

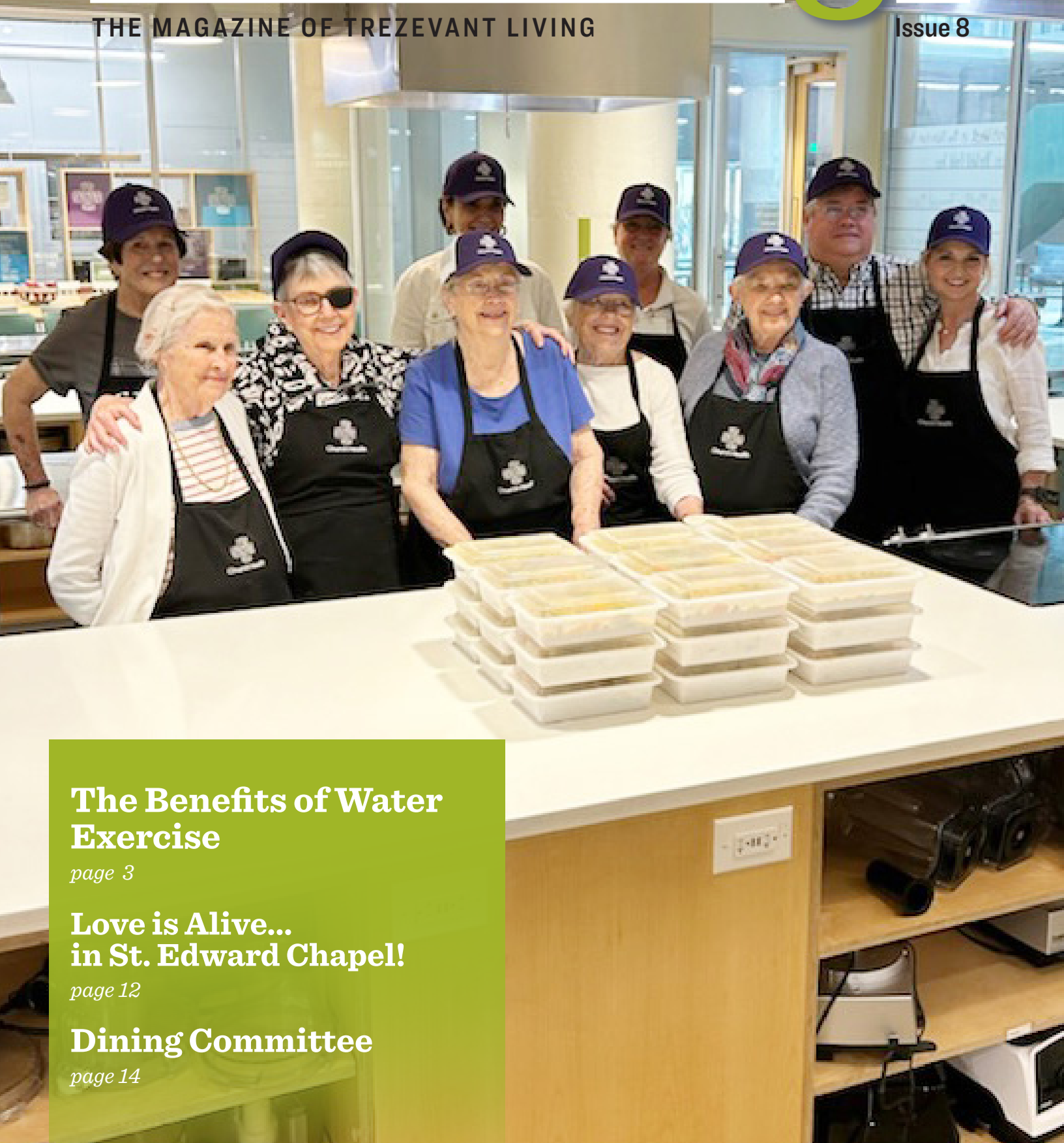


AUGUST 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 8



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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: Packing meals at Church Health Center. Back row, left to right: Dorsey Wade, Kim O'Donnell, Ginger Acuff. Front row, left to right: Cecile Skaggs, Anna McNeil, Elizabeth Holmes, Kitty Cannon, Sally Hergenrader, Frank Watson, Jennifer Watson.

