



FEBRUARY 2024

# Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 2



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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  
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Mike Osborn  
Susie Osborn  
Jack Richbourg  
Beverly Williams  
Ann Knox  
Guests

† *Cover Photo:*  
*Karen White*  
*by Bob Bayne*

# At Your Service

by Kim O'Donnell, Life Enrichment Director

Activities abound as we welcome February, which includes an extra day in this Leap year. After braving the wintry mix and freezing temperatures that January brought, a bustle of activity is surely in order.

February, designated to honor Valentines, is American Heart month as well. Along with the American Heart Association, we are raising awareness about heart health and cardiovascular diseases. Please see Valerie Smithers' article featured in this issue.

The Tapestry committee has been actively planning a variety of events; a lunch outing to Four Way Grill, book presentation and sale of Alice Faye Duncan's, "Coretta's Journey", local clergy panel discussion, outing to *My Cup of Tea*, movie feature with UofM Professor Kristin Hill discussing "If Beale Street Could Talk." Check your calendar for dates and times of all these events.

If that is not enough, Life Enrichment invites you to attend a presentation by St. Jude's CEO, Dr. James Downing, Super Bowl LVIII, New Resident Welcome reception, Random Acts of Kindness annual party, and a special Mystery dinner. Dates and details for these functions are located on the calendar and in this issue's listings.

Now for the "housekeeping" items; a new resident directory photo shoot has been arranged for February 7 & 8 from 10:00 a.m. to 2:00 p.m. each day in the Music Room. All new residents and those desiring a new photograph for the directory should put this on your calendar. Thrive Audiology, Dental Today and Poplar Podiatry continue with regularly scheduled appointments on site. Call Life Enrichment for details.

Happy Valentine's and may this month be the best yet,  
Kim

# In St. Edward Chapel

by Rev. Julie McKenna, Lead Chaplain

What exactly is the chapel committee and what do they do?

The chapel committee is largely made up of residents with specific roles in the chapel. Our usher coordinator, Dorsey Wade, lector coordinator, Julie Walton, and our LEM, crucifer and altar guild coordinator, Sylvia Adams, as well as our volunteer administrative assistant, Dina Smith, are all members of the committee because of their role in the coordination of chapel functions. Wayne Shannon was added to the committee when we lost one of our coordinators (Mary Virginia Rogers) and wanted another person involved in worship to give their feedback regarding how chapel services can best meet the needs of residents. The group meets monthly. Also in attendance are the chaplains—Julie and Barbara, and our organist and music director, Greg Jones. If you have additional questions about the chapel committee, please contact Julie, Barbara or any member of the committee.

Tuesday, February 6 at 11:30 a.m.

Clergy Panel Luncheon (Black History Month Tapestry event)

Join Bishop Phoebe Roaf and other area clergy for a panel discussion of race and religion. Be sure to sign up if you want to eat lunch!

Wednesday, February 7

No Chaplains' class—join us for lunch on Tuesday instead!

Wednesday, February 14 at 3:00 p.m.

Ash Wednesday Service with special music from vocalist, Tiffany Pinnix

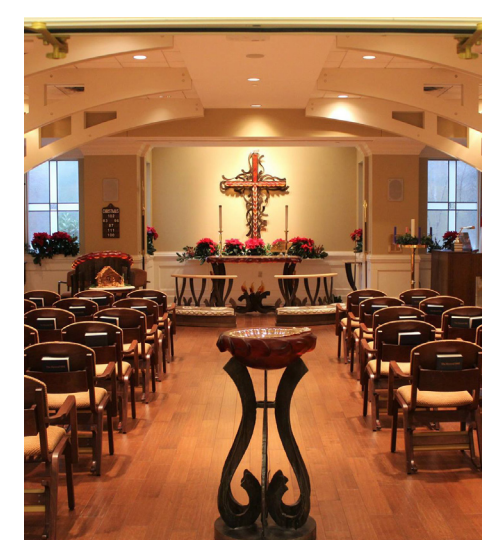
Friday, February 16 at 10:30 a.m.

