

JUNE 2024



Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 6



IMPROVE YOUR BRAIN HEALTH

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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:
Marie Stark at the Cinco de
Mayo party!
by Rinnie Wood

At Your Service

by Kim O'Donnell, Life Enrichment Director

I enjoy visits from residents, especially new residents, sharing their ideas. In so doing I would like to pass on to you excerpts from this article entitled "And Then It Is Winter", author unknown, as it gives insight into life changes and the role of attitude.

You know... time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go? And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's NOT over. A new adventure will begin! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the season of your life...so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past! Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Be happy! Have a great day!

Remember...Live happy in this year and every year! Today is the oldest you've ever been, but the youngest you'll ever be so enjoy this day while it lasts. Your kids are becoming you....Going out is good...Coming home is better! You forget names...But it's OK because others forget they even know you.

Things you used to care to do, you no longer care to do. You sleep better on a lounge chair with the TV blaring than in bed. You miss the days when everything works with just an "ON" and "OFF" switch. You tend to use

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BE WELL!

JUNE IS BRAIN HEALTH AWARENESS MONTH!

Tips from the Mayo Clinic on Maintaining Brain Function

IMPROVE YOUR BRAIN HEALTH - 4:00 P.M. TUES, JUNE 4 - PAC DR.

SHARON POLLACK OF COGNITIVE BRIDGES

Learn practical ways to improve brain function. Dr. Pollack will share insights on how to grow new brain neurons and improve memory through brain training, improved habits and reducing stress.

Plus, it's fun!

1. Work up a sweat

People who are physically active are more likely to keep their minds sharp. Regular physical activity also can help improve balance, flexibility, strength, energy, and mood.

2. Protect your head

A brain injury can have a long-term impact on a person's life. Brain injuries can affect thinking, memory, coordination, speech, and emotions. Be careful to avoid falls.

3. Take care of your health

Diabetes, heart disease and high blood pressure raise the risk of developing problems with thinking and memory and raise the risk of having a stroke. Ask your healthcare team to help you treat or avoid these.

4. Socialize

Being with people helps ward off depression and stress. Social isolation and loneliness also have been linked to a higher risk of a decline in thinking skills and Alzheimer's disease.

5. Sleep

Sleep is the human equivalent of plugging in your phone to charge. A good night's sleep helps improve brain function and memory. Adults

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WELLNESS SERVICES

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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

In St. Edward Chapel

by Rev. Julie McKenna

Spiritual Care Offerings

Each Sunday at 10:30 a.m. in St. Edward Chapel

Worship and Holy Communion

On June 2 and 9, meet our new pianist, Lien Nguyen, and say a big thanks to Greg Jones on his last couple of weeks with us!

Wednesday, June 5 from 5:00 to 6:00 p.m. in the Manor Music Room

Reception for Greg Jones

Join us for refreshments in the Manor Music Room to say thank you and good bye to our beloved organist, Greg Jones.

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

Chaplains' Classes

On June 5, 12, and 19, join Gail Murray, Anne Carriere and Fred Wimmer for an interactive discussion of David Brooks' New York Times Bestseller *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*.

This is not just another book study—it is an opportunity to develop and enhance our relationships with both friends and foes.

Topic for Chaplains' Class on June 26th is TBD.

May Reflections



1. Elinor Reed, Missie McDonnell, Anna McNeill, Charlotte Jones, and Anne Powell at the Celebrate Japan party
2. Joe Hawes, Sylvia Adams & Gail Murray at the Celebrate Japan party
3. Nancy Robinson and Becky Bayless at the Celebrate Japan party
4. Sandy Crook at the Kentucky Derby Party
5. Emily Haizlip at the Kentucky Derby Party
6. Gee Gee Chandler at the Kentucky Derby Party
7. Dorsey Wade at the Kentucky Derby Party
8. Rusty Loth and John Albritton at the Kentucky Derby Party



CRITIC'S CORNER

A Movie Review

By Jack Richbourg

To those who don't like foreign films with English subtitles, here's my advice: *Get over it!* Just grab some popcorn and settle in for a majestic coming of age story set in North Africa marked by breathtaking sandscapes, immense cruelty, and the healing power of love through shared hardship.