At Your Service

By Kim O'Donnell, Life Enrichment Director

The magic returns as Trezevant hosts our bi-annual Arts Gala on Tuesday, August 27th. The campus will be alive as we showcase Memphis talent. Talent to include Cazateatro, a bilingual theatre company, Hattiloo Theatre, IRIS Collective, introducing our newest Artists in Residence, PRIZM Ensemble, Memphis Jazz Workshop, Tennessee Shakespeare Company, Theatre Memphis, featuring scores from Grease and other popular productions, Playhouse on the Square performing excerpts from The Wiz, Memphis Black Arts Alliance returns with the ever-popular Cabaret, and the Memphis Symphony Orchestra Brass Quintet. New additions to this year's event include Ballet Memphis and the New Ballet Ensemble, along with returning Opera Memphis, strolling minstrels, Barbara Christensen on harp and Josh Quinn on piano.

This showcase of exceptional performing and visual artists, coordinated by our dedicated staff and sponsored by our supportive vendors, will offer fabulous music, dance, and theatre while guests enjoy superb cuisine, wine and signature cocktails. Plan to traverse the campus and take in the sights, sounds and tastes of the best Memphis has to offer.



BE WELL!

The Benefits of Water Exercise

By Rinnie Wood, Fitness Director

An article in the June 2024 Readers Digest (by Beth Weinhouse) highlights many benefits of water exercise. After we finished our 8 a.m. class this morning, a resident asked me why her back, neck and joints felt so much better after class than the terrible pain she had felt an hour earlier.

Read on to discover possible answers to this question. A 30- year observational study from University of South Carolina found that swimmers have half the risk of death from any cause, compared to runners, walkers or sedentary participants. Other benefits of exercising in water include:

- Water's buoyancy minimizes the effects of gravity, meaning it is gentle on joints, good for those with arthritis, and for those wanting to avoid it.
- Swimming and water aerobics engage most of the major muscle groups, including legs, upper body and core. It is a combination of a stretching- strength training-aerobic workout that even strengthens bones.
- Regular swimming and other water aerobics get your heart pumping, which can lead to lower blood pressure, relaxed stiff arteries, plus a reduced risk of heart disease and stroke. The gentle pressure of the water increases circulation throughout the body.
- Swimming helps improve balance and coordination. One Australian study compared swimming with other exercises, including



Continued on page 15

WELLNESS SERVICES

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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

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

Lectio Divina with The Rev. Anne Carriere

Each Monday at 3:15 p.m. in St. Edward Chapel

Mindfulness Meditation with Linda Mischke

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

Chaplains' Class: Science and Faith

Does science challenge belief in God, or can it enhance our appreciation for God's work? Have science and religion always been at odds with one another? Join Jim and Catherine Lewis in exploring the relationship between these two important areas of our lives.

August 7th: The Abrasive Interface between Science and Faith

August 14th: Creation vs. Evolution or Creation through Evolution?

August 21st: Finding Biblical Truth/ Finding Scientific Truth

August 28th: Miracles, Prayer and Science

SPIRITUAL SERVICES

Rev. Julie McKenna,
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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

Resident Reflections

The Nelson & Reed Art Exhibit Reception



1. Kay Robilio, Lynn Reed
2. Carla Wright (center) and family
3. Buzzy Hussey, Hal Brunt, Sara Heckle, Buddy Nix



CRITIC'S CORNER

A Movie Review

By Jack Richbourg

In Tudor England, where court intrigue and the king's paranoia threaten her survival, Katherine Parr (Alicia Vikander) navigates a perilous marriage to the volatile Henry VIII (Jude Law). See this on Sunday, August 18, 2024 at 2:00 p.m. in the PAC!



