



Tidings

JUNE 2025

THE MAGAZINE OF TREZEVANT LIVING

Issue 6



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& Prevention**

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LIFE ENRICHMENT

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Look for articles in this and future Tidings written by your creative neighbors. The talent is abundant at Trezevant, and we are delighted to feature content by these writers!

Ben Bledsoe
Perre Magness
Mike Osborn
Susie Osborn
Jack Richbourg
Beverly Williams
Ann Knox
Guests

† Cover Photo:
Residents Pam Lowery &
Diane Davis

At Your Service

by Kim O'Donnell, Director of Life Enrichment

Have you heard of the "Six Degrees of Separation" theory? Its origins date back to the 1920s. Conceived by Frigyes Karinthy, the theory states that everyone on earth is connected to each other through a chain of acquaintances, specifically, no more than six steps, or connections exist between any two individuals. Karinthy suggested that anyone can reach any other person within a relatively small number of introductions. In elaborating, the small-world phenomenon suggests that individuals are connected by a chain of acquaintances regardless of geographical or social distance.

I recently had the opportunity, unintentionally, of testing said theory when I attended a potluck supper hosted by IRIS Collective's Executive Director, Rebecca Arendt. When I accepted the invitation, it occurred to me that I would know very few of the other guests, which is always a daunting concern. Our gracious hostess was dutifully making introductions when I walked Trezevant residents, an Iris Collective board member and her guest and two dozen assorted cupcakes from Muddy's! Shortly afterwards the IRIS Fellows, also Trezevant Artists-in-Residence, arrived bearing a cheese lasagna, fresh from the oven. Things were looking up both from a culinary and social viewpoint.

Numerous introductions were made and I connected with an employee from IRIS's ad agency, Hemline Theory, and we quickly realized that we had a history. The agency had done work for a former employer of mine and we knew several people in common. As guests continued to arrive, I was introduced to a professor from the University of Memphis Department of Social Work, a native of Mason, TN, and childhood friend of my former next door neighbor!

There must be something to this "Six Degrees of Separation"! It seems all you have to do is ask. In closing, the potluck turned out to be a very enjoyable evening!

BE WELL!

Dehydration: Risks, Signs & Prevention

by Valerie Smithers, RN, Resident Care Coordinator

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 risks factors for developing dehydration.

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WELLNESS SERVICES

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SPIRITUAL SERVICES

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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-Every Sunday morning at 10:30 a.m. in St. Edward Chapel

- June 1st-The Rev. Julie McKenna's last Sunday
- June 8th-The Rev. Paul McLain's first Sunday
- June 29th-Bishop Phoebe Roaf will officiate worship. Service to include Celebration of a New Ministry for The Rev. Paul McLain.

Mindfulness Meditation-Every Wednesday 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-Every Wednesday at 3:00 p.m. in St. Edward Chapel

- Wednesday, June 4th: Last session in our series: Transitions at Trezevant Panel discussion: Navigating Long Term Care at Allen Morgan.
- Wednesday, June 11th: Want a chance to get to know our new chaplain? Join us for an hour to get to know The Rev. Paul McLain!
- Wednesdays, June 18th and 25th: Summer Reading with The Rev. Mimsy Jones-- Remember your high school days, as you looked forward to a carefree summer, only to be assigned a Summer Reading List you would be expected to report on in the fall? Join Mimsy as she offers two wide-ranging Summer Reading Lists, encompassing fiction, non-fiction, and a respectful smattering of theology and spirituality. Class participation encouraged; bring your own suggestions to share with others. Added bonus: no book reports required!



A Letter from Rev. Julie McKenna

In just a few weeks I will retire from the role of Lead Chaplain at Trezevant. I am excited about retirement and the opportunity to travel and spend more time with my husband, Greg, but I will miss this community and all the people I have come to know and love along the way.

On Easter of this year, I preached a sermon based on Mary Magdalene's encounter with the risen Christ. Her words, "I have been blessed to see the Lord," prompted me to recall that in my years at Trezevant, there have been many times I have been "blessed to see the lord."

