



TIDINGS

July 2022

Issue 7



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

The following article appeared in the Memphis Flyer by Abigail Morici. Mark your calendars for July 1 when Mia Henley, Creative Aging Executive Director, will be speaking at Trezevant Explores.

At 16, you get your driver's license. At 18, you are an "adult." At 21, you can drink. And then what are you supposed to look forward to when it comes to age-determined milestones? Surely not that, at 45, you're due for a colonoscopy. At least, here in Memphis, once you turn 65, you are eligible for Creative Aging's programming, which, through partnerships with local artists, arts organizations, and senior communities, offers affordable arts classes and special performances and events just for seniors.

"There's a lot of scientific evidence that active arts engagement can do amazing things to stimulate the mind and improve vitality, the sort of social-emotional outlook in older adults," says Creative Aging director Mia Henley, who adds that older adults with an active arts engagement, when compared to those without, are less likely to be hospitalized, less likely to experience falls, and less likely to have a decline in motor skills like strength, speed, and dexterity.

With Shelby County's population above the age of 65 predicted to grow from 135,281 in 2020 to 161,747 by 2030, programs offered by Creative Aging are becoming more and more vital to what will be 17 percent of the total population by the next decade. "Being a senior today is not what it used to be," says Henley. "It's a long time. It's 65 to 105. That's 40 years, and you're changing, and your interests and your abilities and maybe your health and family situation continue to change during that period. ... We have these wonderful assets in Memphis. And a lot of times they're busy in the afternoon with kids, but they're silent during the day, and that's when seniors want to do things." Currently, the nonprofit has more than 120 artists, all of whom are paid, teaching classes and workshops, ranging in topics from creative writing to playing the dulcimer to learning tap dance.

In addition to classes, the group sponsors performances in various senior communities and throughout Memphis. The 2022-2023 season is set to begin in August with a performance by Swingtime Explosion Big Band.

For more information on upcoming events or how to volunteer and donate, visit creativeagingmidsouth.org or check out the nonprofit on Facebook (@camemphis) and Instagram (@creativeagingmidsouth).

Kim O'Donnell

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IN ST. EDWARD CHAPEL

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

NEW Chaplains' classes: In July, The Rev. Paul McClain, associate at Calvary Episcopal will be with us through the month of July for chaplains' class. Paul will lead us in an interesting study of the theological teachings of Mr. Rogers Neighborhood. Join us!

Some thoughts to share--

Barbara and I are currently enrolled in a course on Richard Rohr's book, *Breathing Underwater*. It focuses on the spiritual aspects of Alcoholics Anonymous' 12 steps. It has helped me find ways to keep my focus on being fully present in the moment and open to the spirit's action in my own life—something that is an ongoing inner battle for most of us.

In the last week's session, Rohr talked about welcoming prayer. Welcoming prayer is a means of contemplation where we can as AA says, "Let go and Let God"—which is so often much easier said than done! Try the welcoming prayer method below, to see if it helps you release some of the burdens you carry with you every day.

"Allow the realities of your day to enter into your consciousness. Acknowledge and welcome reality for being what it is (you may choose to welcome a particular trial or happiness by name). The practice of acknowledging this piece of reality does not allow you to suppress it." (As I tried this practice, I thought about a number of ways I was frustrated with myself or my reaction to events around me). After you acknowledge reality, you release it over to God, acknowledging to God that reality is not yours to control but to participate in. It is a loosening or letting go of your grip on doing things your way. Ultimately you are saying to God, "not my will, but Yours be done." (Rohr)

Father Thomas Keating also has a specific Welcoming Prayer you may find helpful:

The Welcoming Prayer
by Father Thomas Keating

Welcome, welcome, welcome.
I welcome everything that comes to me today
because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem,
approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation,
condition, person or myself.
I open to the love and presence of God and
God's action within. Amen

