



SEPTEMBER 2024

# Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 9



## What's Happening at Trezevant?

- **Fall Prevention Month!**
- **Blessing of the Pets**
- **History with Keith Wood**



## 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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Jack Richbourg  
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Guests

† Cover Photo:

# At Your Service

by Kim O'Donnell, Director of Life Enrichment

Beware of scammers impersonating big businesses and the IRS. This is a concerning trend where fraudulent actors are increasingly targeting unsuspecting individuals, particularly senior citizens, by masquerading as IRS agents or impersonating businesses. The five most frequently impersonated businesses were: Best Buy/Geek Squad, Amazon, PayPal, Microsoft, Publishers Clearing House. Victims are pressured into making immediate payments through unorthodox methods such as gift cards or wire transfers under the pretense of resolving fictitious tax liabilities or securing false refunds.

These scammers deploy advanced techniques to fabricate a veneer of credibility, including the manipulation of caller IDs to appear legitimate. Here are just a few examples of their schemes:

- Impersonation of known entities: Fraudsters often pose as representatives from government agencies — including the IRS, Social Security Administration and Medicare — others in the tax community or familiar businesses and charities. By spoofing caller IDs, scammers can deceive victims into believing they are receiving legitimate communications.
- Claims of problems or prizes: Scammers frequently fabricate urgent scenarios, such as outstanding debts or promises of significant prize winnings. Victims may be falsely informed that they owe the IRS money, are owed a tax refund, need to verify accounts or must pay fees to claim non-existent lottery winnings.
- Pressure for immediate action: These deceitful actors create a sense of urgency, demanding that victims take immediate action without allowing time for reflection. Common tactics include threats of arrest, deportation, license suspension or computer viruses to coerce quick compliance.
- Specified payment methods: To complicate traceability, scammers insist on unconventional payment methods, including cryptocurrency, wire transfers, payment apps or gift cards, and often require victims to provide sensitive information like gift card numbers.

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# BE WELL!

SEPTEMBER IS FALL PREVENTION MONTH

by Melissa Angus, Director of Rehab

FALLS- something we would rather ignore and not talk about, right? But falls are the leading cause of injuries in older adults. According to the CDC, more than one out of every four older adults fall each year, but less than half tell their doctor. And, falling just once doubles your chances of falling again. PREVENTION is key! It is crucial to understand what puts you at an increased risk for a fall so that you can take control and take steps to prevent it BEFORE it happens. A few key risk factors are: deficiencies with balance, vision problems, medication, and/or lower body weakness. If you notice any of these factors that predispose you to falls, it is imperative that you seek help right away. Let's look at just a few things you can do to be proactive and prevent falls.

- Keep your Mind Sharp. Cognitive impairment has been identified as a risk factor for falls. If you do not challenge your brain on a regular basis, you may experience cognitive decline as you age. With cognitive decline can come confusion and lack of safety awareness, and therefore an increased risk for falls. As a preventative measure to keep your mind sharp, aim to engage your brain daily. Try a crossword puzzle, reading a book, learning something new, or developing a new skill, like learning to cook or cross-stitch.
- Complete Strength Training and Balance Exercises. Strong muscles and bones and good posture help aid in fall prevention. Practicing simple activities, like squatting, standing up from a seated position, and walking, can all help in keeping someone from falling. In addition, exercises that focus on lower body, core strength, and balance can help someone with fall prevention and associated injuries. Take advantage of the strength and flexibility classes offered on campus. You can also participate in the free functional fitness testing offered on campus to identify any potential areas of concern.
- Create a Safe Living Space. Make sure your home and living spaces are as safe as they can be. We spend a lot of time in our home – let's make sure it's clear of clutter and fall hazards! Remove or repair

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## WELLNESS SERVICES

Rinnie Wood,  
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& Community Liaison  
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Ginger Acuff, Instructor  
Kirsti Carroll, Instructor  
Sheila Rae, Instructor  
Carol Ricossa, Instructor  
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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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Leslie Brewington, LPN  
Wellness Nurse  
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(901) 251-9239





