



# TIDINGS

December 2022

Issue 12





# AT YOUR SERVICE

*by Kim O'Donnell, Life Enrichment Director*

Choices are a colossal part of living your best life. Possibly one of the most difficult decisions many of you have ever made was the choice to give up your private homes and move to a residential community. Moving into a residential community has many advantages and we want to ensure your experience at Trezevant is a positive one. Like any well-run business, Trezevant has in place proven procedures to balance our necessity to operate efficiently with your desire for excellent service. We want to ensure your experience at Trezevant is the best it can be. Your acceptance of those policies and procedures help to harmonize these two goals.

Taken directly from the Trezevant Resident Handbook, the governing board of Trezevant recognizes its responsibility to adopt and enforce resident rights and responsibilities and hereby adopts the following policies regarding the rights of residents: The community recognizes that each resident has the right to a dignified existence, self-determination, and communication with and access to persons and services inside and outside of the facility. Trezevant will protect and promote the rights of each resident. Our staff is committed to the proper implementation of these rights and responsibilities.

Our dedication to the resident is first and foremost. Services and activities provided for our residents are designed to enhance the quality of life for those who reside at Trezevant. Trezevant residents are what make this community the vibrant and thriving place that it is.

May your holidays be merry and may 2023 bring health, happiness and prosperity to you and your family.

Kim O'Donnell

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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## SPIRITUAL SERVICES

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# IN ST. EDWARD CHAPEL

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

Advent and Christmas are special times in the Christian calendar, and we have some wonderful worship and classes lined up in December. Come join us!

Advent Worship with Holy Communion-- 10:30 am on Sunday Dec. 4th, 11th, and 18th: Artists in residence will provide special music and accompany services on Dec. 4th and 11th.

Campus wide Christmas Candlelight Service, Thursday, Dec. 22nd

Music will begin at 3:30 pm with worship beginning at 4pm. Special music provided by violinist, Donna Wolfe, and vocalist, Tiffany Pinnix.

Christmas Morning Prayer Service: Sunday, Dec. 25th at 9:30 am

We will hold a small Morning Prayer Service with preacher, Ben Bledsoe, and officiant, Sylvia Adams. (NOTE service time change. There will be no 10:30 service).

Service of Healing and Blessing-- 4:00 pm Sunday, Dec. 4th (first Sunday of the month). This service is an opportunity for residents and staff to come forward for individual prayers and an anointing with clergy. Prayers can be for yourself, on behalf of loved ones, or in reference to a troubling situation.

Chaplains' classes and other special events:

Wed., Dec. 7th at 3:00 pm: Come join The Rev. Milton Winter as we explore Christmas celebrations of days of old and what makes traditions meaningful.

Wed., Dec. 14th and 21st: Join The Reverend Sandy Webb, from Church of the Holy Communion as he leads us in a fascinating study called "Angels in Advent."

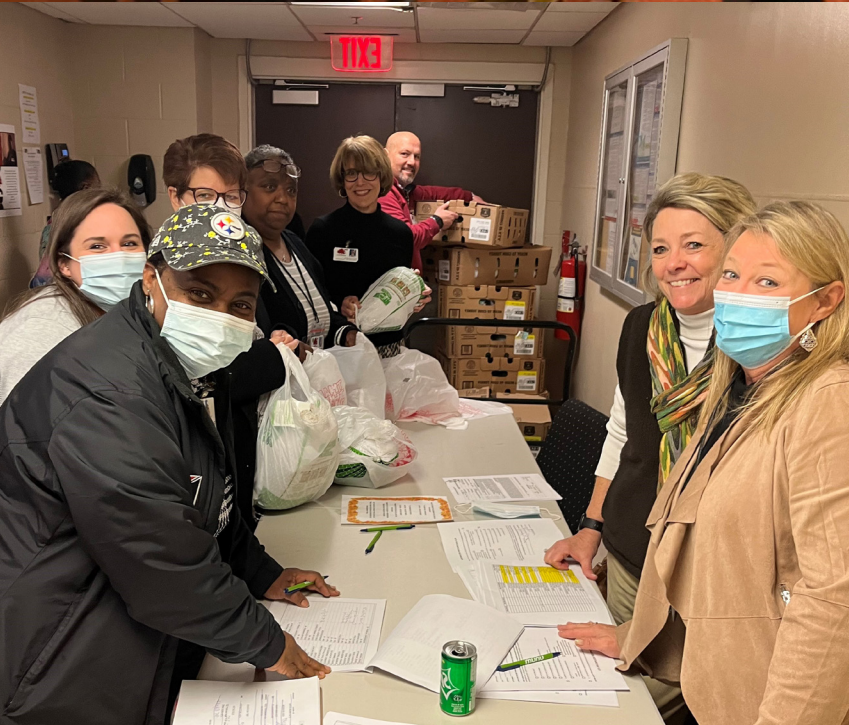
Christmas Carol Hymn Sing—Wed., Dec. 28th at 3:00 pm.