Men will like the sheer power and testosterone wielded by Henry VIII, but make no mistake, this film is about a strong female figure ironically created in a male dominated industry, which more often than not portrays women as objects of pleasure. While the director, Karim Aïnouz, is a Brazilian male making his first English language film, the screen writers are the sister act of Henrietta and Jessica Ashworth, and the film is based on Elizabeth Fremantle's 2013 novel, *Queen's Gambit*.

Firebrand is the story of Katherine Parr, and I can hear you asking, "Who's she?" You're not alone in your ignorance. We are all equally and woefully unaware of the sixth and final wife of the murderous monarch, Henry VIII. Katherine is played by Oscar winner Alicia Vikander and, yes, that is Jude Law, another Oscar winner, under all the make-up playing the lumbering, bellowing beast of a king, quite a stretch for Law who pulls it off flawlessly

As we all know, Henry's marital record is a tad spotty. Of his five previous wives, two are beheaded, one dies from an infection after delivering Henry's lone male heir, and two have their marriages annulled. Henry is not good husband material, although money and rank do spruce up his resumé. Suffice it to say Katherine Parr is a survivor who nimbly avoids the pitfalls of palace intrigue.

There are sex scenes - if you can call them that. They certainly aren't sexy. They are more tortuous than titillating, and like Katherine, the viewer must endure them as an essential element of the plot.

Katherine, a budding theologian, is fascinated by the "new religion of the Radical Reformation which Henry and his bishops consider heresy. She visits her old friend, Anne Askew, a prominent proponent, teacher, and preacher of the new religion despite her gender.

Katherine's closeness with Anne suggests they might be former lovers. Henry arrests Anne for heresy and promptly burns her at the stake creating a deep and abiding conflict between the new bride and her powerful groom, that leads inexorably to the film's climax.

The centerpiece of the film is Henry's infected and now gangrenous leg wound. It's symbolic of the man's inner corruption. Henry is quite literally rotting from the inside out, reeking of his own putrid arrogance and fetid ego. Of course, any resemblance to anyone living or dead is, I am sure, purely coincidental.

Pay close attention to the minor characters who despite their lack of screen time display major themes in the film. The final scene shows a teenaged Elizabeth smiling impishly. She later becomes the Virgin Queen, and who wouldn't, after surviving her childhood!

My favorite line is: "Do you believe in Hell? I fear that's where we're both bound," says Katherine to a dying Henry. *Firebrand* is a film women will enjoy and men should watch, if for no other reason, to avoid Henry's fate.

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.

Visit **DOTTIE'S DIGS' SALE** on Thu, 8/1 & 8/15 from 9:00 a.m. to 4:00 p.m. in G1.

Get a glimpse of the upcoming Gala for the Arts from Trezevant Staff at **TREZEVANT EXPLORES*** on Fri, 8/2 in the PAC. Lunch requires sign up and begins at 11:30 a.m.; Presentation begins at Noon.

Steve Ross is back!! See The Red Shoes and discuss with our favorite filmmaker at the **SUMMER FILM FEST WITH STEVE ROSS** on Fri, 8/2 at 2:00 p.m. in the PAC.

View artworks by Gopal Murti at the **ART OPENING & RECEPTION** on Sat, 8/3 from 3:00 to 5:00 p.m. in the TWW.

Brush up on your History at this talk by **KEITH WOOD** on Mon, 8/5 at 7:15 p.m. in the PAC.

CHAPLAINS' CLASS take place each Wed beginning 8/7 at 3:00 p.m. in the CH. August topic is Science & Faith with the Lewis'.

TAKE YOUR BRAIN TO THE GYM with Dr. Sharon Pollock happens on Wed, 8/7 & 8/21 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.

Attend the **TAPESTRY EVENT** to learn more about the Influenza outbreak in our area on Tue, 8/13 at 2:00 p.m. in the PAC.