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

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RESIDENT REFLECTIONS



1. Trezevant residents visiting Crystal Bridges: Steve Nelson, Ann Hunt (hidden), Jo Maxwell, Mary Nelson, Faye Southern, Beverly Williams, Jed Dreifus, Sara Holmes, Bus Driver Mays, Anne Timmons (hidden), Betty Green and Bridget Barek. 2. TV Miller, Faye Southern and Alice Anne Miller at Crystal Bridges. 3. Hal Brunt, Shelby County Commissioner Brandon Morrison, and Buzzy Hussey at First Responders' Day. 4. AARP Senior Scams presentation with Marilyn Dunavant, Gerry Williams, AARP Volunteer Caprice Morgan, AARP Tennessee Outreach Director Harold Byrd, AARP Volunteer, Margaret Green, U.S. Postal Inspector and Rinnie Wood.

BE WELL

by Valerie Smithers, RN, Wellness Nurse

HOW AGING AFFECTS YOUR DRIVING: SAFETY AND WHEN TO GIVE UP THE KEYS

Aging inevitably affects driving, but you can take measures to protect yourself and others when you're behind the wheel, including:

Have your vision and hearing tested regularly. Ask your doctor how frequently you should schedule exams. Know your medications and ask your physician if any of them could affect your driving. If so, ask whether other options are available. Stay physically fit. Fitness improves your strength and flexibility which helps such actions as turning the steering wheel and looking over your shoulder. Check your blood sugar level before getting behind the wheel if you are diabetic. When possible drive during the daytime, in good weather, on less busy roads and in familiar areas. Avoid distractions such as adjusting the radio, eating or talking on a cell phone. Planning your route in advance allows you to concentrate on driving, not navigating. You may need to update your vehicle. Features such as large mirrors, good visibility, power windows and door locks, and automatic transmission may help you overcome any physical limitations you may have. You may find a bigger car easier to get in and out of. Consider updating your driving skills. Organizations such as AARP offer refresher courses for older drivers. Always avoid alcohol when driving because it has a greater effect on older adults.

WHEN TO GIVE UP THE KEYS: THE SIGNS

Driving is an essential part of most people's daily lives. Unfortunately, despite efforts to adjust for aging, you may reach a point when retiring your car keys is in your own best interest. Knowing when can be a tough call.

Some signs are more obvious. You might find yourself involved in preventable accidents, receiving an increased number of traffic tickets or warnings, or riding with passengers who feel unsafe. Sometimes the signs may be more subtle. Consider driving less or giving up the keys entirely if you or someone else notices that you consistently:

- Move too slowly on the highway
- Failing to come to a full stop at stop signs
- Being inattentive
- Making erratic moves
- Reacting too slowly
- Being honked at by other drivers
- Missing traffic signs or signals or being uncertain of what they mean
- Getting anxious at busy intersections, being unsure what to do or being afraid to drive.
- Upsetting your passengers, who may refuse to ride with you.

By understanding your limitations as a driver, you can better prepare for driving or perhaps giving up driving altogether. Listen to your friends and family. If they suggest you cut back your time behind the wheel, they're only doing it with your best interests in mind. Talk to your doctor about how your health may affect your driving.

Valerie Smithers, RN

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PLEASE NOTE:

