



JULY 2025

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 7



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Hospital**

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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:

At Your Service

by Kim O'Donnell, Director of Life Enrichment

Life's challenges range from simple, daily demands to more complex, all-encompassing ventures, such as obtaining a Real ID or purchasing a new mobile device.

Recently, we had the need to replace a Samsung Galaxy S20 FE 5G that lost its battery capability and would inadvertently set off a "Talk-Back" feature in a Japanese accent that was impossible to turn off. These annoying actions by the device rendered it useless, so we were off to the Verizon store. Verizon is our service provider for our mobile devices and we were able to do some preliminary on-line research via their app regarding special deals available.

Upon entering, we were greeted by Verizon employee, Makhil, who promised to be right with us. Once available, we quickly got to the matter of business, a trade-in. The app listed several types of phones available; Samsung, Google, Apple, as well as pads, watches and home internet packages. We chose an Apple 16E and thus began the purchase/transfer process. Bear in mind, this is 45 minutes since our arrival and the sparse furnishings (hardwood benches and stools) offered very little comfort. After listening to a sales pitch of services we could purchase i.e. additional lines, internet package, duplicate phone upgrades, all refused, the transfer process begins. Did I mention there is a ten-minute delay on the store's safe where all the inventory is kept? Our visit time is now well into 1.5 hours, the Samsung trade-in phone (with limited battery capacity) is now too low and must be charged to greater than 10% in order for this transaction to occur. Makhil is very patient and with each successful input comments "perfect". I am not feeling the perfection and asking myself if we really need a new phone as our landline works really well.

To surmise, after nearly 2.5 hours the trade is complete, contract and policies electronically transmitted, and all we have to do is go to the Verizon app to access, review and print. We left the Verizon store with a new mobile device, a learning curve and wondering if the Real ID is truly necessary!

BE WELL!

The Hazards of Leaving the Hospital

by Valerie Smithers, RN

After being discharged from the hospital, we feel relief - and often a false sense of security that we are home free. The reality is that we are vulnerable to a wide range of adverse health events and complications, often ending up back in the hospital within weeks. The problem is so costly that the federal health program now penalizes hospitals and nursing homes for any readmissions deemed to be preventable such as heart attack, pneumonia and heart failure.

Studies have shown that patients suffer from 'post-hospital' syndrome. This is the physical and emotional stress patients experience from being in the hospital, as well as the lingering effects of the original illness. Patients suffered from disturbed sleep from the constant noise and activity in the hospital, leaving them fuzzy, fatigued and confused, like an extreme case of jet lag. Patients may not be eating well or suffering from pain and other discomfort that were never adequately addressed. Being in bed for any prolonged period can leave patients with little

muscle strength, making them vulnerable to falls and accidents.

They may be too weak or listless to comply with discharge instructions, and the immune system may still be compromised, opening the door to infections.

It is essential to get adequate rest, nutrition, physical activity, and social support. It's important to avoid

continued on page 12



WELLNESS SERVICES

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From the Chaplain

by Rev. Paul McLain

Throughout my life, I have heard the adage, ‘God loves a cheerful giver,’ particularly during church stewardship drives. But I have never heard anyone say, ‘God loves a cheerful receiver.’ I wonder why that is. I think we all want to be givers or feel we are in a position to give. There is a joy in giving to help someone else or a cause bigger than ourselves.

But if we are brutally honest, there is sometimes a power dynamic that comes from being a giver. I confess that I have felt ‘puffed up’ from the superiority that comes from knowing that I am blessed with resources, talents, time, or whatever else I ‘have’ that I can impart in whatever way I choose.

Over the last couple of years, I have experienced some jolts - a literal one in a car accident in October 2023 and then difficult ones with my wife Ruthie’s shoulder replacement surgery that autumn and hospitalization with an infection and a 3-week stay at Allen Morgan in early 2024. Thanks to many prayers, the grace of God, and an amazing medical and physical therapy team, we are both feeling healthy and well.