# In St. Edward Chapel

by Rev. Julie McKenna

## Spiritual Care Offerings for September 2024

### Sunday Services

- First Four Sundays in September - Worship and Holy Communion at 10:30 a.m. in St. Edward Chapel
- Sunday, September 29 - Morning Prayer Service with Jack Richbourg, preacher and Sylvia Adams, officiant, at 10:30 a.m. in St. Edward Chapel

### Chaplains' Class Offerings

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

- September 4 & 11 - Movie & Discussion - *The Philadelphia 11* - In 1974, in Philadelphia, a group of eleven women were ordained to the Episcopal priesthood in violation of the constitution and canons of the Episcopal Church - which at the time stated that only men were eligible for ordination. We'll hear their remarkable stories and discuss the impact of their actions on the larger Christian church.
- September 18 - The Rev. Anne Carriere and The Rev. Eyleen Farmer - Hear the stories of two women clergy who continued the fight to break through the stained glass ceiling in the Mid-South area.
- September 25 - Autumn Chastain, CEO, Thistle & Bee - Join Autumn as she shares the mission and vision of this important ministry. Thistle & Bee empowers women survivors of prostitution, trafficking, and addiction. They provide a transformative and supportive environment where these women can heal and rebuild their lives.

### Special Events

- Thursday, September 12 - Adjusting to Life's Changes at 3:00 p.m. in St. Edward Chapel - We are all facing changes in our lives. Transitions inevitably include loss. If you want to learn about ways to navigate these times, join Delores Flagg and Tiffany McClung of Baptist Hospice as we explore tools for living with loss.
- Monday, September 23 - Blessing of the Pets at 4:00 pm in Hope's Garden

Join us for a half hour of fun and refreshments to celebrate all our furry

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## SPIRITUAL SERVICES

Rev. Julie McKenna,  
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Rev. Barbara Kirk-Norris,  
Associate Chaplain  
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(901) 251-9208

## 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



1. Sewing Circle -Front Row-Chipsy Butler, Jan LaBeause, Catherine Lewis & Ranna Christenson. Back Row-Sue Myers and Alice Leslie
2. Gopal Murti and spouse at the Art Reception & Opening
3. Patty Calvert, Chipsy Butler and Jimmie Pidgeon
4. Sam Beach
5. Vicki Weber, Gopal Murti & Dr. John Weber
6. Dorsey Wade





# CRITIC'S CORNER

## A Movie Review

By Jack Richbourg

When a construction worker unexpectedly joins a local theater's production of Romeo and Juliet, the drama onstage starts to mirror his own life. *See this on Sunday, September 22, 2024 at 2:00 p.m. in the PAC.*



Imagine Romeo played by a fiftyish, pot-bellied construction worker and Juliet by a middle-aged Filipino with dyed blond hair. Would you go to such a production of the classic tale of young, star crossed lovers? If you think not, think again. Ghostlight is not about ghosts, and, yet, it is about ghosts.

It's about a family haunted by grief. It's a movie about a play, reflecting the deep tragedy of their traumatic loss.

It begins slowly. You'll find yourself saying, "Oh, that would never happen." You won't be able to put your finger on it, but something is terribly wrong with this family. Why would a fifteen year-old girl behave like that? You just want to shake her. Why don't these parents do something, but then the story unfolds, more is revealed, and you begin to understand. Suspend disbelief for a moment to allow the plot and the play and the characters to meld, to reflect one another like a mirror image of a mirror image in the house of mirrors that Ghostlight becomes.