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

■ Spiritual Events ■ Movies ■ Special Events

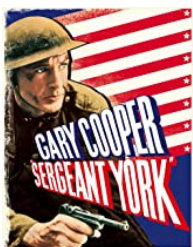
July, 2022 AT TREZEVANT

Sunday	Monday	Tuesday	
LOCATION KEY: 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			
3 10:30 Sunday Worship & Holy Communion <i>CH</i>	4 Happy Independence Day! 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Meditation <i>CH</i> 7:15 MOVIE: The First Lady S1, E5 (TV-MA, 2022, 4*, 56m)	5 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, E9 (TV-14, 2011, 4.5*) <i>PAC</i>	6 9:00-10:15 10:00 High 10:00 Men 1:30 A Pray 3:00 Chap Mischke C 4:00 Take 4:30 New <i>GAL</i>
10 10:30 Sunday Worship & Holy Communion <i>CH</i>	11 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 S1, E6 (TV-MA, 2022, 4*, 56m)	12 10:00 Coffee with Kent* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S5, E1 (TV-14, 2011, 4.5*) <i>PAC</i>	13 9:00-10:15 10:00 Men 10:00 High 1:30 A Pray 3:00 Chap Mischke C 4:00 Take
17 10:30 Sunday Worship & Holy Communion <i>CH</i>	18 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 S1, E7 (TV-MA, 2022, 4*, 56m)	19 10:00 Coffee with John* <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, S5, E2 (TV-14, 2015, 4.5*) <i>PAC</i>	20 9:00-10:15 10:00 Men 10:00 High 1:30 A Pray 3:00 Chap Mischke C 7:15 Specia Steppers?
24 10:30 Worship & Holy Communion <i>CH</i>	25 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, E8 (TV-MA, 2022, 4*, 56m)	26 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S5, E3 (TV-14, 2015, 4.5*) <i>PAC</i>	27 BIR 9:00-10:15 10:00 Men 10:00 High 1:30 A Pray 3:00 Chap Mischke C 7:15 RAC C

Wednesday	Thursday	Friday	Saturday
		<p>1 10:30 Kroger* WAY</p> <p>11:30 Trezevant Explores-Mia Henley with Creative Aging* PAC</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: Sergeant York (NR, 1941, 5*, 2h14m) PAC</p> <p>5:00 TGIFT! with Steve Lee & Friends (Jazz) MR</p>	<p>2</p> <p>5:00 Saturday Music Hour with Sandra Miller-Patriotic MR</p>
<p>Tim the Produce Man HG</p> <p>Point* WAY</p> <p>'s Coffee Hour 310</p> <p>erful Pause TWW</p> <p>ains' Class with Walter CH</p> <p>your Brain to the Gym PAC</p> <p>Resident Welcome Reception</p>	<p>7 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 Movie: Hyde Park on Hudson (R, 2012, 4*, 1h35)</p> <p>3:00 Listen & Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>	<p>8</p> <p>10:00-1:00 Alterations with Divine Stitches 310</p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: Key Largo (G, 1948, 5*, 1h40m)</p> <p>3:30 CATIE Connection PAC</p> <p>5:00 TGIFT! with Shaun Marsh (Blues) MR</p>	<p>9</p> <p>1:00-2:00 Mempops Mobile HG</p> <p>Enjoy a Mempops treat on us!</p>
<p>Tim the Produce Man HG</p> <p>'s Coffee Hour 310</p> <p>Point* WAY</p> <p>erful Pause TWW</p> <p>ains' Class with Walter CH</p> <p>your Brain to the Gym GAL</p>	<p>14</p> <p>1:30-3:00 Ping Pong! 310</p> <p>3:00 Listen & Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Special Performance: Paul Morphis (Americana) PAC</p>	<p>15</p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: The Greatest Show on Earth (G, 1952, 4.5*, 2h32m)</p> <p>5:00 TGIFT! with Tim Stanek (Piano) MR</p>	<p>16</p> <p>1:00-2:00 Kona Ice HG</p> <p>Enjoy a Kona Shaved Ice treat on us!</p>
<p>Tim the Produce Man HG</p> <p>'s Coffee 310</p> <p>Point* WAY</p> <p>erful Pause TWW</p> <p>ains' Class with Walter CH</p> <p>al Performance: Side Street (40s) PAC</p>	<p>21 9:00-4:00 Dottie's Digs GI</p> <p>10:30-Noon Tour Hospitality Hub* WAY</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00-4:15 MOVIE: Vietnam War Series & Discussion with Joe Hawes</p> <p>3:00 Listen & Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>	<p>22</p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: Gigi (G, 1958, 5*, 1h55m) PAC</p> <p>3:30 CATIE Connection Hours PAC</p> <p>5:00 TGIFT! with Oveante Magsby (Piano) MR</p>	<p>23</p> <p>5:00 Saturday Music Hour! with Lannie McMillen Trio (R&B) MR</p>
<p>THSDAY NIGHT!</p> <p>Tim the Produce Man HG</p> <p>'s Coffee 310</p> <p>Point* WAY</p> <p>erful Pause TWW</p> <p>ains' Class with Walter CH</p> <p>Quarterly Meeting PAC</p> 	<p>28 1:30-3:00 Ping Pong! 310</p> <p>2:00-4:15 MOVIE: Vietnam War Series & Discussion with Joe Hawes</p> <p>3:00 Listen & Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Special Performance: Dubois Duo (Classical) PAC</p>	<p>29</p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: An American in Paris (NR, 1951, 1h54m) PAC</p> <p>5:00 TGIFT! with Rick Nethery (Guitar) MR</p>	<p>30</p> <p>5:00 Saturday Music Hour! with Double D Band (Rockabilly) MR</p>

