselves by doing things right.

Topics and weeks we will highlight that promise to help us be our best selves are:

- **THINK RIGHT**- January 3-7. We will have Scott Morris of the Church Health Center help us enter 2022 with an attitude of gratitude and positivity. Dr. Sharon Pollack of Cognitive Bridges will speak about things we can do to maintain or improve our memories.
- **MOVE RIGHT**- January 10-14. We will highlight ways to improve our movements. New exercises will be introduced and we will have our Physical Therapy Manager Melissa Angus speak about the many opportunities here at Trezevant for therapy, what might be right for different conditions, and how to proceed if you want these services.
- **EAT RIGHT**- January 20-24. It is always good to review existing information and learn about new information about nutrition. We will enjoy our Dining Director John Mikaelian address menus, upcoming healthy meals and much more. We will sample some treats, too!
- **SLEEP TIGHT**- Sleep is increasingly recognized as key to good health. Experts who have spoken here recently pointed this out regarding general health, cardiovascular health, and cognition. We will have a guest who will talk more about this during this week.

Please join us as we tackle the New Year with vigor and determination.

Please join us as we commit to improving our health in 2022!

Rinnie and the Fitness Team

PLEASE NOTE:

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

# January, 2022 AT TREZEVANT

Sunday	Monday	Tuesday	Wednesday
<b>LOCATION KEY:</b> CH=St. Edward Chapel GAL=Gallery HG=Hope's Garden HPL=Highland Parking Lot Entrance MR=Music Room MWW=Manor Walkway PAC=Performing Arts Center SDR=Snowden Dining Room TT=Trezevant Terrace TWW=Terrace Walkway WAY=Waynoka Entrance			
<b>2</b> 10:30 All Saints Celebration <i>CH</i> 3:30 MOVIE: Finding You (PG, 2021, 4.5*, 1h59m) <i>PAC</i>	<b>3</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 Think Right: 2022-A New Beginning with Scott Morris <i>PAC</i>	<b>4</b> 9:30-Noon Dr. Warren Clinic 10:00 Coffee with Kim* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S2, E1 (TV-14, 2011, 4.5*) <i>PAC</i>	<b>5</b> 10:00 Men's Clinic 10:00 Men's High School 1:00 MOVIE: The Theory of Everything (PG-13, 2014, 4.5*, 2h4m) <i>PAC</i> 1:30 A Prayer for Mr. Tamm 3:00 Chapel 4:00 Thin Red Line Pollack, P
<b>9</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: The Theory of Everything (PG-13, 2014, 4.5*, 2h4m) <i>PAC</i>	<b>10</b> 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: Eddie the Eagle (PG-13, 2016, 4.5*, 1h45m) <i>PAC</i>	<b>11</b> 10:00 Coffee with Kent* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 1:30 IFF Club Meeting <i>GAL</i> 3:30 MOVIE: Downton Abbey, S2, E2 (TV-14, 2011, 4.5*) <i>PAC</i> 7:00 Special Performance: Yale Society of Orpheus & Bacchus <i>PAC</i>	<b>12</b> 9:30-N Clinic 10:00 Men's 10:00 High 1:00 MOVIE 2016, 4.5* 1:30 A Pra 3:00 Chap can Christ Judaism? 4:00 Move Manager A
<b>16</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 MOVIE: The Ramen Girl (G, 2009, 4.5*, 1h42m) <i>PAC</i>	<b>17</b> 1:00-2:00 MLK Memories <i>CH</i> 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: Always Be My Maybe (PG-13, 2019, 4.5*, 1h42m) <i>PAC</i>	<b>18</b> 9:30-Noon Dr. Warren Clinic 1:30-3:00 Ping Pong! <i>310</i> 1:00 IFF Club Meeting <i>PAC</i> 3:30 MOVIE: Downton Abbey, S2, E3 (TV-14, 2015, 4.5*) <i>PAC</i>	<b>19</b> 10:00 Men's 10:00 High 1:00 MOVIE 2016, 4.5* 1:30 A Pra 3:00 Chap can Christ Judaism? 4:00 Eat R and Chef
<b>23</b> 10:30 Worship & Holy Communion <i>CH</i> 3:30 MOVIE: The Secret Life of Walter Mitty (PG, 2013, 4.5*, 1h54m) <b>30</b> 10:30 Worship & Holy Communion <i>CH</i> 3:30 MOVIE: MOVIE: Puzzle (R, 2018, 4.5*, 1h43m) <i>PAC</i>	<b>24</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Mindfulness Med. <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 Prohibition: Policies & Players with Keith Wood <i>PAC</i> <b>31</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Mindfulness Med. <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:00 Movie: The Fundamentals of Caring (TV-MA, 2016, 4*, 1h37m)	<b>25</b> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S2, E4 (TV-14, 2015, 4.5*) <i>PAC</i>	<b>26</b> 10:00 M 10:00 High 1:00 MOVIE (Doc, 2015 1:30 A Pra 3:00 Chap can Chris Judaism? 6:00 Birth 7:00 RAC PAC

