



JULY 2024

# Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 7



## STAY HYDRATED!

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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!

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Susie Osborn  
Jack Richbourg  
Beverly Williams  
Ann Knox  
Guests

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Missie McDonnell  
Photographed by  
Kim O'Donnell

# At Your Service

by Paul Martin, VP-Health & Wellness

As the heat heads into the hottest parts of the summer, we also take time to celebrate the founding of this great country. July will be exciting with a large variety of things to do; whether it is watching the Olympics and cheering on Team USA, going to the July 4th concert in the PAC, or watching all the patriotic movies that are lined up.

For those wishing to know more about this month here are some fun facts:

- 1) July is named after Julius Caesar, the Roman general and statesman, who was born in this month.
- 2) July is the warmest month in most of the Northern Hemisphere and the coldest month in much of the Southern Hemisphere.
- 3) The fourth of July is the only federal holiday in July.
- 4) The birthstone for July is the ruby, which symbolizes contentment, passion, and love (great idea for an anniversary present if you got married this month).
- 5) The flower for the month is the water lily.

For all you plant lovers, this is a great time to deadhead your flowers and remove faded blooms. Harvest your vegetables while they are young and tender to get the best taste. Remember that mulching helps retain moisture and cuts down on weeds.

For you that enjoy some random "fun days," don't forget that July 17th is National Hot Dog Day, stream any John Wayne movie July 23rd for National Day of the Cowboy, and tempt your tastebuds with a sweet treat July 30th for National Cheesecake Day (with or without toppings).

With the temperature in the 90's and heading well into the 100's, remember to wear light colored and loose fitting clothing, get outside early morning or later in the evening and drink plenty of water or Gatorade to stay hydrated.

# BE WELL!

## Dehydration: Risks, Signs & Prevention

by Valerie Smithers, RN

Staying hydrated, especially during the summer months, is key to good health. Dehydration may seem like something that happens to extreme athletes or someone who has a gastrointestinal illness, but doctors say dehydration is a very real risk for all adults over age 65. It occurs when we don't consume enough fluids to account for the water lost. As we get older, our sense of thirst is blunted, so we may not recognize our body's need for fluids. The body's ability to retain water in blood vessels also decreases with age, so fluids are more easily depleted. On a warm or hot day, without even sensing it, we lose fluids. Sweating, taking diuretics (water pills), being diabetic, cognition issues (simply forgetting to drink), sedating medications, having fever or gastrointestinal symptoms are all risk factors for developing dehydration.

Here are the signs and symptoms to watch for:

### 1) Thirst and Dry Mouth

The rule of thumb is, if you're thirsty, you're already dehydrated. Thirst can actually be considered a later sign of dehydration. Dry mouth can occur when the salivary glands don't produce enough saliva. This occurs when your body doesn't have sufficient fluid.

### 2) Output changes

Changes in urinary output such as darker color or decreased output can be caused by dehydration. In turn, dehydration can result in increased rates of urinary infections.

### 3. Dizziness or feeling faint

Dehydration can cause weakness or prompt your blood pressure to drop so dramatically that you get dizzy, fall and experience injury. You feel dizzy because you're not getting as much blood flow to the brain. You're also more likely to feel dizzy when you change positions, such as sitting up after lying down or standing up from sitting.

### 4. Muscle cramps or weakness

*continued on page 15*

## WELLNESS SERVICES

Rinnie Wood,  
Fitness Director  
& Community Liaison  
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(901)251-9223

Ginger Acuff, Instructor  
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Wellness Nurse  
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## SPIRITUAL SERVICES

Rev. Julie McKenna,  
Lead Chaplain, Director  
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

# In St. Edward Chapel

by Rev. Julie McKenna

Each Wednesday at 3:00 p.m.

### Chaplains' Class

July 3rd-Ben's Back! Rev. Dr. Ben Bledsoe has had some powerful ministerial experiences throughout his life. One of those is prison ministry. Join us as Ben shares stories and spiritual insights about ministering to the incarcerated.

