



MARCH 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 3



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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
Ann Knox
Guests

† Cover Photo:
Rev. Anne Carriere,
Bishop Phoebe Roaf and
Rev. Roz Nichols

At Your Service

by Kim O'Donnell, Life Enrichment Director

March is the best time of the year! We get to enjoy lattes, leprechauns, and lyrics, along with a wee bit of the blarney. Celtic music will be abundant with the Etude Music Club performing on March 8, our own, Ranna Christenson and band entertaining residents on March 12, and the Vance duet playing their version of Irish tunes for chapel services on St. Patrick's Day. Additional musical events you will not want to miss are a special performance by RSVP Chorus and the Artists-in-Residence serenading everyone as we prepare for Holy week services.

The art exhibits at Trezevant have been fantastic and we have another one scheduled to open on March 2. Lawayne House will display mixed media, florals and semi-abstract works. Lawayne shows around the Mid-South and is affiliated with the staff at Northwest Mississippi Community College.

Issues of concern have been parking at Trezevant, specifically the east side lot on Highland. The Resident Handbook states on page 8, U:

Parking Policy-One parking space is provided in the parking garage for each residence. If you have visitors, they may park in unmarked or designated visitor parking spaces outside. Visitors are not to park in your personal parking space at any time. If you discontinue driving, Security will reassign your parking place. Additional parking spaces may be available; contact Security for information.

While open-air parking lots, such as the Highland and Hope's Garden areas, are appealing for their ease and access, they are not meant to be permanent parking spaces, unless assigned by management. Trezevant requests that residents use their assigned parking spaces. The underground lots on campus lend secure parking and protection from the elements.

Please see excerpt from resident contracts regarding parking at Trezevant in this issue of Tidings.

Kim

continued on page 15

In St. Edward Chapel

by Rev. Julie McKenna, Lead Chaplain

March 2024 Spiritual Care Offerings

Sundays at 10:30 a.m.

Worship and Holy Communion in St. Edward Chapel

Sunday, March 17th at 10:30 a.m.

For St. Patrick's Day, special Celtic music will be provided by Howard & Beverly Vance (guitar and flute).

Holy Week Services

March 24th at 10:30 a.m.

Palm Sunday Service

March 28th at 1:00 p.m.

Maundy Thursday Service

March 29th at 1:00 p.m.

Good Friday Service

March 31st at 10:30 a.m.

Easter Sunday Service with trumpeter Jeremy Schraeder

Chaplains' Classes and other Special Events:

Wednesday, March 6th, 13th and 20th at 3:00 p.m.

Join Dr. Mitzi Minor, New Testament professor at Memphis Theological Seminary as she leads us in a study she calls "Trusting Jesus." Mitzi says: "Many of us recite the Apostle's Creed frequently in church. But my study of the NT has convinced me that the way we use the language of "I believe" or "faith" or "trust" & the way Jesus & the NT writers used it aren't always the same. I've also become convinced that exploring what Jesus & the NT writers intended to say with that language has much to offer us, perhaps especially during Lent."

Thursday, March 7th at 3:30 p.m.

Walking Meditation with Chaplain Julie. Join me as we do a meditative walk on the trails through campus and enjoy the early signs of spring. We'll meet at the Highland entrance.



SPIRITUAL SERVICES

Rev. Julie McKenna,
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jmckenna@trezevantmanor.org
(901) 325-4000

Rev. Barbara Kirk-Norris,
Associate Chaplain
bkirknorris@trezevantmanor.org
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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,
Fitness Director
& Community Liaison
rwood@trezevantmanor.org
(901)251-9223

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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(901) 251-9239

Leslie Brewington, LPN
Wellness Nurse
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BE WELL!

MARCH IS NATIONAL NUTRITION MONTH

by Rinnie Wood, Fitness Director

“Let thy food be thy medicine,” said Hipocrates, but the sentiment still rings true today. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices.

While a nutritious diet is important in all phases of life, it is critical for older adults. Author of “Eat Right for Life”, Sarah Klemm (RDN, CD, LDN), explains why this is true. Nutritional needs change each decade, and she notes why we need to adjust eating patterns after age 60. We are told several important things we were taught in our 40s and 50s remain true after 60: calorie needs decrease; a minimum of 150 minutes per week of moderate exercise is recommended; vitamin D is added to reduce health risks.

