

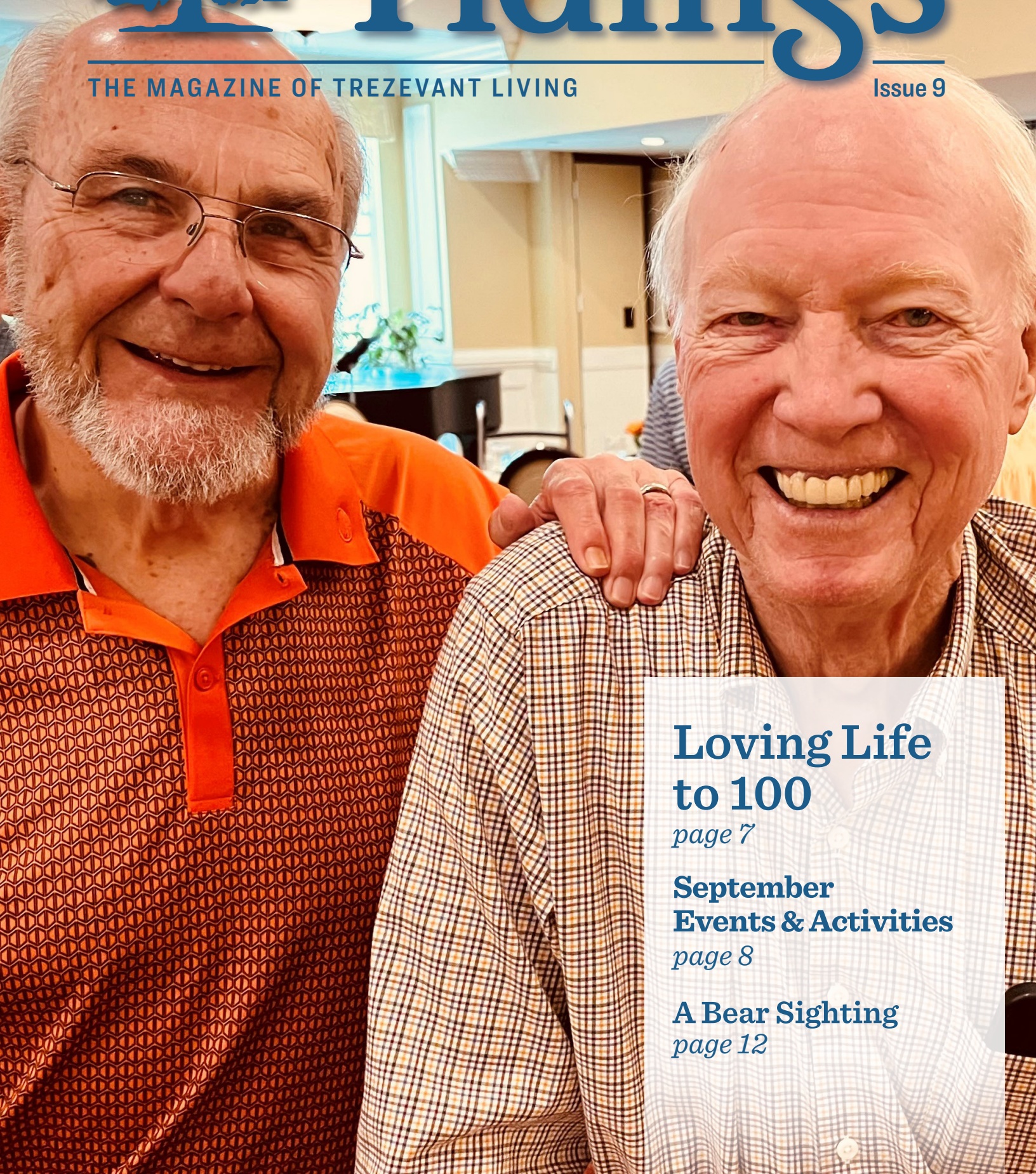


SEPTEMBER 2023

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 9



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LIFE ENRICHMENT

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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:**
Mike Nelson &
Warren Nunn
Taken by
Libby King

At Your Service

By Kim O'Donnell, Life Enrichment Director

Autumn is upon us and Trezevant is bursting with activities. Trezevant Explores kicks off the month with a presentation by Rebecca Arendt, E.D. for IRIS Collective sharing the season's events along with a special musical program for memory care resident. You won't want to miss the Fall Prevention presentation given by Functional Pathways. Then, our Fitness Team will offer instruction on how to avoid and recover from falls. We will take you "down under" to Australia, our featured country for September. We'll hang a new art exhibit, The Magic of Color, with works by resident artist Steve Nelson. In addition, we are proud to honor our Centenarians with a birthday celebration and champagne toast.

