

April 2023 Issue 3



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director



Comprehensive Medical Services are Paramount to Everyone's Well-Being

Residents across Trezevant's campus enjoy a range of health services. Jeffrey Warren, MD serves as the campus medical director offering weekly onsite appointments for independent living residents. Guardian Pharmacy, an on-site provider, offers prescription fulfillment, compliance packaging, and medication management. Foot care, provided by Tom Ashbery, DPM, is available on the first Thursday of each month. Dr. Ashbery specializes in medical treatment of foot and ankle conditions. Functional Pathways offers a full range of rehabilitation services. These include physical therapy, occupational therapy, speech therapy and respiratory therapy. In addition to our fitness program and personal training options.

Trezevant will be expanding allied health services with some new additions and some returning clinicians. Dental Today, a mobile dental provider, will be offering full services beginning Thursday, April 6th. Common procedures such as cleaning, X-rays, fillings, and crowns may be done on-site. Dental Today offers membership plans and an appointment is required.

Returning to Trezevant is the Southern College of Optometry. Students, under the supervision of a medical doctor, will conduct vision and glaucoma checks along with general screenings.

Thrive Hearing and Tinnitus Solutions will offer comprehensive hearing exams, evaluation of hearing devices along with options for tinnitus sufferers.

There is a lot to staying healthy at any age and Trezevant's staff strives to bring the best to our clientele. For additional information on these services contact Life Enrichment or the Wellness Office.

Kim O'Donnell, Life Enrichment Director

LIFE ENRICHMENT

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

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





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





April Spiritual Care Offerings

Last Calvary Lenten Series Podcast Discussion: Monday, April 3rd, from 3:00 pm to 4:15 p.m. Podcast speakers are Ms. Kaitlin Curtice, Dr. Jemar Tisby, and Rev. Sam Teitel.

Holy Week Services:

Palm Sunday Service: April, 2nd at 10:30 a.m.

Barbara Kirk- Norris (preacher) and Julie McKenna (celebrant). Special music by our artists in residence, Pedro Maia, Christina Lai and Otavio Kavakama.

Maundy Thursday Service: April 6th at 3:00 p.m.

Worship, Holy Communion and Stripping of the Altar—Julie McKenna preacher, Barbara Kirk-Norris, celebrant.

Good Friday Service: April 7th at 1:00 p.m.

Barbara Kirk- Norris, preacher. Special music provided by vocalist, Ginger Hopkins.

Easter Service: Sunday: April 9th at 10:30a.m.

Julie McKenna, preacher, Barbara Kirk-Norris, celebrant. Special music provided by Jeremy Schraeder, trumpeter.

Chaplains' Classes: Wednesdays at 3:00 p.m. No Chaplains' Class April 5th due to Holy Week.

Join Rev. Dr. Ben Bledsoe as he leads us in a study of the book of James. As Ben says, "The Epistle of James is long on ethics and short on theology. With memorable word pictures, he lets no-one escape his blunt and sometimes infuriating attack on complacency. James will challenge our thinking and give us plenty to re-consider."

RESIDENT REFLECTIONS



- 1. Alice Leslie and Joy Austin Files enjoyed the Oscar broadcast at our 2023 Oscar Watch Party.
- 2. Marie Stark sipped a margarita after comleting the fitness challenge, Walk to Margaritaville!
 - 3. Margaritaville was well populated!
- 4. Betty Green and Sarah Heckle enjoyed the Super Bowl fare at this year's watch party.
- 5. Joy Austin-Files and Ann Knox greet the papparazzi with big smiles at the Oscar Watch Party!
- 6. Chipsy Butler, Peggy Bodine, Penny Wiener, and Traci Strickland attend the Junior League Sustainers' Toast in the Trezevant Music Room.











BE WELL

by Rinnie Wood, Fitness Director

medical



TREZEVANT FITNESS FOR EVERYONE!!!

Fitness Classes, Adventures, 1-on-1 Training and Solo Workouts to Meet You Where You Are...

Why do we offer 37 fitness classes every week at Trezevant, plus personal training, physical and occupation-therapy? Why do we head out into the community on walks in new and familiar locations, and improve our brain function with Dr. Sharon Pollack and other challenges? Why incorporate meditation and breathing alongside more vigorous movement?

Here at Trezevant we offer this variety of wellness activities so that the needs and desires of every resident can be met. There are many components of fitness, including flexibility, endurance, balance, and strength. All deteriorate with age. Finding movement that allows improvement in these areas is critical to independence. Finding a way to move that is enjoyable is what we all want and need.