To those who are a little squeamish about violence in movies, here's my advice to you: *Push through it!* Yes, there are some disturbing scenes so just be prepared and soldier on. You may rest assured there's no gratuitous violence. The brutality is pertinent to the story. It's a true account that can't be told without depicting cruelty, but it is not a John Wick movie, a "bang-bang-shoot-em-up" movie, a "how-many-people-can-we-kill-in-two-hours" kind of movie. It's really a movie about love, and love is about by helping one another overcome shared hardship. We do that all the time, in our own small way, right here at Trezevant, every day.

Matteo Garrone directs the film and co-writes the screenplay based on stories he's heard from migrants traveling to Europe from Africa to escape poverty, and I can testify, based on my own experience as an immigration attorney, that there are no exaggerations in this picture. I have had young men with names like Seydou and Moussa sit in my office and tell me harrowing tales of torture, death, and desperate escapes.

Garrone's story is about two young boys with romantic notions of going to Europe to make their fortune and heroically lift themselves and their families out of poverty. It's the same story told by

In the 2024 Academy Award nominated Best International Film, *Io Capitano*, writer-director Matteo Garrone presents a "reverse shot" of the immigration experience while unfurling an epic odyssey from West Africa to Italy. See this movie on Sunday, June 16 at 2:00 p.m. in the PAC.



Homer, but trust me when I say that Odysseus had an easier time of it. It is a boys-to-men story. It is a tragic tale about the loss of innocence and initiation into the terrible world of adulthood.

While the film is dark, the music is bright, and there's a dazzling dance celebration that will launch you from your chair. The cinematography is stunningly reminiscent of *The English Patient* with its overhead shots of beautiful undulating Saharan sand.

In the last scene, Garrone captures the exuberant pride of the youthful Seydou at his own astonishing ability to survive, in a prolonged close-up of him screaming, "Lo Capitano! Lo Capitano!" But as the movie ends and the credits roll, we can suspect the story's ultimate conclusion. The Italian government will probably deport them. It's the same fate they'd have in America. They're going back to Senegal, despite their arduous journey, despite their hardship, despite the torture, despite their suffering, despite their dreams.

Perhaps, Gerrone's *Io Capitano* is posing the question: Just exactly, who are the genuine antagonists of the story? Who are the real villains, here? There are so many to choose from. We might overlook the true anti-hero.

Watch the movie and tell me who you think it is.

Richbourg's Rating 🌳🌳🌳🌳🌳

Mark Your Calendar

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.*

Hear about advancements in **BRAIN HEALTH** with Dr. Sharon Pollack on Tue, 6/4 at 2:00 p.m. in the PAC.

June's **CHAPLAINS' CLASSES** cover *How to Know a Person* by David Brooks each Wed beginning 6/5 at 3:00 p.m. in the CH.

Be sure to wish Greg Jones best of luck at the **FAREWELL RECEPTION** on Wed, 6/5 at 5:00 p.m. in the MR.

TAKE YOUR BRAIN TO THE GYM with Dr. Sharon Pollock happens on Wed, 6/5 & 6/19 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.

Visit **DOTTIE'S DIGS' SALE** on Thu, 6/6 & 6/20 from 9:00 a.m. to 4:00 p.m. in G1.

TREZEVANT EXPLORES* hosts Reginald Milton and a presentation on South Memphis Alliance on Fri, 6/7. *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.*

Sign up to take the bus to hear Trezevant favorite **GARY BEARD** at Theater Memphis on Wed, 6/12. Bus departs from WAY at 11:00 a.m.

Learn the Ins & Outs of CATIE at **TREZEVANT UNIVERSITY** with Teresa Johnson on Thu, 6/13 at 2:00 p.m. in the PAC.

Attend the Tapestry Event on **PROVIDING QUALITY HEALTH**

CARE FOR VETERANS with Jim Lewis on Thu, 6/13 at 7:15 p.m. in the PAC.

Preview Thursday's Soulsville Tour at this special presentation on the **SOULSVILLE NEIGHBORHOOD DISTRICT** on Mon, 6/17 at 7:15 p.m. in the PAC.

Don't miss the Tapestry Event on the **FUTURE OF GERIATRIC CARE** with Dr. Bob Burns on Wed, 6/19 at 7:15 p.m. in the PAC.

