



MAY 2025

# Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 5



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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  
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Susie Osborn  
Jack Richbourg  
Beverly Williams  
Ann Knox  
Guests

† Cover Photo:  
Barbara Dale-Crafton, Kitty Cannon, Kitty Cannon and Sally Hergenrader.

# At Your Service

by Kim O'Donnell, Director of Life Enrichment

As a long time board member, and past board president, of Creative Aging of the Midsouth, a non-profit dedicated to using the arts to improve the quality of life for older adults through creative expression and social engagement. It is noteworthy to say that volunteering pays off. These rewards I wish to share with you, the 2025-2026 Concert Series Season. The series features 17 unique acts with 22 performances scheduled to stage at Theater Memphis or the Kroc and promises to be dynamite.

While I don't have space to list all the offerings, the full line up, with details, will be available in June at the Concert Series events and electronically. Contact me if you wish to be placed on the Creative Aging email list.

To begin a "sneak peek" of whats to come; Brad Birkedahl, Elvis impersonator, but best known for his rockabilly trio, The Dempseys. Brad has entertained audiences around the world and received a brass note on historic Beale Street in 2015. Brad, with his 9 piece band, put on a spectacular performance. Elevation Memphis, a Tina Turner Tribute with sound rooted in R&B, gospel and soul, performances reveal stories of resilience and connection. Mighty Souls Brass Band is sure to lift you up with Sean Murphy and company playing a tribute to New Orleans-style brass band music while blending the sounds of Memphis. The MSBB comprised some of Memphis' most sought-after musicians blending a unique Memphis spin on a tradition that's as global in its scope as it is deep-rooted in American popular music. "Mamma Mia" comes to Theater Memphis, an energetic and irresistible musical set on a remote Greek island. This classical jukebox musical based on songs by international pop group, ABBA, put on a dancing, prancing elaborate production sure to pack the house. Mix in a 14 piece Tropical Fusion Latin Band, a production featuring songs from "Jesus Christ Superstar", a 30 piece Memphis Wind Symphony and concluding with Gary Beard and Friends. This is a line up you will certainly want to put on your calendar.

# BE WELL!

## Daily Aspirin is Overused in Primary Prevention

by Jim Lewis, MD

Many older adults have been taking a baby aspirin (81 mg) daily for decades because it was thought to prevent heart attacks. This information needs updating.

At least three recent major studies and a number of minor ones indicate that aspirin is overused in the United States. Appropriate use of aspirin in 2025 is for "secondary prevention." Secondary prevention is prevention of heart attacks and strokes in people with known cardiovascular disease. Cardiovascular disease includes strokes, mini-strokes, coronary artery disease, carotid artery disease, cardiac and other vascular stents, and peripheral vascular disease such as narrowing of arteries in the legs. Primary prevention is use of aspirin in the absence of cardiovascular disease.

Aspirin unfortunately is not a harmless medication since it can occasionally cause both major and minor gastrointestinal bleeding. The three recent trials questioning the use of aspirin for primary prevention are abbreviated as ASPREE, ASCEND, and ARRIVE. You can Google these names followed by the word "trial" if you want further details. Another trial (ATTACK trial) is in progress using low dose aspirin in chronic kidney disease. Here is a summary of the published trials' conclusions:

1. ASPREE - Use of low dose daily aspirin in

adults over age 70 for primary prevention provided no benefit. A slightly greater risk for cancer among the study's aspi-