Longevity is coupled with life's landmarks such as the birth of children and grandchildren. Do you recall when you learned of the news of new arrivals, namely that first grandchild? Although I have no grandchildren, I delight in celebrating the arrivals of my many great nieces and nephews. A story I feel must be shared, in that regard, originated in Atlanta where my longtime friend resides. We exchange phone calls intermittently and she called to inform me that she thought she was going to be a grandmother. Her eldest son married his college sweetheart during the pandemic, an event I viewed via Zoom; thus, it would be an appropriate time for such an announcement.

But isn't this news a definite? My interest was piqued and I exclaimed, "What do you mean you *think* you are going to be a grandmother?" My good friend, who possesses keen investigative skills, explained that she was perusing her Amazon account, which she shares with her son, and found prenatal vitamins and baby cribs in the browser history! A few weeks later she called to confirm that the bundle of joy is to arrive in February. I wonder if Jeff Bezos realized such unintended consequences would result from the world's largest e-commerce company. This story is truly "one for the books" - preferably the baby book!

In St. Edward Chapel Too Wonderful

By Ben Bledsoe

Job, after an actual encounter with God, confessed that he had said more than he should; talked about things he really did not understand; things he now recognized were 'too wonderful' for him. (Job 42:1-6) How can something be too wonderful? Have you ever understood some phenomena as being too wonderful? So overwhelming in grandeur, you are overwhelmed to see that your words cannot begin to touch the reality.

Job's glimpse of God left him speechless. When he realized how inadequate was his attempt to even talk sensibly about God, he was reduced to "repent in dust and ashes."

The Psalmist also similarly confessed to Job's testimony when he realized the ways of God - especially God's oversight and care in their relationship. (Psalm 139:6) "I can find no place to hide from God," he says, "not even in the darkness of my thoughts. Because He made me, He knows me; because He made the world, He knows my future. His knowledge of me and my life precedes the reality of my existence. God knows everything about me; now and for all time. Such knowledge is too wonderful for me."

Solomon uses the same expression (Prov. 30:18) when he observed the simplest wonders of nature; the flight of an eagle, the graceful movement of a serpent, the way a ship navigates the seas; and the romantic love between two caring individuals.

In this world of cynicism and depravity there are still some things 'too wonderful' to fully understand.

So now, take a few quiet moments to think about other things so wonderful you can't quite wrap your head around them.



SPIRITUAL SERVICES

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Rev. Barbara Kirk-Norris,
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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



WELLNESS SERVICES

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Sheila Rae, Instructor
Carol Ricossa, Instructor
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BE WELL!

By Rinnie Wood, Fitness Director

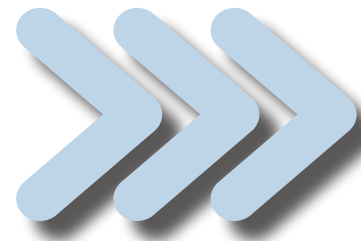
The bad news is 1 in 4 older adults will fall. Every 11 seconds, an older adult is treated in the emergency room for a fall. Even if you think “It won’t happen to me,” take every precaution right now to avoid a fall in the future.

The excellent news is that most falls can be prevented. You have the power to reduce your fall risk. Plus, know that you are in the right place because you have access right here at Trezevant to a variety of opportunities that can assist you in preventing falls. Before we review those, let’s look at the 2023 National Council of Aging’s “6 Steps to Prevent a Fall.”

- “Find a good Balance & Exercise program. Build strength, balance, and flexibility.” In addition to our exceptional therapy department, who can tailor a program to your needs, we offer 37 classes every week and personal training. Call me at 901-251-9223 or therapy at 901-251-9234 to explore your options.
- “Get an Assessment of your Risk of Falling. Share your history of falling.” Call either of the above numbers to schedule an evaluation.
- “Regularly review your medications with your Doctor or Pharmacist.” Make sure side effects are not increasing your fall risk. Take medications only as prescribed.
- “Have Vision & Hearing checked annually and change glasses as needed. Eyes and ears are key to keeping you on your feet.”
- “Remove tripping hazards, increase lighting and install grab bars.”
- “Talk to family members & enlist their help.” Falling affects the entire family.

Attend the Fall Prevention Presentation at 3:00 p.m. on September 21 in the PAC.

As with any long-term challenge, consistently sticking to a plan will be key to your success. You have the tools at your fingertips, so let’s tackle fall prevention together!