Keith Kupferer plays, the father, Dan Mueller. His real-life wife, Tara Mallen, plays his screen wife in the movie; complicated by the fact that Katherine Mallen Kupferer, Keith and Tara's real daughter, plays the characters' screen daughter, Daisy. If you're confused, that's exactly what the co-directors, Kelly O'Sullivan and Alex Thompson, want. The movie is purposefully confusing. You won't be sure if the dialogue is about a character in Shakespeare's play or O'Sullivan and Thompson's movie. It's a classic story within a story played by a family within a family who see their own reflection in the mirror

of a Shakespearean tragedy, leading to a therapeutic solace. The film, like Shakespeare's terrible tale, revolves around tragedy. One teenager wakes up. The other doesn't.

It's not your blockbuster. There're no glamorous stars or breathtaking special effects. It is just a wonderful, little film about intense loss and profound healing, but there are lighter moments. You'll hear very good renditions of "Stand by Me" and "I Cain't Say No" from *Oklahoma!* There's even a clip of Leonardo DiCaprio. You won't believe how much that man has aged, which fits nicely, because one of the underlying themes is aging, something you and I are quite familiar with. It's positively delicious to see two awkward, older people playing Romeo and Juliet who'll need an "intimacy coordinator" to help them learn to authentically kiss again. Young people do that so well with no coaching at all. The film is ultimately about the fear of intimacy and our lost ability to talk about our sadness.

Just make sure you bring a handkerchief because you'll need it. "For never was a story of more woe than this of Juliet and her Romeo."

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.*

**CHAPLAINS' CLASS** takes place each Wed at 3:00 p.m. in the CH.  
 • 9/4 The Philadelphia 11, Part 1  
 • 9/11 The Philadelphia 11, Part 2  
 • 9/18 Eyeleen Farmer & Anne Carriere  
 • 9/25 Thistle & Bee CEO

**TAKE YOUR BRAIN TO THE GYM** with Dr. Sharon Pollock happens on Wed, 9/4 & 9/18 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, 9/5 & 9/19 from 9:00 a.m. to 4:00 p.m. in G1.

Learn more about current IT Scams with Director Jeremy Younger at **TREZEVANT EXPLORES\*** on Fri, 9/6 in the PAC. Lunch requires sign up and begins at 11:30 a.m.; Presentation begins at Noon.

Ticketholders can take the Trezevant Bus to Theatre Memphis' production of **GREASE** on Sun, 9/8 at 1:15 p.m. from WAY.

Don't miss the **NEW RESIDENT WELCOME RECEPTION** on Wed, 9/11 in the PAC. Please see your invitation for timing.

Hear **ADJUSTING TO LIFE'S CHANGES** on Thu, 9/12 at 3:00 p.m. in CH.

Steve Ross is back!! See A Matter of Life & Death and discuss with our favorite filmmaker at the **SUMMER FILM FEST WITH STEVE ROSS** on Fri, 9/13 at 2:00 p.m. in the PAC.

Brush up on your History at this talk by **KEITH WOOD** on Mon, 9/23 at 7:15 p.m. in the PAC.

Get tips on **FALL PREVENTION & STAYING INDEPENDENT LONGER** on Tue, 9/24 from 1:00-4:00 p.m. in the PAC.

Enjoy an outing with neighbors at **CIAO BELLA\*** on Tue, 9/24. Bus departs at 5:15 p.m. from WAY.

### TGIFT!

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

- 9/6 Jeremy Clement (Oldies) MR
- 9/20 Duane Cleveland Duo (Oldies) PAC
- 9/27 Tim Stanek (Piano) SDR

### Saturday Music Hour

- 9/7 Sandra Miller (Piano) SDR
- 9/14 Michael Donahue (Piano) SDR
- 9/21 The Penny Kings (Oldies) 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.