When we reach 60 and beyond, protein becomes more important to maintain muscle, which we lose as we age. Protein enhances bone health. Protein is necessary for adding muscle when strength training. Vitamin B12 is another vital nutrient that helps your body make red blood cells and keeps the brain and nervous system healthy. Older adults have a harder time absorbing B12 and need to pay attention to consuming more protein (eggs, lean meats, fish, beans, nuts, and low-fat dairy).

The Cleveland Clinic touts the Mediterranean Diet as the best diet for adults. Food includes

- Daily consumption of vegetables, fruits, whole grains, and healthy fats
- Weekly (4-5 days) consumption of lean protein,

poultry, fish, beans, and eggs

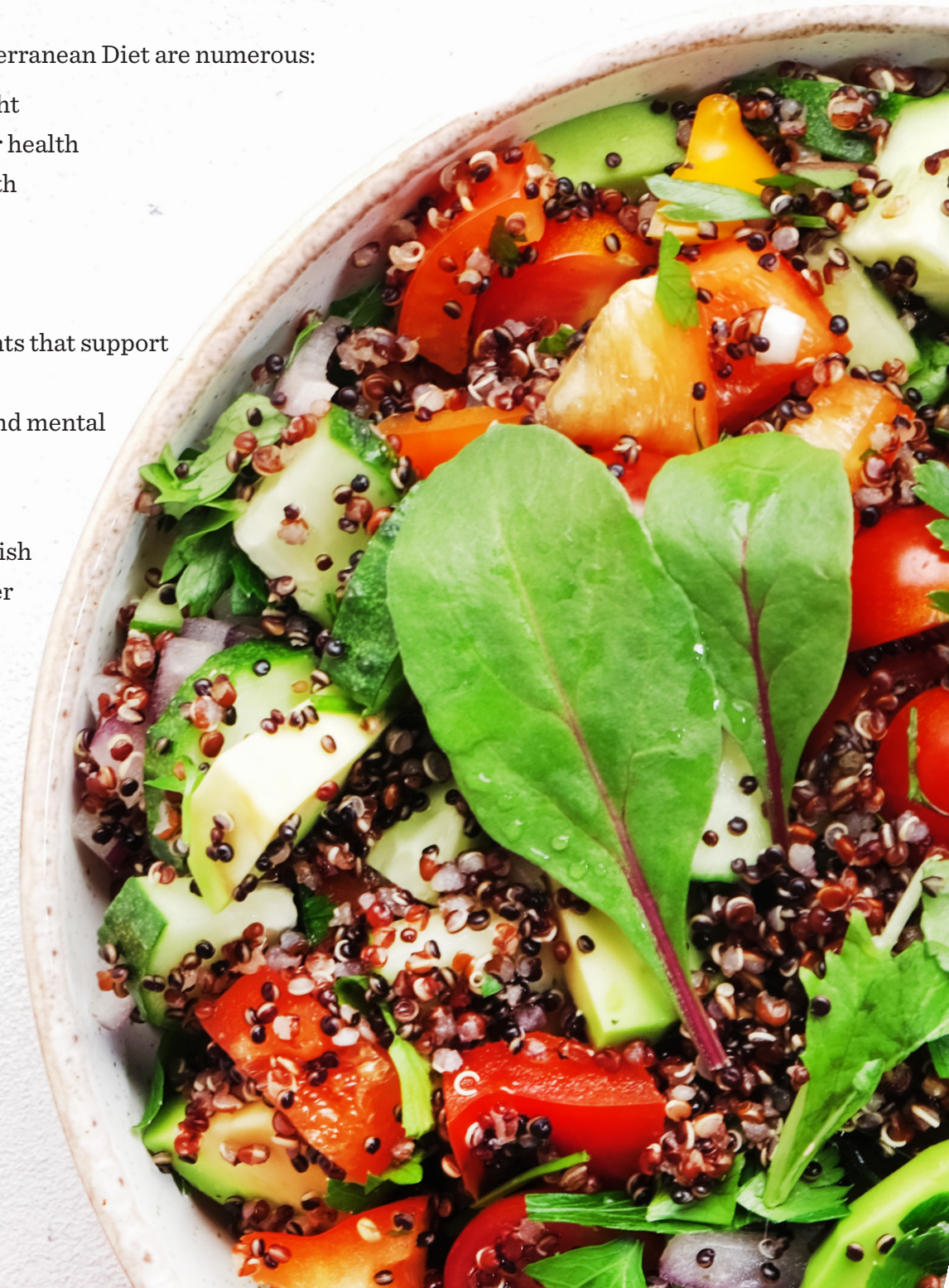
- Limited intake of red meat
- Limited sugar & dairy products
- 1-2 glasses of wine daily

In a study of 2 groups, one eating the Mediterranean Diet and the other a low-calorie diet, the Mediterranean Diet group had 30% lower risk of cardiovascular events including stroke, heart attack and cardiovascular related death.