## WELLNESS SERVICES

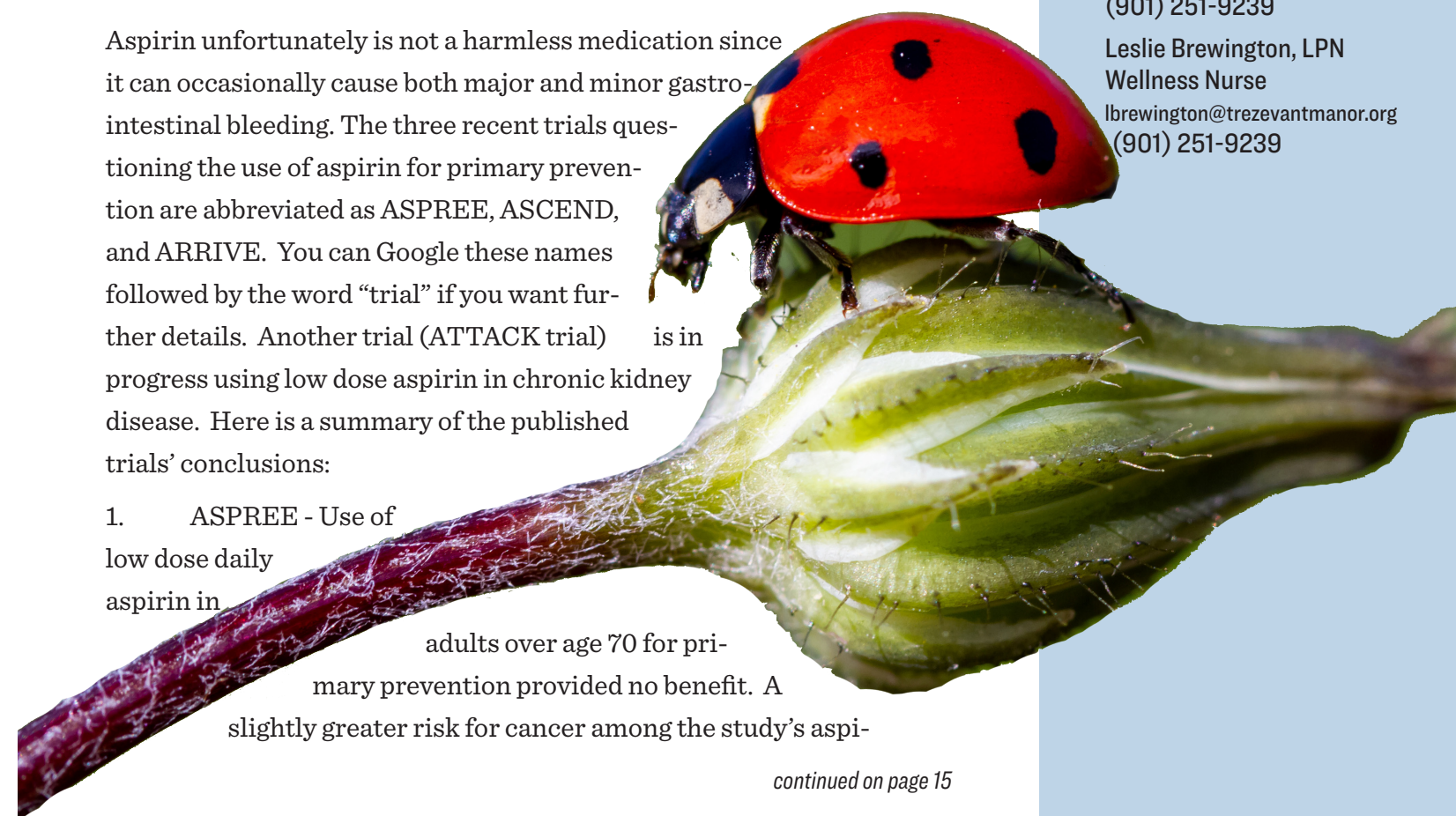
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continued on page 15





# 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

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

## Worship and Holy Communion Services

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

## Mindfulness Meditation

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

Join us for an introductory half hour of guided meditation with spiritual director, author and resident, Linda Mischke.

## Chaplains' Class

Each Wednesday at 3:00 p.m. in St. Edward Chapel through June 4th

A new twist of Trezevant's annual Transitions class-- Invite your families and join us as we look at the scenario of a fictional couple as they face health challenges and face possible moves to higher levels of care. A panel of team members from the interdisciplinary Transitions team will be present to discuss how they would try to assist this couple and others like them at each level of care.

- May 7th: Panel discussion: Planning ahead: Important documents and decisions: Advance Directives, the POLST form, communication of wishes with family, compiling accurate data for your obituary, sharing your story, and funeral planning (Medical director and chaplains)
- May 14th: Panel: discussion of services available to assist residents to stay in Independent living and overview of rehab program in Allen Morgan. Valerie Smithers, Kim O'Donnell, Melissa Angus from Rehab, Comfort Keepers staff.
- May 21st: Panel: discussion of Life in Assisted Living with Terrace nursing, marketing, activities, and chaplaincy of the Terrace.
- May 28th: Panel: discussion of care for dementia residents and their families, and a bird's eye view of the memory unit with Terrace administration, marketing, nursing, and the unit's activities staff.
- June 4th: Panel: discussion of long term care in Allen Morgan with nursing, admin., and social worker for long term care at Allen Morgan.



# Art Studio

by Beverly Williams, Resident and Art Student

So, you think you can't paint? So, you flunked coloring in first grade? You can't even do a Paint by Number!! But maybe you like to hang around art museums. Or go to the art openings here at Trezevant and not just for the wine. You'd kind of like to try it, but you're scared. Scared! What have you got to lose? You've probably tried a bunch of other things, so maybe you can do this too.

On the second floor at Trezevant is the Arts Studio, which was dedicated by Ellida and James Fri, Jr. The studio furnishings were given in memory of Robert Lee Campbell, Jr. by Mackie and Jane Campbell Gober. Having a dedicated art studio is unique in this Memphis retirement community.