Sign up in the Activity Book or on CATIE to take the **SOULSVILLE TOUR** on Thu, 6/20. Bus departs from WAY at 10:00 a.m. and returns at 1:30 p.m. Lunch at the LeMoyne Owen cafeteria.

The Tapestry Series **SPRING FILM FEST** continues with Steve Ross and *The Red Shoes* on Fri, 6/21 at 2:00 p.m. in the PAC.

Learn some facts and taste some flavors of our featured country at the **CELEBRATE COSTA RICA!** party on Tue, 6/25 at 4:00 p.m. in the PAC.

Chair of Psychology at Rhodes Katie White will speak at a **TAPESTRY EVENT** on Wed, 6/26 at 2:00 p.m. in the PAC.

View our newest **ART EXHIBIT** by Nelson & Reed and attend the reception on Sat, 6/29 from 3:00-5:00 p.m. in TWW.

Check out some great **MOVIES:** New Releases, Classics, and movies about our featured country. Check calendars for titles and times.

TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 6/7 Jeremy Clement (Oldies) MR
- 6/14 Donna Wolf (Violin) PAC
- 6/21 Bobby Lawson (Oldies) MR
- 6/28 Tim Stanek (Piano) SDR

Saturday Music Hour

Times vary. See Weekly Calendar or CATIE to confirm.

- 6/1 Joyce Cobb & Friends (Jazz) PAC
- 6/8 Sandra Miller (Piano) SDR
- 6/15 Michael Donahue (Piano) SDR

Special Performances

- 6/12 at 7:15 p.m. Cornfoot & Easterly in the PAC
- 6/23 at 4:00 p.m. Dubois Duo (Classical) in the MR

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





PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updated information.

