



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

Older adults in the United States were scammed out of \$1.7 billion through fraud schemes in 2021, a 74% increase from 2020, according to a new report from the FBI's Internet Crime Complaint Center.

A total of 105,301 people over the age of 65 were scammed, with an average loss of \$9,175, and almost 2,000 older Americans lost more than \$100,000, the report said. By far, the elderly were being extorted the most, with just over 23,000 victims, the FBI found. The highest number of fraud cases occurred in California, Florida and Texas.

"Each year, millions of elderly Americans fall victim to some type of financial fraud or internet scheme, such as romance scams, tech support fraud, and lottery or sweepstake scams. Criminals gain their targets' trust or use tactics of intimidation and threats to take advantage of their victims," said Calvin Shivers, assistant director of the FBI's criminal division. "Once successful, scammers are likely to keep a scheme going because of the prospect of significant financial gain." Don't let this happen to you be informed and protected.

Join us on Friday, June 3 when AARP representatives will be at Trezevant to provide information and material on how to detect and avoid scams. Plan to attend Trezevant Explores* to learn of vital information to keep you safe.

Kim Life Enrichmen

Life Enrichment Director

*Trezevant Explores: AARP and Senior Scams-Friday, June 3, 2022 at Noon. Please sign up in the Activity Book or on CATIE if you would like to have lunch prior to the presentation.

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

LIFE ENRICHMENT

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

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



IN ST. EDWARD CHAPEL

by Rev. Julie McKenna, Lead Chaplain & Spiritual Services Director

Thanks to our resident clergy and other volunteers, we are able to have year round chaplains' classes. Our classes for June are as follows:

Chaplains' Classes: 3pm on Wednesdays

We will begin June with the last of our Transitions at Trezevant series on June 1st. Shanley Lucas of Baptist Trinity Hospice will explain the



difference between hospice and palliative care and will answer any questions you might have.

June 8th, 15th, 22nd and 29th join the Rev. Dr. Ben Bledsoe as he leads us in a study he calls, "Critiquing the Sermon on the Mount." If you have read the Sermon on the Mount, you know there are things in it we wish Jesus had not said, or had said differently, and some things that he said we should do that we just can't (or don't want to) do." Ben

will address these teachings head on. Should make for some interesting discussions. Please join us!

If you haven't ever tried Lectio Divina, Mindfulness Meditation or Listen and Love with Dina Smith, summer might be a good time to give them a try.

Lectio Divina (or Praying the Scriptures): Every Monday at 2:00 p.m. in St. Edward Chapel. The Rev. Anne Carriere leads us as we examine the lectionary text for the coming Sunday. No Bible study knowledge need-

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 ed! This study is based on your own responses to the text and what you think the scriptures are saying to you.

Mindfulness Meditation: Feeling a bit stressed? Need to quiet your mind? Each Monday at 3:00 p.m., Linda Mischke leads us in a guid-ed meditation followed by about 15 minutes of silent meditation.

Listen and Love with Dina Smith: 3:00 p.m. on Thursdays in the Gallery Parlor. Join Dina Smith as she reads some wonderful stories or readings and leads a small group discussion based on the reading for that day.

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

RESIDENT REFLECTIONS



1. Trezevant residents visiting Churches in Holly Springs, MS. Group includes (top row) Mike & Susie Osborn, Pam Lowery, Wayne Shannon, Milton Winter, Marilyn Dunavant, Gail Williamson, Betty Green, Anne Shaw, Anne Carriere, Rev. Barbara Kirk-Norris, Madge Saba, Dina Smith, Sherry Prewitt, Ray Curle, Page Williamson and (bottom row) Helen Jabbour, Ben Bledsoe, Sara Shelton, Joan Chesney, Susan Herron, Susanne Darnell, Julie Walton, Sally Hergenrader, Dorsey Wade, Betty Jane Robinson, Missie McDonald, Sylvia Adams, Susan Whitehead, and Rev. Julie McKenna. 2. Flowers in the Trezevant Gardens. 3. A great time was had by all watching the 2022 Kentucky Derby!

Page 10: 1. Trezevant group entering Christ Episcopal Church in Holly Springs. 2. Julie Walton and Susan Whitehead on the Church Tour. 3. Sherry Prewitt and Dina Smith on the porch swing.

BEWELL by Rinnie Wood, Fitness Director

Let's Celebrate Summer with Good Food and Good Health!