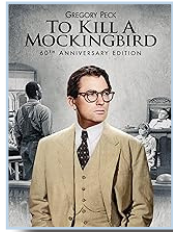
# SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>4:00 PM SPECIAL PERFORMANCE: Amaro Dubois (Classical) <i>MR</i></p>	<p><b>2</b></p> <p><b>LABOR DAY</b></p> <p><b>Holiday Lunch</b></p> <p><b>Two Seatings-11:00 a.m. - 12:30 p.m. or 12:30 p.m.-2:00 p.m.</b></p> <p>Call 901-251-9212 to make reservations.</p>	<p><b>3</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's* <i>WAY</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p>	<p><b>4</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: The Philadelphia 11, Part 1 <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>6:00 PM Birthday Night! <i>SDR</i></p>	<p><b>5</b></p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:00 PM Sewing Circle <i>CR 310</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>6</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:30 AM TREZEVANT EXPLORES*: Internet Scams with Jeremy Younger <i>PAC</i></p> <p>2:00 PM MOVIE: To Kill a Mockingbird (R, 1963, 5*, 2h9m) <i>PAC</i></p> <p>5:00PM TGIFT! with Jeremy Clement (Oldies) <i>MR</i></p>	<p><b>7</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Music of the Heart (PG, 1999, 4.5*, 2h3m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Sandra Miller <i>SDR</i></p> 
<p><b>8</b></p> <p><b>GRANDPARENTS' DAY</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>1:15 PM TRANSPORTATION*: Theatre Memphis production of <i>Grease</i> (for ticketholders) <i>WAY</i></p> <p>2:00 PM MOVIE: Summer Camp (PG-13, 2024, 3.5* 1h35m) <i>PAC</i></p> 	<p><b>9</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p><b>10</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>10:00 AM Ladies' Coffee Hour <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM TRANSPORTATION*: MIFA Luncheon at Hilton (for ticketholders) <i>WAY</i></p> 	<p><b>11</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: The Philadelphia 1, Part 2 <i>CH</i></p> <p>4:30-6:30 PM New Resident Welcome Reception <i>PAC</i></p>	<p><b>12</b></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:00 PM Sewing Circle <i>CR 310</i></p> <p>3:00 PM SPECIAL PRESENTATION: Adjusting to Life's Changes <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>13</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM FILM FEST: A Matter of Life &amp; Death with Steve Ross <i>PAC</i></p>	<p><b>14</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Dead Poets Society (PG, 1989, 5*, 2h8m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Michael Donahue <i>SDR</i></p> <p>6:30 PM TRANSPORTATION*: Scheidt Center for Rachmaninoff (for ticketholders) <i>WAY</i></p> 
<p><b>15</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Horizon: Am American Saga (R, 2024, 4*, 3h1m) <i>PAC</i></p> <p>2:00 PM TRANSPORTATION*: Scheidt Center for Rachmaninoff (for ticketholders) <i>WAY</i></p>	<p><b>16</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>17</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:30 PM IFF Club Meeting <i>PAC</i></p> <p>4:00 PM Idlewild Communion Service <i>CH</i></p>	<p><b>18</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: Eyelene Farmer &amp; Anne Carriere <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>4:30 PM Celebration of Centenarians <i>MR</i></p>	<p><b>19</b></p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: Autumn Leaves with Paul Morphis <i>PAC</i></p> 	<p><b>20</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM MOVIE: Love Story (PG, 1970, 4.5*, 1h36m) <i>PAC</i></p> <p>5:00 PM TGIFT! with The Duane Cleveland Duo <i>PAC</i></p>	<p><b>21</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Kindergarten Cop (PG-13, 1990, 4.5*, 1h51m) <i>PAC</i></p> <p>5:00 PM SATURDAY MUSIC HOUR: The Penny Kings <i>PAC</i></p>
<p><b>22</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Ghostlight (R, 2024, 4*, 1h55m) <i>PAC</i></p> 	<p><b>23</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>4:00 PM Blessing of the Pets <i>HG</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM Follow-Up Talk with Keith Wood <i>PAC</i></p>	<p><b>24</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:00-4:00 PM SPECIAL PRESENTATION: Stay Independent Longer <i>PAC</i></p> <p>5:15 PM OUT TO DINNER*: Ciao Bella <i>WAY</i></p> 	<p><b>25</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>1:30 PM TRANSPORTATION: Creative Aging <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: Thistle &amp; Bee <i>CH</i></p> 	<p><b>26</b></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>27</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM MOVIE: Goodbye, Mr. Chips (G, 1969, 4.5*, 2h34m) <i>PAC</i></p> <p>5:30 PM Dinner with music by Tim Stanek (Piano) <i>SDR</i></p>	<p><b>28</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Midnight in Paris (PG-13, 2011, 4.5*, 1h34m)</p> 
<p><b>29</b></p> <p>10:30 AM Morning Prayer Service with Jack Richbourg <i>CH</i></p> <p>2:00 PM MOVIE: The Widow Clicquot (R, 2024, 5*, 1h30m) <i>PAC</i></p>	<p><b>30</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><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>		<p><b>Dr. Warren's Clinic Hours</b></p> <p>Wed, September 11 12:30 p.m. - 3:00 p.m.</p> <p>Tue, September 17 12:30 p.m. - 3:00 p.m.</p> <p>Wed, September 25 12:30 p.m. - 3:00 p.m.</p>		