Hear an update from Kent Phillips, CEO at **CONVERSATIONS WITH KENT** on Wed, 8/14 at 4:00 p.m. in the PAC.

Don't miss the **GALA FOR THE ARTS** beginning at 5:30 p.m. on Tue, 8/27!

TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 8/2 David Virone (Folk) MR
- 8/23 Bobby Lawson (Oldies) MR
- 8/30 Tim Stanek (Piano) SDR

Special Performances

- 8/8 at 7:15 p.m. Dog Days of Summer with Paul Morphis PAC
- 8/14 at 7:15 p.m. Elvis Tunes with the Memphis Hot Notes PAC
- 8/22 at 7:15 p.m. Andre Duvall & Daniel Gilbert PAC
- 8/27 at 5:30 p.m. Gala for the Arts PAC/Bistro/SDR/Lobby/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.

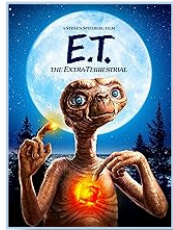
An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DR. WARREN'S CLINIC HOURS</p> <p>Tuesday, Wednesday, Tuesday, Wednesday,</p> <p>12:30-3:00 PM</p>	<p>LOCATION KEY</p> <p>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</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p>			<p>1</p> <p>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 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</p>	<p>2</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Trez Staff on 2024 Arts Gala PAC 2:00 PM SUMMER FILM FEST with Steve Ross <i>The Red Shoes</i> (PG, 1948, 4.5*, 2h15m) PAC 5:00PM TGIFT! with David Virone (Folk) MR</p>	<p>3</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: E.T. (PG, 1982, 5*, 1h54m) PAC 3:00-5:00 PM Art Opening & Reception for Gopal Murti Exhibit TWW</p>
<p>4</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: The Long Game (PG, 2024, 4.5* 1h52m) PAC</p>	<p>5</p> <p>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 7:15 PM Historical Talk with Keith Wood PAC</p>	<p>6</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC</p>	<p>7</p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist 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: Science & Faith with the Lewis' CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night! SDR</p>	<p>8</p> <p>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 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Dog Days of Summer with Paul Morphis PAC</p>	<p>9</p> <p>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 2:00 PM MOVIE: Summertime (PG, 1955, 4.5*, 1h40m) PAC</p>	<p>10</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Thelma & Louise (R, 1991, 4.5*, 2h4m) PAC</p>
<p>11</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Ezra (R, 2024, 5*, 1h41m) PAC</p>	<p>12</p> <p>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</p>	<p>13</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: Influenza with Robert Webster PAC</p>	<p>14</p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist 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: Science & Faith with the Lewis' CH 4:00 PM Conversations with Kent PAC 7:15 PM SPECIAL PERFORMANCE: Elvis with Memphis Hot Notes PAC</p>	<p>15</p> <p>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 3:00 PM SPECIAL PRESENTATION: Living Wills & End of Life Information with Matt Rhoads PAC 5:00 PM Happy Hour PAC</p>	<p>16</p> <p>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 2:00 PM MOVIE: Rear Window (PG, 1954, 5*, 1h52m) PAC</p>	<p>17</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Bridges of Madison County (PG-13, 1995, 5*, 2h9m) PAC</p>
<p>18</p> <p>10:30 AM Worship & Holy Communion e CH 2:00 PM MOVIE: Firebrand (R, 2024, 2h)</p>	<p>19</p> <p>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</p>	<p>20</p> <p>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</p>	<p>21</p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Mass 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: Science & Faith with the Lewis' CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>22</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Andre Duvall & Daniel Gilbert PAC</p>	<p>23</p> <p>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 2:00 PM MOVIE: The Graduate (PG, 1967, 4.5*, 1h45m) PAC 5:00 PM TGIFT! with Bobby Lawson (Oldies) MR</p>	<p>24</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Something's Gotta Give (PG-13, 2003, 5*, 2h8m) PAC</p>
<p>25</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: If (PG, 2024, 4.5*, 1h47m) PAC</p>	<p>26</p> <p>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</p>	<p>27</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 5:30 PM Trezevant's GALA FOR THE ARTS Lobby/MR/SDR/Bistro/PAC/MWW</p>	<p>28</p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 10:00 AM Catholic Lay Eucharist 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 CH</p>	<p>29</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC</p>	<p>30</p> <p>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 2:00 PM MOVIE: Beaches (PG-13, 1989, 5*, 1h58m) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</p>	<p>31</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Grease (PG, 1978, 5*, 1h50m) PAC</p>