Minor Murrah

Art at Trezevant was pioneered by Minor Murrah, a talented artist and Trezevant resident who wanted to share her gift. She was assisted by Petie Williams, also a talented artist and teacher. For the past ten years, artist Anne Hughes Sayle has been the instructor.

Every Thursday, the studio is filled with a handful of serious art students. Some have been painting for a lifetime and their talent is obvious. Others have crept in timidly "just to try it" and were surprised to find a source of pleasure in the pursuit of art and the camaraderie of the group. As the regulars trickle in and sit at their easels, instructor Anne Sayle moves about the room, offering insights and perspective. Background music plays, interspersed with advice, laughter, and occasional gossip.

There is a yearly art show, with paintings offered for viewing and for sale with a portion of the proceeds benefitting the Trezevant Foundation.

So, take a chance, join the group and you just might find you have a hidden talent to share!!





# It's all about Finding Your Balance!

by Katy Stanfield, Fitness Coordinator

Thank you all for participating in our 2025 Trezevant Fitness Survey! I received so much good feedback on how our program can improve and grow. The results showed that across the board the most important component in this community is: BALANCE!

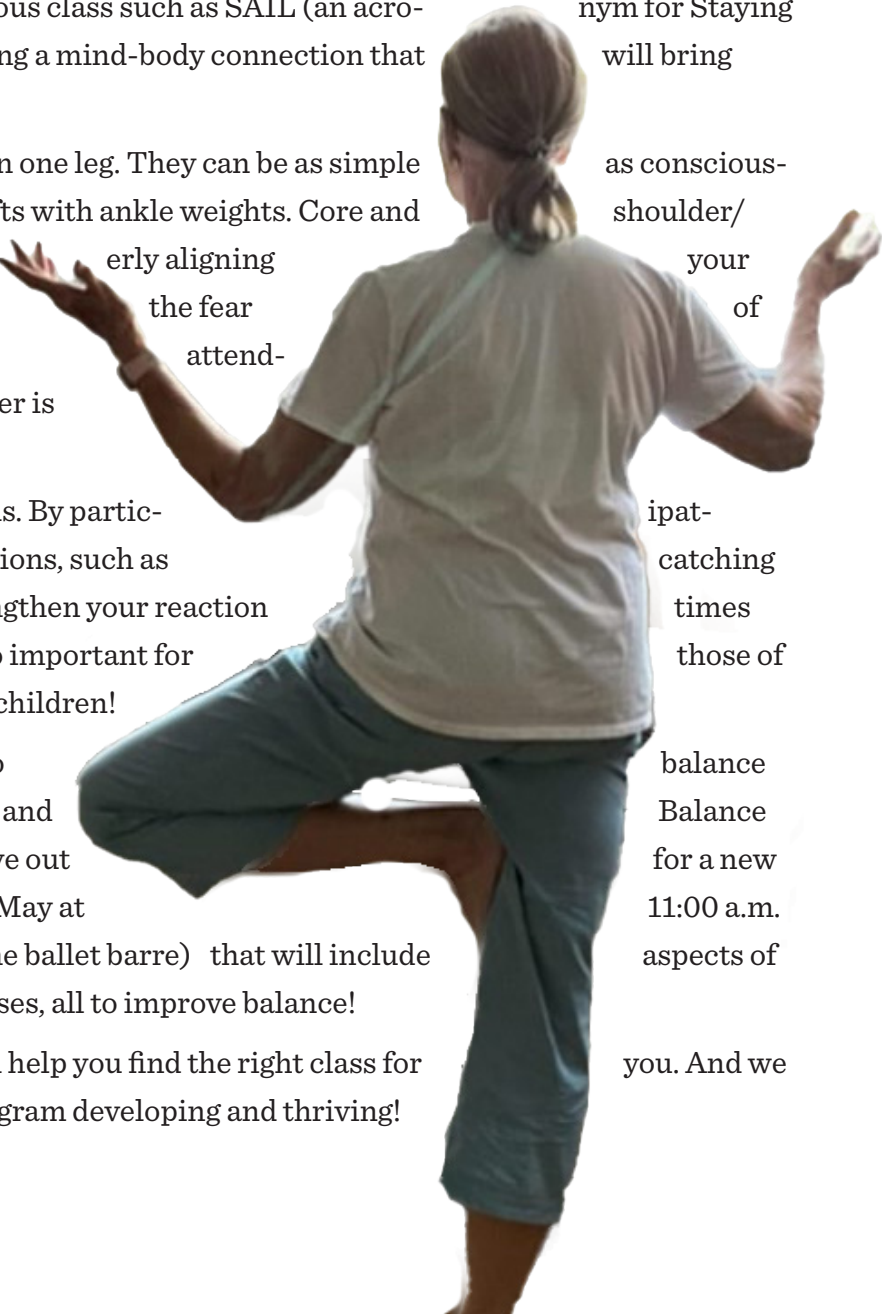
Falls are a leading cause of injury in the senior community. According to the National Council on Aging, one in four adults over the age of 65 falls each year, and every 11 seconds, an older adult is treated in the emergency room for a fall-related injury. However, the risk of falls can be significantly reduced by incorporating balance exercises into a daily routine. All our fitness classes offered here at Trezevant incorporate some kind of aspect of improving balance. Whether you are attending a mindfulness class such as Tai Chi and Yoga, a 9:15 a.m. chair class, or a more vigorous class such as SAIL (an acronym for Staying Active and Independent for Life), you are creating a mind-body connection that will bring better awareness to your body in space.