September 1
Walter Mischke

September 4
Elaine Colmer
Mary Beth Keys

September 5
Helen Brandon

September 7
Bill Butler
Mary Dunklin

September 8
Henry Harvey

September 10
Barbara Nash
Gail Williamson

September 13
Loretta Taras

September 15
Jim Boren
Pamela Van Doren

September 16
Sue Britton

September 19
John Robertson
Robert Strandberg
Philip Vaiden

September 20
Janet Canale

September 22
Wayne Shannon

September 23
Joan Chesney
Julia Howell

September 24
Worth Brown
Sam Stringer

September 25
Kay Robilio

September 26
Ann Bailey

September 27
Jane Williams

September Birthdays



Mark Your Calendar

Here's what's happening in September!

Our featured country is Australia!

TREZEVANT EXPLORES* welcomes Rebecca Arendt on Fri, 9/1 in the PAC. Lunch (\$7.50) served at 11:30 a.m.; Presentation at Noon.

Enjoy the **LABOR DAY** Holiday! Lunch from 11:30 a.m.-1:00 p.m. SDR & Bistro are closed this evening and no Fitness Classes will be held on Mon, 9/4.

Join the group on an outing to Malco Cinema to see **THE SOUNDS OF FREEDOM*** on Tue, 9/5 departing at 12:30 p.m. from WAY.

NEW TIME! Begin a new 4-part Chaplains' Class on **A STUDY OF HEBREW SCRIPTURES** with Rhodes Professor Steve McKenzie beginning Wed, 9/6 at **3:30 p.m.** in the CH.

NEW TIME! Give your brain a workout with Sharon Pollack at **TAKE YOUR BRAIN TO THE GYM** on Wed, 9/6 & Wed, 9/27 at **4:30 p.m.** in the MR.

SEWING CIRCLE for those interested in all needle arts meets on Thu, 9/7 at 4:00 p.m. in the MR.

Don't miss the Art Show, **THE MAGIC OF COLOR**, followed by a Reception celebrating the works of Steve Nelson on Sat, 9/9 from 3:00 p.m. to 5:00 p.m. in the TWW.

Meet some old & new friends and have a tea or coffee at **GIRL TALK** on Tue, 9/12 at 10:00 a.m. in the MR.

Visit Rhodes for the **RHODES-MAXWELL LUNCH*** with Speaker Debbie Litch on Tue, 9/12. Bus departs at 11:00 a.m. from WAY.

Celebrate **AUSTRALIA** with food &

drinks and fun on Tue, 9/12 at 4:30 p.m. in the MR/Lobby.

Tour the Church Health Center and hear about its mission at a **LUNCH & LEARN*** on Wed, 9/13. Bus departs at 10:00 a.m. from WAY. *Lunch provided.*

NEW TIME! Get an update on the goings-on at Trezevant at the **CONVERSATIONS WITH KENT** on Wed, 9/13 at **4:30 p.m.** in the PAC.

Learn all the ins & outs of CATIE at the **L&L*** on Thu, 9/14. at 11:30 a.m. in the PAC. *Lunch provided.*

Remember the good ole days at a Special Performance of **THE GOLDEN AGE OF GOSPEL** with Paul Morphis on Thu, 9/14 at 7:15 p.m. in the PAC.

Put on your Cowboy or Cowgirl boots and learn to boogie at **LINE DANCING** beginning Fri, 9/15 at 11:00 a.m. in the PAC.

Tapestry brings us the a continuation of the study of Hitchcock films in the **FALL MOVIE SERIES** with Steve Ross and Hitchcock's *Notorious* on Fri, 9/15 at 2:00 p.m. in the PAC.

Tapestry is excited to present this 4-part series: **GROWING UP IN AMERICA-PUBLIC SCHOOLS** with Gail Murray & Joe Hawes beginning on Tue, 9/19 at 3:00 p.m. in the PAC.

Champagne is in order at the **CELEBRATION OF CENTENARIANS** on Wed, 9/20 at 4:30 p.m. in the MR/Lobby.

Functional Pathways, our Rehab partner, will present **FALL PREVENTION TIPS**

on Thu, 9/21 at 3:00 p.m. in the PAC.

Hear from Chris Nunn of the Calvin Coolidge Foundation Board and view the new Coolidge documentary, **REDISCOVERING AN AMERICAN PRESIDENT**, on Fri, 9/22 at 2:00 p.m. in the PAC.

Trezevant Residents will visit Little Rock with other **TREZEVA**NT **TRAILBLAZERS*** departing Wed, 9/27 and returning Fri, 9/29.

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, 9/7 & 9/21 from 9:00 a.m. to 4:00 p.m. in G1!

TGIFT! *See weekly for times.*

- 9/1 Duane Cleveland (Oldies) MR
- 9/8 Rick Nethery (Guitar) SDR
- 8/22 Tim Stanek (Piano) SDR
- 9/29 Bobby Lawson (Oldies) MR

SATURDAY MUSIC HOUR:

See weekly for times.