And you won't want to miss--

Thursday, Dec. 15th at 3:00 pm: Dina Smith's delightful Christmas "Stories and Sweets" in the Music Room. Come hear Dina share some of your favorite Christmas stories while we nibble on sweets and fellowship together!



# RESIDENT REFLECTIONS



1. Mary Nelson has a great smile! 2. CEO Kent Phillips welcomes Alpha Omega's P.Z. Horton to our Veterans' Day Luncheon. 3. Thank you for your service Walker Hayes Elinor Reed and T.V. & Alice Anne Miller! 4. The Wizard of Oz came to Happy Hour! Rev. Julie McKenna, Liz Johnson, Kent Phillips, Paul Martin, Kim O'Donnell. So did Dr. Who & Reba-John Mikaelian and Rinnie Wood! 5. More Halloween Fun with Theresa Mauer and GeeGee Chandler. 6. Thanksgiving Turkey Day with Ruthel Farris, Lauren Hannan, Rev. Julie McKenna, Anita Gordon, Paula Jacobson, John Mikaelian, Kathy Bradshaw & Liz Johnson.

Page 5: Trezevant had a great showing at the 2022 Alzheimer's Walk! Campus-wide Trezevant representatives supported our campaign to end Alzheimer's. Over \$3,500.00 was raised by our team. The city-wide walk was held at the Botanic Garden on November 22.

## BE WELL

by Valerie Smithers, RN

LET'S BE JOYFUL THIS HOLIDAY SEASON!

As we enter the holidays, let's feel more joy.

Healthline.com states in a 2018 article that feeling joy does more than offer a temporary lift. Benefits are a stronger immune system, less stress and pain, a healthier lifestyle, plus feeling joyful supports longevity. As your brain receives the signal that you are happy, chemicals dopamine and serotonin are released into the central nervous system. Neurotransmitters are responsible for processes and feelings in almost every aspect of the body, including circulation and breathing, and these also respond to joy.

"Smiling can trick your brain by elevating your mood, lowering your heart rate, and reducing stress. The smile doesn't have to be based on real emotion because faking it works just as well," states Dr. Samuel in the same article. He also points to our old standby exercise is another way to take the mind off worries and negative thoughts that feed depression and anxiety.

For much of the year, we aspire to be healthier, smarter, quicker or anything else that improves us or our community. In December, we can give and receive with childlike awe, simply counting our blessings and sharing them with others.

17th century Dutch philosopher Benedict Spinoza said, "Laughter is pure joy. Cheerfulness is always good and is a necessary component of wisdom."

This holiday season, let's seek and share joy!