A March 1, 2023 New York Times article notes that exercise can stall muscle loss, cognitive decline and fatigue. In this article, National Institute on Aging gerontologist Chhanda Dutta states a familiar refrain "It's never too late to start exercising and it's never too early." Activities may be stimulating, relaxing, strengthening, balancing, or stretching, but please begin or extend your fitness journey today.

Join us and begin the road to better health today!



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

LOCATION KEY

*310-*Club Room 310 CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Lot Entrance MR-Music Room MWW-Manor Walkway

PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance

2 PALM SUNDAY

10:30 SundayWorship & Holy Communion CH

2:00 MOVIE: All Quiet on the Western Front (R, 2022, 4.5*, 2h28m) PAC

4:00 Blessing & Healing Service with CH

HAPPY.

1:00-3:00 Bridge SDR 2:00 Lectio Divina CH 5:00 Happy Hour *PAC*

7:15 DOCUMENTARY: My Italian Secret (G, 2014, 4.5*, 1h31m) PAC

10:00 Coffee with Kim Bistro 11:00 Walgreens* WAY 2:00 MOVIE: Elvis (PG-13, 2022, 4.5*, 2h39m)

12:45-3 3:00 Cl CH

10:00-1

5 10: 10:00 N

4:00 Ta

12 10

10:00 N

10:00 E

9

10:30 Sunday Worship & Holy

Communion CH

2:00 MOVIE: A Man Called Otto (PG-13, 2023, 4.5*, 2h6m) PAC

10

1:00-3:00 Bridge SDR

2:00 Lectio Divina with Anne Carriere CH 5:00 Happy Hour *PAC*

7:15 Special Performance: Basil Alter & Michael Brennan PAC

11

1:30 2nd Pres Communion 2:00 MOVIE: Jailhouse Rock (NR, 1957, 5*, 1h36m)



12:45-3 3:00 Cl CH

4:00 Co

16

RIL 2023 AT TREZEVANT

10:30 Sunday Worship & Holy Communion CH

2:00 MOVIE: 80 for Brady (PG-13, 2022, 4*, 1h39m) PAC

4:00 Special Presentation: LaBoheme with Ben White, U of M Opera PAC

17

1:00-3:00 Bridge SDR

2:00 Lectio Divina with Anne Carriere CH

5:00 Happy Hour *PAC*

18

1:30 IFF Club PAC

2:00 MOVIE: Blue Hawaii (PG, 1961, 5*, 1h41m)

4:00 Idlewild Communion CH



3:00 Cl CH

4:00 Ta

19

10:00 N

10:00 E

12:45-3

23 10:30 Sunday Worship & Holy Communion CH 1:30 Tansportation to Cannon Center, MSO performance of Brahms WAY 2:00 MOVIE: Living (PG-13,

2022, 4.5*, 1h42m) PAC 30 10:30 Sunday Worship &

Holy Communion *CH* 2:00 MOVIE: Women Talking (PG-13, 2023, 4*, 1h44m) PAC

24

1:00-3:00 Bridge SDR 2:00 Lectio Divina CH

5:00 Happy Hour *PAC*

7:15 Special Presentation: Florence-The City of Dreams with Shira Malkin, PhD, Associate Prof. of Modern Languages at Rhodes College (retired)

