

Home
to our
home



AUGUST 2023

Tidings

OF TREZEVANT LIVING





Emily Haizlip checks out the drip in Kim's office, dressed in appropriate gear!

LIFE ENRICHMENT

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

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

Look for articles in this and future *Tidings* written by your creative neighbors. The talent is abundant at Trezevant, and we are delighted to feature content by these writers!

Ben Bledsoe
Perre Magness
Mike Osborn
Susie Osborn
Jack Richbourg
Beverly Williams

† *Cover Photo:*
Faye Southern &
Kay Carey
by
Libby King

At Your Service

By Kim O'Donnell, Life Enrichment Director

Many of you have asked and I wanted to give you the full report on the condition of my office, aka "update on the drip." After numerous repairs and a deluge of plumbers, not to mention water shut-offs, the drip has ceased. The persistent flow, which vacillated between drops and steady pours, continued after newly installed copper fittings, with couplings were integrated into the current main water line. The plumber, with 15 years of experience, was perplexed as the team had explored all avenues of repair. The decision was made to wait and watch. Upon returning to work after the weekend, the wastebasket, placed to catch the water, was dry! The exposed shiny copper pipes are scheduled to be wrapped in insulation and the ceiling tiles replaced. I have developed an affinity to those copper pipes over the past few weeks, and will miss viewing them from the vantage point of my desk. The next order of business is to have the marred walls painted, I think I will go with Sherwin Williams "waterfall" it is a lovely shade of turquoise blue!

Trezevant's community liaisons have been planning a Celebration of Sports. This blockbuster event will feature athletic directors, team mascots and players. All you former jocks can join in the fun by letting us know your sports participation while in school. Be sure to get the information to Life Enrichment and include the school and sport. Lastly, we will be learning about the new sports complex under construction on the U of M campus and Mid-South's Sports & Events Center located in the heart of Liberty Park.

Introducing the Comfort Care Cart, an opportunity for independent living residents to volunteer time and/or to donate items to residents of Allen Morgan. Beginning September 5, pairs of volunteers will offer donated items which include notepads, pens, word game books, lotion, combs, hand mirrors, etc. If you'd like to make a donation, the collection basket will be located outside the Aquatic Center with "wish lists." Training for volunteers is scheduled for August 16 from 10:30 a.m.-Noon or August 17 from 1:00 p.m.-3:00 p.m. in the Little Chapel on the 3rd floor of Allen Morgan. Contact Rev. Barbara Kirk-Norris at 251-9208, bkirknorris@trezevantmanor.org or sign up the Activity Book.

In St. Edward Chapel

The Purpose of Life

By Ben Bledsoe

I used to think that my purpose in life was to tell other people what their purpose in life was. And show them how to find it. I thought of myself as a kind of fixer, a teacher of sorts. My assumption was that I knew the answers that other people needed to know, and if they'd only listen to my words of wisdom, how happy and useful their lives would be.

As I grew older (and somewhat wiser) I realized that if I was going to live out my purpose I had to learn some things first. I discovered that some ways to teach were better than other ways. Nobody is going to pay much attention to an inexperienced and uneducated klutz, even if he means well.

So I set about to learn the best ways to teach others to find some- thing I was still looking for myself, i.e., how to be the most useful person I could be. I looked for people who seemed to embody the kind of person I wanted to be and thought I was supposed to be. I listened to them, read the books they wrote, even tried to copy their way of doing things – all with moderate success.

Lesson # 1. You can't show someone else a way you don't know yourself.

If my purpose in life was to help others find and live out their purpose, I needed a platform for maximizing that agenda. So I gave my attention to being a preacher. The pulpit would be a good place to command attention and respect so I could fulfil my purpose in life. I was seventeen.

So by means of six churches in four states, I had a place to be heard . . . again with moderate success.