- 9/2 Sandra Miller (Piano) SDR
- 9/16 Jim Mahannah Band (Big Band) PAC
- 9/23 Joyce Cobb (R&B, Jazz) Bistro
- 9/30 The Penny Kings (Oldies) PAC

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



Living to 100... and Loving It!!

by Teresa Johnson, Communications Manager

We are celebrating our Centenarians this month! What an amazing feat-to live to 100 years of age! At least that's what I thought when we discussed this month's themes. It seems so far out of reach given the everyday obstacles that we face. But, to my surprise, currently, one in 5,000 people in the U.S. are 100 years old or older, according to Dr. Thomas Perls, professor of medicine at Boston University Chobanian & Avedisian School of Medicine.

What's the secret to living 100 years or more?

Looks like quite a few Americans know it already.

Is it genetic? Behavioral? A combination? After doing some research, it seems that there are 8 practices that weave a common thread through the lives of centenarians. They are pretty easy to guess, but I'll share them anyway: 1) Not smoking, 2) Exercising regularly, 3) Managing stress, 4) Eating a healthy diet, 5) Having a good sleeping schedule, 6) Avoiding binge drinking, 7) Having positive social relationships, and 8) Not getting addicted to opioids.

Following these 8 practices will help us live healthier lives, no matter the number of years. But just

reaching 100 years old doesn't necessarily mean that you're 'living', does it? Here are a few tips to help you *Live* to 100 and *Love* it:

- 1) Be Nicer. A positive attitude toward life can not only help you live longer but can help you live better.
- 2) Laugh More. Laughing is good for you! Those with a strong sense of hu-



mor have a lower risk of death from heart disease, infection and, believe it or not, all causes!

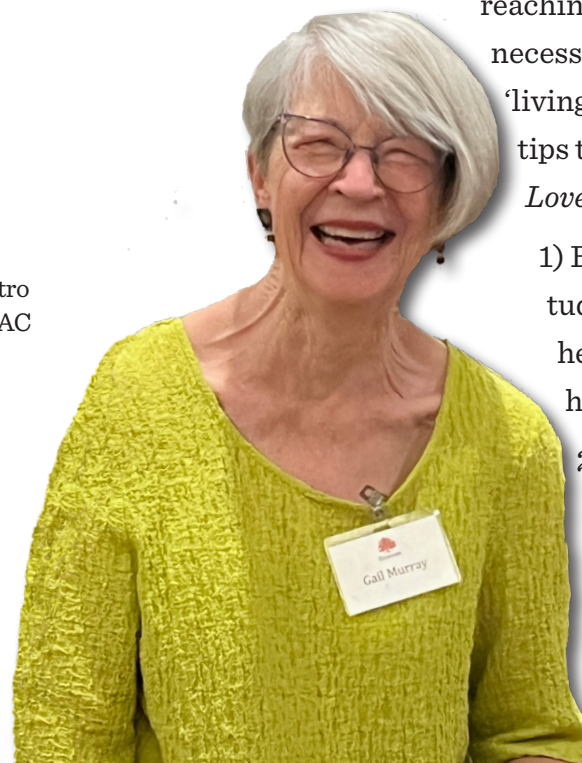
3) Embrace Aging. This might add as many as 7 years to your life. So be positive about your aging process!

4) Find your Spirituality. In a 2016 study published in the *JAMA Internal Medicine*, researchers discovered that women who attended any kind of religious service at least once per week had a 33% lower chance of dying during a 16-year follow-up period than their non-religious peers.

5) Dance. Research published in 2013 in the journal *Anthropology & Aging* found that people (in particular, older people) can dance their way toward improved health and happiness because of the activity's social, mental, and physical benefits.

6) Volunteer. One 2012 study published in the journal *Health Psychology* posited that people who give back could be rewarded with lower blood pressure and therefore a longer lifespan.

Want to make a change? Make a plan and stick to it! Quit smoking, join a Yoga class, eat more salmon, travel more. Make your life more enjoyable. It's never too late!















Want some more tips for living a long life? Read 100 Ways to Live to 100 by Grant Stoddard at <https://bestlifeonline.com/longevity/>.