Balance exercises are more than just standing on one leg. They can be as simple as consciously walking heel-to-toe or as challenging as leg lifts with ankle weights. Core and arm exercises improve posture and by properly aligning your body you can walk with more confidence. If the fear of falling during an activity is stopping you from attending an exercise class, a class in the Aquatic Center is the safest place to get started!

Reaction times also play a role in preventing falls. By participating in balance exercises that require quick reactions, such as ipat-catching a ball or stepping over an obstacle, you can strengthen your reaction times those of and improve your ability to avoid falls. This is so important for those of you with pets or unpredictable, energetic grandchildren!

If you are interested in diving a little deeper into balance exercises, check out Kirsti's Advanced Strength and Balance class on Thursdays at 11:00 a.m. Also, keep an eye out for a new Barre and Balance class beginning Tuesdays in May at 11:00 a.m. It will be a standing class (with the support of the ballet barre) that will include aspects of Pilates, ballet, yoga, and physical therapy exercises, all to improve balance!

As always, I'm here to answer any questions and help you find the right class for you. And we will continue to keep our Trezevant Fitness Program developing and thriving!



Learn more about the Memphis Zoo with CEO Matt Thompson at this month's **TREZEVANT EXPLORES\*** on Fri, 5/2. Lunch\* begins at 11:30 a.m. and presentation begins at Noon in the PAC.

Attend a showing of **WINSLOW HOMER: SOCIETY & SOLITUDE** with Steve Ross on Mon, 5/2 in the PAC.

Wear your Derby hat to the **151st KENTUCKY DERBY PARTY** on Sat, 5/3 at 4:00 p.m. in the PAC.

Join the fitness challenge at the **MARGARITAVILLE KICK-OFF** on Mon, 5/5 at 4:00 p.m. in the PAC.

Attend the **TAPESTRY EVENT** on Memphis' Latin Community with Maricio Calvo on Sat, 5/6 at 7:15 p.m. in the PAC.

**CHAPLAINS' CLASS** on Transitions takes place each Wed beginning 5/7 for 5 weeks at 3:00 p.m. in the CH.

**TAKE YOUR BRAIN TO THE GYM** takes place on Wed, 5/7 & 5/21 at 4:00 p.m. in the MR.

Celebrate February Birthdays at **BIRTHDAY NIGHT AT TREZEVANT** on Wed, 5/7 at 6:00 p.m. in SDR.

Hear more on Language Errors at the **TAPESTRY EVENT** featuring Katy White on Wed, 5/7 at 7:15 p.m. in the PAC.

Join in further discussions of US/China relations at the **GREAT DECISIONS** event on Thu, 5/8 at 2:00 p.m. in the PAC.

Learn more about Memphis' STAX at the 2 part **TAPESTRY SERIES** events beginning on Fri, 5/9 at 2:00 p.m. in the PAC.

Delight in a Classical Performance by **MULLINS UMC ORCHESTRA** on Fri, 5/9 at 7:15 p.m. in the PAC.

Take Trezevant Transportation to the **GREEK FESTIVAL\*** on Sat, 5/10 Bus departs at 11:00 a.m. from WAY.

Admire the artwork the **ROSA JORDAN ART EXHIBIT OPENING & RECEPTION** on Sat, 5/10 from 3:00 to 5:00 p.m. in the TWW.

Celebrate our **FEATURED COUNTRY: ICELAND** on Tue, 5/13 at 4:00 p.m. in the PAC.

Attend a Special Presentation on **VERSAILLES GARDENS** with Dominique Bellott on Wed, 5/14 at 2:00 p.m. in the PAC.

Enjoy the newly formed **TREZEVANT SINGING GROUP** on Thu, 5/15 at 3:00 p.m. in the PAC.

Got questions about our **TREZEVANT BIRDS?** Get answers from Alan May on Thu, 5/20 at 3:00 p.m. in the PAC.