I decided, after these more or less failed attempts to do what I thought I was supposed to do and be what I was supposed to be, I felt I needed another place to live out my calling. So I found the chaplaincy in a prison (or it found me). I began to work in what I thought was my place with a kind of captive audience. Again with moderate success.

continued on page 15



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

WEEKLY SCHEDULE

Worship & Holy Communion
Each Sunday at 10:30 a.m.
St. Edward Chapel

Lectio Divina
Each Monday at 2:00 p.m.
St. Edward Chapel

Catholic Services
Each Wednesday at 10:00 a.m.
St. Edward Chapel

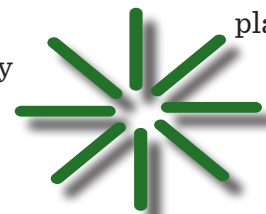
Chaplains' Classes
Each Wednesday at 3:00 p.m.
St. Edward Chapel

CHAPLAINS' CLASSES

August 2 & 9
Dr. John Kalter will lead us in a 2-week study of Jesus as he is understood in the Koran. John Kaltner is the Virginia Ballou McGehee Professor of Muslim-Christian relations.

August 23
Alex Labrador on Mental Health

August 30
Hospice & Palliative Care



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



BE WELL!

By Valerie Smithers, RN

Why is it important to take care of our mental health as we age? Mental health includes our emotional, psychological, and social well-being. As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety. Effective treatment options are available to help senior adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

We invite you to join us on Wednesday, August 23rd at 3:00 p.m. in St. Edward Chapel to meet with Alex Labrador, DNP, Psychiatric- Mental Health Nurse Practitioner with Compassion Mental Health. Alex has been providing confidential on site-services at Trezevant for five years. He will discuss mental health issues and positive steps to wellness. look forward to having him and hope you can join us.

The Real Impact
of Giving

By Paula Jacobson, Foundation Director

After nine months, I still feel like a newcomer in many ways. I continue to be in awe of Trezevant’s residents; some of the attributes I most admire are their kindness and generosity. I’ve been overwhelmed by the many ways they care for and remember each other. Many of our residents make generous contributions to celebrate birthdays, special occasions or sadly, recognize deaths and illness.

Often, our residents contribute because there is simply no better way to thank others for their everyday kindness. Just recently, a resident came to make a gift honoring those people who had helped her through a particularly tough time. She couldn’t believe the spontaneous concern of these thoughtful friends. She knew that she could never repay their kindnesses, but wanted them to know how much their care and concern meant to her.

Soon after, another resident came by to make a gift acknowledging and honoring a friend who sent her flowers on the anniversary of a sad event. She remarked that she didn’t know how to thank her friend, but knew a contribution in her honor would reflect her ample gratitude.

Our residents are members of a special community, and we, at the Trezevant Foundation, are grateful for this community. These contributions-given for whatever reasons-are used to enhance so many facets of our special home.

I hope you will consider making a gift to Trezevant Foundation. Your generous contributions can make an impact on the programs and services we offer, yet they can also make someone feel very special. That’s a great way to double the impact of your gift!

Thanks to all of you who so generously contribute to Trezevant Foundation!

August Birthdays

<u>August 1</u> Betty Carter Margaret Taylor Grace Upshaw	<u>August 16</u> Peg Stringer
<u>August 2</u> Joy Austin-Files	<u>August 17</u> Mary Nelson Stephen Nelson
<u>August 4</u> Randy Turner	<u>August 20</u> Eva Mae Hussey
<u>August 5</u> Jimmye Pidgeon	<u>August 23</u> Frierson Graves
<u>August 6</u> Ray Podesta Elaine Schuppe	<u>August 27</u> Suzanne Osborn Susan Whitehead
<u>August 7</u> Elaine Schuppe	<u>August 28</u> Dina Smith Shannon Sylvia Adams
<u>August 10</u> Peggy Bodine Mannie Frisby Mary Vaiden	<u>August 29</u> Sam Morgan Karen White Camille Leatherman
<u>August 13</u> Warren Nunn Alice Leslie John Wade	<u>August 30</u> Becky Deupree
<u>August 15</u> Sam Beach	<u>August 31</u> Anna McNeill