I was reluctant to accept many offers of help in part because of pride. I want to be and to be seen as the giver, not the receiver. During the last two years, I have tried to let go of pride and learn to accept the gifts of others, partly out of necessity. There is something beautiful about receiving. It was wonderful to see the smiles on the faces and feel the joy in the hearts of others as they had an opportunity to do something to help Ruthie and me during a difficult time. It is humbling to acknowledge that I am a vulnerable human being who is sometimes in a position to give and sometimes in a position to receive. I am learning that both are equally valid ways of being.

Thank you for the many ways you share your bountiful gifts with our Trezevant community. Jack Richbourg, one of our residents, will be leading us in a study of the Gospel of John in our Chaplains’ Class in St. Edward Chapel on Wednesday afternoons at 3:00 p.m. throughout the month of July. Speaking of which, I am drawn to the intimate Pentecost

story of the imparting of the Holy Spirit in John 20:22. Instead of the whirlwind and fire of the story in Acts, Jesus simply breathes the Holy Spirit toward his disciples. All they have to do is breathe it in and graciously receive it.

Thank you also for welcoming me so warmly in my first weeks as your new Lead Chaplain and Director of Spiritual Care at Trezevant. Your kind notes, encouraging words, and radiant smiles have lifted me up in countless ways. I am learning how to breathe in your gifts. By no means have I become a perfect receiver, but I am becoming a cheerful receiver. And I am certainly a grateful one.

Blessings,
Rev. Paul



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

Resident Reflections



1. Our Trezevant Choir performed to a full house in June. Pictured left to right: Joy Austin-Files, Jack Richbourg, Catherine Lewis, Alan Samuels, Dina Shannon, Henry Harvey, Wayne Shannon, Lee Wardlaw and Sylvia Adams. *Not all Choir members are pictured.*
2. Choir members pictured are , Maggie Hollabaugh and Becky Bayless.
3. Barbara Williams celebrated our featured country, Lebanon.
4. Lillian Hammond attended the Trezevant Choir performance!



mark your calendar!



Celebrate the month of July and Independence Day with resident Eagle Scout at an **AMERICAN FLAG RAISING** on Mon, 7/1 at 8:30 a.m. at WAY.

Study the Book of John with Jack Richbourg in July's **CHAPLAINS' CLASS!** Five-week series begins on Wed, 7/2 at 3:00 p.m. in the CH.

Be a Yankee Doodle Dandy and join the **PATRIOTIC SING ALONG** on Wed, 7/2 at 4:00 p.m. in the PAC.

Celebrate July Birthdays at **BIRTHDAY NIGHT AT TREZEVANT** on Wed, 7/2 at 6:00 p.m. in SDR.

Don't miss the steals and deals at the **DOTTIE'S DIGS' SALES** on the first and third Thursdays in July in G1.

After the Independence Day Luncheon (two seatings, call for reservations 901-251-9212), take in the movie **YANKEE DOODLE DANDY** on Fri, 7/4 at 2:00 p.m. in the PAC.

AMERICAN WINE TASTING* with Paul Stanfield on Wed, 7/7 at 4:00 p.m. in the PAC.

Learn all you can about **ARTIFICIAL INTELLIGENCE 101** with Srikar Velichety at the Tapestry Event on Tue, 7/8 at 2:00 p.m. in the PAC.

Celebrate our **FEATURED COUNTRY: AMERICA** on Tue, 7/15 at 4:00 p.m. Bus departs from WAY.

TAKE YOUR BRAIN TO THE GYM takes place on Wed, 7/16 at 4:00 p.m.

in the MR. Let's go **OUT TO LUNCH*** at Ecco on Thu, 7/17 at 11:00 a.m. from WAY.

Attend the **TAPESTRY EVENT** on Experimental Filmmaking with Lynne Sachs on Fri, 7/18 at 2:00 p.m. in the PAC.

Don't miss **SQUARE DANCING TUTORIAL & DEMONSTRATION** on Tue, 7/22 at 4:00 p.m. in the PAC.

Hear from the Resident Association Council at the **QUARTERLY RAC MEETING** on Wed, 7/23 at 4:00 p.m. in the PAC.