Wednesday	Thursday	Friday	Saturday
Center Room  ay nce			1  1:00 MOVIE: My Fair Lady (G, 1964, 4.5*, 2h53m) PAC
High Point Gro.* WAY n's Coffee Hour 310 IE: Happy (Doc, 2011, n) PAC yerful Pause TWW lains' Class: What can s learn from Judaism?  k Right: Dr. Sharon PAC	6 9:00-4:00 Dottie's Digs GI 9:00-Noon Podiatrist* TT 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Events that Changed History PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC	7 10:30 Kroger* WAY 11:30 Trezevant Explores: My City Rides PAC 1:00 Board Games SDR 2:00 MOVIE: The King's Speech (R, 2010, 5*, 1h58m) 3:30 CATIE Connection Hours* PAC 5:00 TGIFT! with Michael Brennan PAC	8  1:00 MOVIE: Dear Zindagi (TV-14, 2016, 4*, 2h29m) PAC  5:00 Saturday Music Hour with Rick Nethery PAC
Noon Dr. Warren  n's Coffee Hour 310 h Point Gro* WAY IE: I am Bolt (Doc, *, 1h47m) PAC yerful Pause TWW lains' Class: What tians learn from CH e Right: Melissa, PT PAC	13  1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Events that Changed History PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC	14  10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Billy Elliot (R, 2000, 5*, 1h50m) PAC 5:00 TGIFT! with Arthur Hart PAC	15  1:00 MOVIE: Seven Years in Tibet (PG-13, 1997, 4.5*, 2h16m) PAC  5:00 Saturday Music Hour with Wyly Bigger PAC
's Coffee 310 Point Grocery* IE: For Grace (Doc, *, 1h31m ) PAC yerful Pause TWW lains' Class: What tians learn from CH Right: John Mikaelian Antony PAC	20  9:00-4:00 Dottie's Digs GI 1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Events that Changed History PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Robert Burns Supper* PAC Sign up in CATIE!	21  10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: Like Water for Chocolate (R, 1993, 4.5*, 1h45m) 3:30 CATIE Connection Hours* PAC 5:30 TGIFT! with Memphis Hot Notes PAC	22  1:00 MOVIE: Les Miserables (PG-13, 2012, 4.5*, 2h37m)  5:00 TGIFT! with the Jim Mahannah Band PAC
Men's Coffee 310 Point Gro.* WAY IE: The Science of Sleep 5, 4.5*, 44m) PAC yerful Pause TWW lains' Class: What tians learn from  day Night SDR Quarterly Meeting	27  1:30-3:00 Ping Pong! 310 2:00 The Great Courses: Events that Changed History PAC 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC	28  10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: The Straight Story (G, 1999, 4.5*, 1h51m) 5:00 TGIFT! with Paul Morphis PAC	29  1:00 MOVIE: Capernaum (R, 2018, 4.5*, 2h3m)  5:00 TGIFT! with Mtchell Cloutier PAC  6:45 Transportation to IRIS Performance WAY



# JANUARY BIRTHDAYS

Lynnette Murff	1
Terry Robertson	1
Rusty Loth	6
Anna Pyland	8
Sally Hergenrader	8
Mary Wardlaw	9
Mary Virginia Rogers	11
Ann Powell	12
Roger Lowery	12
Jane Cash	16
Caroline Nance	17
Christine Garrett	18
Anne Timmons	18
Jo Maxwell	18
Nancy Erb	21
Norma Atkins	22
GeeGee Chandler	24
Julie Walton	25
Alice Anne Miller	25
Mary Edith Walker	27
Sue Goodwin	28
Robert McCallum	30

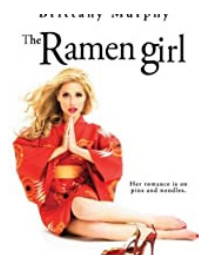


At the 2021 IL Christmas Party  
1. Kiersten Watkins and Emile Bizot 2. Bill & Chipsy Butler 3. Sarah Heckle and Buddy Nix



# MOVIES AT TREZEVA

*Continued*



by her boyfriend in Tokyo finds her calling in an unlikely place: a local ramen house run by a tyrannical chef who doesn't speak of a word of English. (PG-13, 2009, 4.5\*, 1h42m)

Mon, January 17, 2022

Always Be My Maybe-Everyone assumed that Sasha and Marcus would wind up together, except for Sasha and Marcus. Reconnecting after 15 years, the two start to wonder-- maybe? (PG-13, 2019, 4.5\*, 1h42m)

Tue, January 18, 2022

Downton Abbey: S2, E3-Downton is turned upside down with the arrival of the wounded officers. Branson intends to make General Strutt's visit a day no one will forget. And Willian's return results in an awkward surprise for Daisy. (TV-14, 2011, 5\*)

Wed, January 19, 2022

For Grace-The laser focus on Curtis Duffy's cooking career that won him two Michelin stars also cost him his marriage and two young daughters, but his ambition is still to make his new restaurant, Grace, the best in the country. (Doc, 2016, 4.5\*, 1h31m)