Join us for lunch at the Waffle Shop at Calvary and then come listen to nationally renowned Dr. Catherine Meeks, Executive Director of the Absalom Jones Center for Racial Healing.

Wednesday, February 21 at 3:00 p.m.

"Aging Gracefully" a musical program featuring Joel Chapman, Tenor, Randal Rushing, Tenor and Carol Craig, Pianist with tunes that extol the advantages of aging, and celebrates how we are loved despite our

*continued on page 15*



## 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

Mindfulness Meditation  
Each Monday at 3:15 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

Rinnie Wood,  
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& Community Liaison  
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Ginger Acuff, Instructor  
Kirsti Carroll, Instructor  
Sheila Rae, Instructor  
Carol Ricossa, Instructor  
Katy Stanfield, Instructor  
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Rita Frix, Personal Trainer  
Lucas Isley, Personal Trainer  
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Valerie Smithers, RN  
Wellness Nurse  
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Wellness Nurse  
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# BE WELL!

## Reclaim Your Rhythm during February: American Heart Month

by Valerie Smithers, RN

February is American Heart Month, a time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation. This February, the 58th American Heart Month, the AHA is urging people all over the country to “reclaim your rhythm.” What does that mean? Quite simply, the AHA is encouraging people to reclaim control of their mental and physical well-being after several difficult years of the COVID-19 pandemic. For American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

Among the millions of people in the country who had heart attacks, President Lyndon B. Johnson issued the first proclamation for American Heart Month in 1964 to spotlight heart disease. Since then, U.S. presidents have annually declared the federally designated event for February. The first Friday of American Heart Month, Feb. 4, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support the fight against heart disease.

Heart disease has remained the leading health threat during the pandemic, and more people are reporting lower physical and emotional wellness. Many people have delayed or avoided seeking medical care. Unhealthy use of alcohol and other substances has been on the rise. All these things can increase the risk of heart disease.



Here are just a few examples of how you can reclaim your health:

- Doing at least 150 minutes of moderate-intensity physical activity a week (or just getting started and working your way there!)
- Eating healthy
- Not smoking
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Following COVID-19 safety protocols
- Finding ways to relax and ease your mind, such as meditation

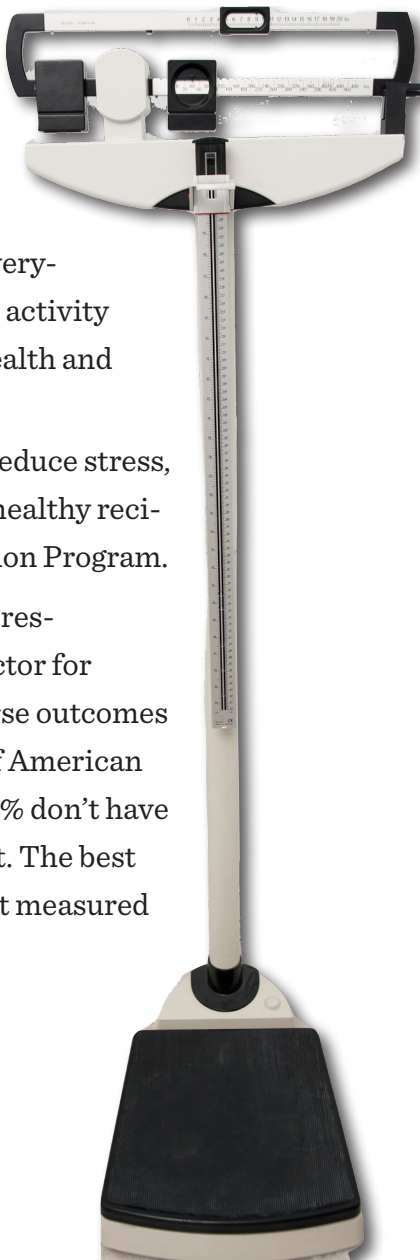
Caring for yourself and others is a great way to counter the pandemic's heavy toll on health. Also, taking care of your heart is good for your brain. That's because many of the risk factors for heart disease, including high blood pressure, diabetes and obesity, are also related to brain diseases such as stroke, Alzheimer's disease and other dementias.