Shakes Over Snakes

Editorial by Mike Osborn



Kathryn Koehler's "The Most Snake-Infested Rivers in Tennessee" lists two rivers quite familiar to me. The Duck River joins the Tennessee River about ten miles north of our weekend home near Sugar Tree. We have fished and camped near this convergence of rivers for almost forty-five years and we have rarely encountered snakes. If you travel along the Duck River eastward, you come soon to its joining with the Buffalo River, rightly praised for the beauty of its limestone cliffs and the clarity of its waters. Susie and I have canoed along this river, and fished, swum, and picnicked on its sandy beaches. We never saw any signs of the snakes which reportedly infest the Buffalo's waters as well.

It's safe to say we have co-existed with snakes with few problems. But the account offered by Koehler is a little sanguine, especially concerning cottonmouth moccasins. During the spring of the year especially, these critters can become aggressive and even dangerous. Susie and I remember the time when we were travelling in our little houseboat near the Duck-Tennessee convergence and encountered a moccasin that objected to our presence. He swam along behind our boat striking at the motor. We respected his feelings and got the hell out of that area! Again, Susie and I were fishing one spring in a field of water lilies in nearby

Bird Song Creek and apparently invaded an area claimed by a large water moccasin. He swam up near our fishing boat and signaled his displeasure by trying to climb into the boat. Again, we got out of there in a hurry!

My most vivid snake encounter came late one summer afternoon when I was bass fishing near our nearby marina. I made a cast up near a bush along the shoreline and got an explosive strike. When I set the hook in the "fish," it began whipping wildly, side to side. It was soon clear that a large snake had hooked itself on my favorite lure. I yelled out to a friend watching this action from the dock to bring me a hatchet from our nearby houseboat. In the meantime, I steered the fishing boat up next to the dock and managed to reel the head of the writhing snake up over the edge of the dock. My friend handed me the hatchet and I gave the snake a good whack. It spit out my lure and dropped into the water. I have no idea of its fate. I do know I had a good case of snake shake and needed a little help from Jack Daniels to settle down.

Some years later I was visiting with an editor friend from New York, who was there ostensibly to complete some finishing touches on a manuscript. But as we were returning home from a little river

continued on page 15

Mark Your Calendar

Here's what's happening in August!

Our featured country is Switzerland!

Be sure to sign up in the Activity Book to enjoy **WALGREEN'S SENIOR DAY*** on Tue, 8/1. Bus departs at 11:00 a.m. from WAY.

Begin a new 2-part Chaplains' Class on **JESUS IN THE KORAN** with John Keltner on Wed, 8/2 at 3:00 p.m. in the CH.

Give your brain a workout with Sharon Pollack at **TAKE YOUR BRAIN TO THE GYM** on Wed, 8.26 at 4:00 p.m. in the MR.

New! SEWING CIRCLE for those interested in all needle arts meets on Thu, 8/3 at 4:00 p.m. in the GAL (in GAL just this month).

The Tapestry Series will present a special performance of the **LEMOYNE-OWEN CHOIR** on Thu, 8/3 at 7:15 p.m. in the PAC.

NEW! LADIES' COFFEE HOUR! Meet some old & new friends and have a tea or coffee on Tue, 8/8 at 10:00 a.m. in the MR.

Visit Rhodes for the **RHODES-MAXWELL LUNCH** with Speaker Melissa Hudson, MD on Tue, 8/8. Bus departs at 11:00 a.m. from WAY.

Tapestry brings us the third and final installment of the **SUMMER MOVIE SERIES** with Steve Ross and Hitchcock's *North by Northwest* on Tue, 8/8 at 2:00 p.m. in the PAC.

Don't miss the **SPECIAL PERFORMANCE BY JORDAN HILEY** (flute) on Tue, 8/8 at 7:15 p.m. in the PAC.