### WELLNESS SERVICES

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December, 2022

AT TREZEVANT

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 9:00-4:00 Dottie’s Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> <b>1:00 Speaker: How Medicare &amp; LTC Works <i>PAC</i></b> <b>3:00 Cazateatra Salsa Class <i>PAC</i></b> 5:00 Happy Hour <i>PAC</i> <b>7:15 Holiday Sing Along with the Memphis Hot Notes <i>PAC</i></b>	<b>2</b> 10:00 Kroger* <i>WAY</i> <b>11:30 Trezevant Explores: Larry Edwards, Memphis Symphony Orchestra <i>PAC</i></b> 2:00 MOVIE: The Apartment (PG-13, 1960, 4.5*, 2h5m) 5:00 TGIFT! with Bobby Lawson (Guitar) <i>MR</i>	<b>3</b> 2:00 MOVIE: Last Christmas (PG-13, 2019, 4.5*, 1h42m) <i>PAC</i> 5:00 Saturday Music Hour with Drivin' Sideways (Rockabilly) <i>PAC</i>
<b>4</b> 10:30 SundayWorship & Holy Communion <i>CH</i> 2:00 MOVIE: Ticket to Paradise (PG-13, 2022, 4*, 1h43m) <i>PAC</i> <b>4:00 Blessing &amp; Healing Service <i>CH</i></b>	<b>5</b> <b>9:00-1:00 Episcopal Pop Up Bookshop <i>MWW</i></b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>6</b> 10:00 Coffee with Kim* <i>Bistro</i> 10:30 Walgreens* <i>WAY</i> 3:30 MOVIE: The Crown: S5, E4 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>7</b> 10:00 Catholic Lay Eucharistic <i>CH</i> 10:00 Men’s Coffee Hour <i>310</i> 10:00-11:30 Trader Joes* <i>WAY</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:00 Chaplains’ Class: Sandy Webb <i>CH</i> <b>5:00 IL &amp; Terrace Christmas Party <i>PAC/Bistro/SDR/Music Room</i></b>	<b>8</b> 5:00 Happy Hour <i>PAC</i> <b>7:15 Special Performance: Dubois Duo (Classical) <i>PAC</i></b>	<b>9</b> 10:00-11:00 Alterations with Divine Stitches <i>310</i> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Meet Me In St. Louis (NR, 1944, 5*, 1h52m) 5:00 TGIFT! with Cornfoot & Easterly <i>MR</i>	<b>10</b> <b>1:45 Transportation to MSO for ticketholders* <i>WAY</i></b> 2:00 MOVIE: The Family Stone (PG-13, 2005, 4.5*, 1h43m) <i>PAC</i> 5:00 Saturday Music Hour with The Penny Kings (Big Band) <i>PAC</i>
<b>11</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> <b>3:30 Special Performance: Calvary Episcopal Youth Group <i>CH</i></b>	<b>12</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>13</b> 10:00 Coffee w/ Kent <i>Bistro</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:30 MOVIE: The Crown: S5, E5 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>14</b> 10:00 Catholic Lay Eucharistic Service <i>CH</i> 10:00 Men’s Coffee Hour <i>310</i> 10:00 High Point* <i>WAY</i> 3:00 Chaplains’ Class: <i>CH</i> 4:00 Take Your Brain to the Gym <i>MR</i> <b>6:15 Transportation to Alter &amp; Higuma Performance* <i>WAY</i></b>	<b>15</b> 9:00-4:00 Dottie’s Digs <i>GI</i> 5:00 Happy Hour <i>PAC</i> <b>7:15 A Jazzy Christmas with the Whitings <i>PAC</i></b>	<b>16</b> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Holiday Inn (G, 1944, 4.5*, 1h41m) 5:00 TGIFT! with David Virone (Acoustic) <i>MR</i>	<b>17</b> 2:00 MOVIE: Stepmom (PG-13, 1998, 5*, 2h5,) <i>PAC</i> 5:00 Saturday Music Hour with the Duane Cleveland Duo (Rockabilly) <i>MR</i>
<b>18</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Tar (R, 2022, 4.5*, 2h38m) <i>PAC</i>	<b>19</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>20</b> 10:00 Coffee with John* <i>Bistro</i> Noon-1:30 IFF Club Luncheon <i>Bistro</i> 3:30 MOVIE: The Crown: S5, E6 (TV-14, 2016, 4.5*) <i>PAC</i> 4:00 Idlewild Communion <i>CH</i> <b>4:30 Terrace Caroling <i>Front Desk</i></b>	<b>21</b> 10:00 Catholic Mass <i>CH</i> 10:00 Men’s Coffee <i>310</i> 10:00 High Point* <i>WAY</i> 12:3453:00 Dr. Warren <i>Clinic</i> 3:00 Chaplains’Class: <i>CH</i>	<b>22</b> 3:30-5:00 Christmas Candlelight Service <i>CH</i> 5:00 Happy Hour <i>PAC</i> <b>6:45 Transportation to Lindenwood for Handel's Messiah* <i>WAY</i></b> <b>7:15 Christmas Classics with Paul Morphis <i>MR</i></b>	<b>23</b> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: It's A Wonderful Life (PG-13, 1947, 5*,2h10m) 5:00 TGIFT! with Arthur Hart (Classical) <i>MR</i>	<b>24 Christmas Eve</b> 
<b>25 Merry Christmas!</b> 9:30 Worship & Holy Communion <i>CH</i> 11:30-1:00 Holiday Lunch SDR	<b>26</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>27</b> 3:30 MOVIE: The Crown: S5, E7 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>28</b> 10:00 Catholic Lay Eucharistic Service <i>CH</i> 10:00 Men’s Coffee <i>310</i> 10:00 High Point* <i>WAY</i> 3:00 Chaplains’Class: Hymn Sing <i>CH</i> 4:00 Take Your Brain to the Gym <i>MR</i> 6:15 Birthday Night at Trezevant <i>SDR</i> 	<b>29</b> <b>11:00 Out to Lunch*: Restaurant Iris <i>WAY</i></b> 5:00 Happy Hour <i>PAC</i>	<b>30</b> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Moonstruck (PG, 1988, 5*,1h41m) 5:00 TGIFT! with Tim Stanek (Piano) <i>MR</i>	<b>31 New Year's Eve</b> 2:00 MOVIE:When Harry Met Sally (PG, 1989, 5*, 1h35m) <i>PAC</i> 6:00-8:00 NYE PARTY! with Swingtime Explosion (Big Band) <i>MR</i>