July 10th, 17th, 24th and 31st-Connection, Awe and Wonder small group series with Rev. Dr. Renee Dillard\* (*Sign-up in Activity Book or on CATIE. Limited to 12 people*)

Sacred experiences of connection, awe and wonder help us remember we are a part of something much larger than ourselves. These moments shape our understandings of God, self and one another. Group members will foster practices that improve our mental, emotional and spiritual wellbeing.

Contact Julie McKenna at 325-8108 to see if there are any openings still available. *Group will meet in the back of St. Edward Chapel.*



# First Responders' Day



1. Rev. Julie McKenna gives the blessing at First Responders' Day.
2. Pat Crone, Alice Leslie and Norma Cowell
3. Rev. Julie McKenna and Joe Hawes
4. Diane Davis and Catherine Lewis
5. Jack & Cathy Richbourg
6. Kitty Cannon and Foy Coolidge
7. Margaret Taylor and Vicki Weber
8. Lillian Hammond, Mollie Francis and Elinor Reed



# CRITIC'S CORNER

## A Movie Review

By Jack Richbourg

Victoria Wood stars in this BAFTA-winning historical drama as Nella, a down-trodden housewife who blossoms after joining the Women's Voluntary Service at the outbreak of World War II. See this on Sunday, July 21, 2024 at 2:00 p.m. in the PAC!



The premise of *Housewife, 49* is a real-life experiment by a journalist and an anthropologist in 1937 to record the voices of ordinary British people during World War II. If you've never heard of it, it's because you didn't live in England in 2006 where it was a popular made for "the telly" movie.

The experiment was the Mass-Observation Project which recruited people to write diaries during the war. Nella Last, the main character, was one of 500 volunteers. She purposely pencils her days on mismatched scraps of paper that she threads with yarn and posts to the project administrators. The result is an amazing character study and a rare glimpse into wartime British life.

The movie begins with Nella recovering from a nervous breakdown in a loveless marriage scurrying about doing errands. She finds herself in her old neighborhood trying to unlock the door of her former home. Embarrassed, she hurries home fearing her "nervous" disorder is reoccurring. Following her doctor's advice to get out more, she joins the Women's Volunteer Service encountering class discrimination but emerging from her depression with the encouragement of her mentor, Mrs. Waite. The experience uncovers her natural organizational skills, and she becomes a British 'Rosie the Riveter' standing up to her overbearing husband and coping with her estranged son who also suffers from depression over the death of his friend, James. The movie never tells you but the implication is that he's gay, a fact Nella is totally ignorant of or willfully overlooks.

Just make sure the captions feature is on, or you'll

never understand the British English. They murder the President's American, you know, and pay close attention to the costuming. The film was nominated for best costumes by the Royal Television Society for Craft and Design. Nella's woolen coat swallows her whole. All the ladies wear hats, and the men, from the doctor to the dustman, wear coats and ties. Quit your complaining about the dress code in the Snowden Dining Room! You don't know how good you've got it! And that's the takeaway from the movie, really. Americans suffered great hardships during World War II, but we cannot imagine the hardships suffered in the Battle of Britain. Nella and her husband slept in a "Morrison," a wire cage in their basement to protect them from shrapnel during air raids. She and her neighbors display quiet courage every morning gathering up the debris from the previous night's bombing.

The movie is summed up by the line spoken by her doctor, "A beetle in a matchbox is very happy, but if he ever gets out, it's hard to get him to go back in again." Oh- it's not your action packed thriller, but I'm a little tired of those, aren't you? *Housewife, 49* is a singular study of one woman's life in wartime England. Don't miss it.

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.

June's **CHAPLAINS' CLASSES** take place each Wed beginning 7/3 at 3:00 p.m. in the CH.