# MOVIES

## AT TREZEVANT



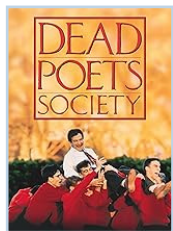
9/6/2024 2:00 PM  
**To Kill a Mockingbird**  
 (R, 1963, 5\*, 2h9m)  
 Gregory Peck won an Oscar® for his brilliant portrayal of a Southern lawyer who compassionately defends a black man accused of rape in this film version of the Pulitzer Prize-winning novel.



9/7/2024 2:00 PM  
**Music of the Heart**  
 (PG, 1999, 4.5\*, 2h3m)  
 Two-time Academy Award winner Meryl Streep (It's Complicated) stars with Angela Bassett (Notorious) in a heartwarming, acclaimed true story of how one woman's musical gift affected those who least expected it.



9/8/2024 2:00 PM  
**Summer Camp**  
 (PG-13, 2024, 3.5\*, 1h35m)  
 Nora, Ginny, and Mary, best friends since their summers spent at sleepaway camp, have drifted apart as the years have passed. But when a summer camp reunion arises, they all seize the chance to reconnect, albeit with different levels of enthusiasm.



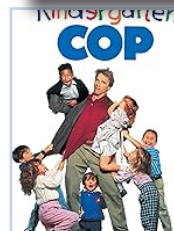
9/14/2024 2:00 PM  
**Dead Poets Society**  
 (R, 1991, 4.5\*, 2h4m)  
 With a lesson plan full of unorthodox methods, maverick teacher John Keating emboldens his all-boys preparatory school students, inspiring them to break out of their shells, pursue their dreams and seize the day.



9/15/2024 2:00 PM  
**Horizon: An American Saga**  
 (R, 2024, 4\*, 3h1m)  
 A multi-faceted chronicle covering the Civil War expansion and settlement of the American West.



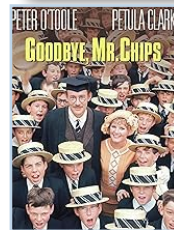
9/20/2024 2:00 PM  
**Love Story**  
 (PG, 1970, 4.5\*, 1h36m)  
 The story of a young couple who cross social barriers, marry and ultimately face the greatest crisis of all.



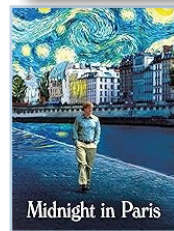
9/21/2024 2:00 PM  
**Kindergarten Cop**  
 (PG-13, 1990, 4.5\*, 1h51m)  
 Arnold Schwarzenegger stars as a policeman who takes on the toughest assignment of his career when he poses as a kindergarten teacher in order to catch a criminal.