Also consider the following:

- Mellow out and reduce stress: Stress can lead to depression or anxiety, as well as unhealthy habits like overeating, physical inactivity, smoking and risk factors for heart disease and stroke like high blood pressure.
- Move to the music: Listen to music that gets you moving and grooving. Staying active is one of the best ways to keep body and mind healthy. Not only can it help everyone feel, think, sleep and live better, it also improves overall quality of life. Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.
- Feed your soul, rock your recipes: Regular meals with family and friends can help reduce stress, boost self-esteem and keep you connected. Consider trying a new heart-healthy recipe that can be made at home from the AHA Heart-Check Recipe Certification Program.



Stay on beat with your blood pressure: High blood pressure is a leading cause and controllable risk factor for heart disease and stroke and can contribute to worse outcomes for people who contract COVID-19. Close to half of American adults have high blood pressure. Of those, about 75% don't have it controlled and many don't even know they have it. The best way to know your blood pressure numbers is to have it measured by a health care professional.





Join us at a Special Event celebrating these important  
‘Little Things’ on Friday, February 16 at 4:00 p.m. in the PAC!

## Little Things...Mean A Lot

by Ann Knox

Remember that song from the 50’s By Kitty Kallen? It topped the charts for 9 weeks in a row. At the time, we were teenagers assuming popular music was just meant for us at that time in our lives. As it turns out, these timeless words have even more resonance for us today! It IS the little things that give us joy, courage, and comfort - The little gifts of kindness we give each other and ourselves.

Kindness can be seen and felt throughout Trezevant. We are a diversified lot - from different backgrounds, interests, and limitations, but we come together to support each other.

As we celebrate Random Acts of Kindness this month, we asked for example of kindness experienced or observed in our community. The feedback was “the little things” - simple, inexpensive acts most of us could follow.

- Welcoming new people and inviting them to dinner or activities
- Supporting others during illness or tough times - grocery shopping, meal pick-ups, food treats, flowers, visits, transportation to “anywhere”, invitations to private happy hour, encouraging messages, assisting with pets, or just “checking in”.
- Recognizing special occasions with cards and with donations in their honor to the Trezevant Foundation and other charities
  - Surprising friends and neighbors with “just because” treats, notes
  - Facilitating communications- one resident sets up weekly zoom calls for neighbors in houses
- Gardeners providing a beautiful environment for the rest of us
  - Volunteering to serve on committees and special projects
  - Volunteering in the Little Store and Dottie’s Digs
  - Volunteering in other buildings - Allen Morgan and Terrace - gardening, pet therapy, comfort cart, visiting (especially those with no local family)
- Offering to walk neighbors’ dogs in bad weather
- Giving handwritten notes and verbal thanks to staff

Numerous examples of staff kindness were also cited, especially in view of the sacrifices made during the recent snow storm, - those who left their home lives to spend nights at Trezevant and those who braved the treacherous streets to get here daily to keep us comfortable or went out of the way to pick up others. One comment highlighted the friendliness of every employee who works here to smile, speak and chat with residents. Others highlighted the helpfulness and courtesy to residents and visitors, and another the warm welcome and attention provided to our growing population of veterans in Allen Morgan.

## Mark Your Calendar

*Valentine’s Day, American Heart Month, Black History Month, Random Acts of Kindness Month & Featured Country Liberia!*

Eat lunch at the historic **FOUR WAY GRILL\*** on Thu, 2/1. Bus departs promptly at 10:30 a.m. from WAY.

**HAPPY HOUR** Every Mon and Thu, from 5:00 to 6:00 p.m. \$2 cover charge, free drinks. *See Weekly Calendar or CATIE for venue.*

Check out some new tennis shoes at **BREAKAWAY SHOES\*** on Fri, 2/2. Bus departs at 10:30 a.m. from WAY.