- 7/3-Ben Bledsoe
- 7/10-7/31- Awe & Wonder with Rev. Dr. Renee Dillard.

**TAKE YOUR BRAIN TO THE GYM** with Dr. Sharon Pollock happens on Wed, 7/3 & 7/17 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.

Hear an update from Don Selheimer, CFO at **CONVERSATIONS WITH KENT** on Wed, 7/10 at 4:00 p.m. in the PAC.

Take the chance to volunteer at **CHURCH HEALTH\*** on Thu, 7/11. Bus departs from WAY at 1:30 P.m.

Visit **DOTTIE'S DIGS' SALE** on Thu, 7/18 from 9:00 a.m. to 4:00 p.m. in G1.

Stay current on all the Trezevant news at the **QUARTERLY RAC MEETING** on Wed, 7/24 at 7:15 p.m. in the PAC.

Celebrate the 2024 Olympics watching the **OPENING CEREMONY** on Fri, 7/26 at 6:30 p.m. in the PAC.

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.*

- 7/5 Michael Price (Jazz) MR
- 7/12 Oveante & Ljuliana (Jazz) PAC
- 7/19 Rick Nethery (Guitar) MR
- 7/26 Tim Stanek (Piano) SDR

## Saturday Music Hour

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

- 7/6 Lannie McMillen (R&B) PAC
- 7/13 The Jim Mahannah Band (Oldies) PAC
- 7/20 Sandra Miller (Piano) SDR

## Special Performances

- 7/11 at 7:15 p.m. Happy Birthday USA with Paul Morphis in the PAC
- 7/16 at 7:15 p.m. The Penny Kings in the PAC

*\*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.