# MOVIES AT TREZEVANT

December 2022



Fri, Dec 2, 2022 at 2:00 p.m.  
The Apartment-Insurance clerk "Bud" Baxter attempts to climb the corporate ladder by "loaning" his apartment key to his superiors for their extramarital affairs, but the plan backfires when Bud unwittingly falls for the top executive's current girlfriend. (PG-13, 1960, 4.5\*, 2h5m)



Sat, Dec 3, 2022 at 2:00 p.m.  
Last Christmas-A troubled Christmas store elf finds attraction and inspiration in a mysterious stranger in this endearing holiday tale. (PG-13, 2019, 4.5\*, 1h42m)



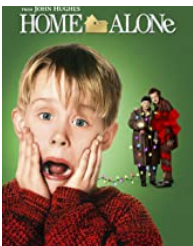
Sun, Dec 4, 2022 at 2:00 p.m.  
Ticket to Paradise-George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made. (PG-13, 2022, 4\*, 1h43m)



Tue, Dec 6, 2022 at 3:30 p.m.  
The Crown: S5, E4-Between a fire at Windsor Castle and tensions in her children's marriages, the queen commemorates and reassesses her 40 years on the throne.(TV-14, 2022, 4.5\*)



Fri, Dec 9, 2022 at 2:00 p.m.  
Meet Me In St. Louis-The well-off Smith family has four beautiful daughters, including Esther and little Tootie. 17-year old Esther has fallen in love with the boy next door who has just moved in, John. (NR, 1944, 5\*, 1h52m)



