



MAY 2023

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 4

Inside

So Many
Reasons
to Enjoy
Sunshine

Resident
Reflections

*Our Featured
Country*

MEXICO

May
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At Your Service

Springtime is possibly my favorite season, with the daffodils, dogwoods, azaleas, and hostas donning their blooms. Winter is behind us, we have more daylight hours, and the temperatures are warming. Seasonal changes are a pleasant advantage to living in the Mid-South.

Changes are happening at Trezevant! With the very publication of this month's Tidings, you will notice a new layout. We are excited about the change, as a refresh is not only invigorating, but also stimulating. We hope you like the new design and hope you will share your thoughts.

In regard to sharing thoughts, we encouraged everyone to complete the Communication Survey. Our goal was to have a 95% completion rate from independent living residents. To celebrate, we planned a margarita party for Cinco de Mayo! That is positive thinking on our part, and we knew you would not disappoint.

Speaking of margaritas, our featured countries continue with celebrating the United States' neighbor to the south. Mexico is the world's 13th largest country by area with a population of over 126 million making it the 10th most populous country. A Spanish speaking population reflects the three centuries, influence of Spain and the Catholic Church. Home to the world's largest pyramid, Mexico is known for its delicious food, festive art, and lively dance. We are looking forward to the taco treats and mariachi music.

May promises to be bustling with activities, events, performances and more. Check your monthly and weekly calendars so you won't miss any of the events.

Kim O'Donnell
Life Enrichment Director



LIFE ENRICHMENT

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In St. Edwards Chapel

Spiritual Care Offerings

Worship and Holy Communion—

Each Sunday at 10:30 am in St. Edward Chapel:

May 7th: Guest preacher and celebrant, our own Anne Carriere—with special music from violinist, Basil Altar.

Chaplains' classes in May:

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

May 3rd: Hymn Sing

May 10th: 17th, 24th and 31st: Transitions at Trezevant.

Hear all about the different levels of care and what to expect when you or your spouse faces a transition at Trezevant.

May 10th—Transitions: Independent Living.

Join Valerie Smithers and Kim O'Donnell as they share what is involved on the Independent Living side as residents need to transition to a higher level of care.

May 17th—Transitions: Memory Unit.

What constitutes dementia? When is it appropriate for someone to move to the memory unit? Hear Crystal Birch, Terrace Director of Nursing as she answers these and other questions related to dementia and the memory unit.

May 24th—Transitions: Assisted Living. Hear from Kirk Pafford, Terrace administrator as he shares information about assisted living, and what life in the Terrace is like.

May 31st —Transitions: Allen Morgan Nursing Home and Rehab Center. Director of Nursing at Allen Morgan, Terri Palmore and Rehab Director, Melissa Angus will help us understand the different levels of care, and rehabilitation therapies available at Allen Morgan.

Thursday, May 18th at 4:00 pm Fitness Walking Group is invited to Julie McKenna's house for a walk around the neighborhood lake and refreshments at the house! *Come join us!*



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Susan and Ben Bledsoe



E.H. Little Society:
Strengthening Our Future

by Paula Jacobson, Foundation Director

Almost five decades ago, the E. H. Little Society was established to recognize those generous individuals and families who made a financial commitment in their estate plans to ensure the future sustainability of Trezevant. Just as our founders who established this non-profit to ensure that Trezevant would always provide innovative continuing care and commitment to its residents, our E. H. Little Society pledged to insure the future stability of our home. Thanks for their past generosity, the mission of the Foundation has grown to fund additional amenities and provide scholarship assistance to employees.

Ben Bledsoe, Trezevant resident and a member of the E. H. Little Society, recently recounted the reason that Susan, his wife, and he decided to make a deferred commitment. “When we moved to Trezevant, we knew we wanted to leave the remainder of our assets to support the future needs of Trezevant and its residents. To me, Trezevant is like heaven on Earth and I couldn’t ask for anything more perfect for our needs for the rest of our lives here on Earth.”

Ben acknowledged that membership in the E. H. Little Society was not a factor in their decision. “We didn’t even know we were joining the E. H. Little Society. Recognition was never important; however, we are pleased that others may consider a generous bequest, seeing the names of those who have already made the commitment.”

Deferred gifts to Trezevant can be made in a variety of ways, ranging from a simple will bequest to the transfer of insurance policies, retirement assets or remainders of charitable gift annuities. We are grateful for all gifts of any amount.

