



NOVEMBER 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 11



In this Issue:

- **Joining Together for Allen Morgan**
- **Be Prepared**
- **Mark Your Calendar with October Activities**

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:*
Marion Morgan
photographed by
Rinnie Wood

At Your Service

by Kim O'Donnell, Director of Life Enrichment

November promises to be a bustling month with a variety of happenings. Events as simplistic as turning back the clocks as Daylight Savings time takes effect, to a Covid vaccine clinic, luncheon honoring our veterans, and a presidential election.

Whatever the outcome change is in effect at Trezevant and beyond. On that note it is with some trepidation that I announce the semi-retirement of Fitness Coordinator and Community Liaison, Rinnie Wood. After 15 years of service to Trezevant Rinnie will be stepping back. Rinnie will stay on as a part-time fitness instructor and assist with community projects, thus it will not be a complete separation. Rinnie looks forward to travel and spending more time with her family. It is with great excitement that I share the news of Rinnie's replacement.

Joining our staff full-time, a familiar face, Katy Stanfield. Katy has been teaching at Trezevant for the past several years while also serving as Director of The Creative Dance Hive at Hutchison School. Katy is a graduate of the University of Tennessee, has certifications in Yoga Fit, Yoga Therapy, Yoga for Seniors, Yoga for Caregivers, Silver Sneakers, and Pilates. She has served as an instructor for Better Bodies Yoga, Dance Teacher and Choreographer for Germantown Community Theatre, Dance Teacher for Senior Musical Theatre Workshops through Creative Aging. In addition to dancing professionally with the Madison Ballet, Civic Ballet of Chicago, Nashville Ballet and Ballet Memphis.

Katy's experience, energy, and creativity will bring a wealth of vivacity to the fitness program.



BE WELL!

Alzheimer's Disease Awareness

by Valerie Smithers, RN, Resident Care Coordinator

There are over 6 million Americans living with Alzheimer's Disease with over 3 million new cases diagnosed each year. Alzheimer's is deadlier than breast cancer and prostate cancer combined. The disease is most prevalent in women and African Americans. 11 million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's. Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's.

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. This damage begins a decade or more before symptoms start to show. It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI), which can precede Alzheimer's and other forms of dementia.

Symptoms of Alzheimer's Disease:

- Memory Loss
- Poor judgment leading to bad decisions
- Loss of spontaneity and sense of initiative
- Taking longer to complete normal daily tasks
- Repeating questions
- Trouble handling money and paying bills
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language

Signs of Mild Cognitive Impairment:

- You forget things more often.
- You miss appointments or social events.
- You lose your train of thought, or you can't follow the plot of a book or

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WELLNESS SERVICES

Rinnie Wood,
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& Community Liaison
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Kirsti Carroll, Instructor
Sheila Rae, Instructor
Carol Ricossa, Instructor
Katy Stanfield, Instructor
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Rita Frix, Personal Trainer
Lucas Isley, Personal Trainer
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Valerie Smithers, RN
Wellness Nurse
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(901) 251-9239

Leslie Brewington, LPN
Wellness Nurse
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SPIRITUAL SERVICES

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Rev. Barbara Kirk-Norris,
Associate Chaplain
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WEEKLY SCHEDULE

Worship & Holy Communion
Each Sunday at 10:30 a.m.
St. Edward Chapel

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

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

Catholic Services
Each Wednesday at 10:00 a.m.
St. Edward Chapel

Chaplains' Classes
Each Wednesday at 3:00 p.m.
St. Edward Chapel

In St. Edward Chapel

by Rev. Julie McKenna

Spiritual Care Offerings for November, 2024

All Saints Service-Sunday, November 3, 2024 at 10:30 a.m. in St. Edward Chapel

On this special day, we honor all the persons in our community that have died over the past year. Names of all the saints will be read during the service. Families of all of the deceased are invited to join us. Howard and Beverly Vance will accompany us on guitar and flute, along with our pianist, Lien Nguyen.