Sat, Dec 10, 2022 at 2:00 p.m.  
Home Alone-When little Kevin McCallister is accidentally left behind when his family dashes off on a Christmas trip, he is left to defend his family's home from two bumbling burglars until the relatives return. (PG, 1990, 5\*, 1h42m)



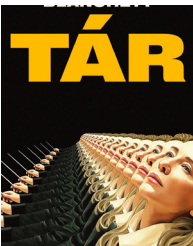
Tue, Dec 13, 2022 at 3:30 p.m.  
The Crown: S5, E5-Faced with the fallout of an intercepted call with Camilla and the consequent kickback to his marriage, Prince Charles must navigate a scandal. (TV-14, 2022, 4.5\*)



Fri, Dec 16, 2022 at 2:00 p.m.  
Holiday Inn-From three-time Oscar winning director Steven Spielberg, this film follows Frank W. Abagnale, Jr. as he successfully passes himself off as a pilot, a lawyer and a doctor - all before his 21st birthday! (G 1944, 4.5\*, 1h41m)



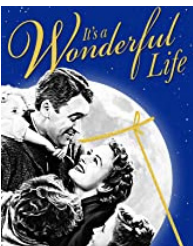
Sat, Dec 17, 2022 at 2:00 p.m.  
Stepmom-When a young woman becomes romantically involved with an older divorced man, she must learn how to become the stepmother to his children from his ex-wife - who is terminally ill with cancer. (PG-13, 1998, 5\*, 2h5m)



Sun, Dec 18, 2022 at 2:00 p.m.  
Tar'-Starring Cate Blanchett as the iconic musician of the same name, TÁR examines the changing nature of power, its impact and durability in our modern world. (R, 2022, 5\*, 2h38m)



Tue, Dec 20, 2022 at 3:30 p.m.  
The Crown: S5, E6-Eager to lead a newly democratic Russia, President Yeltsin tries to win the queen's support while she navigates new rifts in her marriage with Philip.(TV-14, 2022, 4.5\*)



Fri, Dec 23, 2022 at 2:00 p.m.  
It's a Wonderful Life-When American writer Mark Halliday visits the very married Margot Wendice in London, he unknowingly sets off a chain of blackmail and murder. (PG, 1954, 5\*, 1h54m)

# CAMPUS CORNER

Trezevant's Maintenance department has been hard at work with numerous projects for improving the Trezevant campus. The Aquatic Center was closed for two weeks in October to install a Seresyco dehumidification system. The system serves to stabilize the aquatic center's heat and air in the pool. The pool is open and operating and our resident water aerobic classes are in full swing.

You may have noticed a large crane positioned on the campus. The crane was replacing compressors on the Place and Terrace buildings to update the chillers.

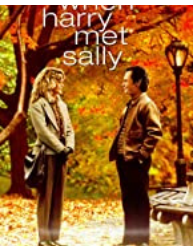
Thanks for your patience as we work to improve the campus.



Tue, Dec 27, 2022 at 3:30 p.m.  
The Crown: S5, E7-As BBC's Martin Bashir goes to great lengths to secure an interview with Diana, the lonely princess finds purpose and warmth in a London hospital. (TV-14, 2022, 4.5\*)



Fri, Dec 30, 2022 at 2:00 p.m.  
Moonstruck-An Italian-American widow, engaged to a reticent suitor, falls in love with his brother. (PG, 1988, 5\*, 1h41m)



Sat, Dec 31, 2022 at 2:00 p.m.  
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)

## FROM OUR LIBRARY

Special thanks to all our loyal Library volunteers who help keep our books in order and our questions answered.

If you would like to join our team in 2023, please call Margaret Taylor at 596-6931.

We also appreciate the many donations of new books received this year!

Best Wishes for the Holiday Season!

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# MARK YOUR CALENDAR

Here's what's happening in December!

LEARN MORE ABOUT MEDICARE and how it works on Thu, 12/1 at 1:00 p.m. in the PAC.