MOVIES

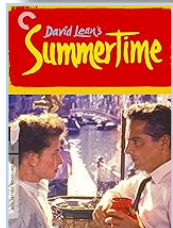
AT TREZEVANT



8/3/2024 2:00 PM
E.T. the Extra Terrestrial (PG, 1982, 5*, 1h54m)
 Journey back to the magic and adventure of "one of the great American films" (Leonard Maltin) in this beloved tale of a lost alien and the 10-year-old boy who helps him find a way home.



8/4/2024 2:00 PM
The Long Game (PG, 2024, 4.5*, 1h52m)
 Based on a true story, five young Mexican-American caddies in 1957 Texas build their own golf course after being barred from playing on the courses where they worked.



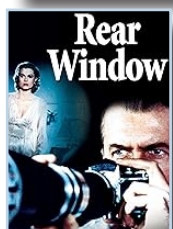
8/9/2024 2:00 PM
Summertime (PG, 1955, 4.5*, 1h40m)
 An American spinster's dream of romance finally becomes a bittersweet reality when she meets a handsome--but married--Italian man while vacationing in Venice.



8/10/2024 2:00 PM
Thelma and Louise (R, 1991, 4.5*, 2h4m)
 In one of the greatest road movies of all time, Geena Davis and Susan Sarandon ride to everlasting fame as two women who embark on a crime spree across the American southwest.

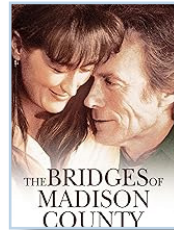


8/11/2024 2:00 PM
Ezra (PG, 1981, 4.5*, 2h7m)
 When forced to confront difficult decisions about the future, Max and Ezra embark on an enlightening cross-country road trip.



8/16/2024 2:00 PM
Rear Window (R, 1954, 5*, 1h52m)
 A bored, injured photojournalist confined to his apartment has no choice but to busy himself with observing his neighbors. His voyeurism becomes detective work, however, when he witnesses a murder. Directed by Alfred Hitchcock.

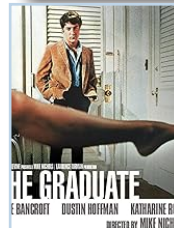
8/17/2024 2:00 PM
The Bridges of Madison County



(PG-13, 1995, 5*, 2h9m)
 A passionate tale of two lives irrevocably linked--a lonely farmer's wife and a traveling photographer who share a romantic affair that, although brief, affects both profoundly.



8/18/2024 2:00 PM
Firebrand (R, 2024, 2h)
 In Tudor England, where court intrigue and the king's paranoia threaten her survival, Katherine Parr (Alicia Vikander) navigates a perilous marriage to the volatile Henry VIII (Jude Law).



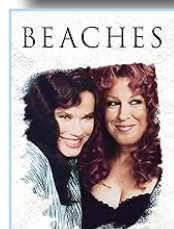
8/23/2024 2:00 PM
The Graduate (PG, 1967, 4.5*, 1h45m)
 Hollywood darlings Dustin Hoffman, Anne Bancroft and Katharine Ross create one outrageous love triangle in this groundbreaking American film classic.



8/24/2024 2:00 PM
Something's Gotta Give (PG-13, 2003, 5*, 2h8m)
 On what was to have been a romantic weekend with his latest infatuation, a womanizer who only dates women under 30 ends up needing to be nursed by his girlfriend's mother at her Hamptons beach house and finds himself falling for her.