Let's go **OUT TO DINNER\*: ACRE** on Tue, 5/20 at 5:30 p.m. Bus departs from WAY.

Discover the history of STAX at the **TAPESTRY EVENT** with Author Robert Gordon on Thu, 5/22 at 4:15 p.m. in the PAC.

Discover little known movie facts from Steve Ross at the **FILM FEST**

**SHOWING** of *The Apartment* on Fri, 5/30 at 2:00 p.m. in the PAC. Encourage the younger generation at the **ROBERTA DOS SANTOS STUDENT CELLO RECITAL** on Sat, 5/31 at 2:00 p.m. in the PAC

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

## DINNER WITH MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 5/16 Jayden Johnson (Classical/Jazz) SDR

## SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 5/3 The Penny Kings (Blues/American) PAC
- 5/10 The Dubois Duo (Classical) PAC
- 5/24 The Lannie McMillen Trio (Blues/Jazz) PAC
- 5/31 Soul Ingredient (MJW Group) PAC

## OTHER SPECIAL MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 5/9 Mullins UMC Orchestra (Classical) PAC



















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.

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>LOCATION KEY</div> <div><div>G1-Garage 1st Floor 201-Fitness Room CR310-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></div>		<div>Dr. Warren's Clinic Hours</div> <div>Wednesday, May 7, 2025, 12:30-3:30pm Tuesday, May 13, 2025, 12:30-3:30pm Wednesday, , May 21 2025, 12:30-3:30pm Tuesday, May 27, 2025, 12:30-3:30pm</div>	<div>1</div> <div>9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 11:00 AM Men's Exercise PAC 1:00 PM Gentle Aquatics AC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</div>	<div>2</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core &amp; Strength 201 10:00 AM OUTING*: Kroger WAY 11:30 PM TREZEVANT EXPLORES: Memphis Zoo with CEO Matt ThompsonPAC 2:00 PM FILM FEST: Winslow Homer Film with Steve Ross PAC 2:00 PM Stretch &amp; Balance 201</div>	<div>3</div> <div>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 4:00 PM KENTUCKY DERBY PARTY PAC 7:15 PM SATURDAY MUSIC HOUR: The Penny Kings PAC</div> 
<div>4</div> <div>10:30 AM Worship &amp; Holy Communion CH</div> <div>1:15 PM TRANSPORTATION*: Rumors Performance for ticketholders WAY</div> <div>2:00 PM MOVIE: The Unbreakable Boy (PG, 2025, 5*, 1h48mm) PAC</div> 	<div>5 CINCO DE MAYO</div> <div>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 1:00 PM Bridge SDR 2:00 PM Lectio Divina GAL 2:00 PM Stretch &amp; Balance 201 4:00 PM Margaritaville Fitness Kick-Off PAC 5:00 PM Happy Hour PAC</div>	<div>6</div> <div>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 10:00 AM OUTING*: Walgreen's Senior Day WAY 11:00 AM Gentle Aquatics AC 11:00 AM NEW!! Barre &amp; Balance 201 2:00 PM Singing Group Rehearsals PAC 2:00 PM Chair Yoga 201 2:30 PM Walk Around Rev. Julie's Neighborhood WAY 7:15 PM TAPESTRY EVENT: Latin Community in Memphis with Mauricio Calvo PAC</div>	<div>7</div> <div>8:15 AM Water Aerobics AC 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 2:00 PM Meditation with L. Mischke CH 3:00 PM Chaplains' Class: Transitions CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night!! SDR 7:15 PM TAPESTRY EVENT: Language Errors with Katie White PAC</div>	<div>8</div> <div>9:15 AM Better Balance PAC 11:00 AM Men's Exercise PAC 1:00 PM Gentle Aquatics AC 2:00 PM Great Decisions: Continued discussion US-China Relations PAC 5:00 PM Happy Hour PAC 5:30 PM Dinner with Music by Steve Lee (Jazz) SDR</div> 	<div>9</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core &amp; Strength 201 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM TAPESTRY EVENT: STAX movie, Part 1 with discussion PAC 7:15 PM SPECIAL PERFORMANCE: Mullins UMC Orchestra (Classical) PAC</div>	<div>10</div> <div>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM -1:00 PMTRANSPORTATION*: Greek Festival WAY 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Mother (PG-13, 1997, 4.5*, 1h43m) PAC 3:00-5:00 PM Art Exhibit &amp; Reception for Rosa Jordan TWW 7:15 PM SATURDAY MUSIC HOUR: The Dubois Duo (Classical) PAC</div>