See all the Trezevant dogs at the **FIRST ANNUAL TREZEVANT DOG SHOW** on Fri, 7/25 at 11:00 a.m. in the TWW.

Discover little known movie facts from Steve Ross at the **FILM FEST SHOWING** of *All About Eve* on Fri, 7/25 at 2:00 p.m. in the PAC.

Sign up for **FUNCTIONAL FITNESS TESTING*** for strength and agility with our PT department on Tue, 7/29 from Noon to 3:00 p.m. in ER201.

Hear about the new Church Health Eye Clinic at a **SPECIAL PRESENTATION** by Dr. Fleming on Tue, 7/29 at 3:00 p.m. in the CH. Then, **TOUR THE CHC EYE CLINIC & LUNCH** on Thu, 7/31. Bus leaves at 11:30 a.m. from WAY.

TAKE YOUR BRAIN TO THE GYM takes place on Wed, 7/16 at 4:00 p.m. in the MR.

DINNER WITH MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 7/11 Michael Donahue (Piano) SDR
- 7/18 Eli Ibrahim (Jazz) SDR
- 7/25 Tim Stanek (Piano) SDR

SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 7/5 Jubilation Jazz Patriotic Show PAC
- 7/12 Breeze Cayolle (Jazz) PAC
- 7/26 Lannie McMillen Trio (Jazz) PAC

OTHER SPECIAL MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 7/10 The Duane Cleveland Duo (50s)
- 7/19 Artists-in-Residence (Classical)

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

















PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updated information.