For more information, please contact Paula Jacobson, Executive Director of the Trezevant Foundation at pjacobson@trezevantmanor.org or 901.251.9242.

So Many Reasons to Enjoy
Sunlight!

by Rinnie Wood

As days grow longer and we see more sunlight and feel warmer temperatures, we are likely to find our spirits brighten as well. With a beautiful spring finally arriving, inviting us to be outdoors again, let’s look at the medical and emotional benefits of sunlight. Only 5-15 minutes of sunshine on the face, arms and hands even 2-3 times a week is enough to offer vitamin-D boosting benefits.

Exposure to sunlight is thought to raise the mood boosting hormone serotonin. Without this exposure, low levels of serotonin are associated with depression due to lack of light in winter. Stress reduction also occurs. Sunlight cues special areas of the retina to release this hormone. Some people use a light therapy box at home as it mimics natural light that increases serotonin and decreases excess melatonin, which makes us drowsy.

Yes, we need to wear sunscreen and drink more water in spring and summer, but certainly not avoid the outdoors. Additional advantages of increasing vitamin-D levels are:

- Bone health- Low levels of Vitamin-D lead to osteoporosis, and osteopenia
- Cancer of colon, ovarian, pancreatic, prostate cancer and Hodgkin’s lymphoma are reduced in areas where more sun is found.

Additional research studies revealed preliminary links between sunlight and potential conditions such as rheumatoid arthritis, lupus, inflammatory bowel disease and thyroiditis.

Let’s get outside and feel the sunshine. Enjoy all the wonderful feelings it evokes along with the health benefits that may accompany the warmth on your cheeks.

Information for this article was found in the April 1, 2019 Healthline article by Rachael Nall, MSA, CRNA.



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LOCATION KEY

310-Club Room 310
CH-St. Edward Chapel
GAL-Gallery Dining Room
HPL-Highland Parking Entrance
MR-Music Room
MWW-Manor Walkway
PAC-Performing Arts Center
SDR-Snowden Dining Room
TT-Terrace Tearoom
TWW-Terrace Walkway
WAY-Waynoka Entrance