Summer is upon us. Colorful fresh fruits and vegetables are abundant. Tim the Produce Man is returning to Trezevant weekly. Warm weather always promises greater food choices and increased movement opportunities, so let's get moving on our journey to improved physical and mental health!

The World Health Organization states that many diseases seen in older Americans are the result of improper diet. Reduced food intake, poor nutrient absorption and less variety in diets often lead to these deficiencies. We need key macronutrients daily, which are proteins, carbohydrates, and fat, in addition to water to hydrate our body so that organs operate efficiently. Fiber, magnesium, calcium, iron, folic acid, potassium, and vitamins C, D, B-12,

are even more critical as we age. These are found in fruits, avocados, nuts and seeds, olive oil and legumes, dark chocolate, quinoa, lentils, chickpeas, and leafy greens. The Mediterranean Diet includes healthy oils, proteins, and carbs, so explore this as summer progresses. Your doctor may also suggest supplements to complete your nutritional needs.

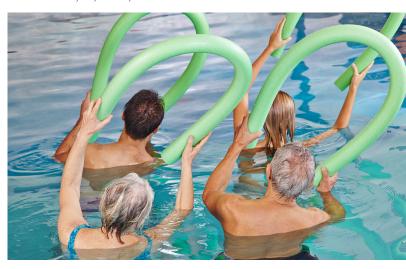
Protein is critical for good health. About 15% to 35% of our daily nutrition should be protein, which builds muscle for strength, and keeps cells, the metabolic system, hair, and skin healthy. Protein strengthens bones, reduces the risk for diabetes and helps lower blood pressure. Meat, pork, poultry, and seafood are protein sources, but don't forget beans, such as lentils, peas,

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



chickpeas, and soybeans. Nutritionists also recommend two servings of salmon or a fatty acid seafood every week to help prevent inflammation which can cause cancer, rheumatoid, arthritis and heart disease.

Carbohydrates are the primary energy fuel for our body. They also fuel our central nervous system, which includes our brain. 45%-65% of our calories should come from carbs, which include low sugar berries, (load-ed with vitamin C and minerals) bananas, (potassium and magnesium that lower blood pressure and helps us sleep) and leafy greens, (l cup of spinach has 39% of our suggested recommended daily requirements of iron and magnesium), just to name few. Healthy carbs provide us with fiber, which speeds our slowing digestive system. Phytonutrients, compounds found in plant-based foods, fight disease.

Fat is the third macronutrient, which builds cells and protects cell walls, insulates the body, absorbs fat-soluble vitamins and is a source of energy. Many fish are good sources of healthy Omega-3 Fatty Acids and have been found to slow Macular Degeneration and reduce risk of Alzheimer's disease.

We have a clear window on why certain foods are so important for those over sixty-five.

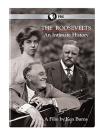
As summer arrives, assess your eating habits, and add the nutritional items that will enhance the health of your body, mind, and spirit. Eat a rainbow and savor the results!

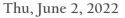
Sunday	Monday	Tuesday	
LOCATION KEY: CH=St. Edward Chape GAL=Gallery HG=Hope's Garden HPL=Highland Parking MR=Music Room MWW-Manor Walkw PAC=Performing Arts	TT=Trezevant TWW=Terrac g Lot Entrance WAY=Waynol 7ay	Terrace e Walkway	1 9:00-10:15 10:00 High 10:00 Men 1:30 A Pray 3:00 Chap Morgan C 4:00 Take
5 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Wolf & the Lion (PG, 2022, 4.5*, 1h40m) <i>PAC</i>	6 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> 7:15 MOVIE: The First Lady SI, E1 (TV-MA, 2022, 4*, 56m)	7 10:00 Walgreens* <i>WAY</i> 10:00 Coffee with Kim* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S4, E5 (TV-14, 2011, 4.5*) <i>PAC</i>	8 9:00-10:15 10:00 High 10:00 Men 1:30 A Pray 3:00 Chap <i>CH</i>
12 10:30 Sunday Worship & Holy Communion <i>CH</i> 1:30 Transportation to Porgy & Bess for ticketholders* <i>WAY</i> 2:00 MOVIE: C.S. Lewis: The Most Reluctant Convert (PG-13, 2021, 4*, 1h13m) <i>PAC</i>	13 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> 7:15 MOVIE: The First Lady SI, E2 (TV-MA, 2022, 4*, 56m)	14 FLAG DAY 10:00 Coffee with Kent* Bistro 1:30-3:00 Ping Pong! 310 3:30 MOVIE: Downton Abbey, S4, E6(TV-14, 2011, 4.5*) PAC	15 9:00-10 10:00 Men 10:00 High 1:00 Senior celebrates 1:30 A Pray 3:00 Chap CH 4:00 Take 7:15 Speci Explosion
 19 FATHER'S DAY 10:30 Sunday Worship & Holy Communion CH 2:00 MOVIE: American Underdog (PG, 2021, 5*, 1h52m) PAC 	20 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> 7:15 MOVIE: The First Lady SI, E3 (TV-MA, 2022, 4*, 56m)	21 10:00 Coffee with John* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 1:30 IFF Club Meeting <i>PAC</i> 3:30 MOVIE: Downton Abbey, S4, E7 (TV-14, 2015, 4.5*) <i>PAC</i>	22 9:00-10:15 10:00 Men 10:00 High 1:30 A Pray 3:00 Chap CH
26 10:30 Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Redeeming Love (PG- 13, 2022, 4.5*, 2h14m) <i>PAC</i>	27 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> 7:15 MOVIE: The First Lady S1, E4 (TV-MA, 2022, 4*, 56m)	28 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S4, E8 (TV-14, 2015, 4.5*) <i>PAC</i> 5:30 Out to Dinner: Fancy's Fish House* <i>HPL</i>	29 BIR 9:00-10:15 10:00 Men 10:00 High 1:30 A Pray 3:00 Chap Ben Bledso