25

12:45-3:00 Dr. Warren Clinic 4:00-5:30 Celebrate

Italy! PAC

7:15 Special Speaker: Elvis Interprets with Eddie Hankiins, WEVL PAC

26 B 10:00 C 10:00 N 10:00 F 12:45-3 Clinic

3:00 Cl Ben Ble 7:15 RA

Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: Events are subject to change. Please check the weekly calendar for updates. *=Sign up in the Activity Book or on CATIE.			2:00 MOVIE: Roman Holiday (G, 1958, 5*, 1h41m) PAC 5:00 Saturday Music Hour with Drivin' Sideways (boogie- woogie) PAC
00 Catholic Lay Euch. <i>CH</i> en's Coffee Hour <i>310</i> :30 High Point* <i>WAY</i> 00 Dr. Warren <i>Clinic</i> aplains' Class with Ben Bledsoe ke Your Brain to the Gym <i>MR</i>	6 MAUNDY THURSDAY 9:00-4:00 Dottie's Digs GI 3:00 Maundy Thursday Service CH 5:00 Happy Hour PAC 7:15 Special Performance: Outlaws with Paul Morphis PAC	7 GOOD FRIDAY 10:00 Kroger* WAY 1:00 Good Friday Service CH 5:00 TGIFT! with Wyly Bgger (Rockabilly) MR	8 1:00 MOVIE: The Shoes of the Fisherman (G, 1968. 4.5*, 2h4lm) PAC 5:00 Saturday Music Hour with the Daniel Parker Trio (Classical) PAC
00 Catholic Mass <i>CH</i> en's Coffee Hour <i>310</i> gh Point* <i>WAY</i> 00 Dr. Warren <i>Clinic</i> aplains' Class with Ben Bledsoe nversations with Kent <i>PAC</i>	13 4:00 Presentation: Genesis PAC 5:00 Happy Hour PAC 6:00 Special Performance: Opera Memphis 'Bon Apetit' PAC	14 10:00-11:00 Alterations with Divine Stitches 310 10:00 Kroger* WAY 10:00-Noon Volunteer Fair PAC 2:00 MOVIE: On the Town (G, 1949, 4.5*, 1h37m) PAC 1 5:00 TGIFT! with 4 Guys & a Doll (Standards) PAC	15 10:00 Outing*: Farmer's Market & Lunch HPL 5:00 Saturday Music Hour with the Jim Mahannah Band (Americana) PAC
:00 Catholic Lay Service <i>CH</i> en's Coffee <i>310</i> gh Point* <i>WAY</i> 00 Dr. Warren <i>Clinic</i> aplains' Class with Ben Bledsoe se Your Brain to the Gym <i>MR</i>	20 9:00-4:00 Dottie's Digs <i>GI</i> 11:30-1:00 Volunteer Luncheon <i>SDR</i> 5:00 Happy Hour <i>PAC</i>	21 10:00 Kroger* WAY 2:00 MOVIE: Mary Poppins (G, 1965, 5*, 2h19m) PAC 5:00 TGIFT! with Deborah Swiney Trio (Standards) PAC	22 2:00 MOVIE: The Godfather (R, 1972, 4.5*, 2h55m) 6:30-9:00 Tansportation to Cannon Center, MSO performance of Brahms WAY
RTHDAY NIGHT Atholic Lay Service en's Coffee 310 gh Point* WAY 00 Dr. Warren aplains' Class with lsoe CH C Quarterly Meeting PAC	27 12:30-2;00 Outing*: Brooks Museum Tour of Italian Art WAY 5:00 Happy Hour hosted by MIFA PAC	28 2:00 MOVIE: Seven Brides for Seven Brothers (G, 1954, 5*, 1h42m) <i>PAC</i> 5:00 TGIFT! with Tim Stanek (Piano) <i>MR</i>	29 2:00 MOVIE: Under the Tuscan Sun (PG-13, 2003, 5*, 1h52m) PAC 5:00 Saturday Music Hour with Cornfoot & Easley (Classical) PAC

MOVIES AT TREZEVANT

April 2023



Sat, Apr 1, 2023 at 2:00 p.m. Roman Holiday-A young princess, tired of her constraints, runs off with a U.S. newsman in Rome. (G, 1958, 5*, 1h4lm)



Sun, April 2, 2023 at 2:00 p.m. All Quiet on the Western Front- A young German soldier's terrifying experiences and distress on the western front during World War I. (R, 2022, 4.5*, 2h28m)



Mon, Apr 3, 2023 at 7:15 p.m. My Italian Secret-The film recounts how WWII bicycling idol Gino Bartali, physician Giovanni Borromeo and other Italians worked with Jewish leaders and highranking officials of the Catholic Church, risking their lives by defying the Nazis to save thousands of Italy's Jews. (G, 2014, 4.5*, 1h3lm)



Tue, Apr 4, 2023 at 2:00 p.m. Elvis-Visionary filmmaker Baz Luhrmann explores the life and music of Elvis Presley in this epic film starring Austin Butler and Tom Hanks. (PG-13, 2022, 4.5*, 2h39m)



Sat, Apr 8, 2023 at 1:00 p.m. The Shoes of the Fisherman-Based on the best-selling book by Morris L. West, this sweeping epic follows Anthony Quinn as a Russian political prisoner who becomes Pope and tries to prevent an atomic war. (*G*, 1968, 4.5*, 2h4lm)