Don't forget—Daylight Savings Time ends on November 3rd—so you have an extra hour!

Worship and Holy Communion Service-Sundays, November 10th, 17th and 24th.

Chaplains' Classes-NEW!! Begins Wednesday, October 30th for four weeks at 3:00 p.m. in St. Edward Chapel.

Paul probably had more to do with the spread of Christianity than Jesus did, and, yet we don't know much about him. Who exactly was this man, Paul? Would we even be Christians today without him, and what might we have in common with those crazy Corinthians? Come to Jack Richbourg's class on Paul's Corinthian Correspondence and find out.

November Birthdays

November 2
Gail Weesner

November 4
Dottie Grayson

November 5
Faye Southern

November 7
Richard Williams

November 8
Barbara Christensen
Carolyn Whitley

November 9
Ann Knox
November 10
Bobby Leatherman

November 13
Barbara Williams

November 14
Dixie Power

November 15
Dorothy Craddock

November 17
Russ Goodloe

November 19
Gail Murray

November 20
John Grayson

November 29
Ted Johnson

November 30
Jim Lewis
Barbara Wind

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.

To make a donation, please visit Paula Jacobson or Liz Johnson or email Foundation@trezevantmanor.org.
















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.

NOVEMBER 2024

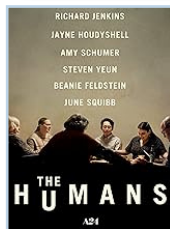
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Dr. Warren's Clinic Hours Tue, November 5 Wed, November 13 Tue, November 19 12:30 p.m. - 3:30 p.m.	LOCATION KEY <div>G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</div> <div>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</div>		1 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Beale Street Brass Note with Ken Hall PAC 2:00 PM MOVIE: Bell, Book & Candle (PG-13, 1958, 5*, 1h42m) PAC 5:30 PM TGIFT! with Becky Roland & the Double Stops (Ukelele) PAC	2 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Humans (R, 2021, 4*, 1h46m) PAC 5:00 PM SATURDAY MUSIC HOUR with Valeria & Alex Nollan (Classical) MR 
3 DAYLIGHT SAVING TIME ENDS-FALL BACK! 10:30 AM All Saints' Sunday with special music by Beverly & Howard Vance CH 2:00 PM MOVIE: Reagan (PG-13 2024, 5* 2h20m) PAC 	4 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC	5 ELECTION DAY 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 	6 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay 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: Corinthians with Jack Richbourg CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night at Trezevant SDR	7 9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Hearth Songs with Paul Morphis (One Man Band) PAC	8 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 11:30 AM Veteran's Day Luncheon SDR 2:00 PM MOVIE: Black Robe (R, 1991, 4.5*, 1h40m) PAC 5:30 PM Dinner with music by Sam Cox (Oldies) SDR 	9 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Pursuit of Happyness (PG-13, 2006, 5*, 1h57m) PAC 5:30 PM Dinner with music by Sandra Miller (Piano) SDR 
10 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: I'll Be Right There (PG-13, 2024, 5*, 1h37m) PAC	11 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Artists-in-Residence PAC 	12 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 10:00 AM Sewing Circle CR 310 11:00 AM Gentle Aquatics AC 1:00-3:00 PM IL COVID Vaccination Clinic SDR 4:00 PM Idlewild Communion Service CH	13 8:15 AM Water Aerobics AC 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 10:30 AM Arboretum Celebration HPL 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Corinthians with Jack Richbourg CH 4:00 PM Conversations with Kent PAC	14 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 5:00 PM Happy Hour PAC	15 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 Stretch & Balance 201 2:00 PM FILM FEST: It Happened One Night with Steve Ross PAC 5:00 PM TGIFT! with Bobby Lawson MR 7:15 PM SPECIAL PERFORMANCE: Memphis Jazz Workshop (Big Band!) PAC 	16 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Eat, Pray, Love (PG-13, 2010, 4.5*, 2h20m) PAC 5:00 PM SATURDAY MUSIC HOUR: Doug MacLeod (Jazz) PAC
17 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Lee (R, 2024, 5*, 1h57m) PAC 4:00 PM SPECIAL PERFORMANCE: Dubois Duo (Classical) MR 	18 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC 5:30 PM Mystery Dinner* SDR	19 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 	20 8:15 AM Water Aerobics AC 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: Corinthians with Jack Richbourg CH 4:00 PM Take Your Brain to the Gym MR 	21 9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 5:00 PM Happy Hour PAC 	22 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 Stretch & Balance 201 2:00 PM MOVIE: The Grapes of Wrath (G, 1940, 4.5*, 2h9m) PAC	23 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 3:00-5:00 PM Art Opening & Reception for Fred Rawlinson TWW 5:00 PM SATURDAY MUSIC HOUR: The Penny Kings PAC 7:15 PM SPECIAL PERFORMANCE: Memphis Chamber Music Society (Classical) PAC
24 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: My Penguin Friend (PG, 2024, 4.5*, 1h37m) PAC	25 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC 	26 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC	27 8:15 AM Water Aerobics AC 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	28 THANKSGIVING DAY Thanksgiving Day Luncheon 11:00 AM-12:30 PM or 12:30 PM-2:00 PM Please call 251-9212 for reservations.	29 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 Stretch & Balance 201 2:00 PM MOVIE: Mary Poppins (G, 1965, 5*, 2h19m) PAC 5:30 PM Dinner with music by Tim Stanek (Piano) SDR	30 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The King's Speech (PG-13, 2010, 4.5*, 1h58m) 5:30 PM Dinner with music by David Virone (Piano) SDR