The BHM events continue with a **CLERGY PANEL & LUNCH\*** on Tue, 2/6 in the PAC. Lunch (\$7.50) served at 11:30 a.m.; Presentation at Noon.

Don’t miss **TAKE YOUR BRAIN TO THE GYM** with Dr. Sharon Pollock on Wed, 2/7 at 4:00 p.m. in the MR.

**BIRTHDAY NIGHT AT TREZ** celebrates the February Birthdays on the FIRST Wed of each month, Wed, 2/7 in SDR.

**LINE DANCING WITH JESSIE** is back! Fri, 2/9, 2/16 & 2/23 at 11:00 a.m. in the PAC.

Hear from U of M Professor Kristin Hill and see **IF BEALE STREET COULD TALK** on Fri, 2/9 at 2:00 p.m. in the PAC.

Who’s your team? 49ers or Chiefs? Cheer them on at **SUPERBOWL LVIII** on Sun, 2/11 at 5:00 p.m. in the Bistro.

Trezevant’s Marketing Department hosts **BEIGNETS & COFFEE** on Tue, 2/13 at 9:00 a.m. in the SDR Lobby.

Our Chaplains’ invite you to join them at the **ASH WEDNESDAY SERVICE** on Wed, 2/14 at 3:00 p.m. in the CH.

The **CALVARY LENTEN SPEAKER SERIES\*** is back! Get inspired by author Dr. Catherine Meeks on Fri, 2/16. Bus departs at 10:30 a.m. from WAY.

Are you a Rainbow in someone’s cloud? Come to **RANDOM ACTS OF KINDESS CELEBRATION\*** on Fri, 2/16 at 4:00 p.m. in the PAC.

Join your neighbors for Frank Shaffer’s **DRUM CIRCLE** on Sat, 2/17 at 1:00 p.m. in the PAC.

Learn about someone new at the **MYSTERY DINNER\*** on Mon, 2/19 at 6:00 p.m. in the Bistro.

**MBABOZI HOUSE OF STYLE\*** event features Grace Byeitima and items from Mbabozi for sale on Tue, 2/20 at 2:00 p.m. in the PAC.

**NEW RESIDENT WELCOME RECEPTION** promises a lively time with hors d’oeuvres, libations and new neighbors on Thu, 2/22 from 4:30 to 6:30 p.m. in the PAC. *Check your invitation for your time slot.*

**NEW EVENT!** Sip a **LATTE WITH LIBBY** on Tue, 2/27 at 10:00 a.m. in the PAC.

Try cookies and tea at **MY CUP OF TEA\*** with Chaplain Julie on Wed, 2/28. Bus departs at 12:45 p.m. from WAY.

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



## Music at Trezevant

*7:00 PM!*

*Times vary. See Weekly Calendar or CATIE to confirm.*

- 2/2 Sandra Miller (Piano) SDR
- 2/9 Jeremy Clement (Oldies) MR
- 2/23 Tim Stanek (Piano) SDR

## Saturday Music Hour

*Times vary. See Weekly Calendar or CATIE to confirm.*

- 2/17 Duane Cleveland Duo (Blues/Oldies) MR
- 2/24 Deborah Swiney Duo (Oldies) PAC

## Special Performances

- 2/8 at 7:15 p.m. Valentine’s & Mardi Gras with Paul Morphis in the PAC
- 2/9 at 7:15 p.m. Doug MacLeod (Jazz) in the PAC
- 2/16 at 7:15 p.m. Lannie McMillen Trio (R&B/Jazz) in the PAC
- 2/18 at 4:00 p.m. Dubois Duo (Classical) in the Music Room





# FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
		<p>PLEASE NOTE:</p> <p>Events are subject to change. Please check the weekly calendar for updated information.</p> <p>An Asterisk after the Event Name* indicates 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>Wed, Feb 7, 2024- 12:30-3:00 PM</p> <p>Tue, Feb 13, 2024 - 12:30-3:00 PM</p> <p>Wed, Feb 21, 2024 - 12:30-3:00 PM</p> <p>Tue, Feb 27, 2024 - 12:30-3:00 PM</p>	<p>1 9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:00 AM-Noon Podiatrist <i>TT</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>11:00 AM BHM EVENT: Outing to Four Way Grill* <i>WAY</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>2:00 PM Sewing Circle <i>CR</i></p> <p>3:10</p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>2 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>10:30 AM OUTING*: Breakaway Shoes <i>WAY</i></p> <p>2:00 PM MOVIE: Dreamgirls (, 1990, 5*, 2h2m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Sandra Miller (Piano) <i>SDR</i></p> 	<p>3 9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Hidden Figures (PG, 2016, 5*, 2h6m) <i>PAC</i></p> 														
<p>4 10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Past Lives (R, 2023, 4.5* 1h45m) <i>PAC</i></p> 	<p>5 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>6 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* <i>Manor 304</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's Sr, Day <i>WAY</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:30 AM BHM Event: Luncheon &amp; Clergy Panel Presentation* \$7.50 pp. <i>PAC</i></p> <p>3:00 PM SPECIAL PRESENTATION: Dr. Downing, CEO, St. Jude <i>PAC</i></p> 	<p>7 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Photo Shoot for New Res <i>MR</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharistic Srvc <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>6:00 PM Birthday Night <i>SDR</i></p> 	<p>8 9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Photo Shoot for New Res <i>MR</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>2:00 PM Trezevant University: Perre Magness on the History of Trez &amp; EH Little <i>PAC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: Valentine's Day &amp; Mardi Gras with Paul Morphis <i>PAC</i></p>	<p>9 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM BHM EVENT: Kristin Hill &amp; 'If Beale St. Could Talk' <i>PAC</i></p> <p>5:00 PM TGIFT! with Jeremy Clement (Oldies) <i>MR</i></p> 	<p>10 9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Out of Africa (PG, 1985, 4.5*, 2h41m) <i>PAC</i></p> <p>7:15 PM SPECIAL PERFOR-MANCE: Doug MacLeod (Jazz) <i>PAC</i></p> 														
<p>11 10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>5:00 PM Super Bowl Party!! <i>Bistro</i></p> 	<p>12 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>13 <b>FAT TUESDAY</b></p> <p>9:00-10:30 AM Beignets &amp; Coffee with Marketing <i>SDR Lobby</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Ladies' Coffee Hour <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> 	<p>14  <b>VALENTINE'S DAY</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharistic Srvc <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Ash Wednesday Service <i>CH</i></p> <p>4:00 PM Conversations with Kent <i>PAC</i></p>	<p>15 9:00 AM-4:00 PM Dottie's Digs' <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>2:00 PM Trezevant University: Professor Erin Hollis presents the History of Elmwood <i>PAC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>16 