Get an update on the goings-on at Trezevant at the **CONVERSATIONS WITH KENT** on Wed, 8/9 at 4:00 p.m. in the PAC.

Tapestry is excited to present **THE FUTURE OF OVERTON PARK** with Tina Sullivan on Thu, 8/10 at 2:00 p.m. in

the PAC.

Celebrate the King's memory with an **ELVIS SING-ALONG WITH THE MEMPHIS HOT NOTES** on Thu, 8/10 at 7:15 p.m. in the PAC.

Join the AD's of UofM & Rhodes at our **COLLEGE GAME DAY L&L*** on Fri, 8/11 at 11:30 a.m. in the PAC.

Take a Sunday Stroll to the PAC for a **SPECIAL PERFORMANCE BY THE DUBOIS DUO** (Classical) on Sun, 8/13 at 4:00 p.m. in the PAC.

Chaplains' Classes will focus on health issues beginning on 8/16 with **STEVE WATTS'** presentation on AA on Wed, 8/16 and **ALEX LABRADOR'S** presentation on Mental Health on Wed, 8/23. Both at 3:00 p.m. in the CH.

TREZEVANT EXPLORES* welcomes Amy Ferris with the Campbell Clinic Foundation on Fri, 8/18 in the PAC. Lunch (\$7.50) served at 11:30 a.m.; Presentation at Noon.

Celebrate **SWITZERLAND** with food & drinks and on Tue, 8/22 at 4:00 p.m. in the PAC.

Enjoy both Classical and Gospel music when **ANDRE DUVAL & DANIEL GILBERT** perform on Thu, 8/24 at 7:15 p.m. in the PAC.

Trezevant is thrilled to welcome back **PIANIST DAVID BRIGGS** for a Special Sunday afternoon performance on 8/27 at 4:00 p.m. in the PAC.

Meet our newest neighbors at the **NEW RESIDENT WELCOME RECEPTION** with music, food & drinks and on Tue, 7/25 in the PAC. *See your invitation for timing.*

Learn all the ins & outs of CATIE at **the**



L&L* on Tue, 8/29. at 11:30 a.m. in the PAC.

Wrap up our Sports themed month of events at the **MEMPHIS SPORTS CELEBRATION** on Tue, 8/29 from 2:00 p.m. to 5:00 p.m. in the TWW.

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.

TIM THE PRODUCE MAN is back! For fresh produce, visit his truck each Wed from 9:00 a.m. to 10:15 a.m. in HG.

Visit **DOTTIE'S DIGS SALE** on Thu, 8/3 & 8/17 from 9:00 a.m. to 4:00 p.m. in G1!

TGIFT! *See weekly for times.*

- 8/4 David Virone (Folk) MR
- 8/11 Paul Morphis (One Man Show) PAC
- 8/18 Brazil (Jazz) PAC
- 8/25 Tim Stanek (Piano) SDR

SATURDAY MUSIC HOUR:

See weekly for times.

- 8/5 Jeremy Clement (Oldies) MR
- 8/19 Michael Donahue (Standards) SDR
- 8/26 Lannie McMillen (R&B, Jazz) PAC