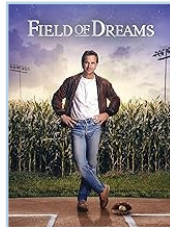
An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			DR. WARREN'S CLINIC HOURS Tue, June 18, 2024 Wed, June 26, 2024 12:15-3:00 PM		LOCATION KEY <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>	
2 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Champions (PG-13, 2023, 4.5* 2h4m) <i>PAC</i> 	3 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch & Balance <i>201</i> 3:15 PM Mindfulness Meditation <i>CH</i> 5:00 PM Happy Hour <i>PAC</i>	4 9:15 AM Advanced Core <i>PAC</i> 10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 4:00 PM SPECIAL PRESENTATION: Brain Health with Dr. Sharon Pollack <i>PAC</i> 	5 8:15 AM Water Aerobics <i>AC</i> 9:00 AM-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 3:00 PM Chaplains' Class: How to Know a Person <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i> 5:00 PM Farewell Reception: Greg Jones <i>MR</i> 6:00 PM Birthday Night! <i>SDR</i>	6 9:00 AM-4:00 PM Dottie's Digs' <i>G1</i> 9:00 AM-Noon Podiatrist* <i>318</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:30 AM OUTING*: Christian Siriano Exhibit at Brooks Museum <i>WAY</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 3:00 PM Sewing Circle <i>CR 310</i> 5:00 PM Happy Hour <i>PAC</i> 	7 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:30 AM TREZEVANT EXPLORES*: Lunch & presentation of South Memphis Alliance with Reginald Milton <i>PAC</i> 2:00 PM MOVIE: Twelve O'Clock High (PG, 1949, 5*, 2h12m) <i>PAC</i> 5:00PM TGIFT! with Jeremy Clement (Oldies) <i>MR</i>	8 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: We Bought a Zoo (PG, 2011, 5*, 2h3m) <i>PAC</i> 5:30 PM Dinner with Music by Sandra Miller (Piano) <i>SDR</i>
9 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Like Father, Like Son (PG-13, 2014, 4.5*, 2h1m) <i>PAC</i>	10 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch & Balance <i>201</i> 3:15 PM Mindfulness Meditation <i>CH</i> 5:00 PM Happy Hour <i>PAC</i> 	11 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Ladies' Coffee Hour <i>MR</i> 11:00 AM Gentle Aquatics <i>AC</i>	12 8:15 AM Water Aerobics <i>AC</i> 9:00 AM-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 11:00 AM OUTING*: Gary Beard <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 3:00 PM Chaplains' Class: How to Know a Person <i>CH</i> 4:00 PM Conversations with Kent <i>PAC</i> 7:15 PM SPECIAL PERFORMANCE: Cornfoot & Easterly (Classical) <i>PAC</i>	13 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 2:00 PM TREZEVANT UNIVERSITY: Ins & Outs of CATIE with Teresa Johnson <i>PAC</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM TAPESTRY EVENT: Providing Quality Health Care for Veterans with Jim Lewis <i>PAC</i>	14 FLAG DAY 7:30-9:00 AM First Responders Day <i>HG</i> 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:00 AM Line Dancing with Jessie <i>PAC</i> 2:00 PM MOVIE:Flags of our Fathers (R, 2006, 4.5*, 2h11m) <i>PAC</i> 5:30 PM Dinner with music by Donna Wolf (Violin) <i>SDR</i> 	15 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Three Men and a Baby (PG, 1987, 4.5*, 1h38m) <i>PAC</i> 5:30 PM Dinner with Music by Michael Donahue <i>SDR</i>
16 FATHER'S DAY 10:30 AM Worship & Holy Communion <i>e CH</i> 2:00 PM MOVIE: Io Capitano (PG-13, 2024, 5*, 2h1m) <i>PAC</i> 	17 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 2:00 PM Stretch & Balance <i>201</i> 3:15 PM Mindfulness Meditation <i>CH</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM SPECIAL PRESENTATION: Soulsville Neighborhood District <i>PAC</i>	18 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 1:30 PM IFF Club Meeting <i>PAC</i> 4:00 PM Idlewild Communion Service <i>CH</i> 	19 8:15 AM Water Aerobics <i>AC</i> 9:00 AM-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Mass <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 3:00 PM Chaplains' Class: How to Know a Person <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i> 7:15 PM TAPESTRY EVENT: Future of Geriatric Care with Dr. Bob Burns <i>PAC</i>	20 9:00 AM-4:00 PM Dottie's Digs' <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM OUTING*: Tour of Soulsville & Lunch <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i> 	21 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:00 AM Line Dancing with Jessie <i>PAC</i> 2:00 PM TAPESTRY EVENT: Spring Film Fest showing <i>The Red Shoes</i> with Steve Ross <i>PAC</i> 5:00 PM TGIFT! with Bobby Lawson (Oldies) <i>MR</i>	22 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: The Courtship of Eddie's Father (PG-13, 1963, 4.5*, 1h58m) <i>PAC</i>
23 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Air (R, 2023, 4.5*, 1h54m) <i>PAC</i> 4:00 PM SPECIAL PERFORMANCE: Dubois Duo <i>MR</i>	24 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch & Balance <i>201</i> 5:00 PM Happy Hour <i>PAC</i> 	25 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Coffee with Libby <i>MR</i> 11:00 AM Gentle Aquatics <i>AC</i> 4:00 PM Celebrate Costa Rica! <i>PAC</i>	26 8:15 AM Water Aerobics <i>AC</i> 9:00 AM-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM TAPESTRY EVENT: Psychology with Katie White <i>PAC</i> 3:00 PM Chaplains' Class: How to Know a Person <i>CH</i> 	27 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i>	28 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:00 AM Line Dancing with Jessie <i>PAC</i> 2:00 PM MOVIE: Father of the Bride (PG-13, 1950, 4.5*, 1h32m) <i>PAC</i> 5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i> 	29 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Air Force One (R, 1997, 4.5*, 2h4m) <i>PAC</i> 3:00-5:00 PM MOVIE: ART EXHIBIT RECEPTION: Nelson & Reed <i>TWW</i>

MOVIES

AT TREZEVANT



6/1/2024 2:00 PM
Field of Dreams
 (PG, 1989, 5*, 1h42m)
 "If you build it, he will come" A voice only an Iowa farmer can hear launches an obsessive quest that includes building a baseball diamond in the middle of his cornfield. A heartwarming classic!



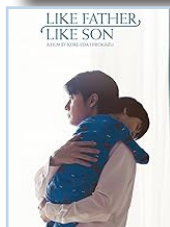
6/2/2024 2:00 PM
Champions
 (PG-13, 2023, 4.5*, 2h4m)
 Woody Harrelson stars in the hilarious and heartwarming story of a basketball coach who is ordered by the court to manage a team of players with intellectual disabilities.