8/26/2024 2:00 PM
If (PG, 2024, 4.5*, 1h47m)
 A heartwarming and hilarious tale about a girl who discovers that she can see everyone's imaginary friends, known as IFs.



8/30/2024 2:00 PM
Beaches (PG-13, 1989, 5*, 1h58m)
 An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.
 8/31/2024 2:00 PM
Grease (PG, 1978, 5*, 1h50m)
 John Travolta and Olivia Newton-John star in this hit musical about a high-school girl who is 'hopelessly devoted' to a hip dragster.

August Birthdays



- | | |
|--|--|
| <u>August 1</u>
Grace Upshaw
Betty Carter
Margaret Taylor | <u>August 11</u>
Billy Goodloe |
| <u>August 2</u>
Joy Austin-Files | <u>August 13</u>
Alice Leslie |
| <u>August 4</u>
Randy Turner | <u>August 15</u>
Sam Beach |
| <u>August 5</u>
Jimmye Pidgeon | <u>August 16</u>
Peg Stringer |
| <u>August 7</u>
Elaine Schuppe | <u>August 17</u>
Mary Nelson |
| <u>August 10</u>
Mary Vaiden | <u>August 20</u>
Stephan Nelson |
| | <u>August 21</u>
Eva Mae Hussey |
| | <u>August 23</u>
Becky Bayless |
| | <u>August 27</u>
Frierson Graves |
| | <u>August 28</u>
Susan Whitehead |
| | <u>August 29</u>
Suzanne Osborn |
| | <u>August 29</u>
Dina Smith Shannon |
| | <u>August 29</u>
Sylvia Adams |
| | <u>August 29</u>
Karen White |
| | <u>August 30</u>
Camille Leatherman |
| | <u>August 30</u>
Becky Deupree |
| | <u>August 31</u>
Anna McNeill |

Love is Alive... in St. Edward Chapel!

By Dina Smith Shannon

Love is an action word and, indeed, God's love is alive and active in St. Edward Chapel! Located in the physical center of the Trezevant community, St. Edward Chapel serves as the spiritual, social, and emotional cornerstone for our residents, individually or together. It offers a sanctuary where individuals can nurture their faith, find solace, and build a sense of community at a time in life when the most precious parts of each individual's history can join with that of others and create a rich and joyful whole. Even if one is just passing by the Chapel on the way to the PAC for a movie or to the Fitness Center to work out, one is always reminded that God is at work in our midst.

Love is alive! St. Edward Chapel is a beautiful space, enhanced by the warm glow of the cross, the altar, the curved altar rail, the pulpit, and the baptismal font, handcrafted of artfully curved metal, rich marble, and glowing amber glass, created by Brian Russell. A processional banner, altar rail kneelers embellished with the many varieties of crosses, and a kneeler for the minister's prie-dieu were all lovingly needlepointed by a group of Trezevant ladies over a period of less than a year. And in this sacred space, St. Edward Chapel resonates each Sunday with the words of Scripture, music, and words, both ancient and new. The Communion Table is open to all.

For many of our residents, the St. Edward Chapel is the heart and soul of Trezevant. Many residents, grateful for the prayers and teaching in the Chapel, provide weekly offerings and generous contributions that help underwrite the special events and meaningful programs of the Chapel. In addition, many of our residents are generous contributors, and their gifts ensure that this central space can be vibrant and open for all, regardless of religious affiliation.

Madeleine Newkirk, daughter of Peg and John Salmon (pictured left), talks of her parents' generous support of the Chapel.

"My parents have always believed in the concept of tithing. They annually give generously to support the chapels and churches wherever they live, because they want to ensure the vibrancy and programming of these special houses of worship."

While most contributions underwrite the programming of St. Edward Chapel, funds are sometimes used to enhance the beautiful chapel. Randy Turner and Sylvia Adams (pictured top right on next page) recently provided beautiful urns, as a remembrance of a special fellow resident who passed away.