Health benefits of the Mediterranean Diet are numerous:

- Maintaining a healthy weight
- Maintaining cardiovascular health
- Maintaining cognitive health
- Preventing diabetes
- Fighting cancer
- Enhancing digestive health
- Providing a range of nutrients that support brain health
- Boosting a person’s mood and mental well-being
- Supporting bone health

Spring is upon us! Let’s nourish our bodies and grow healthier together!





Welcome Home!

New Resident Welcome Reception February, 2024

1. Betty Louis Sheppard and Caroline MacQueen
2. Sandy Crook with Parker Jones and Libby King
3. Tommy Robinson, Rodgers Menzies, Linda Spiese and Jimmye Pidgeon
4. Jan LaBeause and Ann Powell
5. Sylvia Adams and Randy Turner
6. Sue Myers and Marion Morgan
7. Pam Lowery and Billie Goodloe
8. Anna McNeill and Martin Jellinek
9. Paula Jacobson, Kim O'Donnell, Rosalie Gibson, New HR Director and Kathy Bradshaw, Retiring HR Director
10. Missie McDonnell, Rus Goodloe and Sara Holmes
11. Kay Mills Due and Carroll Ann Pera

Not pictured: Pat Crone and Elaine & John Malloy



Mark Your Calendar

Trezevant's Featured Country is Ireland!



Easter Sunday Service with trumpeter Jeremy Schraeder

TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 3/1 David Virone (Piano) SDR
- 3/8 Louise Page? (Oldies) MR
- 3/15 Bobby Lawson (Oldies) SDR
- 3/22 Thomas & Fosco ?(Bossa Nova) SDR
- 3/29 Tim Stanek (Piano) SDR

Saturday Music Hour

Times vary. See Weekly Calendar or CATIE to confirm.

- 3/9 The Jim Mahannah Band (Oldies) PAC
- 3/16 Arthur Hart (Classical) SDR
- 3/23 The Penny Kings (Americana) SDR
- 3/29 Southbound (Country/Folk) SDR

Special Performances

- 3/7 at 7:15 p.m. St. Patrick's Day with Paul Morphis in the PAC
- 3/12 at 7:15 p.m. Celtic Music in the PAC
- 3/14 at 7:15 p.m. RSVP Chorus (A capella) in the PAC
- 3/27 at 7:15 p.m. Trezevant's Artists-in-Residence (Classical) in the PAC

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

TREZEVANT EXPLORES* returns with Lar Juanette Williams and *If Beale St. Could Talk* on Fri, 3/1. Lunch begins at 11:30 a.m., presentation begins at Noon in the PAC. \$7.50 per person; sign up in the Activity Book or on CATIE.

Meet artist Lawayne House at the **ART EXHIBIT OPENING RECEPTION*** on Sat, 3/2 in the TWV.

A three-part **CHAPLAINS' CLASS SERIES** 'Trusting Jesus' with Dr. Mitzi Minor begins on Wed, 3/6 in the CH.

Don't miss **TAKE YOUR BRAIN TO THE GYM** with Dr. Sharon Pollock on Wed, 3/6 and 3/20 at 4:00 p.m. in the MR.

BIRTHDAY NIGHT AT TREZ celebrates the month's birthdays on the FIRST Wed of each month in SDR.

Practice the art of meditation in the outdoors at **WALKING MEDITATION** with Rev. Julie McKenna on Tue, 3/7 and 3/21 at 4:00 p.m. from HPL.

Join Joe Hawes for an Educational Series on the **KOREAN WAR** each Thursday in March at 2:00 p.m. in the PAC.

The **WINTER FILM FEST** continues with Steve Ross and *Mildred Pierce* on Fri, 3/8 at 2:00 p.m. in the PAC.

See who wins Best Actor and Best

Movie at our **OSCAR PARTY** on Sun, 3/10 at 5:30 p.m. in the PAC.