Sun, Apr 9, 2023 at 2:00 p.m. A Man Called Otto-A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around. (PG-13, 2023, 4.5*, 2h6m)

Tue, Apr 11, 2023 at 2:00 p.m. Jailhouse Rock-Young Vince Everett













goes to prison for accidentally killing a man in a barroom brawl while defending a young woman's honor. (NR, 1957, 5*, 1h36m)

Fri, Apr 14, 2023 at 2:00 p.m. On the Town-Gene Kelly and Frank Sinatra star in this fun-filled spectacular musical about three sailors who wreak havoc as they search for love during a whirlwind 24-hour leave in New York City. (G, 1949, 4.5*, 1h37m)

Sun, Apr 16, 2023 at 2:00 p.m. 80 for Brady-Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.(PG-13, 2022, 4*, 2h6m)

Tue, Apr 18, 2023 at 2:00 p.m. Blue Hawaii-His mother (Angela Lansbury) expects him to climb the corporate ladder. But Elvis would rather wear an aloha shirt than a white collar, so he goes to work as a tour guide. Lucky Elvis: his first customers are a car full of cuties. (PG, 1961, 5*, 1h4lm)

Fri, Apr 21, 2023 at 2:00 p.m. Mary Poppins-In turn of the century London, a magical nanny employs music and adventure to help two neglected children become closer to their father.(*G*, 1965, 5*, 2h19m)

Sat, Apr 22, 2023 at 2:00 p.m. The Godfather-The son of the patriarch of the most powerful Mafia clan in New York returns home from war determined to live his own life - but is forced to take up arms in a clash between his father's traditional

CAMPUS CORNER

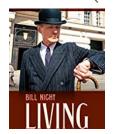
At the All-Hands Meeting held on February 28, 2023, Brian Willmarth and Kent Phillips were proud to present the Employee of the Quarter Award to Katie Scroggins, Plant Operations Coordinator.

Service Awards were given out, as well. Below is a list of those recipients:

Crystal BirchDirector of Nursing, Terrace5 Years of ServiceCarl JacksonTransportation15 Years of ServiceCelesta NicholsonPCA, Terrace10 Years of ServiceJessica RiceCNA, Terrace10 Years of ServiceMonica Lynn ScalesLPN, Terrace5 Years of Service

Want to nominate someone for the Employee of the Quarter? Drop a note or a Little Things card in the Suggestion Box or give to any Senior Leadership Team member!

MOVIES (continued)



SEVEN BROTHES FOR SEVEN BROTHES ways and the newcomers who threaten the family business. (R, 1972, 4.5*, 2h55m)

Sun, Apr 23, 2023 at 2:00 p.m. Living-A lifelong civil servant in London has an epiphany after receiving a dire medical diagnosis. (PG-13, 2022, 4.5*, 1h42m)

Fri, Apr 28, 2023 at 2:00 p.m. Seven Brides for Seven Brothers-When the eldest of seven brothers living on the frontier in the Oregon Territory returns with a bride, she is shocked to learn that her new home includes six untamed, unkempt, and uncouth brothers-in-law. (*G*, 1954, 5*, 1h42m)





Sat, Apr 29, 2023 at 2:00 p.m. Under the Tuscan Sun-Recently divorced, Frances Mayes impulsively purchases a rural Tuscan villa and moves in to a town full of colorful local characters, hoping the change of scenery will change her life. (PG-13, 2003, 5*, 1h52m)

Sun, Apr 30, 2023 at 2:00 p.m. Women Talking-Women Talking follows a group of women in an isolated religious colony as they figure out how they might move forward to build a better world for themselves and their children. Stay and fight or leave. They will not do nothing. (PG-13, 2023, 4*, lh44m)

MARK YOUR CALENDAR

Here's what's happening in April!

OUR FEATURED COUNTRY IN APRIL IS ITALY!



Watch the documentary My Italian Secret on Mon, Apr 3 at 7:15 p.m. in the PAC.

HOLY WEEK SERVICES include Palm Sunday Service on 4/2 at 10:30 a.m. in the CH, Maundy Thursday Service on Thu, 4/6 at 3:00 p.m. in the CH, Good Friday Service on Fri, 4/7 at 1:00 p.m. in the CH and Easter Sunday Service on Sun, 4/9 at 10:30 a.m. in the CH.

April's TAPESTRY Series will include ELVIS MOVIES on Tue, 4/4, Tue, 4/11 and Tue 4/18 at 2:00 p.m. in the PAC.