SEPTEMBER HIGHLIGHTS

- Art Show Hanging & Reception
- Australia Features
- Fall Prevention Presentation
- Celebration of Centenarians
- Tapestry Movie Series on Hitchcock continues
- Line Dancing Class
- Tapestry Series on Growing Up in America

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION KEY G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center 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		DR. WARREN'S CLINIC HOURS Tue, September 5 - 12:30-3:00 PM Wed, September 13 - 12:30-3:00 PM Tue, September 19 - 12:30-3:00 PM Wed, September 27 - 12:30-3:00 PM	An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.	1 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY 11:30 AM Trezevant Explores*: Rebecca Arndt, IRIS Collective PAC 2:00 PM MOVIE: Oh, God! (PG, 1977, 4.5*, 1h37m) PAC 5:00 PM TGIFT! with Duane Cleveland (Oldies) MR 	2 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Australia (PG-13, 2008, 4.5*, 2h45m) PAC 5:30 PM Dinner & Music with Sandra Miller (Piano) SDR
3 10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: Peace by Chocolate (PG-13, 2022, 4.5*, 1h37m) PAC	4 11:30 AM-1:00 PM Holiday Lunch SDR 2:00 PM Lectio Divina CH No Fitness Classes and SDR & Bistro will be closed this evening. Happy Labor Day! 	5 8:15 AM Water Aerobics AC 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 11:00 AM Walgreen's Senior Day* WAY 12:30 PM OUTING TO MALCO CINEMA* Sounds of Freedom WAY 	6 8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Servc CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to Trader Joe's* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Take Your Brain to the Gym MR	7 9:00 AM Podiatrist* TT 9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 4:00-5:00 PM Sewing Circle MR 5:00 PM Happy Hour PAC	8 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM-Noon Seamstress Anne Thompson MR 10:00 AM Outing to Superlo* WAY 2:00 PM MOVIE: Spartacus (PG-13, 1960, 4.5*, 3h8m) PAC 5:30 PM Dinner Music with Rick Nethery (Guitar) SDR 	
10 Assisted Living Week 10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: The Colour Room (R, 2021, 5*, 1h51m) PAC 5:00 PM Special Performance: Dubois Duo (Classical) PAC 	11 PATRIOT DAY 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC	12 8:15 AM Water Aerobics AC 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 11:00 AM Transportation to Rhodes-Maxwell Luncheon: Debbie Litch WAY 4:00 PM Celebrate Australia!! PAC	13 8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Tour of Church Health Center* Lunch provided WAY 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Conversations with Kent PAC	14 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 11:30 AM Lunch & Learn*: CATIE Lunch provided. PAC 1:00 PM Gentle Aquatics AC 3:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:15 PM Special Performance: Golden Age of Gospel with Paul Morphis PAC	15 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM Tapestry Event: Hitchcock Movie Series, <i>Notorious</i> , with discussion with Steve Ross PAC 	
17 10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: The Wife (R, 2017, 4.5*, 1h41m) PAC	18 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC 	19 8:15 AM Water Aerobics AC 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 3:00 PM Tapestry Event: Growing Up in America-Public Schools PAC 4:00 PM Idlewild Communion for All CH	20 8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Servc CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Celebration of Centenarians MR/ Lobby	21 9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 10:15 AM Early Vote Transportation* WAY 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 11:00 AM Transportation to MIFA Luncheon* For ticketholders. WAY 1:00 PM Gentle Aquatics AC 3:00 PM Presentation: Fall Prevention PAC  5:00 PM Happy Hour PAC	22 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Superlo* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM MOVIE: Calvin Coolidge Documentary (PG, 2010, 5*, 2h2m) PAC 5:30 PM Dinner Music with Tim Stanek (Piano) SDR	
24 10:30 AM Sunday Worship & Holy Communion CH 1:00 PM Outing to Redbirds Game* WAY 2:00 PM COMEDY: Nate Bargatze-The Tennessee Kid (TV-PG, 2019, 4.5*, 1h) PAC 	25 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 10:15 AM Early Vote Transportation* WAY 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC	26 8:15 AM Water Aerobics AC 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 3:00 PM Tapestry Event: Growing Up in America-Public Schools PAC	27 Trailblazers - Little Rock 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Servc CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR	28 Trailblazers - Little Rock 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 	29 Trailblazers - Little Rock 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM MOVIE: Million Dollar Mermaid (PG, 1952, 4.5*, 1h49m) PAC 5:00 PM TGIFT! with Bobby Lawson (Oldies) MR 	
						30 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Man from Snowy River (PG, 1982, 5*, 1h44m) PAC 5:00 PM Saturday Music Hour with the Penny Kings (Oldies) PAC 7:00 PM Transportation for ticketholders to MSO* Chris Brubeck Guitar Concerto WAY

A Movie Review By Jack Richbourg CORNER

I shouldn't be writing this review. I'm not qualified. I suffer from a gender disability because this movie is about a woman. It's about a woman who is rejected because of her gender. It's about a wife who spends her life in the shadow of her husband's career sacrificing her own in the process, something I expect many women have experienced. But, alas, I'm just a man. I sympathize. I cluck my tongue and say, "What a shame, how unfair," but my Y chromosome interferes with my ability to truly critique the film. I've never been the victim of gender discrimination that I know of. I don't know what it's like. I am a bystander to, if not an unwitting beneficiary of, gender bias.