# JULY 2024

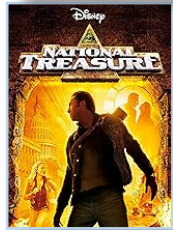
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DR. WARREN'S CLINIC HOURS</b></p> <p>Tuesday, July 2, 2024 Wednesday, July 10, 2024 Tuesday, July 16, 2024 Wednesday, July 24, 2024</p> <p>12:30-3:00 PM</p>	<p><b>1</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 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 &amp; Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p> 	<p><b>2</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC</p>	<p><b>3</b></p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength &amp; 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 &amp; Balance 201 3:00 PM Chaplains' Class: Ben Bledsoe CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night! SDR</p>	<p><b>4 INDEPENDENCE DAY</b></p> <p><b>Holiday Lunch</b> Two Seatings: 11:00 a.m. - 12:30 p.m. 12:30 p.m. - 2:00 p.m. Please call 901-251-9212 for reservations.</p> <p>5:00 PM SPECIAL PERFORMANCE: Doug MacLeod (Jazz) PAC</p> 	<p><b>5</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 2:00 PM MOVIE: The Bridge at Remagen (R, 1969, 4.5*, 1h56m) PAC 5:00PM TGIFT! with Michael Price (Jazz) PAC</p>	<p><b>6</b></p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: National Treasure (PG, 2004, 5*, 2h11m) PAC 5:00 PM SATURDAY MUSIC HOUR: Lannie McMillen (R&amp;B) PAC</p> 
<p><b>7</b></p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: Our (almost completely true) Love Story (PG-13, 2023, 4.5* 1h32m) PAC</p> 	<p><b>8</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; 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 &amp; Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p><b>9</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC</p> 	<p><b>10</b></p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength &amp; 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 &amp; Balance 201 3:00 PM Chaplains' Class: Connection, Awe &amp; Wonder with Rev. Dr. Renee Dillard* CH 4:00 PM Conversations with Kent PAC</p>	<p><b>11</b></p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Gentle Aquatics AC 1:30 PM VOLUNTEER*: Church Health WAY 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Happy Birthday USA with Paul Morphis PAC</p> 	<p><b>12</b></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: Rio Bravo (PG, 1959, 5*, 2h21m) PAC 5:00PM TGIFT! with Oveante &amp; Ljuliana (Jazz) PAC</p>	<p><b>13</b></p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Superman II (PG, 1981, 4.5*, 2h7m) PAC 5:00 PM Saturday Music Hour with the Jim Mahannah Band (Oldies) PAC</p> 
<p><b>14</b></p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: Wicked Little Letters (R, 2024, 4.5*, 1h40m) PAC</p>	<p><b>15</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; 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 &amp; Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p> 	<p><b>16</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 7:15 PM SPECIAL PERFORMANCE: The Penny Kings PAC</p> 	<p><b>17</b></p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength &amp; 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 &amp; Balance 201 3:00 PM Chaplains' Class: Connection, Awe &amp; Wonder with Rev. Dr. Renee Dillard* CH 4:00 PM Take Your Brain to the Gym MR</p> 	<p><b>18</b></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 5:00 PM Happy Hour PAC</p>	<p><b>19</b></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 Hunt for Red October (PG, 1990, 5*, 2h15m) PAC 5:00 PM TGIFT! with Rick Nethery (Guitar) MR</p> 	<p><b>20</b></p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Tuskegee Airmen (PG-13, 1995, 5*, 1h46m) PAC 5:30 PM Dinner with Music by Sandra Miller (Piano) SDR</p>
<p><b>21</b></p> <p>10:30 AM Worship &amp; Holy Communion e CH 2:00 PM MOVIE: Housewife, 49 (PG-13, 2005, 1h33m, 4.5)</p> 	<p><b>22</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 10:30 AM Episcopal Bookshop MWW 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 &amp; Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p><b>23</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 4:00 PM Idlewild Communion Service CH</p> 	<p><b>24</b></p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength &amp; 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 &amp; Balance 201 3:00 PM Chaplains' Class: Connection, Awe &amp; Wonder with Rev. Dr. Renee Dillard* CH 7:15 PM Quarterly RAC Meeting PAC</p>	<p><b>25</b></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><b>26</b></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: Inherit the Wind (PG-13, 1960, 4.5*, 1960) PAC 5:00 PM OLYMPIC FEVER PARTY! PAC 6:30 PM SPECIAL EVENT: Opening Ceremony of 2024 Summer Olympics PAC/Bistro</p>	<p><b>27</b></p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The American President (PG-13, 1995, 5*, 1h53m) PAC</p> 
<p><b>28</b></p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: Arthur the King (PG-13, 2024, 4.5*, 1h47m) PAC</p>	<p><b>29</b></p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; 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 &amp; Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p> 	<p><b>30</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC</p>	<p><b>31</b></p> <p>8:15 AM Water Aerobics AC 9:00 AM-10:15 AM Tim the Produce Man HG 9:15 AM Strength &amp; 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 &amp; Balance 201 3:00 PM Chaplains' Class: Connection, Awe &amp; Wonder with Rev. Dr. Renee Dillard* CH</p>		<p><b>LOCATION KEY</b></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>	

# MOVIES

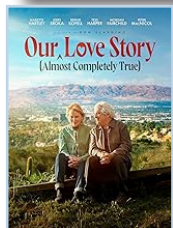
## AT TREZEVANT



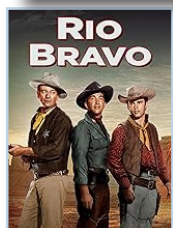
7/5/2024 2:00 PM  
**The Bridge at Remagen**  
 (R, 1969, 4.5\*, 1h56m)  
 George Segal is a war-weary combat team leader charged with taking a bridge during the Allies' final push into Germany; Robert Vaughn is his German opposite who'd rather blow up the bridge than have the Americans capture it!



7/6/2024 2:00 PM  
**National Treasure**  
 (PG, 2004, 5\*, 2h11m)  
 A treasure hunter must steal America's most sacred and guarded document.