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



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

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>An Asterisk after the Event Name* is indicating that you must sign up for that event either in the Activity Book or in CATIE.</p>	<p>DR. WARREN'S CLINIC HOURS</p> <p>Tue, August 1 - 12:30-3:00 PM Wed, August 9 - 12:30-3:00 PM Tue, August 15 - 12:30-3:00 PM Wed, August 23 - 12:30-3:00 PM Tue, August 29 - 12:30-3:00 PM</p>	<p>1</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>PAC</i> 11:00 AM Walgreen's Senior Day* <i>WAY</i></p> 	<p>2</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharistic Servic <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to Trader Joe's* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch & Strengthening <i>201</i> 3:00 PM Chaplains' Class: Jesus in the Koran with John Keltner <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p>3 9:00 AM Podiatrist* <i>TT</i> 9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 3:00 PM Confirmation, Theresa Mauer with Bishop Phoebe Roaf <i>PAC</i> 4:00-5:00 PM Sewing Circle <i>GAL</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Tapestry Series: LeMoynie Owen Choir <i>PAC</i></p>	<p>4</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM MOVIE: Mrs. Miniver (PG, 1956, 4.5*, 1h58m) <i>PAC</i> 5:00 PM TGIFT! with David Virone (Folk, Acoustic) <i>MR</i></p>	<p>5</p> <p>9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: On Her Majesty's Secret Service (PG, 1969, 4.5*, 2h22m) <i>PAC</i> 5:00 PM Saturday Music Hour with Jeremy Clement <i>MR</i></p> 
<p>6</p> <p>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Chantilly Bridge (PG-13, 2023, 4*, 1h25m) <i>PAC</i></p> 	<p>7</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>8 8:15 AM Water Aerobics <i>AC</i> 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* <i>Manor 304</i> 9:15 AM Advanced Core <i>PAC</i> NEW! 10:00 AM Ladies' Coffee Hour <i>MR</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Outing to Rhodes-Maxwell Lunch Speaker Melissa Hudson, MD <i>WAY</i> 2:00 PM Tapestry Event: Summer Film Series, North by Northwest, with Steve Ross <i>PAC</i> 7:15 PM Special Performance: Jordan Hiley, Flute <i>MR</i></p>	<p>9 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharistic Servic <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch & Strengthening <i>201</i> 3:00 PM Chaplains' Class: Jesus in the Koran with John Keltner <i>CH</i> 4:00 PM Conversations with Kent <i>PAC</i></p>	<p>10</p> <p>9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 2:00 PM Tapestry Event: Overton Park with Tina Sullivan <i>PAC</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Memphis Hot Notes present an Elvis Sing-Along <i>PAC</i></p>	<p>11</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 11:30 AM L&L*: College Game Day - UofM Athletic Director & Rhodes Athletic Director <i>PAC</i> 2:00 PM MOVIE: National Velvet (G, 1945, 5*, 2h3m) <i>PAC</i> 5:00 PM TGIFT! with Paul Morphis (One-Man Show) <i>PAC</i></p>	<p>12</p> <p>9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Heidi (G, 1937, 5*, 1h28m) (PG, 1979, 4.5*, 1h54m) <i>PAC</i></p>
<p>13</p> <p>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM COMEDY: About My Father (PG-13, 2023, 4.5*, 1h29m) <i>PAC</i> 4:00 PM Special Performance: Dubois Duo (Classical) <i>PAC</i></p>	<p>14</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>15</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 1:30 PM IFF Club Meeting <i>PAC</i> 4:00 PM Idlewild Communion for All <i>CH</i></p> 	<p>16 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 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> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch & Strengthening <i>201</i> 3:00 PM Chaplains' Class: Steve Watts on AA <i>CH</i> 7:00 PM Outing to Sister Act* at Theatre Memphis-Get tix through Creative Aging <i>WAY</i></p>	<p>17</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>18</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 11:30 AM Trezevant Explores* Amy Ferris with Campbell Clinic Foundation: <i>PAC</i> 2:00 PM MOVIE: The Pride of the Yankees (PG, 1943, 5*, 2h8m) <i>PAC</i> 5:00 PM TGIFT with Brazil (Jazz) <i>PAC</i></p>	<p>19</p> <p>9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: More than Honey (DOC, 2013, 4.5*, 1h35m) <i>PAC</i> 5:30 PM Dinner Music with Michael Donahue (Piano Standards) <i>SDR</i></p> 
<p>20</p> <p>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Don't Look Up (R, 2021, 4*, 2h23m) <i>PAC</i></p> 	<p>21</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>22</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* <i>Manor 304</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 4:00 PM Celebrate Switzerland! <i>PAC</i></p>	<p>23</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharistic Servic <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> Noon-3:00 PM Fitness Testing <i>201</i> 2:00 PM Stretch & Strengthening <i>201</i> 3:00 PM Chaplains' Class: Alex Labrador on Mental Health <i>CH</i></p>	<p>24</p> <p>9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Special Performance: Andre' Duvall & Daniel Gilbert (Classical & Gospel) <i>PAC</i></p> 	<p>25</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM MOVIE: Secretariat (PG, 2010, 5*, 2h2m) 5:30 PM Dinner Music with Tim Stanek (Piano) <i>SDR</i></p>	<p>26</p> <p>9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: The Boat is Full (R, 1981, 4*, 1h43m) <i>PAC</i> 5:00 PM Saturday Music Hour with Lannie McMillen (R&B/Jazz) <i>PAC</i></p>
<p>27</p> <p>10:30 AM Sunday Worship & Holy Communion <i>CH</i> 4:00 PM Special Performance: David Briggs, Pianist (Classical) <i>PAC</i></p>	<p>28</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>29</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:30 AM Lunch & Learn*: CATIE Lunch provided. <i>PAC</i> 2:00-5:00 PM Memphis Sports Celebration <i>TWW/MWW</i></p>	<p>30</p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharistic Servic <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch & Strengthening <i>201</i> 3:00 PM Trip to the Greek Orthodox Church* <i>WAY</i> 6:00 PM Birthday Night <i>SDR</i></p>	<p>31</p> <p>9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>		