"The Wife" is based on a novel written, of course, by a woman, Meg Wolitzer, and adapted into a screenplay by yet another woman, Jane Anderson, but directed by a man, Björn L. Runge, and we need that masculine hand to hold up a mirror to masculine faces. If you look carefully, Brothers, you will see your reflection in Runge's mirror.


The cast is excellent with Glenn Close as Joan Castleman, Jonathan Pryce as Professor Joseph Castleman, and Christian Slater as the conniving biographer. All give stellar performances. Close was nominated for Best Actress for her portrayal of Joan Castleman, only to lose to Olivia Coleman in "The Favourite." Close's performance is memorable, not only for the way she delivers her lines, but also for her subtle, but emotional, facial expressions, which speak louder than words. Sadly, she is, now, tied with Peter O'Toole for "Most Oscars Lost," having been nominated eight times without a win.

Elizabeth McGovern (remember her, Lady Grantham in Downton Abbey) has one of the smallest roles in the film, but delivers one of

the best lines when she tells young Joan about the publication barriers for women in the male dominated world of writing. "A writer has to write," says Joan, which prompts Lady Grantham to reply, "A writer has to be read, Honey." This, of course, begs the question: Why write if no one reads? And it is this exchange that convinces Joan to become a modern-day George Elliot - with a very ironic twist.

Speaking of young Joan, here's a fun fact: Young Joan is played by Annie Starke who, in real life, is Glenn Close's daughter, and she looks just like her.

So, if you are a woman of a certain age who has been undeservedly overshadowed by an inferior male (and there may be quite a few of you right here at Trezevant), "The Wife" tells your story. And as far as you guys are concerned, you should see it, too, because it is - unfortunately - your story, as well, and *that* is a critique I *do* have the biological credentials to make.

Richbourg's Rating 

The Wife

R, 2017, 1h41m

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize. See this film on Sunday, September 17 at 2:00 p.m. in the PAC.



9/1/23 2:00 PM

Oh God!

(PG, 1977, 4.5*, 1h37m) God comes to Earth to spread the Good Word, but has a hardtimeconvincing his chosen messenger, John Denver, an assistant manager of a supermarket, who He really is.

9/2/23 2:00 PM

Australia

(PG-13, 2008, 4.5*, 2h45m)

A romantic action-adventure epic set in Australia prior to World War II that centers on an English aristocrat (Nicole Kidman) who inherits a large ranch.

9/3/23 2:00 PM

Peace by Chocolate

(PG-13, 2022, 4.5*, 1h37m)

After the bombing of his father's chocolate factory, a charming young Syrian refugee struggles to settle into his new Canadian small-town life, caught between following his dream to become a doctor and preserving his family's chocolate-making legacy. Based on the incredible internationally recognized true story.

9/8/23 2:00 PM

Spartacus

(PG-13, 1960, 4.5*, 3h8m) Stanley Kubrick directs Kirk Douglas, Laurence Olivier and Jean Simmons in this Academy Award-winning classic story of a bold gladiator slave who takes on Imperial Rome.

9/9/23 2:00 PM

Muriel's Wedding

(R, 1995, 4.5*, 1h45m)

Muriel spends each day dreaming of her wedding day. Slight problem: Muriel has never had a date. Finding the courage to leave on a tropical vacation, she meets a new friend and turns her world upside down to make her wedding dreams a reality.



9/10/23 2:00 PM

The Colour Room

(R, 2021, 5*, 1h51m) The Colour Room follows the journey of a determined, working class woman, Clarice Cliff, as she breaks the glass ceiling and revolutionises the workplace in the 20th century. Clarice Cliff is a vivacious young factory worker in the industrial British midlands of the 1920s.

9/16/23 2:00 PM

Gallipoli

(PG, 1981, 4.5*, 1h51m) Two Australian sprinters face the brutal realities of war when they are sent to fight in the Gallipoli campaign in Turkey during World War I.

9/17/23 2:00 PM

The Wife

(R, 2018, 4.5*, 1h40m) A woman (Close) decides to leave her author husband (Pryce) on the eve of his Nobel Prize presentation in order to finally pursue her own writing aspirations.

9/23/23 2:00 PM

Babe

(G, 1995, 5*, 1h31m) That'll do pig! An eccentric little pig, raised by canines, trains to be a champion sheep herder in this classic family comedy.