Join in for SALSA CLASS by Cazateatra on Thu, 12/1 at 3:00 p.m. in the PAC.

Sing Along with the MEMPHIS HOT NOTES on Thu, 12/1 at 7:15 p.m. in the PAC.

TREZEVANT EXPLORES\*: Larry Edwards with Memphis Symphony Orchestra on Fri, 12/2; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

New BLESSING & HEALING SERVICE on Sun, 12/4 at 4:00 p.m. in the CH.

Do some Christmas Shopping at the POP-UP EPISCOPAL BOOKSHOP on Mon, 12/5 from 9:00 a.m. to 1:00 p.m. in the Manor Walkway.

**'TIS THE SEASON for a Christmas Party in the Manor Common Areas beginning at 5:00 p.m. on Wed, 12/7! Please RSVP to Kim O'Donnell at 251-9205.**

Special Performance by the DUBOIS DUO (Classical) at 7:15 p.m. in the PAC.

Transportation to MEMPHIS SYMPHONY ORCHESTRA\* for ticketholders on Sat 12/10 at 1:45 from WAY.

Special Performance by CALVARY EPISCOPAL YOUTH GROUP on Sun, 12/11 at 3:30 p.m. in the PAC.

Give your brain a workout with Shaon Pollack at TAKING YOUR BRAIN TO THE GYM on Wed, 12/14 & 12/28 at 4:00 p.m. in the MR.

Take the bus to see BASIL ALTER & RIKO HIGUMA\* at Temple Israel on Wed, 12/14 at 6:15 p.m. departing from WAY.

A JAZZY CHRISTMAS with The Whittings on Thu, 12/15 at 7:15 p.m. in the PAC.

Meet at the Manor Reception Desk to go CAROLING AT THE TERRACE on Tue, 12/20 at 4:30 p.m.

CHRISTMAS CANDLELIGHT SERVICE on Thu, 12/22 at 3:30 p.m. to 5:00 p.m.

Transportation to HANDEL'S MESSIAH\* at Lindenwood on Thu, 12/22 departing at 6:45 p.m. from WAY.

Hear the one-man show- CHRISTMAS CLASSICS WITH PAUL MORPHIS-on Thu, 12/22 at 7:15 p.m. in the MR.

CHRISTMAS MORNING WORSHIP at 9:30 a.m. in CH.

HOLIDAY LUNCH on Sun, 12/25 at 11:30 p.m. in the SDR.

Let's go OUT TO LUNCH\* on Thu, 12/29 departing at 11:00 a.m. from HPL.

CELEBRATE NEW YEAR'S EVE with SWINGTIME EXPLOSION ON 12/31 from 6:00 p.m. to 8:00 p.m. in the PAC.

BIRTHDAY CELEBRATION Wed, 12/28 at 6:15 p.m. in SDR.

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 to 6:00 p.m. \$2 cover charge, free drinks.

See the new season of THE CROWN on each Tues at 3:30 p.m. in the PAC. *See Calendar for dates.*

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

Visit DOTTIE'S DIGS SALE on Thu, 12/1 & 12/15 from 9:00 a.m. to 4:00 p.m. in G2! *Proceeds benefit the*

*Trezevant Foundation.*

TGIFT! Every Fri at 5:00 p.m.

12/2 Bobby Lawson (Guitar) MR

12/9 Cornfoot & Easterly(Flute & Piano, Christmas) MR

12/16 David Virone (Acoustic) MR

12/23 Arthur Hart (Piano) MR

12/30 Tim Stanek (Piano) MR

SATURDAY MUSIC HOUR: Every Sat at 5:00 p.m.

12/3 Drivin' Sideways (Rockabilly) PAC

12/10 The Penny Kings (Big Band) PAC

12/17 Duane Cleveland Duo (Various) MR

## DECEMBER BIRTHDAYS

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



### TREZEVANT CONTACT INFORMATION

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