9/22/2024 2:00 PM  
**Ghostlight** (R, 2024, 4\*, 1h55m)  
 When a construction worker unexpectedly joins a local theater's production of Romeo and Juliet, the drama onstage starts to mirror his own life.



9/27/2024 2:00 PM  
**Goodbye, Mr. Chips**  
 (G, 1969, 4.5\*, 2h34m)  
 Peter O'Toole stars in this musical classic about a prim English schoolmaster who learns to show his compassion through the help of an outgoing showgirl.



9/28/2024 2:00 PM  
**Midnight in Paris**  
 (PG-13, 2011, 4.5\*, 1h34m)  
 A romantic comedy about a family traveling to the French capital for business. The party includes a young engaged couple forced to confront the illusion that a life different from their own is better.



9/29/2024 2:00 PM  
**The Widow Clicquot**  
 (R, 2024, 5\*, 1h30m)  
 After her husband's death, Madame Clicquot flouts convention by assuming the reins of their wine business, defying her critics and ultimately revolutionizing the champagne industry, establishing her as one of the world's first great businesswomen.

# September Birthdays

September 1  
 Walter Mischke

September 4  
 Elaine Colmer

September 5  
 Helen Brandon

September 7  
 Mary Dunklin  
 Bill Butler

September 8  
 Mary McCallum  
 Henry Harvey

September 9  
 John Malloy

September 10  
 Gail Williamson  
 Barbara Nash

September 13  
 Loretta Taras

September 15  
 Pam Van Doren

September 16  
 Sue Britton

September 19  
 Pete Shearon

September 19  
 Robert Strandburg  
 Philip Vaiden

September 20  
 John Robertson  
 James Waller

September 20  
 Janet Canale

September 22  
 Wayne Shannon

September 23  
 Julia Howell

September 23  
 Joan Chesney

September 24  
 Sam Stringer

September 24  
 Worthington Brown

September 25  
 Kay Robilio

September 26  
 Peggy Wilkinson

September 27  
 Jane Williams

*Honorariums and Memorials to the Trezevant Foundation are greatly appreciated. The Trezevant Foundation is a 501(c)(3) organization. Gifts are tax deductible to the extent allowed by law.*

*Email [Foundation@Trezevantmanor.org](mailto:Foundation@Trezevantmanor.org) or go to our secure website: [Trezevantmanor.org/donate](https://Trezevantmanor.org/donate).*



# Stay Independent Longer

Transitions in our lives and changes in our health can result in a loss of a once active and independent lifestyle. But it doesn't have to be that way at all! There are a great many ways that you can live life to the fullest and age well, despite your changing circumstances. Here are ten tips to help you stay independent longer:

- *Watch what you eat*

Focus on a diet that is rich in healthy fats, fruits and vegetables rich in nutrients that can keep your body perform at its best. Cut down on heavy carbs and sugary snacks as your body will not be able to process them as well as it used to.

- *See your doctor regularly*

Visiting your doctor early can mean that you can catch any problems and treat them at the earliest opportunity. Catching illnesses early also reduces the strain on emergency rooms and hospitals when preventable or treatable conditions worsen.

- *Stay active*

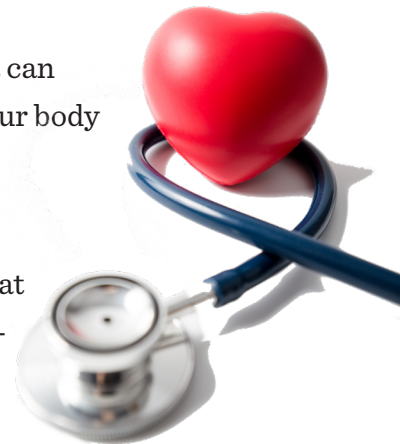
The old saying of 'use it or lose it' still rings true and the older we get the more important this idea becomes. Whether it's gardening, playing golf, swimming or even just gentle activities like walking, it's important to keep moving every day. Of course, we all have different levels of fitness, simply find what you are comfortable with and go at a pace that suits you.