9/24/23 2:00 PM COMEDY

Nate Bargatze-The Tennessee Kid

(TV-PG, 2019, 4.5*, 1h) Comic Nate Bargatze touches on air travel, cheap weddings, college football, chocolate milk and the perils of ordering coffee in this stand-up special.

9/29/23 2:00 PM

Million Dollar Mermaid

(PG, 1952, 4.5*, 1h49m) Esther Williams stars in this dramatic true musical romance of turn-of-the-century swimming champion Annette Kellerman, better known as the Million Dollar Mermaid.



CINEMA

MOVIES at TREZEVANT

Face-to-Fur? No, Thank You!

by Mike Osborn

Bears are best encountered in a zoo, preferably with a high fence between you and the bear. Much less desirable are chance meetings in the deep woods, especially when one is camping with just a small tent separating you and the bear.

Fortunately, during a lifetime of camping with Susie in bear country such as the Grand Tetons, Yellowstone, and the mountains of West Virginia, we have avoided face-to-fur meetings. But the near encounters are vivid enough in our memories.

The first occurred in the Grand Teton country of Wyoming. We had avoided the crowded camping sites offered in the shadow of the mountains and had settled instead in a remote nearby National

Parks area near Slide Lake. After several delightful days there we had decided to move north into Yellowstone. But where would we stay?

We posed that question to a Tetons park ranger. We had enjoyed the National Park facilities here so much—might there be a comparable area offered in Yellowstone? What about this spot indicated on our map as “West Yellowstone?”

The ranger hesitated for a moment. “Do you have a hard-sided camper?” he asked.

“No,” I said. “We have a small tent.”

“Well,” he said, “The odds are all in your favor.”

“What do you mean?” I asked.

“Two weeks ago a grizzly bear tore open a tent like that at West Yellowstone and killed the man inside.” I could feel Susie growing pale at my side. “But don’t worry,”

the ranger said hastily, “They know they got the right bear. Did an autopsy on him and proved he was the killer. Doesn’t happen very often. As I said, the odds are all in your favor.”

“You are right about that,” I said. “The odds just improved some more. We’re not going to camp out in West Yellowstone.” And indeed we did find a nice cabin in Mammoth Hot Springs near the Northern edge of the Park that offered solid walls and a roof to keep out intruders. We would be spared an encounter with the ferocious creature that had arisen so vividly in our imaginations. Now we could simply enjoy the remarkable natural wonders of Yellowstone Park.

The face-to-fur encounter we had avoided came closer to realization some time later in a camping trip to West Virginia. We had been travelling all day long through the back country and were looking now for a place to put up our tent. Eventually we came upon a camping area near cranberry bogs that seemed ideal. First of all, it was not crowded. There were only one or two other cars scattered through a wild and attractive stretch of woods. Second, a lovely mountain stream flowed along the edge of the campground and offered a campsite right next to the water. It had been a hot day and the stream offered the promise of a cool, refreshing swim. The only drawback we could see was that amenities were at best primitive: the only bathroom was a “privy” some distance from the site and of course there were no showers. But these seemed minor problems at the moment. We rushed to set up our tent before the site might be claimed by others.

When we had completed preparations for the night, we decided to explore the delights of the privy. On the way we crossed a small ditch and there in the mud I saw the enormous footprint of what could only be a large bear. Instantly I decided not to say anything about this to Susie. Why alarm her, when we were now committed to at least one night’s stay?

After all, I tried to reassure myself, the bear might only have been passing through that area and might now be miles away. I would simply have to be doubly careful about concerns such as food storage, but at the same time disguise my caution so as not to alarm Susie.

When we returned to the campsite, I gathered enough wood to start a fire that was surely inappropriate for such warm weather. “I like fires,” I explained to Susie. The only thing I could find that might have offered any protection was a small, dull hatchet. I sat down by the fire and tried to sharpen it. Susie sat nearby and watched me, offering no comment.

When darkness descended and it was time to go to the tent, I carried the hatchet along with me. Susie picked up a large pot and lid. “You never know when you might need something like this in the tent,” she explained vaguely.