<div>11 MOTHER'S DAY</div> <div>10:30 AM Worship &amp; Holy Communion CH</div> <div>2:00 PM MOVIE: The Golden Voice (R, 2025, 4.5*, 1h26m) PAC</div>	<div>12</div> <div>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 1:00 PM Bridge SDR 2:00 PM Lectio Divina GAL 2:00 PM Stretch &amp; Balance 201 5:00 PM Happy Hour PAC</div> 	<div>13</div> <div>9:00 AM-4:00 PM Thrive Audiology by Appointment Clinic 9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 10:00 AM Sewing Circle MR 11:00 AM NEW!! Barre &amp; Balance 20111:00 AM Gentle Aquatics AC 2:00 PM Chair Yoga 201 4:00 PM FEATURED COUNTRY: Iceland PAC</div>	<div>14</div> <div>8:15 AM Water Aerobics AC 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 2:00 PM SPECIAL PRESENTATION: Versailles Gardens with Dominique Bellott PAC 2:00 PM Meditation with L. Mischke CH 3:00 PM Chaplains' Class: Transitions CH 4:00 PM Conversations with Kent PAC</div>	<div>15</div> <div>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 1:00 PM Gentle Aquatics AC 3:00 PM SPECIAL PERFORMANCE: Trezevant Singing Group PAC 5:00 PM Happy Hour PAC</div>	<div>16</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core &amp; Strength 201 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM TAPESTRY EVENT: STAX movie, Part 2 with discussion PAC 2:00 PM Stretch &amp; Balance 201 5:30 PM Dinner with Music by Jayden Johnson (Classical/Jazz) SDR</div>	<div>17</div> <div>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Brave (PG-13, 2016, 4.5*, 1h47m)PAC 6:00 PM TRANSPORTATION*: MSO Romantic Masterworks Rachmaninoff &amp; Saint-Saens, for ticketholders WAY</div> 
<div>18</div> <div>10:30 AM Worship &amp; Holy Communion CH</div> <div>2:00 PM TRANSPORTATION*: MSO Romantic Masterworks Rachmaninoff &amp; Saint-Saens, for ticketholders WAY</div> <div>2:00 PM MOVIE: Tokyo Cowboy (PG, 2024, 4.5*, 1h57m) PAC</div> 	<div>19</div> <div>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 2:00 PM Lectio Divina with Anne Carriere GAL 2:00 PM Stretch &amp; Balance 201 4:00 PM Margaritaville Winners Party PAC 5:00 PM Happy Hour PAC</div> 	<div>20</div> <div>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 10:00 AM Sewing Circle MR 11:00 AM Gentle Aquatics AC 11:00 AM NEW!! Barre &amp; Balance 201 1:30 PM IFF Club Meeting PAC 2:00 PM Chair Yoga 201 3:00 PM SPECIAL PRESENTATION: Our Trezevant Birds with Alan May PAC 4:00 PM Idlewild Communion Service CH 5:30 PM OUT TO DINNER*: Acre WAY</div> 	<div>21</div> <div>8:15 AM Water Aerobics AC 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 2:00 PM Meditation with L. Mischke CH 3:00 PM Chaplains' Class: Transitions CH 4:00 PM Take Your Brain to the Gym MR</div> 	<div>22</div> <div>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: STAX movie discussion with Robert Gordon PAC 5:00 PM Happy Hour PAC</div>	<div>23</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM Pilates Core &amp; Strength 201 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM MOVIE: Stella Dallas (PG-13, 1937, 4.5*, 1h45m)PAC</div>	<div>24</div> <div>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: In the Good Old Summer-time (PG-13, 1963, 5*, 1h42m) PAC 7:15 PM SATURDAY MUSIC HOUR: The Lannie McMillen Trio (Blues/Jazz) PAC</div> 
<div>25</div> <div>10:30 AM Worship &amp; Holy Communion CH</div> <div>2:00 PM MOVIE: Ex-Husbands (R 2025, 4*, 1h39m) PAC</div>	<div>26 MEMORIAL DAY</div> <div>MEMORIAL DAY LUNCH IN SNOWDEN DINING ROOM Call 901-251-9212 for reservations and specify which seating you prefer: 11:00 a.m. - 12:30 p.m. or 12:30 p.m. - 2:00 p.m.</div> 	<div>27</div> <div>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 11:00 AM Gentle Aquatics AC 11:00 AM NEW!! Barre &amp; Balance 201 2:00 PM Chair Yoga 201</div>	<div>28</div> <div>8:15 AM Water Aerobics AC 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 2:00 PM Meditation with L. Mischke CH 3:00 PM Chaplains' Class: Transitions CH</div>	<div>29</div> <div>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC</div> 	<div>30</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM Pilates Core &amp; Strength 201 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM FILM FEST: The Apartment with Steve Ross PAC 5:30 PM TGIFT! withTim Stanek (Piano) SDR</div>	<div>31</div> <div>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM SPECIAL PERFORMANCE: Cello Student Recital with Roberta PAC 7:15 PM SATURDAY MUSIC HOUR: Soul Ingredient (MJW Group) PAC</div> 