PLEASE NOTE: Events are subject to change. Please check the weekly

Wednesday	Thursday	Friday	Saturday
Tim the Produce Man <i>HG</i> Point* <i>WAY</i> 's Coffee Hour <i>310</i> yerful Pause <i>TWW</i> lains' Class: Transitions-Allen <i>H</i> your Brain to the Gym <i>GAL</i>	2 9:00-4:00 Dottie's Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> 1:30-3:00 Ping Pongl <i>310</i> 2:00 Ken Burns: The Roosevelts E3 (TV-MA, 2022, 4*, 56m) 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 10:30 Kroger* WAY 11:30 Trezevant Explores.Senior Scams with AARP-Sign up for lunch only in Activity Book or CATIE* PAC 1:00 Board Games SDR 2:00 MOVIE: Life Itself (R, 2014, 4.5*, 2h) PAC 5:00 TGIFT! with Diana Stein (Piano, Boogie-Woogie) MR 	4 2:00 MOVIE: Night and Day (NR, 1946, 4.5*, 2h7m) PAC 4:00 Saturday Music Hour: Dubois Duo (Classical) MR
Tim the Produce Man <i>HG</i> Point* <i>WAY</i> 's Coffee Hour <i>310</i> yerful Pause <i>TWW</i> lains' Class: with Ben Bledsoe TR AIL BL	 9 1:30-3:00 Ping Pong! 310 2:00 Ken Burns: The Roosevelts E4 (TV-MA, 2022, 4*, 56m) 3:00 Listen & Love w/ Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC 7:15 Special Performance: Doug MacLeod (Blues Storyteller) MR 	10 10:00-1:00 Alterations with Divine Stitches 310 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: A Perfect Vintage (G, 2021, 5*, 1h34m) 3:30 CATIE Connection PAC 5:00 TGIFT! with Southbound (Country/Americana) MR	11 2:00 MOVIE: Paris When It Sizzles (NR, 1964, 4.5*, 1h50m) <i>PAC</i>
			10
0:15 Tim the Produce Man <i>HG</i> 's Coffee Hour <i>310</i> Point* <i>WAY</i> r Arts Series: TheatreMemphis 100 Years & Beyond* <i>WAY</i> yerful Pause <i>TWW</i> lains'Class:: with Ben Bledsoe your Brain to the Gym <i>GAL</i> al Performance: Swingtime <i>PAC</i>	 16 9:00-4:00 Dottie's Digs <i>GI</i> 1:30-3:00 Ping Pong! <i>310</i> 2:00 Ken Burns: The Roosevelts E5 (TV-MA, 2022, 4*, 56m) 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> 	 17 7:30-9:00 FIRST RESPONDERS DAY! HG 10:30 Kroger* WAY Noon Transportation to June- teenth Fashion Show* WAY 1:00 Board Games SDR 1:00 MOVIE: Chasing Coral (TV-G, 2017, 4.5*,1h29m) 5:00 TGIFT! with Louise Page (Piano/Vocals) MR 	18 3:00 Celebration of Marriage Party PAC New to Trezevant? Please bring your wedding photo to Teresa Johnson by June 10!
Tim the Produce Man <i>HG</i> 's Coffee <i>310</i> I Point* <i>WAY</i> yerful Pause <i>TWW</i> lains'Class:: with Ben Bledsoe	23 1:30-3:00 Ping Pong! <i>310</i> 2:00 Ken Burns: The Roosevelts E6 (TV-MA, 2022, 4*, 56m) 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> 7:15 Special Performance: Breeze Cayolle (Jazz) <i>MR</i>	24 10:30 Kroger* WAY 1:00 Board Games SDR 1:00 MOVIE: The Last Days (PG-13, 1998, 1h27m) PAC 3:30 CATIE Connection Hours PAC 5:00 TGIFT! with Hank & Stan (Guitar/Flute) MR	25 2:00 MOVIE: That Touch of Mink (NR, 1962, 4.5*, 1h39m) PAC
THDAY NIGHT! Tim the Produce Mar 's Coffee 310 Point* WAY gerful Pause TWW lains'Class:: with be CH	30 1:30-3:00 Ping Pong! <i>310</i> 2:00 MOVIE: Ken Burns: The Roosevelts E7 (TV-MA, 2022, 4*, 56m) 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>		