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>10:30 AM LENTEN OUTING*: Calvary Lenten Speaker Series &amp; Lunch <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>4:00 PM Random Acts of Kindness Party <i>PAC</i></p> <p>7:15 PM SPECIAL PERFOR-MANCE: Lannie McMillen (R&amp;B) <i>PAC</i></p> 	<p>17 9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>12:45 PM SPECIAL EVENT: Drum Circle with Frank Shaffer <i>PAC</i></p> <p>5:00 PM Saturday Music Hour with the Duane Cleveland Duo <i>MR</i></p> <p>5:45 PM TRANSPORTATION*: Memphis Symphony Orchestra Performance for ticketholders <i>WAY</i></p>														
<p>18 10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>1:00 PM TRANSPORTATION*: Memphis Symphony Orchestra Performance for ticketholders <i>WAY</i></p> <p>2:00 PM MOVIE: Maestro (R, 2023, 4.5*, 2h9m) <i>PAC</i></p> <p>4:00 PM SPECIAL PERFORMANCE: The Dubois Duo <i>MR</i></p> 	<p>19 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>6:00 PM SPECIAL EVENT: Mystery Dinner* <i>Bist</i></p>	<p>20 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* <i>Manor 304</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:30 PM IFF Club Meeting <i>Bistro</i></p> <p>2:00 PM BHM EVENT: House of Style with Mbabozi <i>PAC</i></p> <p>4:00 PM Idlewild Communion Service <i>CH</i></p> 	<p>21 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p>22 9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>4:30-6:30 PM New Resident Welcome Reception* <i>PAC</i></p> 	<p>23 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM MOVIE: Selma (PG-13, 2008, 4.5*, 2h8m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i></p> 	<p>24 9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE:The African Queen (G, 1952, 5*, 1h45m) <i>PAC</i></p> <p>5:00 PM Saturday Music Hour: Deborah Swiney (Blues/Oldies) <i>PAC</i></p> 														
<p>25 10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>1:30 PM MOVIE: Killers of the Flower Moon (R, 2023, 4.5*, 3h28m) <i>PAC</i></p> 	<p>26 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>27 9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Latte with Libby <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>2:00 PM BHM EVENT: Alice Faye Duncan presents 'Coretta's Journey' <i>PAC</i></p> 	<p>28 8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Catholic Lay Eucharistic Service <i>CH</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>12:45 PM OUTING*: My Cup of Tea* <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> 	<p>29 <b>LEAP DAY</b></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>5:30 PM Trezevant Board Reception-By Invitation Only <i>PAC</i></p>	<p><b>LOCATION KEY</b></p> <table><tr><td>G1-Garage 1st Floor</td><td>MR-Music Room</td></tr><tr><td>201-Fitness Room</td><td>MWW-Manor Walkway</td></tr><tr><td>310-Club Room 310</td><td>PAC-Performing Arts Center</td></tr><tr><td>AC-Aquatic Center</td><td>SDR-Snowden Dining Room</td></tr><tr><td>CH-St. Edward Chapel</td><td>TT-Terrace Tearoom</td></tr><tr><td>GAL-Gallery Dining Room</td><td>TWW-Terrace Walkway</td></tr><tr><td>HPL-Highland Parking Entrance</td><td>WAY-Waynoka Entrance</td></tr></table>		G1-Garage 1st Floor	MR-Music Room	201-Fitness Room	MWW-Manor Walkway	310-Club Room 310	PAC-Performing Arts Center	AC-Aquatic Center	SDR-Snowden Dining Room	CH-St. Edward Chapel	TT-Terrace Tearoom	GAL-Gallery Dining Room	TWW-Terrace Walkway	HPL-Highland Parking Entrance	WAY-Waynoka Entrance
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# A Movie Review By Jack Richbourg CORNER