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Special Performance: Artists-in-Residence <i>PAC</i> Classical Performance</div> <div></div>	<div>2</div> <div>10:00 AM Coffee with Kim <i>Bistro</i> 11:00 AM Outing to Walgreen's* <i>WAY</i> 2:00 PM Tapestry Series: The Old Forest <i>PAC</i> Movie & Discussion with Steve Ross 7:00 PM Transportation*: Concerts International <i>WAY</i> Harris Auditorium - for ticketholders</div> <div></div>	<div>3</div> <div>10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to Trader Joe's* <i>WAY</i> 11:30 AM Lunch & Learn*: George Abbott, Memphis River Parks Partner ship <i>PAC</i> 12:30 PM Dr. Warren <i>Clinic</i> 3:00 PM Hymn Sing <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i></div> <div></div>	<div>4</div> <div>9:00 AM Podiatrist* <i>TT</i> 9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 3:00 PM Fitness Walk at the Botanic Garden <i>HPL</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Special Performance: MYSP String Quartet <i>PAC</i> Classical Performance</div> <div></div>	<div>5</div> <div>10:00 AM Outing to Kroger* <i>WAY</i> 11:30 AM Trezevant Explores: Zoe Kahr, ED, Brooks Museum <i>PAC</i> 4:00 PM Survey Appreciation MARGARITAS <i>HG</i> 5:00 PM TGIFT with Sandra Miller <i>MR</i> Old Piano Favorites</div> <div></div>	<div>6</div> <div>5:00 PM Kentucky Derby Party <i>PAC</i> 6:30 PM Transportation* to Cannon Center for MSO Performance <i>WAY</i> Rachmoninoff & Shostakovic <i>for ticketholders</i></div> <div></div>
<div>7</div> <div>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: On a Wing & a Prayer (PG, 2023, 4*, 1h42m) <i>PAC</i> 4:00 PM Service of Healing & Blessing</div> <div></div>	<div>8</div> <div>1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>9</div> <div>12:30 PM Dr. Warren <i>Clinic</i> 2:00 PM Special Tapestry Presentation: Eli Reich, PTSD & the Police <i>PAC</i></div> <div></div>	<div>10</div> <div>10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 11:30 AM Lunch & Learn*: CATIE Tips & Tricks <i>PAC</i> 3:00 PM Transitions: Independent Living <i>CH</i> 4:00 PM Conversations with Kent <i>PAC</i> 7:15 PM Special Performance: Dubois Quartet <i>PAC</i> Classical Performance</div> <div></div>	<div>11</div> <div>3:00 PM Fitness Walk at Johnson Park & Collierville Square <i>HPL</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Special Performance: Legends of Country Music <i>PAC</i></div> <div></div>	<div>12</div> <div>10:00 AM Outing to Kroger* <i>WAY</i> 10:00 AM Alterations with Divine Stitches <i>310</i> 5:00 PM Celebrate MEXICO <i>HG</i></div> <div></div>	<div>13</div> <div>2:00 PM MOVIE: Halls of Montezuma (G, 1951, 4.5*, 1h53m) <i>PAC</i> 5:00 PM Saturday Music Hour with Breeze Cayolle <i>PAC</i> Jazz Performance</div> <div></div>
<div>14</div> <div>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 11:30 Mother's Day Brunch <i>SDR</i> 3:00 PM Special Performance: Christina Lai & Pedro Maia—Student Recital & Reception <i>PAC</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>15</div> <div>1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>16</div> <div>1:30 PM IFF Club Meeting <i>PAC</i> 10:00 AM Coffee with John <i>Bistro</i> 3:00 PM MOVIE: Stella Dallas (NR, 1937, 4.5*, 1h45m) <i>PAC</i> 4:00 PM Idlewild Communion for All <i>CH</i> 7:15 PM Special Tapestry Presentation: Supporting Public Education <i>PAC</i></div> <div></div>	<div>17</div> <div>10:00 AM Catholic Mass <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 11:30 AM Lunch & Learn*: Thrive Hearing <i>PAC</i> 12:30 PM Dr. Warren <i>Clinic</i> 3:00 PM Transitions: Memory Unit <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i></div> <div></div>	<div>18</div> <div>9:00 AM Dottie's Digs Sale 3:00 PM Fitness Walk at Overton Park <i>HPL</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>19</div> <div>10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM MOVIE: Mr. Mom (PG, 1983, 5*, 1h31m) <i>PAC</i> 5:00 PM TGIFT with Arthur Hart <i>MR</i> Classical Piano Performance</div> <div></div>	<div>20</div> <div>3:00 PM Celebrating Dina & Wayne <i>MR</i></div> <div></div>
<div>21</div> <div>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: The Pearl (PG-13, 2004, 4*, 1h55m) <i>PAC</i></div> <div></div>	<div>22</div> <div>1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>23</div> <div>12:30 PM Dr. Warren Clinic Physician 2:00 PM MOVIE: Mrs. Miniver (NR, 1942, 5*, 2h13m) <i>PAC</i> 7:15 PM Special Tapestry Presentation: John Beifuss on Elvis <i>PAC</i></div> <div></div>	<div>24</div> <div>10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 3:00 PM Transitions: Assisted Living <i>CH</i> 5:00 PM Special Tapestry Event: ITN Transportation <i>PAC</i> with Pianist: Terry Starr</div> <div></div>	<div>25</div> <div>3:00 PM Fitness Walk at Rev. Julie's Lake <i>HPL</i> 5:00 PM Happy Hour <i>PAC</i></div> <div></div>	<div>26</div> <div>10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM MOVIE: Steel Magnolias (PG-13, 1989, 5*, 1h58m) <i>PAC</i> 5:00 PM TGIFT: Artists-In-Residence <i>PAC</i> Classical Performance</div> <div></div>	<div>27</div> <div>2:00 PM MOVIE: Like Water for Chocolate (R, 1993, 4.5*, 1h45m) <i>PAC</i> 5:00 PM Saturday Music Hour with Rick Nethery <i>PAC</i> Acoustic Performance</div> <div></div>
<div>28</div> <div>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Reggie (PG-13, 2023, 4*, 1h44m) <i>PAC</i> 5:30 PM Trezevant Sponsors Sunset Symphony - Transportation provided. <i>WAY</i></div> <div></div>	<div>29 MEMORIAL DAY</div> <div>1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i></div> <div></div>	<div>30</div> <div>2:00 PM MOVIE: Air (R, 2023, 4.5*, 1h52m) <i>PAC</i></div> <div></div>	<div>31 MAY BIRTHDAYS!</div> <div>9:00-10:15 AM Tim the Produce Man <i>HG</i> 10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 3:00 PM Transitions: Allen Morgan <i>CH</i> 6:00 PM Birthday Night <i>SDR</i></div> <div></div>			<div>PLEASE NOTE: Events are subject to change. Please check the weekly calendar for updates.</div> <div>*=Sign up in the Activity Book or on CATIE.</div>