CRITIC'S CORNER

A Movie Review
By Jack Richbourg

We all know it's a good movie. You don't need me to tell you that. Bad movies aren't nominated for four Oscars. My job is to remind you more than tell you of its cinematic value. After all, it's been a couple of years since its release. So allow me to refresh your recollection. In case you've forgotten, "Don't Look Up" is a great movie.

But why is it a great movie? I can help, there. There are two reasons why it's worthy of 138 minutes of your time. The first reason is the ensemble. It is a collaboration of some of the best actors in Hollywood. Each role is played by an Oscar-worthy player. Meryl Streep portrays the US president, Janie Orlean. The 72 year-old actress even has a nude scene, but relax, it's just her backside and in the interest of transparency, it's not even Meryl. It's a body double, but still an alleged depiction of Meryl Streep's naked backside is not something you see every day and might be worth the price of admission, right there.

Add Leonardo DiCaprio, Jennifer Lawrence, Cate Blanchett, Jonah Hill, Timothée Chalamet, Ron Perlman, Ariana Grande, and Tyler Perry and you have a cast worthy of the cliché, "star-studded." Each gives a sterling performance especially, Lawrence and DiCaprio's depiction of subdued and not so subdued anger along with Blanchett's portrayal of a shallow, materialistic, pseudo-celebrity, disguised as a tv journalist.

The second reason is the screenplay. Adam McKay blends the classic cinematic themes of dark comedy, disaster, science fiction, horror, and satire to reflect our current, bipolar society. The movie is

about a nine-mile wide comet on a collision course with Earth, and, at the same time, the movie is NOT about a nine-mile wide comet on a collision course with Earth. It's about something else, entirely different, but just as tragic. Suffice it to say, if you are a climate change denier, you're in the movie. To quote McKay:

This movie came from my burgeoning terror about the climate crisis and the fact that we live in a society that tends to place it as the fourth or fifth news story, or in some cases even deny that it's happening, and how horrifying that is, but at the same time preposterously funny.

One caveat: Don't stop watching when the credits roll, or you'll miss the denouement of Jonah Hill, who plays Streep's son, crawling out of the rubble calling, "Mom? . . . Mom!" It leaves one to wonder. Is he is calling for his biological mother or his planetary one?

Jack's Rating



Don't Look Up

R, 2021, 2h18m

Two low-level astronomers must go on a giant media tour to warn humankind of an approaching comet that will destroy planet Earth.

See it on Sun, Aug 20 at 2:00 p.m. in the PAC!