Maestro is not your typical “boy meets girl, boy loses girl, boy gets girl again” romcom. It’s more like “boy meets boy, boy meets girl, boy dumps boy, boy marries girl, boy gets boys, boy loses girl, boy gets girl back, boy gets more boys.” Yeah, I know. It’s complicated but don’t blame me. Blame Bernstein.

Bradley Cooper writes, directs, produces, and stars in the movie as Bernstein. Carey Mulligan plays Bernstein’s wife, Felicia Montealegre. Both Cooper and Mulligan’s performance are worthy of their Oscar nominations as well as make-up artist, Kazu Hiro who designed the prosthetic proboscis worn by Cooper. Some thought the large nose was an antisemitic caricature, but, truth be told, Bernstein did have a rather significant schnoz. Hiro said, “Sorry if I hurt some people’s feelings. My only intention was to portray Bernstein as authentically as possible,” and that he did.

But the film is not really about Bernstein and his prodigious work (or nose, for that matter). It’s about his relationship with Montealegra which withstood infidelity, prolonged absence, drug abuse, and alcoholism. It’s about two people so desperately in love they are doomed to hurt each other deeply, a modern love story.

For such a dark topic, the writing (which received another Oscar nomination) sparkles. The simultaneous delivery of lines on top of each other emphasizes the tension between Bernstein and Montealegre. The snappy, intellectual banter encapsulates the exuberance of young people in love, trying too hard to impress each other.

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives. *See this movie on Sunday, February 18 at 2:00 p.m. in the PAC.*



Both Cooper and Mulligan speak in a Mid-Atlantic accent consciously learned and used in the late 19th and early 20th-century by the American upper crust and Hollywood luminaries to blend the perceived prestige of both American and British English. It comes across as affected, which may be Cooper’s point, exactly. Cooper, himself, sounds like Gary Grant with a very bad cold, caused, no doubt, by that fake nose, all the more reason to dislike it.

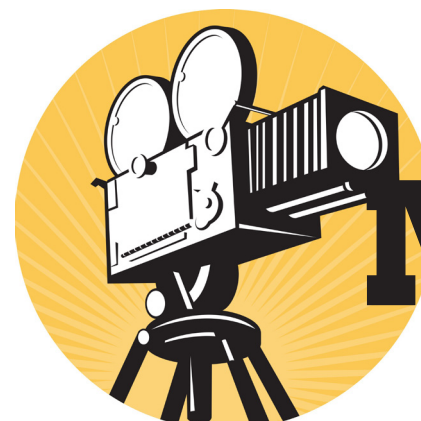
Give another Oscar to anyone who can count the cigarettes smoked by Bernstein. There’s not a scene where he isn’t smoking, leading an audience to worry about the cast and crew amid all that secondhand smoke. No wonder Bernstein died at the age of 72 from a heart attack brought on by mesothelioma and emphysema.

The two best scenes are Bernstein conducting Mahler’s Resurrection Symphony, and the Thanksgiving Day argument with a cameo by Snoopy for a welcome bit of comic relief. Both are powerful scenes!

The best line is Carey Mulligan’s, “You know . . all you need . . all anyone needs . . is to be sensitive to others . . . Kindness. Kindness. Kindness.”

I agree with both her sentiment and the Academy’s nominations. I suspect you will too.

Richbourg’s Rating



# MOVIES AT TREZEVANT



2/2/2024 2:00 PM

## Dreamgirls

(PG-13, 2006, 5\*, 2h10m)

Based upon Motown star and lead Supremems member Diana Ross. A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way



2/3/2024 2:00 PM

## Hidden Figures

(PG, 2019, 5\*, 2h6m)

Three brilliant African-American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world.



2/4/2024 2:00 PM

## Past Lives

(R, 2023, 4.5\*, 1h45m)

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora’s family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life.

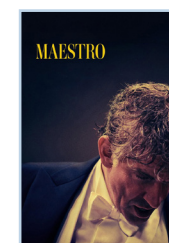


2/10/2024 2:00 PM

## Out of Africa

(PG, 1985, 4.5\*, 2h41m)

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.



2/18/2024 2:00 PM

## Maestro

(R, 2023, 4.5\*, 2h9m)

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.



2/22/2024 2:00 PM

## Selma

(PG-13, 2008, 4.5\*, 2h8m)

Discrimination was still rampant in certain areas, making it very difficult for Blacks to register to vote. Despite violent opposition, Dr. Martin Luther King Jr. and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated with President Lyndon Johnson signing the Voting Rights Act of 1965.



2/24/2024 2:00 PM

## The African Queen

(G, 1952, 5\*, 1h45m)

After a spinster’s missionary brother is killed in WWI Africa, a steamer captain offers her safe passage. The two spend most of their time fighting with each other rather than the Germans. Time alone on the river leads to love.



2/25/2024 1:30 PM

## Killers of the Flower Moon

(R, 2023, 4.5\*, 3h23m)

Real love crosses paths with unspeakable betrayal as Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed.