- *Exercise your brain*

Being active isn't restricted to your body, you also need to keep your mind sharp. The brain is like any other muscle and with plenty of perseverance and daily practice a healthy brain can stay that way. Reading books, learning new skills such as a foreign language, doing puzzles like sudoku and crosswords, mental arithmetic and writing journals can all help curb normal age-related mental decline.

- *Visit loved ones*

Seeing photos of friends and family online and hearing them talk on the phone is one thing but being able to visit their homes yourself – even for a cup of tea and a quick catch up can really help you start to feel more connected and centered.



- *Embrace culture*

Keep enjoying the things that used to keep you entertained. Whether you enjoyed live music, art, comedy, drama or perhaps visiting museums, aging creatively can help you to feel good, keep your brain stimulated and rekindle old interests by making time to engage with culture and the arts.

- *Make new friendships*

Making new friendships can make a huge and profound impact on your life giving you an outlet to share your stories, thoughts, frustrations and unique world view. Engaging in new hobbies, clubs and societies can be good ways to connect with new people.

- *Keep up to date with technology*

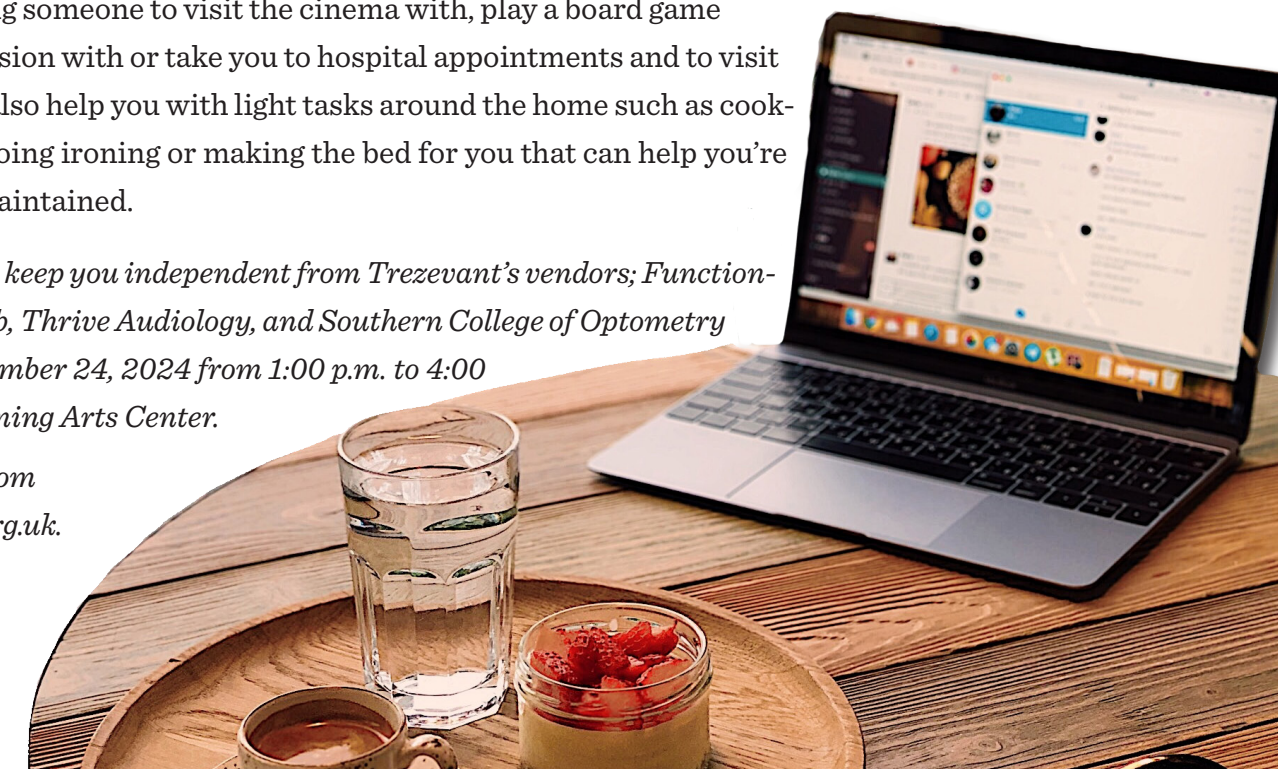
Using the internet can keep you up to date with news, allow you to connect with your friends and family through social media, can be used to read books and watch videos, do shopping and so much more.