Learn some facts and taste some flavors of our featured country at the **CELEBRATE IRELAND!** party on Tue, 3/12 at 3:00 p.m. in the PAC.

Take the opportunity to **VOLUNTEER AT CHURCH HEALTH*** on Thu, 3/14 at 1:30 p.m. Bus departs from WAY. Sign up in the Activity Book or on CATIE.

Take the bus to the **CALVARY LENTEN SPEAKER SERIES*** to hear Tom Shadyak on Fri, 3/15 at 10:30 a.m. from WAY.

Got superfluous facts floating around your mind? Sign up to play **TRIVIA*** on Tue, 3/26 at 4:00 p.m. in the PAC.

Check out some great **MOVIES**. Check calendars for titles and times.

Visit **DOTTIE'S DIGS' SALE** on Thu, 3/7 & 3/21 from 9:00 a.m. to 4:00 p.m. in G1.

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.*

Holy Week Services

- March 24th at 10:30 a.m. Palm Sunday Service
- March 28th at 1:00 p.m. Maundy Thursday Service
- March 29th at 1:00 p.m. Good Friday Service
- March 31st at 10:30 a.m.



MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION KEY <div><div>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</div><div>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</div></div>		PLEASE NOTE: Events are subject to change. Please check the weekly calendar for updated information. An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.	DR. WARREN'S CLINIC HOURS Wed, March 6, 2024 12:30-3:00 PM Tue, March 12, 2024 12:30-3:00 PM Wed, March 20, 2024 12:30-3:00 PM Tue, March 26, 2024 12:30-3:00 PM	1 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Lunch & Lar Juanette Williams 'If Beale Street Could Talk" PAC 2:00 PM MOVIE: Falling for Figaro (TV-MA, 2021, 4.5*, 1h44m) PAC 5:30 PM Dinner with Music by David Virone (Piano) SDR 	2 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC  2:00 PM MOVIE: Calvary (R, 2014, 4*, 1h40m) PAC 3:00-5:00 PM Opening Reception for Lawayne House Art Exhibit TWW
3 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Priscilla (R, 2023, 3.5* 1h52m) PAC 	4 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 & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC	5 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC	6 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Srvc CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Trusting Jesus with Dr. Mitzi Minor CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR	7 9:00 AM-4:00 PM Dottie's Digs' 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 2:00 PM SERIES: Korean War: Origins with Joe Hawes PAC 2:00 PM Sewing Circle MR 4:00 PM Walking Meditation HPL 5:00 PM Happy Hour PAC 7:15 PM St. Patty's Day with Paul Morphis PAC 	8 INT'L WOMEN'S DAY 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM SPECIAL PERFORMANCE*: Celtic Music CH 11:00 AM Line Dancing with Jessie HG 2:00 PM WINTER FILM FEST: Mildred Pierce with Steve Ross PAC 5:00 PM TGIFT! with Louise Page (Oldies) MR	9 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC  2:00 PM MOVIE: My Left Foot (R, 1990, 4.5*, 1h43m) PAC 5:00 PM SATURDAY MUSIC HOUR: The Jim Mahannah Band (Oldies) PAC
10 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Simone: Woman of the Century (R, 2023, 5* 2h20m) PAC 5:30 PM Oscars Party!! PAC 	11 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 & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC	12 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 4:00 PM CELEBRATE IRELAND! PAC 7:15 PM SPECIAL PERFORMANCE: Celtic Chunes PAC 	13 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Srvc CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Trusting Jesus with Dr. Mitzi Minor CH 4:00 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 1:00 PM Gentle Aquatics AC 1:30 PM VOLUNTEER: Church Health WAY 2:00 PM SERIES: Korean War: Allied Successes with Joe Hawes PAC 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: RSVP Chorus(A capella) PAC 	15 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Seated Volleyball PAC 10:00 AM OUTING*: Kroger WAY 10:30 AM LENTEN OUTING: Calvary Speaker Series-Tom Shadyak WAY 2:00 PM MOVIE: Days of Heaven (PG, 1978, 4*, 1h33m) PAC 5:00 PM TGIFT! with Bobby Lawson(Oldies) MR	16 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC  2:00 PM TRAVEL MOVIE: Hidden Ireland (PG-13, 2023, 4*, 56m) PAC 5:30 PM Dinner with Music by Arthur Hart (Classical) SDR
17 ST. PATRICK'S DAY BRACKETOLOGY BEGINS! 10:30 AM Worship & Holy Communion with Special music provided by Beverly & Howard Vance CH 2:00 PM MOVIE: The Boys in the Boat (R, 2023, 4.5*, 2h9m)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 & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC 6:00 PM SPECIAL EVENT: Mystery Dinner!* SDR	19 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 1:30 PM IFF Club Meeting PAC 4:00 PM Idlewild Communion Service CH	20 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Trusting Jesus with Dr. Mitzi Minor CH 4:00 PM Take Your Brain to the Gym MR 	21 9:00 AM-4:00 PM Dottie's Digs' 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 2:00 PM SERIES: Korean War: Chinese Enter the War with Joe Hawes PAC 4:00 PM Walking Meditation HPL 5:00 PM Happy Hour PAC 	22 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 2:00 PM MOVIE: The Sound of Music (G, 1965, 5*, 2h55m) PAC 5:30 PM Dinner with music by Thomas & Fosco (Bossa Nova) SDR	23 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC  2:00 PM MOVIE: Once (R, 2007, 4.5*, 1h26m) PAC 5:00 PM SATURDAY MUSIC HOUR: The Penny Kings (Oldies) PAC
24 PALM SUNDAY 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Forever Young (R, 2023, 4*, 1h39m) PAC 31 EASTER 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Easter Parade (PG-13, 1948, 5*, 1h43m) 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 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 & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC	26 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Lattes with Libby MR 11:00 AM Gentle Aquatics AC 10:00 AM Seated Volleyball PAC 4:00 PM SPECIAL EVENT: Trivia!!* PAC 	27 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Men's Coffee Bistro 10:00 AM Catholic Lay Eucharistic Service CH 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 7:15 PM SPECIAL PERFORMANCE: Artists in Residence (Classical) PAC 	28 MAUNDY THURSDAY 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 1:00 PM Maundy Thursday Service CH 2:00 PM SERIES: Korean War: Armistice & Implications with Joe Hawes PAC 5:00 PM Happy Hour PAC	29 GOOD FRIDAY 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 1:00 PM Good Friday Service CH 2:00 PM MOVIE: La Vie En Rose (PG-13, 2007, 4.5*, 2h20m) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR 	30 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC  2:00 PM MOVIE: Michael Collins (R, 1996, 4.5*, 2h12m) PAC 5:00 PM Saturday Music Hour: Southbound (Bluegrass/Country/Folk)PAC