# Resident Reflections

## Trezevant's Seventh Annual Robbie Burns' Supper



1. Future residents Wallace & Olivia Bruce
2. Joy Austin-Files
3. Diane Sachs
4. Mary Nelson
5. Hal Brunt, Linda Spiese and Buzzy Hussey
6. Future resident Jim Cole
7. Linda Wible
8. Rinnie Wood, Ginger Acuff and Joan Chesney
9. Beverly Williams
10. Marie Stark



# February Birthdays

**February 1**  
**Beverly Williams**

**February 2**  
**Dr. Ray Curle**  
**Diane Davis**  
**Theresa Mauer**  
**John Webb**  
**Jackie Williamson**

**February 4**  
**Rev. Anne Carriere**  
**Fred Wimmer**

**February 5**  
**Maxine Patterson**

**February 6**  
**Howard Adcock**

**February 7**  
**Peggy Carrington Jones**

**February 11**  
**Sam Gilmore**

**February 20**  
**Rodgers Menzies**

**February 21**  
**Barbara Dale Crafton**

**February 22**  
**Betty Jane Robinson**

**February 23**  
**Margaret Salmon**

**February 25**  
**John Salmon**  
**Charlotte Saunders**

**February 29**  
**Jan LaBeause**



# Compassion & Care Take Shape

by John Gaskill

Halleluyah Williamson has been working in the Trezevant dining room for about a year and gets along great with his co-workers, as well as with John Mikaelian, the Director of Dining Services. Which they say is surprising when you consider the following.

“Halleluyah and I have a difference of opinion when it comes to sports,” John says with a wink. “He’s an Alabama fan and I’m an LSU fan. But we connect because he’s a Patriots fan and so am I.”

“We have such generous residents who regularly make gifts to the annual fund and want to direct it toward scholarships.”

They also connect on the importance of education, as do a majority of Trezevant residents. For proof, look no further than the Trezevant Foundation’s scholarship program. Halleluyah is a recipient of one of the awards, which provides \$75 per class hour each semester. He’s using it to help with costs as he studies sports management at University of Memphis, where he’s a freshman.

The fund has been a part of the Foundation since its inception in 1981. Three times a year, full time employees have the opportunity to apply for funds

that can

be used for any need related education from tuition and books to transportation and childcare.

“Our residents are enthusiastic about this program and some have been known to follow recipients’ progress and even attend graduations,” said Paula Jacobson, Trezevant Foundation Executive Director. “We have such generous residents who regularly make gifts to the annual fund and want to direct it toward scholarships.”

Halleluyah says he loves getting to meet and serve the residents.

“A lot of the residents are so nice because they give you compliments,” he says. “Like when I got my scholarship, they congratulated me and wanted to know how I was doing. They really want to help you.”

Halleluyah wasn’t the only one receiving kudos when awards were announced. As it turns out his mom, Margaret Williamson, a Trezevant CNA, is another current recipient, working on her nursing degree at the U of M.

Both Paula and John agree that the scholarship program is good



## From our Librarian

by Margaret Taylor

Special thanks to all of you who donated books and other reading matter to the library during 2023! Your gifts enable us to purchase more books each month.

Here are some of the long established customs for using our library:

- Every book must be checked out by signing the card in the back of the book.
- Place the card in the oblong box on the desk.
- Return the book in 2 to 3 weeks to the drop box by the Reading Room doors.
- The limit on books checked out per person is no more than TWO at any time.

Feel free to suggest current titles or authors for our Book Selection Committee.

## Compassion & Care

*continued from page 14*

for recipients, residents and Trezevant as a whole. And Halleluyah is learning a lot of valuable skills while he studies to become a coach or run a sports program. The most important things he’s learned so far?

“First of all, be on time. Make sure you do what you’re supposed to do even though you’re not being watched. And learn how to take care of people and be patient with them.”

*Thanks to all our scholarship fund donors. Your compassion and care are changing lives!*

## St. Edward Chapel

*continued from page 3*

flaws.

Wednesday, February 28 at 12:45 p.m.

Join us for a field trip to My Cup of Tea—a ministry helping African Americans grow a tea business in Orange Mound. We’ll have a tour and tea and cookies! (This is in place of Chaplains’ Class this week.)

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