Resident Reflections

- 1. Diane Davis and Mary Nelson enjoy each other's company at the Volunteer Luncheon.
- 2. Cathy & Jack Richbourg are all smiles at the Volunteer Luncheon.
- 3. HR Director Kathy Bradshaw, Anne Carriere, Marilyn Dunavant, Joan Chesney and Lillian Hammond manned the Scholarship Committee table at the Volunteer Fair.
- 4. Opera Memphis' Julia Child sings and cooks during a special performance of Bon Appetit!
- 5. MIFA Founders Missie McDonnell, Sara Holmes, Peggy Bodine and Julia Allen meet today's Director of Meals on Wheels, Tonya Wells Bradley (center), at the Volunteer Luncheon.
- 6. Virginia Trenholm and Helen Jabbour strike a pose at the Volunteer Luncheon.



MOVIES at TREZEVANT



5/7/23 2:00 PM
On a Wing & a Prayer
(PG, 2023, 4*, 1h42m) In this true story of faith and survival, ON A WING AND A PRAYER follows passenger Doug White's (Dennis Quaid) harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid-flight.



5/13/23 2:00 PM
Halls of Montezuma
(G, 1951, 4.5*, 1h53m) A Marine platoon leader is determined to keep alive the seven men who have survived under his command, even though they have only twenty-four hours to take out a Japanese rocket command that threatens to devastate the Allied Forces.



5/16/23 3:00 PM
Stella Dallas
(NR, 1937, 4.5*, 1h45m) A working-class woman is willing to do whatever it takes to give her daughter a socially promising future.



5/19/23 2:00 PM
Mr. Mom
(PG, 1983, 5*, 1h31m) An unemployed man (Michael Keaton) becomes a househusband when his wife lands a high-paying job at an advertising agency.



5/21/23 2:00 PM
The Pearl
(PG-13, 2004, 4*, 1h55m) A poor Mexican diver finds a priceless pearl that will change his impoverished family's future, if he can fend off his own greed and the people trying to take advantage of him.



5/23/23 2:00 PM
Mrs. Miniver
(NR, 1942, 5*, 2h13m) Greer Garson earned an Oscar as an English housewife whose family struggles to survive WWII. Powerful war-time drama won seven Oscar, including Best Picture, Director and Script.



5/26/23 2:00 PM
Steel Magnolias
(PG-13, 1989, 5*, 1h58m) A wedding is about to take place. The bride is Shelby (Julia Roberts), and her mother, M'Lynn (Sally Field), would do anything for her. Dolly Parton plays Truvy, the owner of the beauty parlor. They provide each other with friendship.



5/27/23 2:00 PM MOVIE:
Like Water for Chocolate
(R, 1993, 4.5*, 1h45m) Pedro and Tita are in love, but her mother won't let them get married. Instead, she wants her oldest daughter to get married first and have Tita stay and take care of her.



5/28/23 2:00 PM
Reggie
(PG-13, 2023, 4*, 1h44m) One of sport's first and most influential megastars, beloved baseball icon and 5-time World Series champion Reggie Jackson contemplates his legacy as a trailblazing Black athlete fighting for dignity, respect, and a seat at the table in this intimate and revealing new documentary exploring his life and barrier-busting career.



5/30/23 2:00 PM
Air
(R, 2023, 4.5*, 1h52m) PAC Based on true events, this film tells the origin of Air Jordan, a basketball shoeline, of which a Nike employee seeks to strike a business deal with rookie player Michael Jordan.

Mark Your Calendar

Here's what's happening in May!

Our featured country in May is Mexico!!



Enjoy a Special Performance from our **ARTISTS-IN-RESIDENCE** on Monday, 5/1 at 7:15 p.m. in the PAC.