A Movie Review By Jack Richbourg

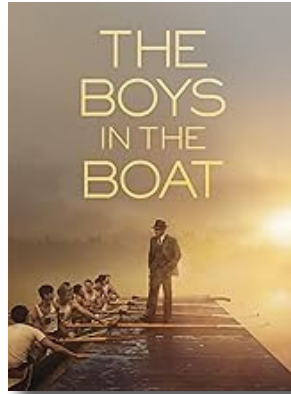
CORNER

I liked Boys in the Boat. It's ok, I guess. It entertained me as much as any story about underdogs overcoming great odds to win Olympic gold. Who doesn't like a good underdog story? I certainly do. The problem is that I've seen this movie before. It's been done. In fact, it's been done to death.

I saw this movie when I watched Rudy, the story of the kid who loved Notre Dame football. I saw this movie when I watched Greater, the story of Brandon Burlsworth. I saw this movie when I watched Major League, the misfits who beat the Yankees for the title. It's Rocky all over again, but this time, it's Rocky 546. These movies were all entertaining, but they don't win Oscars. Well, ok, maybe the first Rocky movie, but not Rocky 546. Why? Because they're clichéd, that's why. They're cookie cutter movies. Hollywood is churning them out by the dozens because they're successful. People like going to movies about sweet, loveable, underdogs who predictably win an unobtainable prize. They give folks hope that they can do the same.

Boys in the Boat is about functioning as a team, about being one unit working together to achieve a common goal. This would be a good lesson in today's fragmented society, but the movie falls short of that objective. It would be better if one rower were an illegal alien, one were gay, one were rich, one were Black, but they're all a homogeneous group of white, working stiff.

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. See this movie on Sunday, March 17 at 2:00 p.m. in the PAC.



The movie attempts to evoke the specter of Nazism looming over the 1936 Olympics, reminding us how Americans worked in unison to defeat Hitler, a unity we should emulate today, but, again, the film falls short. If that was its ambition, it pales in comparison to films like the Jesse Owen biopic, Race.