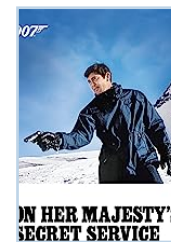
MOVIES at TREZEVANT



8/4/23 2:00 PM

Mrs. Miniver

(PG-13, 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.



8/5/23 2:00 PM

On Her Majesty's Secret Service

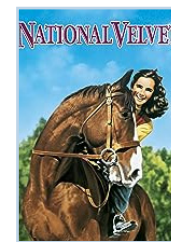
(PG, 1969, 4.5*, 2h22m) James Bond tracks arch-nemesis Ernst Blofeld to a mountaintop retreat where he's training an army of beautiful but lethal women. Along the way, Bond falls for Italian contessa Tracy Draco -- and marries her!



8/6/23 2:00 PM

Chantilly Bridge

(PG-13, 2023, 4*, 1h25m) With unpredictable humor and searing honesty they confront old resentments, celebrate new milestones, and rediscover the unbreakable bond among friends who knew one another when and are there for one another now.



8/11/23 2:00 PM

National Velvet

(G, 1945, 5*, 2h13m) A headstrong jockey and a young English girl work together to turn an "unbreakable" horse into a champion.



8/12/23 2:00 PM

Heidi

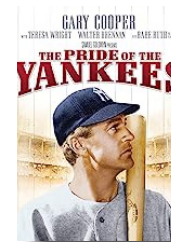
(G, 1937, 5*, 1h28m) When little Heidi is stolen by her cruel aunt (who sells her) her grouchy grandfather searches for her. Meanwhile she brings happiness to the invalid daughter of a wealthy man.



8/14/23 2:00 PM

About My Father

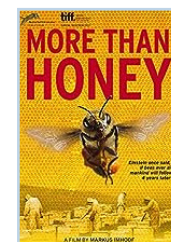
(PG-13, 2023, 4*, 1h29m) Sebastian Maniscalco and two-time Oscar® winner Robert De Niro star in this hysterical father-son comedy about a clash of cultures between two families at a weekend get-together.



8/18/23 2:00 PM

The Pride of the Yankees

(PG, 1943, 5*, 2h8m) The story of the life and career of famed baseball player Lou Gehrig.



8/19/23 2:00 PM

More Than Honey

(DOC, 2013, 4.5*, 1h35m) Oscar-nominated director Markus Imhoof tackles the vexing issue of why bees are facing extinction. From California to Switzerland, China and Australia he investigates this global phenomenon. Exquisite macro-photography of the bees in flight and in their hives reveal a fascinating world in crisis.



8/25/23 2:00 PM

Secretariat

(PG, 2010, 5*, 2h2m) Witness the journey of an incredible horse named Secretariat.



8/26/23 2:00 PM

The Boat is Full

(R, 1981, 4*, 1h43m) During World War II, "neutral" Switzerland closed its borders to immigrants. But a group of six illegal immigrants, five Jews and one deserting Nazi soldier, cross the Swiss border during the night. They find refuge at an inn, and pose as a German family. However, village spies watch their every move, as the threat of deportation -- and certain death -- always looms.

Check your Weekly Calendar for any changes and more August movies!

New Kids On The Block!

by Perre Magness

The reception for the newest residents at Trezevant was Tuesday, July 25, in the PAC. John Mikelian and his staff prepared delicious refreshments, including crab cakes, asparagus, lemon and chocolate treats. Residents of the Manor, the Place and the Cottages greeted 21 people who have moved in during the recent months.

Kay Mills Due grew up in several eastern Arkansas towns, but says Memphis was always the main attraction. She attended Arkansas State in Jonesboro, and later got a Masters degree at Vanderbilt. She taught and worked in libraries, including stints in New York and Dallas, and capping her career with 14 years in the Memphis Public Library system.

Barbara Wind, although she moved here from Michigan, considers Indiana her home. She worked in public welfare and teaching, became the administrator of a health care agency, and started an early childhood program. Since her children are scattered all over, she chose Memphis because her brother lives here.