7/7/2024 2:00 PM  
**Our (almost completely true) Love Story**  
 (PG-13, 2023, 4\*, 1h32m)  
 As a short, funny Jewish man pursues the tall, beautiful, aging Hollywood star and woman of his dreams, his charm, sense of humor, and multiple impressions win her over in their heartwarming (almost completely true) love story.



7/12/2024 2:00 PM  
**Rio Bravo**  
 (PG, 1959, 5\*, 2h21m)  
 There's a showdown at Rio Bravo when courageous Sheriff John T. Chance throws the brother of evil cattle baron Nathan Burdette in jail for murder.



7/13/2024 2:00 PM  
**Superman II**  
 (PG, 1981, 4.5\*, 2h7m)  
 On the verge of giving up his powers for love, Superman is confronted by three super-criminals who challenge him to a cosmic battle for world supremacy.



7/14/2024 2:00 PM  
**Wicked Little Letters**  
 (R, 2024, 4.5\*, 1h40m)  
 When Edith receives wicked letters full of hilarious profanities, could rowdy Rose be to blame?



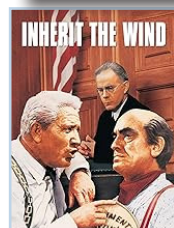
7/19/2024 2:00 PM  
**The Hunt for Red October**  
 (PG, 1987, 4.5\*, 1h38m)  
 A Soviet Union Captain violates orders and changes course.



7/20/2024 2:00 PM  
**The Tuskegee Airmen**  
 (PG-13, 1995, 5\*, 1h46m)  
 High-flying drama about the "fighting 99th" -- the first squadron of African American U.S. Army Air Corps combat fighter pilots in WWII.



7/21/2024 2:00 PM  
**Housewife 49**  
 (R, 2024, 4\*, 1h52m)  
 Victoria Wood stars in this BAFTA-winning historical drama as Nella, a downtrodden housewife who blossoms after joining the Women's Voluntary Service at the outbreak of World War II.



7/26/2024 2:00 PM  
**Inherit the Wind**  
 (PG-13, 1960, 4.5\*, 2h7m)  
 Spencer Tracy and Frederic March go head-to-head as opposing attorneys in this blistering courtroom drama about the famed "Scopes Monkey Trial" where a Tennessee teacher must defend himself for teaching Darwinism.



7/27/2024 2:00 PM  
**The American President**  
 (PG-13, 1995, 5\*, 1h53m)  
 Politics, the press and deeply held values collide when President Andrew Shepherd falls in love with beautiful environmental lobbyist Sydney Wade--just before he runs for reelection.



7/28/2024 2:00 PM  
**Arthur the King**  
 (PG-13, 2024, 4.5\*, 1h47m)  
 An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

# July Birthdays

July 4  
 Chipsy Butler

July 6  
 Honey Cannon  
 Judy Drescher

July 8  
 Charlotte Jones

July 10  
 Ann Nichols  
 Buddy Nix

July 11  
 Peggy Bodine

July 12  
 Sara Shelton

July 13  
 Presh Gill  
 Merrill Ann Cole  
 Kiersten Watkins

July 15  
 Rosemary Mosby  
 Gerry Austin

July 16  
 Jack Richbourg

July 17  
 Foy Coolidge  
 Madge Saba

July 18  
 David Lindstrom

July 19  
 Kay Carey

July 24  
 Martha Boyd

Carroll Ann Pera

July 25  
 James Murff

July 27  
 Sara Heckle

July 28  
 Dorothy Stevenson

July 29  
 Suzanne Gronemeyer

July 31  
 Elaine Malloy



# Plastic-Free July

## A Look at a different July Observance

by Jack Richbourg, Green Team Committee Chair

It's July! And what's July famous for? Well, of course we have July 4, but July has other observances. Did you know that July 5 is National Bikini Day? July 6 is International Kissing Day, an appropriate follow-up to Bikini Day! July 13 is National Embrace your Geekiness Day. July 24 is National Tell an Old Joke Day, and July 31 is National Mutt Day.