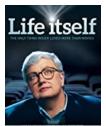
MOVIES AT TREZEVANT





Ken Burns: The Roosevelts, E3-From PBS and Ken Burns - Join Ken Burns as he traces the effects of WWI on the lives of the Roosevelts. (TV-14, 2014, 5*, 1h48m)

Fri, June 3, 2022



Life Itself World-renowned film critic Roger Ebert had a life that was equal parts inspiring and entertaining. Life Itself explores Ebert's legacy, from his Pulitzer Prize-winning film criticism at the Chicago Sun-Times to becoming one of the most influential cultural voices in America. (R, 2014, 4.5*, 2h)

Sat, June 4, 2022

Night and Day-The musical genius of Cole Porter is brought to life in thisOscar-nominated fictional biography of one of the world's greatest composers. (NR, 1946, 4.5*, 2h7m)

Sun, June 5, 2022

The Wolf & the Lion-After the death of her grandfather, Alma decides to go back to her childhood home where she rescues two cubs- a wolf and a lion. An inseparable bond is formed, but their world is flipped once a forest ranger discovers them. (PG, 2022, 4.5*, 1h40m)

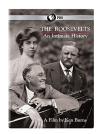
Mon, June 6, 2022

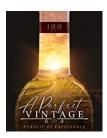
The First Lady, S1, E1-Eleanor, Betty and Michelle enter new political roles. Series premiere. (TV-MA, 2022, 4*)



Tue, June 7, 2022

Downton Abbey: S4, E5-Change is in the air as an exciting opportunity for Alfred creates tension between Ivy and Daisy. Isobel appeals to Violet's sense of charity, but it doesn't come without a fight (TV-14, 2014, 5*)















Thu, June 9, 2022

Ken Burns: The Roosevelts, E5-From PBS and Ken Burns - Witness Ken Burns's coverage of FDR's battle with polio and his response to the Great Depression.(TV-14, 2014, 5*, 1h48m)

Fri, June 10, 2022

A Perfect Vintage-Follow the journey of some of the world's finest winemakers as they dance to the unpredictable rhythms of Mother Nature, taking advantage of the most epic vintage in years. Winemakers, vintners, and sommeliers share their passions and techniques. (G, 2021, 5*, lh34m)

Sat, June 11, 2022

Paris When It Sizzles-Richard Quine directs George Axelrod's acerbic script (adapted from Julien Duvivier's La Féte à Henriette) in this romantic comedy that reunites William Holden and Audrey Hepburn for the first time since 1954's Sabrina. (G, 1964, 4.5*, 1h50m)

Sun, June 12, 2022

C.S. Lewis: The Most Reluctant Convert-An elder C.S. Lewis looks back on his remarkable journey from hard-boiled atheist to the most renowned Christian writer of the past century. (PG-13, 2022, 4*, 1h13m)

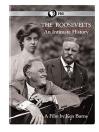
Mon, June 13, 2022

The First Lady, S1, E2-Eleanor, Betty and Michelle face challenges in their first days in office. (TV-MA, 2022, 4*) Tue, June 14, 2022

Downton Abbey: S4, E6-A birthday party is planned for Robert, but Rose's surprise contribution to the event ruffles feathers above and below stairs. A new farming venture on the Downton estate comes with