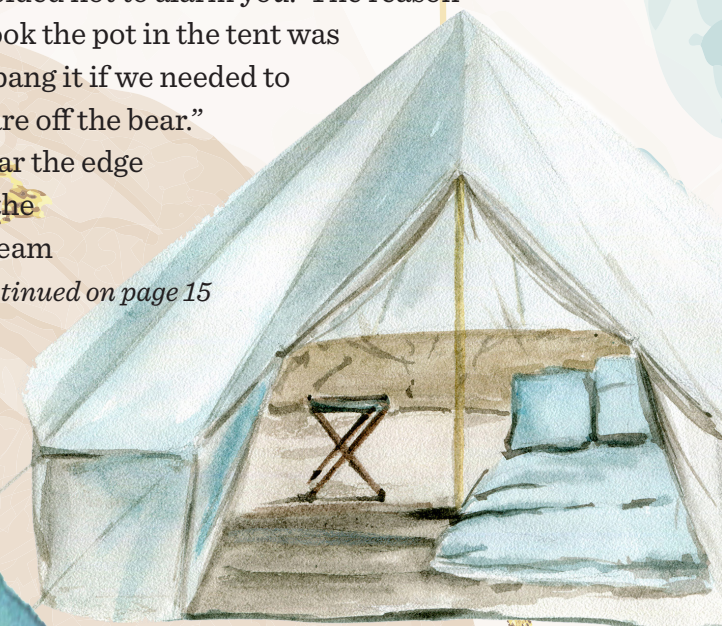
Susie sleeps easily and soon was snoring softly. I lay rigidly in my sleeping bag, listening to the sounds of the night, resisting the impulse to relax into sleep.

When we awoke the next morning, we confessed to each other. “I just didn’t want to alarm you,” I said.

“I saw the same footprint,” she said. “And I decided not to alarm you. The reason I took the pot in the tent was to bang it if we needed to scare off the bear.”

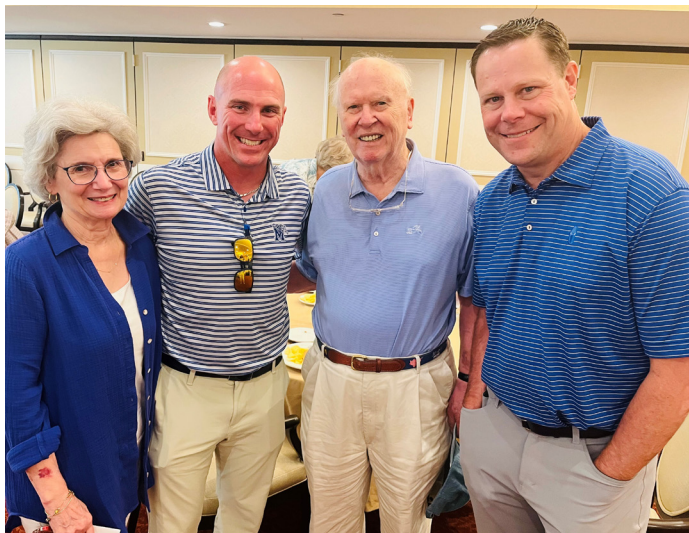
Near the edge of the stream

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Resident Reflections

August 2023



1. Marion Morgan, New UofM Baseball Coach Matt Riser, Bob Richardson and UofM Athletic Director Laird Veatch discussed Memphis Sports at the College Game Day Lunch & Learn.
2. Rhodes Athletic Director Jim Duncan visited with Mother-in-Law Lynn Murff during the Game Day Lunch & Learn.
3. Kay Mills Due volunteers at The Little Store.
4. Julia Howell and Jan LaBeause braving the heat at The Doobie Brothers concert!
5. The CA's Jason Munz, the Daily Memphian's Drew Hill, Memphis Sports Authority's Alan Crone, Memphis Tourism's JJ Greer, and Trezevant's Rinnie Wood celebrated Memphis sports at the Sports Journalist Lunch & Learn.



Campus News

Scholarships are awarded twice per year to Trezevant employees enrolled in higher education classes. The Trezevant Scholarship Committee is proud to announce awards for the Fall Semester 2023 to the following employees:

Kelley Briggs , LPN	Allen Morgan
Jammie Calvin, CNA	Terrace
Chantel Chase, LPN	Allen Morgan
Asia Holiday, Server	Manor
Dominique Holmes, CNA	Terrace
Monica Scales, LPN	Terrace
Tyras Watkins, Jr., CNA	Allen Morgan
Laniya Williams, Server	Manor
Halleluyah Williamson, Server	Manor
Deneetris Wright, LPN	Allen Morgan

Congratulations to all award recipients!

Face-to-Fur

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nearby, we found the same fresh footprints. We had been visited during the night, and I had heard nothing.

We broke camp rather quickly, packing our tent and all our belongings. And as we were getting ready to leave, we were visited by a ranger. “I think you should know,” I said, “that there is a bear roaming through these campsites.”

The ranger looked at us incredulously, and began laughing. “What’s so funny?” I said, slightly irritated.

“Sir,” he said, “this is a bear sanctuary. You are the visitors here, not the bear.”

No wonder there were few other campers! We paid the ranger our fee for the night, and got the hell out, leaving West Virginia and all of its bears behind us!

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