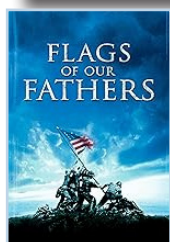
6/7/2024 2:00 PM
Twelve O'Clock High
 (PG, 1949, 5*, 2h12m)
 After the 918 Bomb Group suffers devastating losses during World War II, Brigadier General Frank Savage (Gregory Peck) is sent to take command of the unit.



6/8/2024 2:00 PM
We Bought a Zoo
 (PG, 2011, 5*, 2h3m)
 Widower Matt Damon comes up with a unique plan to lift his family out of their collective funk: by purchasing a ramshackle zoo.



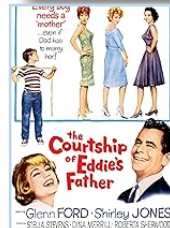
6/9/2024 2:00 PM
Like Father, Like Son
 (PG-13, 2014, 4.5*, 2h1m)
 In this touching, heartwarming film, two very different families collide when the parents learn their six-year-old sons were switched at birth.



6/14/2024 2:00 PM
Flags of Our Fathers
 (R, 2006, 4.5*, 2h11m)
 From Academy Award-winning director Clint Eastwood and Academy Award-winner Steven Spielberg, comes the life stories of the six men who raised the flag at The Battle of Iwo Jima, a



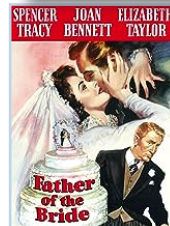
turning point in WWII.
 6/15/2024
Three Men and a Cradle
 (PG, 1987, 4.5*, 1h38m)
 Handsome and successful men trade wine, women and song for diapers.



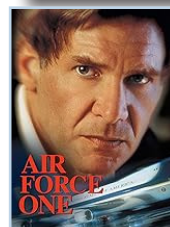
6/22/2024
The Courtship of Eddie's Father
 (PG-13, 1963, 4.5*, 1h58m)
 Who will be the next Mrs. Corbett? It's a big decision for any boy to make for his recently widowed dad! Ronny Howard portrays Eddie and Glenn Ford is his dad.



6/23/2024
AIR
 (R, 2023, 4.5*, 1h54m)
 AIR reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and culture with the Air Jordan brand.



6/28/2024
Father of the Bride
 (PG-13, 1950, 4.5*, 1h32m)
 The father of a young woman deals with the emotional pain of her getting married, along with the financial and organizational trouble of arranging the wedding.



6/29/2024
Air Force One
 (R, 1997, 4.5*, 2h4m)
 Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane.



6/30/2024
The Patriot
 (R, 2000, 5*, 2h39m)
 A family man reluctantly joins the American Revolution, aiming to avenge his son - murdered by a sadistic British officer.

June Birthdays

June 1
 Lucy Carrington Jones

June 2
 Jet Thompson
 Virginia Trenholm
 Al Nimocks

June 3
 Helen Jaseph
 Sara Holmes

June 8
 Ann Stevens

June 13
 Sue Myers

June 14
 Nora Conaway
 Catherine Lewis
 Corinne Neinhuis
 Dorsey Wade

June 16
 Sue Atwood

June 17
 Fontaine Taylor
 Joan Draper

June 20
 Helen Jabbour
 Buzzy Hussey

June 21
 Nora Kaltakdjian

June 22
 Jane Twist

June 23
 Sue Ferguson

June 25
 Marilyn Dunavant

June 26
 June Wood

June 29
 Joyce Johnson



CAMPUS NEWS

Convenience & Companionship

Maria Garcia leads the new Care Companions Team

Trezevant has recently teamed up with Comfort Keepers, a renowned provider of in-home care services to provide added caregiving services and peace of mind for residents. At the heart of this collaboration is Maria Garcia, a dedicated caregiver whose journey began with caring for her grandmother and blossomed into a career at Comfort Keepers.

Maria’s trajectory from familial caregiving to her current role as Care Coordinator is a testimony to her dedication and expertise. She draws on this experience to match clients with caregivers tailored to their unique needs.