An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

JULY 2025

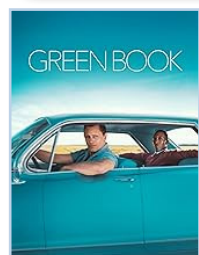
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
	<p>Dr. Warren's Clinic Hours Wednesday, July 2, 2025, 12:30-3:30pm Wednesday, July 16,, 2025, 12:30-3:30pm Tuesday, July 22, 2025, 12:30-3:30pm Tuesday, July 29, 2025, 12:30-3:30pm</p>	<p>1 9:00 AM-4:00 PM Thrive Audiology by Appointment <i>Clinic</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Gentle Yoga <i>201</i> 10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Barre & Balance <i>201</i></p>	<p>2 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM Barre & Balance <i>201</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM Meditation with L. Mischke <i>CH</i> 3:00 PM Chaplains' Class: Gospel of John <i>CH</i> 4:00 PM Patriotic Music Sing Along <i>PAC</i> 6:00 PM Birthday Night!! <i>SDR</i></p>	<p>3 9:00 AM-4:00 PM Dottie's Digs' <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Gentle Aquatics <i>AC</i> 3:00 PM Sewing Circle <i>CR 310</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>4 INDEPENDENCE DAY Happy Independence Day! Luncheon in Snowden Dining Room Two Seatings: 11:00 a.m.-12:30 p.m. & 12:30-2:00 p.m. Please call 901-251-9212 for reservations and specify which seating you prefer! 2:00 PM MOVIE: Yankee Doodle Dandy (PG, 1942, 5*, 2h5m) <i>PAC</i></p>	<p>5 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Green Book (PG, 2018, 5*, 2h9m) <i>PAC</i> 7:15 PM SATURDAY MUSIC HOUR: Jubilation Jazz Patriotic Show <i>PAC</i></p> 														
<p>6 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Lilly (PG-13, 2025, 5*, 1h33m) <i>PAC</i></p>	<p>7 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>GAL</i> 2:00 PM Stretch & Balance <i>201</i> 4:00 PM American Wine Tasting with Peter Stanfield <i>PAC</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>8 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Gentle Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Barre & Balance <i>201</i> 2:00 PM TAPESTRY EVENT: Artificial Intelligence 101 with Srikar Velichety, UofM <i>PAC</i></p>	<p>9 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM Barre & Balance <i>201</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM Meditation with L. Mischke <i>CH</i> 3:00 PM Chaplains' Class: Gospel of John with Jack Richbourg <i>CH</i></p> 	<p>10 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Gentle Aquatics <i>AC</i> 2:00 PM Great Decisions: American Policy in the Middle East <i>PAC</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM SPECIAL PERFORMANCE: The Duane Cleveland duo (<i>PAC</i>)</p>	<p>11 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Pilates Core & Strength <i>201</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:00 AM Line Dancing with Jessie <i>201</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM MOVIE: To Kill a Mockingbird (R, 1963, 5*, 2h9m) <i>PAC</i> 5:30 PM Dinner with Music by Michael Donahue (Piano) <i>SDR</i></p>	<p>12 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Casablanca (PG, 1943, 5*, 1h38m) <i>PAC</i> 7:15 PM SATURDAY MUSIC HOUR: Breeze Cayolle <i>PAC</i></p> 														
<p>13 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: That They May Face the Rising Sun (R, 2025, 5*, 1h51m) <i>PAC</i></p> 	<p>14 BASTILLE DAY 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>GAL</i> 2:00 PM Stretch & Balance <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>15 9:00 AM-4:00 PM Thrive Audiology by Appointment <i>Clinic</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Gentle Yoga <i>201</i> 10:00 AM Sewing Circle <i>MR</i> 11:00 AM Barre & Balance <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 1:30 PM IFF Club <i>PAC</i> 4:00 PM Idlewild Communion <i>CH</i> 4:00 PM FEATURED COUNTRY: Celebration USA <i>PAC</i></p>	<p>16 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Mass <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM Barre & Balance <i>201</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM Meditation with L. Mischke <i>CH</i> 3:00 PM Chaplains' Class: Gospel of John with Jack Richbourg <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i></p> 	<p>17 9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM OUT TO LUNCH*: Ecco <i>WAY</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>18 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Pilates Core & Strength <i>201</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 11:00 AM Line Dancing with Jessie <i>201</i> 2:00 PM TAPESTRY EVENT: Experimental Filmmaking with Lynne Sachs <i>PAC</i> 2:00 PM Stretch & Balance <i>201</i> 5:30 PM Dinner with Music by Eli Ibrahim (Jazz) <i>SDR</i></p>	<p>19 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Titanic (PG-13, 1997, 5*, 3h6m) <i>PAC</i> 7:15 PM SATURDAY MUSIC HOUR: Artists-In-Residence <i>PAC</i></p> 														