MOVIES AT TREZEVANT

continued



dramatic repercussions for Mary. (TV-14, 2014, 5*)

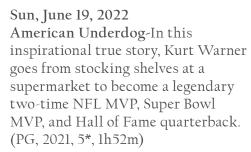
Thu, June 16, 2022

Ken Burns: The Roosevelts, E5-From PBS and Ken Burns - Join Ken Burns to examine FDR's New Deal and Eleanor's growing political activism.(TV-14, 2014, 5*, 1h48m)

Fri, June 17, 2022

Chasing Coral-The story of a threeyear effort to capture the loss of the world's coral reefs through timelapse, underwater photography. (TV-G, 2007, 4.5*, 1h20m)



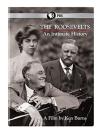


Mon, June 20, 2022

The First Lady, S1, E3-Eleanor, Betty and Michelle come of age and meet their future husbands. (TV-MA, 2022, 4*)

Tue, June 21, 2022





Downton Abbey: S4, E7-Robert must travel to America to help our Cora's playboy brother. Violet is taken ill, but she finds help from an unlikely corner. And things don't go as planned when Mrs Hughes and Carson conspire to keep peace downstairs. (TV-14, 2013, 5*)

Thu, June 23, 2022

Ken Burns: The Roosevelts, E6-From PBS and Ken Burns - Follow Ken Burns to survey FDR's leadership during WWII; while Eleanor tends to wounded servicemen.(TV-14, 2014, 5*, 1h48m)

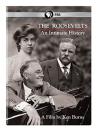
ACADDRAY AWARDY WIANDER STEVENSWEIDER HILSHOAT FOUNDATION THE LAST DAYS











Fri, June 24, 2022

The Last Days-This powerful film traces the compelling experiences of five Hungarian Holocaust survivors who fell victim to Hitler's brutal war against the Jews during the final days of World War II. (PG-13, 1998, 5*, 1h27m)

Sat, June 25, 2022

That Touch of Mink-A handsome and eligible tycoon and a beautiful working woman meet over a curbside mud puddle. (NR, 1962, 4.5*, 1h39m)

Sun, June 26, 2022

Redeeming Love-From Francine Rivers' bestseller, Redeeming Love follows Angel who, new to love, runs from the life she doesn't think she deserves in this powerful story of perseverance. (PG-13, 2022, 4.5*, 2hl4m)

Mon, June 27, 2022

The First Lady, S1, E4-Eleanor, Betty and Michelle navigate the rising careers of their husbands. (TV-MA, 2022, 4*)

Tue, June 28, 2022

Downton Abbey: S4, E8-Rosamund hatches a plan to help Edith out of her predicament, but will Violet see through it? Isobel is on the receiving end of some unexpected attention and some unexpected news gives Anna fresh cause for concern. (TV-14, 2014, 5*)

Thu, June 30, 2022

Ken Burns: The Roosevelts, E7-From PBS and Ken Burns - Join Ken Burns to examine Eleanor's role as civil rights and U.N champion after FDR's death.(TV-14, 2014, 5*, 1h48m)

RESIDENT REFLECTIONS



RETAIL THERAPY by Julie Hoyman, Retail Manager

Dottie's Digs will be open June 2nd and 16th. We will have lots of great summer deals. Dottie's is located in G1 at Trezevant. Christmas always comes early in July at Dottie's. July sale dates will be the 7th and 21st. Hope to see you there! We take donations on the table at G1 in front of Dottie's everyday but sale days.

Have a Happy Safe Summer! We look forward to seeing you!

JUNE BIRTHDAYS

June 1 Lucy Carrington Jones June 2 Al Nimocks Jet Thompson Virginia Trenholm June 3 Helen Jaseph Sara Holmes June 8 Ann Stevens June 11 **Brooke Ferris** Rowlett Scott June 14 Libby Daughdrill **Corrinne** Neinhuis Dorsey Wade June 16 Sue Atwood

June 17 Joan Draper June 20 **Buzzy Hussey** Helen Jabbour June 21 Nora Kaltakdjian June 22 **Olin Atkins** Jane Twist June 25 Marilyn Dunavant June 26 June Wood June 28 **Russell Krutchen** June 29 Joyce Johnson



TREZEVANT CONTACT INFORMATION

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RECEPTION DESK (901) 325-4003

> BANK Truist Bank (901) 462-2801

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