Maria Garcia, the new in-house Comfort Keepers Care Coordinator, has been introducing herself and getting to know the Trezevant residents.

“Maria epitomizes the caliber of professionals we seek out for our team,” said Brian Bradley, President of Comfort Keepers of the Mid-South. “Our clients expect excellent service and our goal is to treat them like our own family. Maria understands that better than anyone.”

The partnership between Trezevant and Comfort Keepers provides residents with convenience, companionship, and caregiving excellence. With Maria leading the charge, residents and their families can rest assured that their needs are met with compassion, efficiency, and unparalleled dedication.

In addition to traditional care services, this innovative initiative introduces personalized 15-minute check-in visits. These brief but impactful sessions offer families peace of mind by addressing var-



ious tasks tailored to each resident’s requirements. Whether it’s medication reminders, restocking toiletries and groceries, ensuring electronic devices are charged, or simply tidying up living spaces, Maria’s team ensures every aspect of residents’ well-being is meticulously attended to.

“For years we’ve seen Maria take the time and care to ensure that families were matched with Caregivers who were the perfect fit for their loved ones,” said Bradley. “Her unwavering commitment and adeptness in connecting individuals make her an invaluable asset to this collaboration.”

In her new capacity, Maria assumes a pivotal role as the onsite liaison between Trezevant and Comfort Keepers. Tasked with

conducting thorough assessments of residents’ needs and preferences, she ensures optimal caregiver matches, fostering a personalized approach to care.

For more information on these innovative caregiving services or to experience them firsthand, contact Maria directly at 901-653-6283 or visit her in the Trezevant Manor Wellness Clinic.

NEW 15-MINUTE SERVICE OFFERING

This pop-in service provides peace of mind in affordable \$1 per minute in 15-minute increments. Convenient billing will be through Trezevant for easy reimbursement through long-term care insurance.

The service provides peace of mind knowing that the simple things that provide comfort and consistency are covered. Services could include:

- Charging Phones and device assistance
- Medication Reminders
- Pantry and refrigeration stocking and organization
- Pet care assistance
- Mobility assistance to attend programs on campus

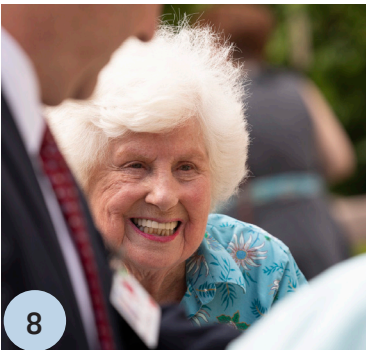
Contact Maria Garcia, Care Coordinator to schedule service at 901.653-6283 or at mariagarcia@comfort-keepers.com.



Hope's Garden Rededication



- 1. Board Member Scott Crosby speaks to the crowd at the Hope's Garden Rededication.
- 2. John Webb
- 3. John & Ginny Webb
- 4. Barbara Williams takes a photo of Lillian Hammond and Foundation Director Paula Jacobson.
- 5. Fountain
- 6. Diane Davis and Ann Knox
- 7. Peggy Bodine and Barbara Williams
- 8. Chipsy Butler
- 9. Jack Richbourg



At Your Service

continued from page 2

the four letter words..."what?"..."when?" You notice everything they sell in stores is sleeveless! What used to be freckles are now liver spots and everybody whispers. But old is good in some things: Old Songs, Old movies and best of all Old Friends!

Food for thought!
Kim

Be Well!

continued from page 3

should sleep 7 to 9 hours a night.

6. Try the Mediterranean Diet
Eating a healthy diet, including leafy greens and vegetables, berries, nuts, whole grains, poultry, and fish may play a role in preventing or delaying symptoms of dementia. The Mediterranean Diet gives your brain fuel to help improve mental focus and slow decline in thinking skills. It limits foods like butter, cheese, red meat, and sweets.

7. Challenge your brain
Activities that engage your mind can improve brain function and memory. Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby.

8. Be careful with medicines and limit alcohol
Drugs and alcohol can affect how brain cells communicate with one another. They also can affect your brain's ability to react, plan, solve problems and control impulses. Drink alcohol in moderation, one drink a day for women and up to two drinks a day for men.





Trezevant

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