Fri, January 21, 2022

Like Water for Chocolate-Unable to marry because of an ancient family tradition, a woman expresses her passion for her lover through preparing delectable dishes. (R, 1993, 4.5\*, 1h45m)

Sat, January 22, 2022

Les Miserables-This critically acclaimed adaptation of the epic musical phenomenon is a timeless testament to the human spirit. (PG-13, 2012, 4.5\*, 1h30m)

Sun, January 23, 2022

The Secret Life of Walter Mitty-Ben Stiller directs and stars in this inspiring story about an ordinary



man who finds the courage to discover his destiny and leap into the extraordinary adventure that is life. (PG, 2013, 4.5\*, 1h54m)

Tue, January 25, 2022

Downton Abbey: S2, E4-There's worrying news about Matthew and William. Branson declares his feelings for Sybil, and Robert goes out his way to bring Bates back. (TV-14, 2011, 5\*)

Wed, January 26, 2022

The Science of Sleep-From controlling our weight, to helping us learn, to washing our brain, and fighting off disease like Alzheimer's, around the world researchers are penetrating the mysterious world of sleep and deciphering its secrets. (Doc, 2015, 4.5\*, 44m)

Fri, January 28, 2022

The Straight Story-Story of a man who takes a six week trip on his riding lawn mower. (G, 1999, 4.5\*, 1h51m)

Sat, January 29, 2022

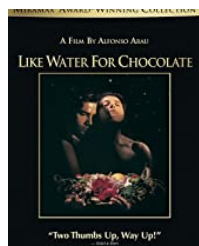
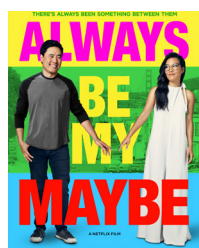
Capernaum-A gutsy 12-year-old boy must use his wits to survive the dangerous city streets after fleeing his negligent parents. (R, 2018, 4.5\*, 2h3m)

Sun, January 30, 2022

Puzzle-Agnes has reached her 40s without ever venturing far from home but that changes dramatically when she receives a puzzle as a gift and experiences the heady thrill of doing something she truly enjoys. (R, 2018, 4.5\*, 1h43m)

Mon, January 31, 2022

The Fundamentals of Caring-A man suffering a family loss enrolls in a class about care-giving that changes his perspective on life. something she truly enjoys. (TV-MA, 2016, 4.5\*, 1h37m)





# RESIDENT REFLECTIONS

At the 2021 IL Christmas Party!

1. Libby Daughdrill and Jean Borkert 2. Nita Faye and Brooke Ferris 3. Jenny Richardson, Barbara Dale Clifton and Pam Lowery





# CELEBRATE!

*by Jack Richbourg, Trezevant Resident, Green Team Chair & Attorney*

Emerson once said, “There is no history; only biography.” He was right. Without humans there is no history. Rocks, trees, and deer do not shape history. People do.

The problem is that some people were left out of our history books for way too long. Their biographies were not important enough to include in our American History classes. As a result, we are woefully ignorant of Black History. Most folks over the age of 50 (that’s us) never had one Black History lesson in high school.

So, let’s just test that hypothesis. Let’s just give ourselves a quick, little, one-question pop quiz on Black History. Are you ready? Here we go.

Who is Carter G. Woodson? No googling, now. Quick! What’s your answer?

You don’t know? That’s ok. Neither did I until I did some reading for this article. Carter G. Woodson was the son of slaves. He graduated from Harvard in 1912 with a Ph.D. He studied under renowned White historians who thought Black History was unimportant. Undeterred, he dedicated his life and research to Black History, and, in 1926, he declared the second week of February, “Negro History Week” saying, “If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated.”

He said this in NINETEEN TWENTY-SIX! So how come a White kid like me, graduating 40 years later, never had any Black History? Well, it might have something to do with the Ku Klux Klan having a membership of 1.5 million to 4 million in 1924. It might have something to do with the Black Codes, Jim Crow, and segregation. We had to go through the turbulent sixties and seventies before Black History Month was finally declared in 1976 two years after I finished both college and grad school. No wonder I never had Black History!

But thanks to Dr. Woodson, we have it, now, and we are celebrating it in February. Our theme is “Black History Month: Celebrating Creative Memphians.” We’re going to eat soul food at the historic Four-way Grill. We’re going to have Black entrepreneurs and Black performers speak. We’re going to show and discuss movies about the Black experience, films like “42,” “Hidden Figures,” “Just Mercy,” “Loving,” “Dreamland,” and “I Am Not Your Negro.” We’re going to give away door prizes from Black-owned businesses. We’re going to listen to live performances of Blues, Ballet, and Bebop with a little Jazz and Swing thrown in.

It’s going to be fun! It is going to be instructive. It’s going to be enlightening. We will be moved to tears and laughter together, because the history of Black people is the history of Memphis. It’s our history. It’s America’s history. Black History is everyone’s history, and we must know it! We must be aware of it, so that we can all be healed.

So, come, and listen, and learn, and CELEBRATE!





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