<p>20 10:30 AM Worship & Holy Communion <i>CH</i> 2:00 PM MOVIE: Yesterday (PG, 2024, 4.5*, 1h59m) <i>PAC</i></p>	<p>21 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>GAL</i> 2:00 PM Stretch & Balance <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>22 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Gentle Yoga <i>201</i> 10:00 AM Sewing Circle <i>MR</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Barre & Balance <i>201</i> 4:00 PM Square Dancing Tutorial & Demonstration <i>PAC</i></p>	<p>23 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM Barre & Balance <i>201</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM Meditation with L. Mischke <i>CH</i> 3:00 PM Chaplains' Class: Gospel of John with Jack Richbourg <i>CH</i> 4:15 PM RAC Quarterly Meeting <i>PAC</i></p> 	<p>24 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p> 	<p>25 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM OUTING*: Kroger <i>WAY</i> 10:00 AM Pilates Core & Strength <i>201</i> 11:00 AM Line Dancing with Jessie <i>201</i> 11:00 AM Trezevant Dog Show* <i>TWW</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM TAPESTRY FILM FEST: All About Eve with Steve Ross <i>PAC</i> 5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i></p>	<p>26 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Fried Green Tomatoes (PG-13, 1992, 5*, 2h10m) <i>PAC</i> 7:15 PM SATURDAY MUSIC HOUR: Lannie McMillen Trio <i>PAC</i></p> 														
<p>27 10:30 AM Worship & Holy Communion with Bishop Phoebe Roaf <i>CH</i> 2:00 PM MOVIE: Sacred Alaska (R, 2025, 5*, 1h27m) <i>PAC</i></p> 	<p>28 8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>GAL</i> 2:00 PM Stretch & Balance <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>29 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Gentle Yoga <i>201</i> 10:00 AM Sewing Circle <i>MR</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Barre & Balance <i>201</i> Noon - 3:00 PM Functional Fitness Testing* <i>ER201</i> 3:00 PM SPECIAL PRESENTATION: Eye Clinic with Dr. Fleming of Church Health Center <i>PAC</i></p>	<p>30 8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength & Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM Catholic Lay Eucharist Service <i>CH</i> 10:00 AM Men's Coffee <i>Bistro</i> 10:00 AM Barre & Balance <i>201</i> 10:00 AM OUTING*: High Point Grocery <i>WAY</i> 2:00 PM Stretch & Balance <i>201</i> 2:00 PM Meditation with L. Mischke <i>CH</i> 3:00 PM Chaplains' Class: Gospel of John with Jack Richbourg <i>CH</i></p>	<p>31 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:30 AM OUTING*: Tour of CHC Eye Clinic and Lunch <i>WAY</i> 11:00 AM Men's Exercise <i>PAC</i> 1:00 PM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p>LOCATION KEY</p> <table border="0"> <tr> <td>G1-Garage 1st Floor</td> <td>MR-Music Room</td> </tr> <tr> <td>201-Fitness Room</td> <td>MWW-Manor Walkway</td> </tr> <tr> <td>CR310-Club Room 310</td> <td>PAC-Performing Arts Center</td> </tr> <tr> <td>AC-Aquatic Center</td> <td>SDR-Snowden Dining Room</td> </tr> <tr> <td>CH-St. Edward Chapel</td> <td>TT-Terrace Tearoom</td> </tr> <tr> <td>GAL-Gallery Dining Room</td> <td>TWW-Terrace Walkway</td> </tr> <tr> <td>HPL-Highland Parking Entrance</td> <td>WAY-Waynoka Entrance</td> </tr> </table>		G1-Garage 1st Floor	MR-Music Room	201-Fitness Room	MWW-Manor Walkway	CR310-Club Room 310	PAC-Performing Arts Center	AC-Aquatic Center	SDR-Snowden Dining Room	CH-St. Edward Chapel	TT-Terrace Tearoom	GAL-Gallery Dining Room	TWW-Terrace Walkway	HPL-Highland Parking Entrance	WAY-Waynoka Entrance
G1-Garage 1st Floor	MR-Music Room																			
201-Fitness Room	MWW-Manor Walkway																			
CR310-Club Room 310	PAC-Performing Arts Center																			
AC-Aquatic Center	SDR-Snowden Dining Room																			
CH-St. Edward Chapel	TT-Terrace Tearoom																			
GAL-Gallery Dining Room	TWW-Terrace Walkway																			
HPL-Highland Parking Entrance	WAY-Waynoka Entrance																			