MOVIES

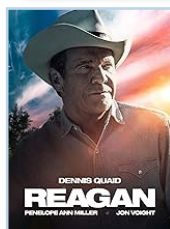
AT TREZEVANT



11/1/2024 2:00 PM
Bell, Book & Candle (PG-13, 1958, 5*, 1h42m)
 A modern-day witch likes her neighbor but despises his fiancée, so she enchants him to love her instead... only to fall in love with him for real.



11/2/2024 2:00 PM
The Humans (R, 2021, 4*, 1h46m)
 Based on the Tony Award-winning play, a family gathers for Thanksgiving in their daughter's apartment. Amidst the warmth and humor of the holiday, the tight-knit family tries to hold together in the face of an anxious and uncertain future.



11/3/2024 2:00 PM
Reagan (PG-13, 2024, 5*, 2h20m)
 Dennis Quaid stars as 40th U.S. President Ronald Reagan; who rises from actor to leader of the nation; in this captivating journey told through the voice of a former KGB officer.



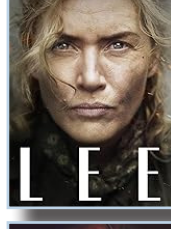
11/9/2024 2:00 PM
The Pursuit of Happyness (PG-13, 2006, 5*, 1h57m)
 Evicted from his apartment and with no place to go, single father Chris Gardner struggles to create a better life for himself and his young son, refusing to give in to despair as he tries to change his professional and personal circumstance.



11/10/2024 2:00 PM
I'll Be Right There (PG-13, 2024, 5*, 1h37m)
 Life's complicated for Wanda (Edie Falco). Between a pregnant daughter, a wayward son, an absent ex-husband, and a hypochondriac mother, she must figure out how to keep her family together while finding her own love and happiness.



11/16/2024 2:00 PM
Eat, Pray, Love (PG-13, 2010, 4.5*, 2h20m)
 At a crossroads in her life, Liz Gilbert (Julia Roberts) travels to Italy, India and Bali to discover meaning and happiness in this inspiring true story, based on the best-selling book.



11/17/2024 2:00 PM
Lee (R, 2024, 5*, 1h57m)
 The story of photographer Elizabeth 'Lee' Miller, a fashion model who became an acclaimed war correspondent for Vogue magazine during World War II.