Dan and Nora Conaway will be familiar faces at Trezevant. Nora served as the director of the Trezevant Foundation, and Dan is well known for his trenchant and entertaining column in the Daily Memphian.

Kate and Robert Gooch have the distinction of having lived the same zip code since before there were zip codes. Kate is the traveler, having been to the Amazon, New Guinea, Australia, and the Arctic,

chasing birds. Robert is the homebody. He has written in his journal every day since 1971.

Julia Howell grew up in Savannah, Tennessee, but lived in the Pacific Northwest and has traveled the world, kayaking and canoeing. A former project manager at Fed Ex, then a software developer, she retired to Trezevant because her brother's family live in Memphis. She sings in the choir at Mullins Methodist Church. Diane Sachs is a native Memphian. She has traveled widely, and spent summers in Colorado. She has three talented, artistic grown children. She taught sociology at Rhodes College, and volunteered teaching immigrants and delivering Meals on Wheels.

Catherine and Jim Lewis met on the newspaper staff at Mississippi College. Jim came to UT Medical School and specialized in Internal Medicine. He still practices at the VA Hospital. Catherine is a Master Gardener and writes a monthly column in Best Times.

Betty Louis Sheppard grew up in Northeast Missouri, near the home of Mark Twain. She attended Stephens College and the University of Missouri before marrying and moving to Jackson, Tennessee, where she raised her four children. She has lived near her Memphis daughter for twenty years, and is active in Idlewild Presbyterian Church.

Ranna Christenson was born in Sioux Falls, South Dakota. She attended medical school in South Dakota and Huntsville, Alabama, specializing in Obstetrics and Gynecology. In 2003 she moved to Colorado Springs, where she practiced until lung trouble caused her to move to a lower altitude. Her niece teaches at Rhodes. Ranna checked out several Independent Living facilities, and says it was clear that Trezevant was the best.

Trezevant's residents have led such interesting lives. Take time to learn about each of the New Kids to the Block!

Welcome to the Neighborhood!



Resident Reflections

July, 2023



- 1. George Loomis & Joan Chesney perusing the artwork at the Margaux Wood Wallace Art Show & Reception.
- 2. Robert Gooch (right) listens intently to the tour guide at the Edge Museum, discuss the American Speed exhibit.
- 3. Kim Bearden, Willy Bearden and Dan Conaway prepared for the Rollin' On The River presentation.
- 4. George Abbott, Kiersten Watkins and Emile Bizot took in the view on the Memphis Tour.
- 5. Rinnie Wood, Fitness Director, welcomed River Man Matthew Burdine to Trezevant for a trip down the Mississippi!



The Purpose of Life

continued from page 3

Between chaplaincies, prison and hospice, my purpose in life took another unexpected turn. I set out on a “career” as a writer and a thera- pist, both of which turned out to be a pipe dream.

The final stop in my search for a platform was to (again, almost by accident) be a part-time hospice chaplain, a place to comfort the dying.

Lesson # 2 – Go where your heart leads you and where doors of opportunity open to you.

Lesson # 3 – The search for your purpose in Life is never complete; plus it may turn out to be different from your original plan. The chaplaincy never entered my head when I was a seventeen years old kid. Now I live in a comfortable home and loving community where I can review what I’ve done and evaluate.

Lesson #4 – If you are happy and still enjoy interacting with others then you probably found your purpose in life. Just sing the song God gave you.

The moral of this story: It’s not my purpose in life to tell others what their purpose is. My purpose was/is to live as best I can what I believe I should do today. If I should be of help to others along the way . . . well, that’s just an indirect, if unexpected, blessing.

Snakes

continued from page 8

trip, he asked: “Are there snakes in this river?”

“Sure,” I said. “Many.”

“And do you swim in this river?”

“Often,” I said. “Most of the time in my bathing suit.”

He grew pale. “Do me a favor. Don’t go swimming again until we get this book in print.”

Editors are all heart.



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




177 N. Highland St.
Memphis, TN 38111
(901) 325-4000