MOVIES AT TREZEVA

July 2022



Fri, July 1, 2022 at 2:00 p.m.
Sergeant York-Story of World War I hero who captured German position single-handedly. Film also portrays York's earlier life in the mountains of Tennessee. (NR, 1941, 5*, 2h14m)



2014, 5*)
Fri, July 15, 2022 at 2:00 p.m.
The Greatest Show on Earth-A lavish tribute to circuses, featuring three intertwining plotlines concerning romance and rivalry beneath the big top. (G, 1952, 4.5*, 2h32m)



Mon, July 4, 2022 at 7:15 p.m.
The First Lady, S1, E5-Eleanor, Betty and Michelle advocate for their own issues as First Lady. (TV-MA, 2022, 4*)



Mon, July 18, 2022 at 7:15 p.m.
The First Lady, S1, E3-Eleanor, Betty and Michelle battle public and personal hardships. (TV-MA, 2022, 4*)



Tue, July 5, 2022 at 3:30 p.m.
Downton Abbey: S4, E9-Rose is to be presented at Buckingham Palace. Martha Levinson and Cora's brother arrive from New York and make quite an impressions amongst London's high society. And the Crawleys are implicated in a scandal that threatens to engulf the monarchy.(TV-14, 2014, 5*)



Tue, July 19, 2022 at 3:30 p.m.
Downton Abbey: S5, E2-Mary has a weekend rendezvous with Gillingham, Carson and Robert disagree for the site for the war memorial. Mrs Patmore has a solution for Daisy's struggle with her studies. And Edith becomes Marigold's godmother. (TV-14, 2013, 5*)



Fri, July 8, 2022 at 2:00 p.m.
Key Largo-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*, 1h34m)



Fri, July 22, 2022 at 2:00 p.m.
Gigi-Despite the best efforts of her mentors to teach the importance of champagne, jewels and independence, the irrepressible girl falls in love with the man for whom she is intended. (PG-13, 1998, 5*, 1h27m)



Mon, July 11, 2022 at 7:15 p.m.
The First Lady, S1, E6-Eleanor, Betty and Michelle's daring stances put them in the spotlight. (TV-MA, 2022, 4*)



Mon, July 25, 2022 at 7:15 p.m.
The First Lady, S1, E8-Eleanor, Betty and Michelle refuse to stay quiet on issues they care about. (TV-MA, 2022, 4*)



Tue, July 12, 2022 at 3:30 p.m.
Downton Abbey: S5, E1-A new labour government heralds changes everywhere. Branson's burgeoning friendship causes Robert concern while Mary is ready to find love again. Thomas gives Baxter an ultimatum while Tim Drewe guesses the parentage of Marigold. (TV-14,



Tue, June 28, 2022 at 3:30 p.m.
Downton Abbey: S5, E3-Violet learned about Mary and Gillingham from Spratt. Green's death is under more scrutiny, while Mrs Patmore is devastated when old wounds are reopened. A figure from Violet's past suggests she has buried secrets of her own.

OUR RESIDENTS HELPED USHER THE
ARTS INTO THE MEMPHIS COMMUNITY
AND CONTINUE TO ENJOY
ARTS PROGRAMMING BOTH ON- AND
OFF-CAMPUS.

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Trez LOVES the Arts



Save The Date
to attend



A Touch of Fall
Celebrating Fashions at Trezevant
with Coming Attractions

Thursday, September 22, 2022

Tickets go on sale Friday, July 15, 2022.
Maximum of 4 tickets per person.
Limited tickets available.
\$50.00 per person | Lunch is included.