I saw the Lord in the early months of the pandemic, when my husband was diagnosed with pancreatic cancer, and the Trezevant community embraced us with love during his chemo, surgery, and recovery. I saw the Lord in how this community pulled together throughout the pandemic, to keep the virus at bay. I felt God's presence when my father died, and Trezevant residents and staff shared in the care of my parents and nursed us through our grief.

I've seen the Lord in countless residents who expressed an ongoing sense of gratitude in their lives and sought realistic and positive ways to move forward despite ongoing health challenges and physical limitations. I experienced the Lord in their families who stood with them on their journey.

I've seen the Lord in the ways this community supports and encourages one another-- neighbors who check in on each other, residents who reach out to new residents and invite them to dinner, staff members who go above and beyond to care for each resident and their families with dignity, care and hope.

I've seen the Lord in the willingness of this community to educate themselves about the needs of the larger Memphis community and explore ways they can encourage hope and healing in our city.

And I've seen the Lord in residents like one centenarian who could laugh at herself and say things like "I don't know why I fret and worry so much, God's always gotten me through."

Trezevant truly is a special place, filled with glimpses of the divine. Thank you for being such a blessing to me and my family. I will miss you all, but I am excited for your future with Paul McLain and Barbara Kirk-Norris as your spiritual leaders.

God's peace be with you,

-- Julie



Accidental Falls are a Leading Cause of Injury

by Valerie Smithers, RN, Resident Care Coordinator

We want to ensure that all residents are aware of proper procedures to follow in the event of a fall. Trezevant currently has an emergency response plan in place.

In the event of a fall you may push your pendant, pull your cord in the bathroom, or call the front desk or notify security at 515-2998. Security will summon the nursing staff to respond immediately.

Residents should stay still and not try to move or get up until the nurse assesses your condition.

If you are with a resident when they fall, do not try to assist the resident up, as you may risk injuring yourself or cause further injury to the resident. The nurse will perform an assessment and determine if transport to an acute care facility is necessary. Your physician will be contacted for additional orders and members of your family will be advised accordingly. The Trezevant team makes every effort to review falls, make corrective actions and focus on fall prevention.



mark your calendar!



Attend the last Worship Service with **THE REV. JULIE MCKENNA** on Sun, 6/1 at 10:30 a.m. in the CH.

Take Trezevant Transportation to the **RUMORS PERFORMANCE*** on Sun, 6/1 Bus departs at 1:15 p.m. from WAY.

Enjoy the Composer Showcase with **KENNY REED** on Sun, 6/1 at 4:00 p.m. in the PAC.

CHAPLAINS' CLASS on Transitions on Wed, 6/4 at 3:00 p.m. in the CH.

TAKE YOUR BRAIN TO THE GYM takes place on Wed, 6/4 & 6/18 at 4:00 p.m. in the MR.

Celebrate February Birthdays at **BIRTHDAY NIGHT AT TREZEVA** on Wed, 6/4 at 6:00 p.m. in SDR.

Volunteer your time at the **CHURCH HEALTH CENTER*** on Thu, 6/5 at 1:30 p.m. Bus departs from WAY.

Executive Director Sarah Houston speaks about Protect Your Aquifer effort at this month's **TREZEVA** on Fri, 6/6. Lunch* begins at 11:30 a.m. and presentation begins at Noon in the PAC.

Plan to hear the first Worship Service with **THE REV. PAUL MCLAIN** on Sun, 6/8 at 10:30 a.m. in the CH.

Get to know our new Lead Chaplain **THE REV. PAUL MCLAIN** on Wed, 6/11 at 3:00 p.m. in the PAC.

Attend the next **GREAT DECISIONS** discussion on Thu, 6/12 at 2:00 p.m. in the PAC.

Don't miss Rev. Julie's **RETIREMENT PARTY** on Thu, 6/12 at 4:00 p.m. in the PAC.

Admire the artwork the **STEVE NELSON ART EXHIBIT OPENING & RECEPTION** on Sat, 6/14 from 3:00 to 5:00 p.m. in the TWW.