Give your brain a workout with Sharon Pollack at TAKE YOUR BRAIN TO THE GYM on Wed, 4/5 and Wed, 4/19 at 4:00 p.m. in the MR.

A new CHAPLAINS' CLASS with BEN BLEDSOE begins Wed, 4/5 for four sessions.

Enjoy a Special Performance of music from THE OUTLAWS BY PAUL MORPHIS on Thu, 4/6 at 7:15 p.m. in the PAC.

Welcome our friends, BASIL ALTER & MIGHAEL BRENNAN, back for a classical performance on Mon, 4/10 at 7:15 p.m. in the PAC.

Don't miss the latest in Trezevant news at this month's CONVERSATIONS WITH KENT on Wed, 4/12 at 4:00 p.m. in the PAC. Hear a tribute to Julia Child at OPERA MEMPHIS' BON APPETIT performance on Thu, 4/13 at 6:00 p.m. in the PAC.

Want to meet new people? Like using your time to help others? Learn about all the volunteer opportunities at the VOLUNTEER FAIR on Fri, 4/14 from 10 a.m. to Noon in the PAC!

Save the Date for an Outing* to the FARMER'S MARKET AND LUNCH on Sat, 4/15. Bus departs at 10:00 a.m.

Learn about the history of and delight in a performance of LA BOHEME with Ben White and the UofM Opera on Sun, 4/16 at 4:00 p.m. in the PAC.

Are you a Volunteer? Attend the 2023 VOLUNTEER LUNCHEON on Thu, 4/20 at 11:30 a.m. in the SDR.

Take a trip to FLORENCE: THE CITY OF DREAMS in this presentation by Shira Malkin, PhD, Associate Prof. of Modern Languages at Rhodes College (retired) on Mon, 4/24 at 7:15 p.m. in the PAC.

CELEBRATE ITALY! with food, drink and music on Tue, 4/25 from 4:00-5:30 p.m. in the PAC.

The Tapestry Series continues with a special presentation on ELVIS' INTERPRETATIONS with Eddie Hankins, WEVL, on Tue, 4/25 at 7:15 p.m.

You are invited to attend the QUARTERLY RESIDENT ASSOCIATION COUNCIL MEETING on Wed, 4/26 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 to 6:00 p.m. \$2 cover charge, free drinks.

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

Visit DOTTIE'S DIGS SALE on Thu, 4/6 & 4/20 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. 4/7 Wyly Bigger (Boogie-Woogie) MR

4/14 4 Guys & a Doll (Standards) PAC

4/21 Deborah Swiney Trio (Standards) PAC 4/28 Tim Stanek (Piano) MR

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

4/1 Drivin Sideways (Boogie-Woogie) PAC

4/8 Daniel Parker Trio (Classical) MR

4/15 Jim Mahannah Band (Americana) PAC 4/29 Cornfoot & Easterley (Classical) PAC

*Sign up in the Activity Book or on CATIE.

APRIL **BIRTHDAYS**

April 2 Missie McDonnell Marie Stark

April 3 Dolores Burkhalter J.R. Dunkley

April 4 Donna McEniry

April 5 Linda Mischke Flinor Reed Mary Kate Wyatt

April 9 Robert Hollabaugh

April 11 Geraldine Page

Aprill 16 Anne Shaw

April 18 Mike Osborn

April 19 Kathleen Brafford Pamela Lowery

April 23

Jane Jones

April 26

T.V. Miller

April 28

Bob Richardson



TREZEVANT CONTACT INFORMATION

TREZEVANT RECEPTION DESK (901) 325-4000

TREZEVANT TERRACE RECEPTION DESK (901) 746-1800

> ALLEN MORGAN RECEPTION DESK (901) 325-4003

> > BANK

Truist Bank (901) 462-2801

DINING DIRECTOR

John Mikaelian

jmikaelian@trezevantmanor.org (901) 251-9212

DINING RESERVATIONS

Jasmine Curry jcurry@trezevantmanor.org

(901) 251-9212

HOUSEKEEPING

Annie Wade awade@trezevantmanor.org (901) 515-2999

MAINTENANCE

maintenance@trezevantmanor.org (901) 251-9225

SECURITY

securityoffice@trezevantmanor.org (901) 515-2998

TRANSPORTATION

transportation@trezevantmanor.org (901) 251-9227