- *Consider companionship and non-medical care*

Companionship is care that involves almost anything that isn't medical or personal. It could be something as simple as having someone to visit the cinema with, play a board game with, watch television with or take you to hospital appointments and to visit family. They can also help you with light tasks around the home such as cooking fresh meals, doing ironing or making the bed for you that can help you're home stay well-maintained.

Learn more tips to keep you independent from Trezevant's vendors; *Functional Pathways Rehab, Thrive Audiology, and Southern College of Optometry* on Tuesday, September 24, 2024 from 1:00 p.m. to 4:00 p.m. in the Performing Arts Center.

Original article from [www.seniorhelp.org.uk](http://www.seniorhelp.org.uk).





# Calling all Sew & Sews

by Jan LaBeause

Are you now or have you ever been a Knit Wit, a Needle Nerd, a Quirky Quilter, a Sew & Sew, a Crotchety Crocheter or a Stitch Witch?

If so, do you have UFOs (unfinished objects) to complete or do you need a little friendly encouragement to pick up your needles? If not, are you interested in a low impact, creative activity that researchers have discovered boosts social, mental, cognitive and physical well-being? It's also cheaper than a therapist! Well, look no further than the Trezevant Sewing Circle.

After disbanding during COVID, the Sewing Circle was reactivated in May 2023. While the previous group was primarily knitters, we currently have knitters, counted cross-stitchers, crocheters, needle-pointers, seamstresses, embroiderers and quilters. So, if you enjoy any type of needlework, we would love for you to join us the 1st Thursday of each month in the Manor Club Room #310 from 3 to 5 PM. For more information, please contact Jan LaBeause, Manor #505, janlabeause@gmail.com, 478-747-0852 or Catherine Lewis, Place # 4304, mud3.1416@comcast.net, 901-834-8712.

## At Your Service

*continued from page 2*

Content of this article is attributed to Federal Trade Commission site.

Being aware is the first step in identifying and avoiding being taken advantage of. Join us on Friday, September 6 for Trezevant Explores\* as Trezevant's head of IT, Jeremy Younger, will be presenting on Scams directed at Seniors and what to watch out for, how to recognize, report and avoid.

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

## Be Well!

*continued from page 3*

tripping dangers, such as area rugs, cords, and wires. Increase lighting, especially in areas like hallways and bathrooms. Install non-slip mats, grab bars and handrails where needed.

- Talk to Your Doctor. Talk with your healthcare provider about evaluating your risk for falling and what you can do to prevent a fall from occurring. Speak with your doctor or pharmacist about the complete list of medications you are taking and if any of them are putting you at an increased risk of a fall. In addition, get a bone density scan or have Vitamin D levels checked, if possible. If you also have low bone density, you can be at an increased risk of a fracture if you do experience a fall.
- Have your Vision and Hearing Tested. You should have your eyes and ears checked often, and always wear your glasses and hearing aids.

## In St. Edward Chapel

*continued from page 4*

friends. Howard and Beverly Vance will accompany us with fun doggy songs. Lemonade and cookies for humans, treats for our pets!







Trezevant

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