Take Trezevant Transportation to the **AIN'T MISBEHAVIN'*** on Sun, 6/15 Bus departs at 1:15 p.m. from WAY.

Attend the **TAPESTRY EVENT** with Josh Spickler on *Just City*, an organization transforming local criminal justice policy, on Tue, 6/17 at 7:15 p.m. in the PAC.

CHAPLAINS' CLASS with Mimsy Jones begins a two-week series on Wed, 6/18 at 3:00 p.m. in the CH.

Discover little known movie facts from Steve Ross at the **FILM FEST SHOWING** of *Sunset Boulevard* on Fri, 6/20 at 2:00 p.m. in the PAC.

Fields Falcone presents information on **BIRD MIGRATION ALONG THE MS FLYWAY** on Thu, 6/26 at 2:00 p.m. in the CH.

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

DINNER WITH MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 6/6 David Virone (Piano) SDR
- 6/13 Tim Stanek (Piano) SDR
- 6/20 Sandra Miller (Piano) SDR

SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 6/7 The Dubois Duo (Classical) PAC
- 6/27 Bobby Lawson (Old R&R) MR

OTHER SPECIAL MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

6/12 RSVP Chorus (a Capella)



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.

JUNE 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
| <div>1</div> <div>10:30 AM Worship & Holy Communion-Rev. Julie McKenna's Last Service <i>CH</i></div> <div>1:15 PM TRANSPORTATION*: Rumors Performance for ticketholders <i>WAY</i></div> <div>4:00 PM SPECIAL PERFORMANCE: Kenny Reed <i>PAC</i></div> | <div>2</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>GAL</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>3</div> <div>9:00 AM-4:00 PM Thrive Audiology by Appointment <i>Clinic</i></div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Gentle Yoga <i>201</i></div> <div>10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Barre & Balance <i>201</i></div> <div>2:00 PM MOVIE: Conclave (PG, 2024, 4.5*, 2h) <i>PAC</i></div> <div>5:30 PM Homes & Cottages BBQ <i>HG</i></div> | <div>4</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:00-10:15 AM Tim the Produce Man <i>HG</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM Barre & Balance <i>201</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM Meditation with L. Mischke <i>CH</i></div> <div>3:00 PM Chaplains' Class: Transitions <i>CH</i></div> <div>4:00 PM Take Your Brain to the Gym <i>MR</i></div> <div>6:00 PM Birthday Night!! <i>SDR</i></div> | <div>5</div> <div>9:00 AM-4:00 PM Dottie's Digs' <i>G1</i></div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>1:30 PM VOLUNTEER OPPORTUNITY*: CHC Cooking <i>WAY</i></div> <div>3:00 PM Sewing Circle <i>CR 310</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>6</div> <div>7:30-9:00 AM FIRST RESPONDERS' DAY <i>HG</i></div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM Pilates Core & Strength <i>201</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>11:30 AM TREZEVANT EXPLORES*: Protect Our Aquifer with Sarah Houston, ED <i>PAC</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>4:00 PM SPECIAL PERFORMANCE: Elvis! In the Building <i>PAC</i></div> <div>5:30 PM Dinner with Music by David Virone <i>SDR</i></div> | <div>7</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: The Judge (PG-13, 2014, 4.5*, 2h15m) <i>PAC</i></div> <div>7:15 PM SATURDAY MUSIC HOUR: The Dubois Duo (Classical) <i>PAC</i></div> |
| <div>8</div> <div>10:30 AM Worship & Holy Communion-Rev. Paul McLain's First Service <i>CH</i></div> <div>2:00 PM MOVIE: Audrey's Children (PG, 2025, 5*, 1h55m) <i>PAC</i></div> | <div>9</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>GAL</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>10</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Gentle Yoga <i>201</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Barre & Balance <i>201</i></div> <div>4:00 PM FEATURED COUNTRY: Lebanon <i>PAC</i></div> | <div>11</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:00-10:15 AM Tim the Produce Man <i>HG</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM Barre & Balance <i>201</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM Meditation with L. Mischke <i>CH</i></div> <div>3:00 PM Chaplains' Class: Getting to Know Rev. Paul McLain <i>CH</i></div> <div>4:00 PM Conversations with Kent <i>PAC</i></div> | <div>12</div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>2:00 PM Great Decisions: <i>PAC</i></div> <div>4:00 PM SPECIAL EVENT: Retirement Party for Rev. Julie McKenna <i>PAC</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> <div>7:15 PM SPECIAL PERFORMANCE: RSVP Chorus <i>PAC</i></div> | <div>13</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM Pilates Core & Strength <i>201</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>11:00 AM Line Dancing with Jessie <i>201</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM MOVIE: Life with Father (NR, 4.5*, 1h57m) <i>PAC</i></div> <div>5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i></div> | <div>14</div> <div>FLAG DAY</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: Field of Dreams (PG, 1989, 5*, 1h42m) <i>PAC</i></div> <div>3:00-5:00 PM Art Exhibit & Reception for Steve Nelson <i>TWW</i></div> |