Benefitting Hope's Garden at Trezevant



MARK YOUR CALENDAR

Here's what's happening in July!

TREZEVANT EXPLORES*: MIA HENLEY with Creative Aging on Fri, 7/1; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. Sign up in the Activity Book.



Independence Day FESTIVITIES on Mon, 7/4 include 11:30 a.m. Buffet and the next episode of the First Lady series at 7:15 p.m. in the PAC!

Give your brain a workout with Shaon Pollack at TAKING YOUR BRAIN TO THE GYM on Wed 7/6 and 7/13 at 4:00 p.m. in the GAL

Watch for your invitation to the NEW RESIDENT WELCOME RECEPTION to be held on Wed, 7/6 beginning at 4:30 p.m.

Enjoy a sweet treat on Trezevant! Visit the MEMPOPS TRUCK in Hope's Garden on Sat, 7/9 from 1:00 p.m.-2:00 p.m.

Hear the musical stylings of PAUL MORPHIS, a one-man show, on Thu, 7/14 at 7:15 p.m. in the PAC.

Grab a sno cone on Trezevant from KONA ICE IN Hope's Garden on Sat, 7/16 from 1:00-2:00 p.m.

Special Performance by SIDE STREET STEPPERS on Wed, 7/20 at 7:15 p.m. in the PAC.

Join Resident & Professor Joe Hawes to see and discuss the VIETNAM WAR series by Ken Burns beginning Thu, 7/21 at 2:00 p.m. in the PAC.

BIRTHDAY CELEBRATIONS Wed, 7/27 at 6:15 p.m. in SDR.

Quarterly RA Meeting for all residents on Wed, 7/27 at 7:15 p.m. in the PAC

Classical performance by the DUBOIS DUO on Thu, 7/28 at 7:15 p.m. in the PAC.

Check out some great MOVIES. Check calendars for titles and times. *Subject to change.*

HAPPY HOUR Spend time with friends in the PAC every Mon and Thurs, from 5:00-6:00 p.m. \$2 cover charge, free drinks.

Catch up with DOWNTON ABBEY every Tue at 3:30 p.m. in the PAC.

MEN'S COFFEE CLUB Every Wed at 10:00 a.m. in Club Room 310.

Want to learn more about CATIE? Visit the CATIE CONNECTION CREW on Fri, 7/8 and 7/22 at 3:30 p.m. in the PAC.

Need clothing ALTERATIONS? Visit the seamstress on Fri, 7/8 from 10:00 a.m. to 1:30 p.m. in the Club Room 310.

Visit DOTTIE'S DIGS SALE on Thu, 7/7 AND 7/21 from 9:00 a.m. to 4:00 p.m. in G2! *Proceeds benefit the Trezevant Foundation.*

BOARD GAMES Play with old & new friends each Fri at 1:00 p.m. in the SDR.

TGIFT! Every Fri at 5:00 p.m. in the Music Room.

7/1-Steve Lee & Friends (Jazz)
7/8-Shaun Marsh (Blues)
7/15-Tim Stanek (Piano)
7/22-Oveante Magsby (Piano)
7/29-Rick Nethery (Guitar)

SATURDAY MUSIC HOUR: Every Sat at 5:00 p.m. in the Music Room.
7/2- Sandra Miller (Patriotic)
7/23-Lannie McMillen Trio (R&B)
7/30-Double D Band (Rockabilly)



JULY BIRTHDAYS

July 3
Ann Whitsitt

July 6
Judith Drescher
Honey Cannon
Charlotte Jones

July 10
Ann Nichols
Buddy Nix

July 12
Sara Shelton

July 13
Kiersten Watkins
Presh Gill

July 15
Jerry Duncan

July 16
Nancy Morris
Jack Richbourg

July 17
Madge Saba

July 18
David Lindstrom

July 24
Carroll Ann Pera

July 27
Sara Heckle
Ann Kinney

July 29
Suzanne Gronemeyer

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