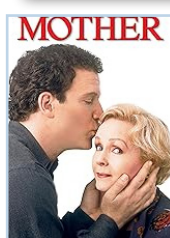
# MOVIES

## AT TREZEVANT



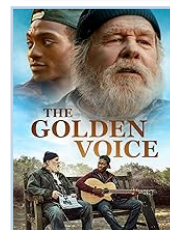
5/4/2025 2:00 PM

**The Unbreakable Boy** (PG, 2025, 5\*, 1h48m)  
A young boy with both a rare brittle-bone disease and autism. But what makes him truly unique is his joyous; funny; life-affirming world view that transforms and unites everyone around him.



5/10/2025 2:00 PM

**Mother** (PG-13, 1997, 4.5\*, 1h43m)  
A writer (Albert Brooks) realizes after his second divorce that he is never going to be able to make it work with the other women in his life if he doesn't straighten up his relationship with his mother (Debbie Reynolds).



5/11/2025 2:00 PM

**The Golden Voice** (R, 2025, 4.5\*, 1h26mm)  
Nick Nolte and newcomer Dharon Jones star as a homeless veteran and a young street singer, both on a self-destructive path, who battle dark times through friendship and music.

5/17/2025 2:00 PM



**Brave** (PG, 2012, 5\*, 1h27m)

Pixar Animation Studios whisks you away on an astounding adventure to an ancient land full of mystery and tradition. Bursting with heart, unforgettable characters, and Pixar's signature humor, Brave is incredible entertainment for the whole family.



5/18/2025 2:00 PM

**Tokyo Cowboy** (PG-13, 2024, 4.5\*, 1h57m)  
A Japanese business man goes on an unwitting journey of self-discovery when he takes a company trip from Japan to a Montana cattle ranch.



5/23/2025 2:00 PM

**Stella Dallas** (PG-13, 1937, 4.5\*, 1h45m)  
A working-class woman is willing to do whatever it takes to give her daughter a socially promising future.



5/24/2025 2:00 PM

**In the Good Old Summertime** (PG-13, 1949, 5\*, 1h42m)  
Judy Garland, Van Johnson and silent comedy icon Buster Keaton star in this delightful musical when love can bloom between the most unlikely of couples In the Good Old Summertime.



5/25/2025 2:00 PM

**Ex-Husbands** (R, 2025, 4\*, 1h39m)  
Manhattan dentist Peter Pearce (Griffin Dunne) is facing a midlife crisis after his wife of 35 years (Rosanna Arquette) leaves him. On the spur of the moment, he books a trip to Tulum, Mexico, only to crash his son's bachelor party. A warmhearted comedy drama co-starring Richard Benjamin, James Norton, and Miles Heizer.

# CRITIC'S CORNER

## A Movie Review

### By Jack Richbourg



*Ex-Husbands* written and directed by Noah Pritzker, is a dark comedy that explores themes of masculinity, relationships, and personal growth. The story revolves around Nick Pearce, a groom-to-be grappling with his own insecurities and life choices, and his father, Peter Pearce, who is facing a midlife crisis after his wife leaves him.

The film takes viewers to Tulum, Mexico, where Nick's bachelor party becomes a backdrop for introspection and emotional revelations.

The film is an empathetic portrayal of male vulnerability with its nuanced character-driven storytelling. The performances by James Norton (Nick Pearce) and Griffin Dunne (Peter Pearce) standout, bringing depth and authenticity to their roles. The film explores intergenerational dynamics, while its gentle approach offers a different way to be masculine, something that may be needed in our own testosterone soaked world.

The story begins with Peter Pearce, a New York City dentist, trying to dissuade his elderly father from divorcing his mother after 65 years of marriage. Meanwhile, Peter's son, Nick, has a chance encounter with his co-worker, Thea, sparking a relationship.

Fast forward six years, Peter is now divorced after 35 years of marriage, and his father is in a nursing home due to dementia. Nick, in his 30s, is preparing to marry Thea but is grappling with his own insecurities and life choices. As part of his bachelor party, Nick heads to Tulum, Mexico, with his younger brother Mickey and friends. Coincidentally, Peter

also travels to Tulum, seeking solace after signing his divorce papers.

The pacing may be slow in spots and lack execution in others, but the atmospheric use of scenic Tulum and the thoughtful exploration of life's crossroads make up for it.

*Ex-Husbands* is a story about masculine sensitivity. The story delves into the complexities of modern machismo as its characters navigate emotional challenges and the vulnerabilities surrounding marriage, self-doubt, and masculine identity in midlife.

Pritzker's best line is spoken by Griffin Dunne's character, Peter Pearce, "After 35 years it doesn't feel like a Band-Aid, it feels like my own flesh."