The cast has no box office star. The only household name was the director, George Clooney, whose direction I found unimaginative and predictable. There is, however, the required love interest which every sweet, sentimental movie must have, but it seems thrown in at the last minute as if the writers realized too late they had left it out and quickly added the lead character's girlfriend to meet the formulaic, romantic ingredient.

So, yes, I liked the movie - kind of. I didn't love it, but it's okay, I guess. It's not going to win any Oscars, but most movies don't. So, if you like sweet, sappy, sentimental stories of underdogs overcoming great obstacles to achieve heroic goals, Boys in the Boat is for you. You'll love it!

I, on the other hand, had already seen it too many times to remember.

Richbourg's Rating 🌳🌳🌳



MOVIES

AT TREZEVANT



3/1/2024 2:00 PM

Falling for Figaro (TV-MA, 2021, 4.5*, 1h44m)

A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer in the Scottish Highlands.



3/2/2024 2:00 PM

Calvary (R, 2014, 4*, 1h40m)

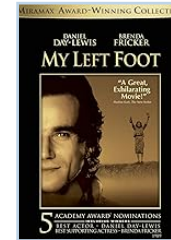
A priest in a small Irish village is given a death threat by an unseen parishioner during confession in this potent film.



3/3/2024 2:00 PM

Priscilla (R, 2023, 3.5*, 1h52m)

The unseen side of a great American myth in Priscilla Presley's turbulent relationship with Elvis. Sofia Coppola tells a deeply felt and ravishingly detailed portrait of love, fantasy, and fame through her eyes.



3/9/2024 2:00 PM

My Left Foot (R, 1990, 4.5*, 1h43m)

Cinematic masterpiece about legendary Irishman Christy Brown who, despite crippling cerebral palsy, learned to use his one controllable extremity - his left foot - to become an accomplished artist and writer.



3/10/2024 2:00 PM

Simone: Woman of the Century (R, 2023, 5*, 2h20m)

Simone Veil's life story through the pivotal events of Twentieth Century. An intimate and epic portrait of an extraordinary woman who eminently challenged and transformed her era defending a humanist message still keenly relevant today.

3/15/2024 2:00 PM

Days of Heaven (PG, 1978, 4*, 1h33m)

In the Texas panhandle wheat fields on the eve of World War I, a woman is torn between two men, one her fellow field worker, the other a rich land owner. Oscar-winning classic by director Terence Malick.



3/16/2024 2:00 PM

Hidden Ireland (PG-13, 2023, 4*, 56m)

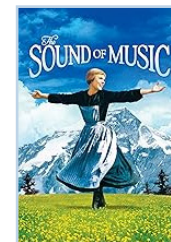
Join host Peter Greenberg as he travels through the Republic of Ireland and Northern Ireland, exploring Dublin, Belfast, Cape Clear, the Cliffs of Moher, Ashford Castle and more.



3/22/2024

The Sound of Music (G, 1965, 5*, 2h55m)

Rodgers and Hammerstein's musical inspired this story of the convent-trained governess who won the heart of the Von Trapp family and whose courage led them across the Alps in their 1938 flight to freedom.



3/23/2024

Once (R, 2007, 4.5*, 1h26m)

A street musician and a young mother discover each other's talents and push one another to realize their dreams.



3/24/2024

Forever Young (R, 2023, 4*, 1h39m)

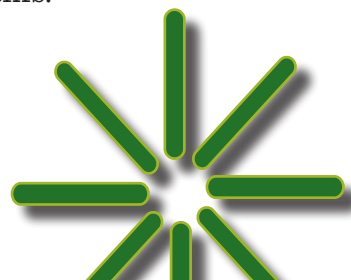
An aging woman is given the chance to become young again with a secret formula. She sees this as an opportunity to right her past, but her husband declines because he has no regrets and wouldn't change a thing about the life they've shared. Now she must decide if she will take this journey without him and what the consequences would be if she does.



3/29/2024

La Vie En Rose (PG-13, 2007, 4.5*, 2h20m)

She was known as 'the Little Sparrow.' But behind Edith Piaf's tiny stature was a larger-than-life voice that captivated a generation. Marion Cotillard gives an Oscar(R)-winning performance in this film about the tragic life of the famed French singer.