| <div>15</div> <div>FATHER'S DAY</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>1:15 PM TRANSPORTATION*: Ain't Misbehavin' Performance for ticketholders <i>WAY</i></div> <div>2:00 PM MOVIE: The Friend (R, 2025, 4*, 1h59m) <i>PAC</i></div> | <div>16</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>GAL</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>17</div> <div>9:00 AM-4:00 PM Thrive Audiology by Appointment <i>Clinic</i></div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Gentle Yoga <i>201</i></div> <div>10:00 AM Sewing Circle <i>MR</i></div> <div>11:00 AM Barre & Balance <i>201</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>11:30 PM IFF Club Party Bistro</div> <div>4:00 PM Idlewild Communion <i>CH</i></div> <div>7:15 PM TAPESTRY EVENT: Just City with Josh Spickler <i>PAC</i></div> | <div>18</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:00-10:15 AM Tim the Produce Man <i>HG</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Catholic Mass <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM Barre & Balance <i>201</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM Meditation with L. Mischke <i>CH</i></div> <div>3:00 PM Chaplains' Class: Rev. Mimsy Jones <i>CH</i></div> <div>4:00 PM Take Your Brain to the Gym <i>MR</i></div> | <div>19</div> <div>JUNETEENTH</div> <div>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>20</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM Pilates Core & Strength <i>201</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>11:00 AM Line Dancing with Jessie <i>201</i></div> <div>2:00 PM FILM FEST: Sunset Boulevard with Steve Ross <i>PAC</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:30 PM Dinner with Music by Sandra Miller (Classical/Jazz) <i>SDR</i></div> | <div>21</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: What a Girl Wants (PG, 2003, 4.5*, 1h44m) <i>PAC</i></div> |
| <div>22</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>2:00 PM MOVIE: Eric LaRue (PG, 2024, 4.5*, 1h59m) <i>PAC</i></div> | <div>23</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>24</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Gentle Yoga <i>201</i></div> <div>10:00 AM Sewing Circle <i>MR</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Barre & Balance <i>201</i></div> | <div>25</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:00-10:15 AM Tim the Produce Man <i>HG</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM Barre & Balance <i>201</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM Meditation with L. Mischke <i>CH</i></div> <div>3:00 PM Chaplains' Class: Mimsy Jones <i>CH</i></div> | <div>26</div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>2:00 PM SPECIAL PRESENTATION: Bird Migration along the MS Flyway with Fields Falcone <i>PAC</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>27</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>10:00 AM Pilates Core & Strength <i>201</i></div> <div>11:00 AM Line Dancing with Jessie <i>201</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM MOVIE: Paper Moon (PG, 1973, 5*, 1h42m) <i>PAC</i></div> | <div>28</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: Three Men and a Baby (PG, 1987, r.5*, 1h38m) <i>PAC</i></div> |
| <div>29</div> <div>10:30 AM Worship & Holy Communion with Bishop Phoebe Roaf <i>CH</i></div> <div>2:00 PM MOVIE: The Penguin Lessons (PG-13, 2025, 4.5*, 1h51m) <i>PAC</i></div> | <div>30</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> | <div>Dr. Warren's Clinic Hours</div> <div>Tuesday, June 3, 2025, 12:30-3:30pm</div> <div>Wednesday, June 11,, 2025, 12:30-3:30pm</div> <div>Tuesday, June 17, 2025, 12:30-3:30pm</div> <div>Wednesday, June 25, 2025, 12:30-3:30pm</div> | <div>LOCATION KEY</div> <div>G1-Garage 1st Floor</div> <div>201-Fitness Room</div> <div>CR310-Club Room 310</div> <div>AC-Aquatic Center</div> <div>CH-St. Edward Chapel</div> <div>GAL-Gallery Dining Room</div> <div>HPL-Highland Parking Entrance</div> <div>MR-Music Room</div> <div>MWW-Manor Walkway</div> <div>PAC-Performing Arts Center</div> <div>SDR-Snowden Dining Room</div> <div>TT-Terrace Tearoom</div> <div>TWW-Terrace Walkway</div> <div>WAY-Waynoka Entrance</div> | | | |