May **TAPESTRY SERIES** continues with special events on Tuesdays, beginning with a special screening of *The Old Forest*, followed by Q&A with Steve Ross, filmmaker, on Tuesday 5.2 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, 5/3 and Wed, 5/17 at 4:00 p.m. in the MR.

New to our programming are May's **LUNCH & LEARN*** events happening on Wednesdays at 11:30 a.m. Lunch provided.

- Wed, 5/3-Carol Coletta, Memphis River Parks Partnership
- Wed, 5/10-Teresa Johnson on CATIE Tips & Tricks
- Wed, 5/17-Introduction to Thrive Hearing Partnership with Trezevant

The first **CHAPLAINS' CLASS** on Wed, 5/3 is a Hymn Sing! Join in St. Edward Chapel for your old favorites!

FITNESS WALKS* are back! Meet at the Highland Parking Lot entrance at 3:00 p.m. each Thursday to walk your way to good health! Destinations are as follows:

- Thu, 5/4-Botanic Garden
- Thu, 5/11-Johnson Park & Collierville Square
- Thu, 5/18-Overton Park
- Thu, 5/25-Rev. Julie's Lake

Enjoy a Special Performance of the **MEMPHIS SYMPHONY YOUTH ORCHESTRA** on Thu, 5/4 at 7:15 p.m. in the PAC.

Get an update on the Brooks Museum of Art at **TREZEVANT EXPLORES*** with speaker Zoe Kahr, Executive Director, on Fri, 5/5 in the PAC. Lunch is served at 11:30 a.m. (sign up required); program begins at Noon.

It's **DERBY TIME!** Choose your favorite to win the Kentucky Derby on Sat, 5/6 from 5:00 p.m. to 6:30 p.m. with food, drinks in the PAC

Learn more about the experiences of policing and PTSD at the next **TAPESTRY SERIES** event on Tue, 5/9 at 2:00 p.m. in the PAC.

Don't miss the latest in Trezevant news at this month's **CONVERSATIONS WITH KENT** on Wed, 5/10 at 4:00 p.m. in the PAC.

THE DUBOIS QUARTET will perform on Wed, 5/10 at 7:15 p.m. in the PAC.

Paul Morphis is back with **THE LEGENDS OF COUNTRY MUSIC** on Thu, 5/11 at 7:15 p.m. in the PAC.

Celebrate **MEXICO** with dance, food and drinks on Fri, 5/12 at 5:00 p.m. in Hope's Garden. If raining, we'll move in to the Manor Lobby/Music Room. A special Mother's Day Treat!

CHRISTINA LAI & PEDRO MAIA will perform with their students on Sun, 5/14 at 3:00 p.m. in the PAC. Reception to follow.

The **TAPESTRY SERIES** continues with a special panel on Supporting Public Education on Tue, 5/16 at 7:15 p.m. in the PAC.

You are invited to attend the **WEDDING CELEBRATION** by Dina Smith & Wayne Shannon on Sat, 5/20 at 3:00 p.m. in the PAC.

We will welcome JOHN BEIFUSS to Trezevant to speak on Elvis at another **TAPESTRY SERIES** event on Tue, 5/23 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 Thu, 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, 5/4 & 5/18 from 9:00 a.m. to 4:00 p.m. in G1! Proceeds benefit the Trezevant Foundation.

TGIFT! Fridays at 5:00 p.m.

- 5/5 Sandra Miller (Piano Stds.) MR
- 5/19 Arthur Hart (Classical Piano) MR
- 5/26 Artists-In-Residence (Classical) PAC

SATURDAY MUSIC HOUR: Saturdays at 5:00 p.m.

- 5/13 Breeze Cayolle (Jazz Saxophone) PAC
- 5/27 Rick Nethery (Acoustic Guitar; Folk) PAC

* *Sign up in the Activity Book or on CATIE.!*

May Birthdays

May 1
Sally Podesta

May 2
John Holmes

May 9
Doris Boone
Joe Hawes
Maggie Hollabaugh

May 11
Betty Brewster

May 12
John Mansfield

May 17
Marion Quinlen
Betsy Rucks
Laurence Streuli

May 19
Kitty McClintock

May 22
Milton Winter

May 23
Perre Magness

May 25
Mary Pat Custer

May 26
Claire Saino

May 30
Ruth Morgan

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