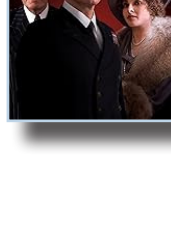
11/22/2024 2:00 PM
The Grapes of Wrath (G, 1940, 4.5*, 2h9m)
 A poor Midwest family is forced off their land. They travel to California, suffering the misfortunes of the homeless in the Great Depression. The family soon realize that the promised land isn't quite what they hoped.



11/24/2024 2:00 PM
My Penguin Friend (PG, 2024, 4.5*, 1h37m)
 Inspired by a true story; an enchanting adventure about a lost penguin rescued from an oil spill; who transforms the life of a heartbroken fisherman. They soon become unlikely friends; so bonded that even the vast ocean cannot divide them.



11/29/2024 2:00 PM
Mary Poppins (G, 1965, 5*, 2h19m)
 Disney classic about an English nanny who reconnects a proper English father and mother with their two kids.



11/30/2024 2:00 PM
The King's Speech (PG-13, 2010, 4.5*, 1h58m)
 An extraordinary friendship develops between King George VI and the speech therapist who uses unconventional means to teach the monarch how to speak with confidence.

Resident Reflections



1. Terrace trip to the River. Front Row-Jane Twist, Brenda Bradberry, Jan Jamison, Carla Wright, Pam Van Doren. Back Row-Jean Borkert, Tommie Saxon, Mary Beth Keys, Verlene Briggs, Mary Edith Walker.
2. Elizabeth Holmes and Margaret Taylor help with the Library project at Church Health.
3. Terrace Activity Director Darrilyn Jenkins, Anna McNeill, Alex Estrada, Ann Knox and Rev. Barbara Kirk-Norris at the Alzheimer's Bake Sale.



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Be Well

movie.

- Trouble recalling recent events or trouble thinking clearly
- You have trouble following a conversation.
- You find it hard to make decisions, finish a task or follow instructions.
- You start to have trouble finding your way around places you know well.
- You begin to have poor judgment.
- Your family and friends notice any of these changes.

Getting checked by your health care provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease or MCI. Treatment of the disease may involve medications, lifestyle management strategies and enrollment in clinical trials.

Looking Ahead & Reflections on my Time at Trezevant

by Rinnie Wood

On January 1, 2025, we will welcome Katy Stanfield as our new Fitness Coordinator. Many of you know our skilled and caring yoga and Pilates instructor and all of you will get to know her soon. I will continue to teach fitness classes and do community work, plus find more time for family and friends. Both Katy and I are excited and grateful for this opportunity for growth and change. This is a win-win for Katy, Trezevant, our instructors, and me.

Katy will use her boundless talent and creativity to move the Trezevant Fitness Program into the future. In addition to her classes here, she currently teaches at Hutchison School as Director of Creative Dance Hive and yoga at Better Bodies Yoga.

Now is the perfect time to reflect on my time as Fitness Director of Trezevant. November is the month we focus on gratitude and that is exactly what I feel year-round, year after year. I began in spring of 2010 and immediately thought “I should write a book.” How I wish I had! The Grand Opening of the newly constructed Place, Terrace, houses, PAC, Pool, Chapel and Bistro had just opened. There had been a six-month period without a fitness leader, there were just 7 classes a week: 3 Tai Chi; 2 self-organized men’s classes; 2 pool classes taught by the Resident Services Director and the other by Sheila, our Tai Chi teacher). Now we challenge our bodies, minds and spirits daily with abundant programming.

Just like now, 2010 residents were, for the most part, smart, gracious, interesting, curious, talented, direct, joyful, generous, fun, perseverant, and kind. They supported and appreciated the arts, education, churches, non-profits, public parks, the Zoo, museums, gardens and



much more. In the words of former resident Margaret Weakley, they were “perfect, but lied a lot.” This self-effacing humor was prevalent.

You and those who came before you have taught me so very much about so many things. Because of this, I am grateful to be able to continue here, as your friend, teacher and student of life. You have taught me that attitude matters and opportunities for growth are boundless at any age!





Trezevant

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