MOVIES

AT TREZEVANT



SPECIAL SHOWING! 6/3/2025 2:00 PM

Conclave (PG, 2024, 4.5*, 2h)

The Church's most powerful leaders have gathered from around the world, locked together in the Vatican halls. Tasked with running the covert process of selecting a new pope, Cardinal Lawrence finds himself at the center of a conspiracy and discovers a secret that could shake the very foundation of The Church.

6/7/2025 2:00 PM

The Judge (PG-13, 2014, 4.5*, 2h15m)

Robert Downey Jr. stars as a successful attorney who returns to his childhood home, only to discover that his estranged father is suspected of murder. Determined to find the truth, he must reconnect with the family he left behind years ago.

6/8/2025 2:00 PM

Audrey's Children (PG, 2025, 5*, 1h55m)

The untold true story of Dr. Audrey Evans (Natalie Dormer), who is recruited to an elite children's hospital in 1969 as the first female to head her department. Her fight for change redefined medicine and continues to impact the lives of millions.

6/13/2025 2:00 PM

Life with Father (NR, 4.5*, 1h57m)

New York in 1883 is the setting for this classic family movie. Clarence Day (William Powell) a stockbroker attempts to run his household with the meticulous efficiency of his office.

6/14/2025 2:00 PM

Field of Dreams (PG, 1989, 5*, 1h42m)

"If you build it, he will come" A voice only an Iowa farmer can hear launches an obsessive quest that



includes building a baseball diamond in the middle of his cornfield. A heartwarming classic!

6/21/2025 2:00 PM

What a Girl Wants (PG-13, 1937, 4.5*, 1h45m)

Daphne (Amanda Bynes), a spirited young American girl, travels to London in search of her long-lost father (Colin Firth), an influential aristocratic politician.

6/22/2025 2:00 PM

Eric LaRue (PG, 2024, 4.5*, 1h59m)

In Theaters Now. In Michael Shannon's directorial debut, Janice (Judy Greer) is struggling in the aftermath of a shocking crime at the hands of her son. She and her husband (Alexander Skarsgård) seek solace in rival religious congregations.

6/27/2025 2:00 PM

Paper Moon (PG, 1973, 5*, 1h42m)

When a 1930s con man is approached by a young girl claiming to be his daughter, he takes her on the road with him. As they spend more time together, the girl picks up on his tricks and schemes, ultimately out-cunning the old pro himself.

6/28/2025 2:00 PM

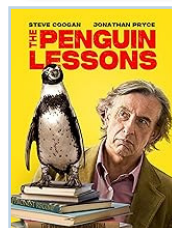
Three Men and a Baby (PG, 1987, 4.5*, 1h39m)

Handsome and successful men trade wine, women and song for diapers.