"St. Edward Chapel has been our home away from home for the many years we have been at Trezevant. The comfort

and support of our chaplains and the classes and other offerings have been the most important part of our lives here. We are happy to support St. Edward with time and funds."

St. Edward Chapel's Executive Committee, under the leadership of The Rev. Julie McKenna and the Rev. Barbara Kirk-Norris, Trezevant's two full time Chaplains, meets regularly to discuss the needs of St. Edward Chapel, and to create opportunities for events that encourage and enhance meaningful interactions and friendships - social and spiritual engagements that support healthy, fruitful elder years.

St. Edward Chapel provides a center where Trezevant residents can support one another, share experiences, and celebrate life's joyful and sorrowful milestones together. We all come to the Trezevant community at important times in our lives and to St. Edward Chapel to continue our journeys, as seekers, as learners, as teachers, no matter our certainties or our doubts, no matter our joys or sorrows, or just to BE in a beautiful, sacred space.

Please contact Paula Jacobson, Executive Director of the Trezevant Foundation if you are interested in providing a gift to the St. Edward Chapel or for another special purpose at Trezevant Manor. Your gifts make a difference for our residents, staff and community.

Love is, indeed, alive and active at Trezevant and in St. Edward Chapel!

Dina Smith and her husband Wayne Shannon generously asked friends and residents to celebrate their wedding by making contributions to the St. Edward Chapel.

"I am constantly amazed and thankful for the generosity of Trezevant residents towards St. Edward Chapel. This past year, thanks to generous donations, we were quickly able to purchase 125 copies of Lift Every Voice and Sing II, an alternative hymnal with familiar protestant hymns and spirituals. Residents also helped cover the cost of flowers and musical guests through memorials and honorariums at Christmas and Easter."

—Rev. Julie McKenna



Dining Committee

By Beverly Williams

“So what do y’all do in the dining committee?”

We get that question a lot, because food is the one thing all of us at Trezevant have in common. Everyone eats and everyone has opinions.

The dining committee meets once a month and is composed of 12 residents, as well as Trezevant staff. John Mikaelian, Director of Dining Services, chairs the meetings, along with Karen White, Committee Chairman. Other dining staff members attend periodically. John reports on staff changes and the challenges of training and retaining the wait staff, primarily high school and college students. He also comments on progress toward goals set by the committee, such as variety, more healthy options on the menu, and making the Sunday meal more “special.” Dining services operates on a budget, as does everything in any institution, and is always a concern. While all suggestions are taken into consideration, some are not financially feasible.

The meetings are lively, with suggestions from committee members and reports of comments from other residents. There are always comments about salt, either too salty or not enough. Frequent comments concern the vegetables being undercooked or overcooked. Some residents experienced short pours of wine and that was addressed. Apparently no one liked unsalted butter and that was removed from the Manor kitchen. Recently implemented suggestions include at least one healthy entrée per day and heart healthy options designated on the menu. Another change was to put the names of the servers on each table. The menu in the Bistro has new additions, including soup at lunch.

For most of the servers, this is a first job. John has implemented training, with a program called Pineapple, which includes watching videos. There is also role-playing, with the cooks playing the part of residents. Most of the servers go on to further education and responsible jobs.

The kitchen staff makes a conscious effort to contribute to preserving the environment. John proudly reported that Trezevant has had Green Fork certification for the past two years.

A hot topic is the many requests for a pizza oven. Stay tuned.



Be Well!

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calisthenics, walking or running, and found that only swimming helped people prevent falls.

- Submerging yourself in water just feels good! Ask anyone who attends our Trezevant pool classes. Whether exercising in a gentle or more vigorous pool workout, endorphins “the feel-good hormones,” are released in your brain, helping combat anxiety, depression and stress.

Trezevant offers six pool classes weekly, plus the pool is available for individual workouts. Another wonderful perk is the wrap-around windows that allow us to take in the change of seasons, trees and sky without setting foot outdoors.

Don’t delay! Discover the benefits of our aquatic oasis soon.





Trezevant

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