Resident Reflections



1. Rev. Sonya Walker, moderator, George Robertson, Second Presbyterian Church, Beth LeFever, Nashoba Unitarian Universalist Church, Dr. Rosalyn Nichols, MICA/ MIFA, Lillian Hammond, Rev. Lawrence Turner, Mississippi Boulevard Christian Church, Bishop Phoebe Roaf, Bishop of W. Tenn. Diocese of the Episcopal Church, Rev. Barbara Kirk-Norris, Rev. Julie McKenna and Rabbi Jeff Dreifus, Temple Israel.
2. Theresa Mauer, Webster, Dr. James Downing, and Joan Chesney
3. Linda Wible, Diane Sachs and Gail Murray
4. Chipsy Butler and Marie Stark
5. Maggie Hollabaugh and Marion Morgan



6. Film Professor Steve Ross and Mike Osborn
7. Elinor Reed and Molly Frances
8. Kay Mills Due
9. Sue Myers and Jan LaBeause
10. Beverly Williams, Fred Wimmer, Richard Williams and Marie Stark
11. Madge Saba



March Birthdays

- March 1
Jed Dreifus
- March 2
Walker Hays
- March 3
Lucille Owen
- March 6
Elizabeth Holmes
- March 8
Sandy Crook
- March 10
Mary Allie Baldwin
Ken Clark
- March 15
Pat Crone
- March 16
Jo Threlkeld
- March 18
Lillian Trotter
- March 19
Emily Haizlip
Susan Herron
- March 21
Jim Dorman
Linda Wible
- March 22
Barbara Bacharach
Jim Boyd
- March 23
Dee Canale
- March 26
Katherine Gooch
- March 28
Suzy Brown
- March 29
Jean Borkert



Two generations of leadership make it clear—Trezevant remains in good hands

by John Gaskill

Bruce Hopkins will start his second stint as chair of the Trezevant Board of Directors on March 1. He says he agreed to return for a simple reason—and it has to do with his mom.

“She lived here for 18 years, as did many of her close friends,” Bruce says. “She moved in with some trepidation, but within three weeks she said, ‘I should have moved sooner!’”

Shade Robinson, who will step down as chair at the end of February, knows a version of that story all too well after watching her mother-in-law resist leaving her home until it was too late. Both leaders are big fans of one another and are driven by a similar love of Trezevant.

“Bruce is fantastic,” Shade says. “He knows more people and knows more about Trezevant than anyone. There’s no one that I would rather turn this over to because he knows exactly what he’s doing.”

Bruce is grateful Shade had enough faith in him to ask him to return to the post and continues to be impressed by the Trezevant board’s legacy.

“Our board members are all leaders in their respective fields,” he said, “and all committed to leading and serving the Trezevant mission. I am a lifelong Memphian, working as a banker for more than 45 years, mostly with First Horizon. I have had the opportunity to be involved in many facets of community engagement, and Trezevant gives me a great opportunity to not only help, but to lead, learn, and be a voice.”

During her tenure, Shade says she’s proud of the way Trezevant managed to navigate the uncertainty of COVID and her role in overseeing the creation of the Community Blueprint and the plan to upgrade Allen



Morgan. She’s also proud of the vision for elevated onsite healthcare that she and the board developed.

“I think that is going to be of interest to our current and future residents, considering the state of healthcare in Memphis today,” she said.

And both leaders are excited about Trezevant’s future.

“Memphis is made stronger due to Trezevant being a leading-edge retirement community,” Bruce says. “Our residents don’t retire, they rewire. As involved residents, they give back not only to the Trezevant community, but also to our city. Shade and I are pleased and honored to make sure that continues and grows.”



At Your Service

continued from page 2

Contract Date-2006-2012

Parking. The Community will provide parking for one (1) vehicle for each Apartment Residence. Additional parking (subject to availability) may be made available by the Community to Residents for Charges to be set by the Community. Each Garden Home Resident has exclusive use of the attached two (2) car garage.

Contract Date-2012-Current

Parking. The Community will provide one (1) assigned garage parking space for each residence, for use by residents who have a valid driver’s license and own and operate their own vehicle. Additional parking (subject to availability) may be made available by the Community to residents at charges to be set by the Community. Each Garden Home resident has exclusive use of their attached two (2) car garage. Valet services are available for residents at the Waynoka entrance. Please refer to your Resident Handbook for further information.

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