6/29/2025 2:00 PM

The Penguin Lessons (PG-13, 2025, 4.5*, 1h51m)

Starring Oscar nominee Steve Coogan, this poignant dramedy from director Peter Cattaneo follows an Englishman's personal and political awakening after he adopts a penguin during a cataclysmic period in Argentine history.



CRITIC'S CORNER

A Movie Review

By Jack Richbourg



The Friend is just one of those sweet, sentimental, lovely little movies about a girl and her dog and suicide. Wait . . . what? That sentence doesn't flow well, does it. It begs to be reworked.

Our natural inclination is to delete words like suicide from all our sentences, but we can't because suicide is one of those nasty little nouns that comes crashing into a sentence toppling over all the other nice nouns. Nobody wants nouns like suicide in their sentences, but they appear sometimes, and we have to deal with them, and, quite frankly, that's a pretty good synopsis of *The Friend*.

I love the title. When you're trying to get to the core of a movie, a well-chosen title is an excellent clue. Just who, exactly, is *The Friend* in this movie? It's a designation open to many multi-layered interpretations.

Of course, it's Iris, our protagonist, played by Naomi Watts, but it could be Walter, who dies of suicide, played by Bill Murray. He was Iris' friend. But what about the dog, Apollo, played to perfection by Bing (no relation to Crosby) with his long face and sad eyes.

We soon realize that all three characters, both human and canine, are *The Friend* in the movie. They are all alter egos of one another displaying different aspects of grief. Walter grieves the conflicts in his life leading to his self-destruction. Iris grieves the loss of her complicated colleague. And Apollo? "He's in mourning. He's lost his best

friend, and before that he was abandoned. How would you feel?" says his vet, underscoring the notion that all life grieves. Indeed, to live is to grieve.

Apollo is the movie's leading man. He should win best actor. Our eyes are dramatically drawn to this big, hulking beautiful beast that winds his way around Iris' tiny flat evicting her from her bed and quite nearly her apartment. And that Great Dane, like Poe's raven, never flitting, still is sitting above Iris' chamber door. The dog becomes the symbol of her grief taking over her life and squeezing her to the edges of her world, and he must be dealt with. He must be accepted. He must be received. He must be embraced, and he certainly can't be ignored because grief is necessary. We must take it into our lives and nurture it like Iris takes in and nurtures Apollo because, properly exercised, grief and Great Danes can restore us to life.

They are *The Friend* so artfully referred to in the film's title.

Richbourg's Rating

Resident Reflections



- 1. Team Member Rosa Jordan at her Art Opening and Reception.
- 2. Nancy Robinson enjoyed the Margaritaville Fitness Challenge party!
- 3. Emile Bizot and Kirsten Watkins take a closer look at a lizard brought to Trezevant by the Memphis Zoo.
- 4. Mary Edith Walker waits patiently for a special presentation to begin.



June Birthdays

June 1
Lucy Carrington Jones

June 2
Jet Thompson
Virginia Trenholm
Al Nimocks

June 3
Helen Jaseph
Sara Holmes

June 8
Ann Stevens

June 13
Sue Myers

June 14
Nora Conaway
Catheirne Lewis
Corinne Neinhuis
Dorsey Wade

June 16
Sue Atwood
June 17
Fontaine Taylor
Joan Draper

June 19
Dale Pope

June 20
Helen Jabbour
Buzzy Hussey

June 21
Nora Kaltakdijan

June 23
Claire Saino

June 25
Marilyn Dunavant

June 26
June Wood

June 27

Jim Lindstrom

June 29
Joyce Johnson

Parsley, Sage, Rosemary & Thyme

Well, it's not just a great album! And no need to go to Scarborough Fair! We have our very own herb garden planted and tended by a group volunteer residents-and Enrique, of course. When asked about the available herbs, Susan Herron said, 'You name an herb and it's planted there!'

So, if you're looking for anything from oregano to mint, or even parsley to thyme, look no further than the Trezevant Herb Garden! It's available to everyone!!



Dehydration: Risks, Signs & Prevention

continued from page 3

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

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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