However, all these wonderful observances pale in comparison to the overall designation for July. July is "Plastic Free Month." Yes, our goal in July is to eliminate plastic from our lives.

It won't be easy. Plastic is all around us, and it never goes away. Plastic takes 20 to 500 years to decompose, and even then it doesn't really disappear. It just gets smaller. Microplastics

have been found in every corner of the globe, from the peak of Mount Everest to the bottom of the Mariana Trench. In fact, it's been estimated that you (yes, you) ingest a credit card worth of plastic every week. Yum! Bon Appetit!

The BBC reports that more than 171 trillion pieces of plastic are now floating in the world's oceans killing fish and other sea animals. That concentration is more than ten times what it was in 2005 and will triple by 2040, if no action is taken.

If that doesn't bother you, consider this: It's in your blood! That's right!

Microplastics have been detected in human blood. A study found them in 80% of humans tested. While the health effects of microplastics in blood is still unknown, do we really want those things clogging our heart valves?

Need more of an incentive? It's in the air. You're breathing it in right now. Oh, we'll be fine, I suppose. Most of us will be gone in 30 years, anyway, but our grandkids are screwed. I'd love to be a fly on the wall and hear what they'll be saying about us in 2054!

But it's not too late. There are things we can do. One is to observe Plastic Free July. There's a website you can visit.

Google "Plastic Free July" for great suggestions:

- 1) Refuse plastic coffee cups in a restaurant or in the Bistro. Instead, bring your own reusable cup.
- 2) Take a reusable cloth bag to the grocery store or the Little Store. Refuse the offered plastic bag.
- 3) Refuse plastic straws and bring your own reusable alternative.
- 4) Stop buying plastic bottles of water and use your own reusable bottle.
- 5) Avoid using plastic, single-use cleaning products.
- 6) Choose clothes made of natural fibers to reduce microplastics.
- 7) Avoid the plastic trays used for meat, fish and deli items, and
- 8) Most importantly, recycle the plastic you do use.

While it may not be as fun as International Kissing Day, Plastic Free July just might make the world a better place for kissing! Plus your grandkids will love you for it. Do it for them.



# A Library Addition

Stop by the Manor Library to see this Artwork donated by Chipsy Butler! Having been given this kit by another resident, Chipsy embarked on the assembly of this tiny library. This endeavor would test one with even the greatest patience, but Chipsy persevered! She completed the tiny library in about two months this Spring and donated it to be displayed, under glass, of course!

The pictures here don't even do it justice! Take time to look at each and every detail painstakingly pieced together. From the tiny wingback chair, to the picture frames holding miniscule pictures, to the vase with teensy flowers, this is truly something to behold!

Beautiful job, Chipsy!! And thank you for making the Trezevant Library even more special!



# Be Well!

*continued from page 3*

Another sign of dehydration is a feeling of weakness in certain muscles or severe muscle cramps. The cramps can be caused by electrolyte imbalances (potassium and sodium) and reduced blood flow to those muscles.

## 6. Dry skin or lack of skin elasticity

Dehydration may cause skin to appear sunken or shadowy with a dull tone. You might notice patches of rough, scaly, itchy skin. Your skin will also have less elasticity than normal.

## 8. Fatigue, headache or confusion

Low blood flow due to dehydration can cause a headache, tiredness and weakness. You may just feel a little less sharp than usual. Dropping sodium levels can cause symptoms of fatigue, confusion, irritability, nausea and vomiting, low blood pressure, and headache.

## Prevention

Even if you don't feel thirsty, you should aim for at least 48 ounces of fluid (six 8-ounce glasses) a day – and more if you're physically active. Juices, sports drinks, noncaffeinated sodas and flavored waters all count toward your fluid intake. You can also boost your intake with foods containing a lot of water such as soups, watermelon and cucumber.







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