The film highlights moments of introspection and emotional reckoning, presenting its male characters with authenticity and depth. It doesn't shy away from their struggles, yet it also portrays growth and connection, fostering a more nuanced view of what it means to be sensitive and self-aware as a man.

Richbourg's Rating



# Resident Reflections



1. The whole gang at Church Health-Rinnie Wood, Ginger Acuff, Barbara Dale-Crafton, Kitty Cannon, Teresa Anderson, Sally Her-genrader and Katy Stanfield.  
2. Kitty Cannon volunteers at Church Health  
3. Rhodes Story Partner Rose Martin and Maggie Hollabaugh  
4. Sam Beach & Patty Calvert  
5. Gail Weesner and Becky Bayless  
6. Geraldine Page celebrates turning 100!  
7. Sherry Samuels and Rabbi Jed Dreifus attend the Seder Dinner  
8. Chris Allen, Dining Services, helps prepare the Seder Dinner plates.



# May Birthdays

May 1

**Sally Podesta**

May 2

**Norma Cowell  
John Holmes**

May 4

**John Albritton**

May 9

**Doris Boone  
Joe Hawes  
Maggie Hollabaugh**

May 11

**Betty Brewster**

May 12

**Bruce Rosenzweig  
John Mansfield**

May 15

**Ranna Christenson**

May 17

**Marion Quinlen  
Laurence Streuli  
Betsy Rucks**

May 22

**Milton Winter**

May 23

**Perre Magness**

May 25

**Mary Pat Custer**

May 26

**Claire Saino**

May 30

**Marion Morgan**

May 31

**Bill Creason  
Judi Creason**





# The Beauty of the Earth

by Ben Bledsoe

This may be an overused subject, but this time of year the beauty of the Trezevant campus bears the receipt of another testimony.

The Flower gardens this Spring (next to the Waynoka entrance/exit) are as breath-taking as I've ever seen them and I've lived here over ten springs . . . roses, phlox, iris, peonies, plus many more flowers I can't name. If you haven't been outside to soak up the spectacular sights, I encourage you to do so, if you can. If you can't get out, get someone to take a picture for you.

And all around the walking path, the sights are just as pleasing. Sit awhile at the pond and fountain and see if the live ducks appear. There are

some beautiful lawns, manicured to perfection all around.

Unless you are looking for it, you may have missed the well-stocked "Herb Garden" (near the old Highland exit). For residents who still cook, help yourself.

While I'm singing the praises of our gardeners, residents living in homes, Enrique (our full-time groundskeeper), and other outdoor staff; nature's gifts that God makes available to us year-round, is also pretty amazing.

## Aspirin is Overused in Primary Prevention

*continued from page 3*

rin users was unexplained and perhaps a dubious finding.

2. ASCEND – Use of low dose daily aspirin in adults with diabetes provided no net benefit. In this trial 40% of the adults were ages 60-70 and 23% over age 70. Vascular events (strokes, heart attacks, etc.) were 12% lower, but major bleeding was 29% higher. There was no difference in cancer risk prevention.

3. ARRIVE – Use of low dose aspirin in older adults (55-60+ in age) with risk factors such as high cholesterol, smoking, bad family history, and hypertension did not show benefit. The risk of gastrointestinal bleeding was about 1% in the aspirin group, double that of the non-aspirin group.

Both the American College of Cardiology and the US Preventive Services Task Force recommend not taking aspirin for primary prevention if over age 70.

Conclusion: Taking daily aspirin for prevention alone in the absence of cardiovascular disease is probably not helpful in adults our age. *Of course, do not change or discontinue medications without talking with your doctor. However, If you are using aspirin only for primary prevention, remember to discuss this with your physician at your next visit.*



### *From the Trezevant Foundation*

Want to make a charitable gift that provides the best benefit to you? Consider making that gift through a distribution from your IRA or 401K!

Once you turn 73 years of age, you are required to make a distribution from your retirement funds. A Required Minimum Distribution (RMD) is the minimum amount of money the IRS requires you to withdraw each year from your tax deferred retirement accounts.

If you make charitable gifts, you may want to satisfy your RMD by donating to one or more eligible charities. This gift is known as a Qualified Charitable Distribution (QCD). If funds are distributed directly to charities, your withdrawal does not count as part of your taxable income. Typically, money withdrawn from your retirement account is taxed as ordinary income, however, QCDs count towards your required minimum distributions, or RMD, without being taxed.

It is easy to do! Check with your investment manager or financial planner to begin the process. If you have questions, please contact Paula Jacobson, Foundation Director at [pjacobson@trezevant-manor.org](mailto:pjacobson@trezevant-manor.org) or 901.251.9242.





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