MOVIES AT TREZEVANT



7/4/2025 2:00 PM

Yankee Doodle Dandy (PG, 1942, 5*, 2h5m)
 Legendary actor James Cagney stars in the role for which he won an Academy Award--the life of singer, dancer and songwriter George M. Cohan, a true Yankee Doodle Dandy. This nonstop musical tour de force sings, dances and celebrates the life and career of a music man who lifted a nation.



7/5/2025 2:00 PM

Green Book (PG, 1943, 5*, 1h38m)
 Nazis, intrigue and romance clash at a Moroccan nightclub.



7/6/2025 2:00 PM

Lilly (PG-13, 2025, 5*, 1h33m)
 Based on the inspiring true story of Lilly Ledbetter, an Alabama tire factory supervisor who discovers she's being paid less than her male peers. Her fight for fair pay takes her to the Supreme Court and Congress, while powerful forces try to shut her down.



7/11/2025 2:00 PM

To Kill a Mockingbird (R, 1963, 4.5*, 2h8m)
 Told through the eyes of "Scout," a feisty six-year-old tomboy To Kill A Mockingbird carries us on an odyssey through the fires of prejudice and injustice in 1932 Alabama.



7/12/2025 2:00 PM

Casablanca (PG, 1942, 5*, 1h38m)
 Rick Blaine, who owns a nightclub in Casablanca, discovers his old flame Ilsa is in town with her husband, Victor Laszlo. Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

7/13/2025 2:00 PM

That They May Face The Rising Sun (R, 2025, 5*, 1h51m)

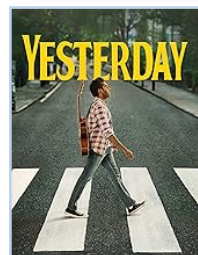


Based on internationally acclaimed Irish author John McGahern's award winning novel of the same name, *That They May Face the Rising Sun* is a vivid evocation of nature, humanity and life itself, set in a 1980's rural community in Ireland.



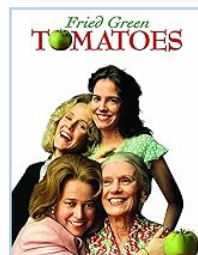
7/19/2025 2:00 PM

Titanic (PG-13, 1997, 5*, 3h6m)
 Leonardo DiCaprio and Oscar nominee Kate Winslet light up the screen as Jack and Rose, the young lovers who find one another on the maiden voyage of the "unsinkable" R.M.S. Titanic.



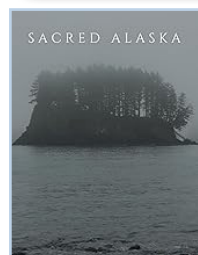
7/20/2025 2:00 PM

Yesterday (PG, 2024, 4.5*, 1h59m)
 A struggling musician awakens to discover that he is literally the only person alive who knows who the Beatles are.



7/26/2025 2:00 PM

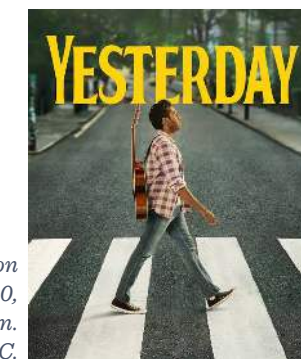
Fried Green Tomatoes (PG-13, 1992, 5*, 2h10m)
 Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously. While in a nursing home visiting relatives, she meets Ninny Threadgoode, an outgoing old woman, who tells her the story of Idgie Threadgoode, a young woman in 1920's Alabama. Through Idgie's inspiring life, Evelyn learns to be more assertive and builds a lasting friendship of her own with Ninny.



7/27/2025 2:00 PM

Sacred Alaska (R, 2025, 5*, 1h27m)
 Sacred Alaska is an award-winning documentary that explores Native Alaskan culture and spirituality, highlighting the influence of Orthodoxy brought by Russian monks in the 18th century. It reveals how Alaskans blend indigenous beliefs with Orthodox traditions, focusing on becoming a "real person." The film captures the deep bond between the people, their faith, and their rugged landscape.

CRITIC'S CORNER A Movie Review By Jack Richbourg



See this on
 Sunday, July 20,
 2025 at 2:00 p.m.
 in the PAC.

Ok, full disclosure, it's a rom-com. Further full disclosure, it's a British rom-com.

On top of that, it stars a Brit you've never heard of whose family comes from India, Himesh Patel. I was right, wasn't I? You never heard of him. Me neither, but he's good. He sings all the songs himself, and that's really him playing the guitar, so he may be the most talented person you've never heard of, and, of course, now, you have-heard of him-that is.

Here's the premise. This down-and-out musician who has raw talent but can never get any traction with his audience is riding his bicycle home after a less than notable performance when the power goes out all over the world for 12 seconds. Why, we don't know. Russian cyber-attack, maybe? Nope, can't be that, because it hits Russia, too. We're never told, and, quite frankly, it doesn't matter because this is an English romcom starring a Brit, of Indian descent, you've never heard of, so just don't even bother to ask. To question the premise is to defeat the whole purpose of the movie which is to take you on a fantastical flight of fantasy, so, just go along for the ride, okay?

Our hero, Jack Malik, gets hit by a bus in the darkness and when he wakes up no one in the entire world has ever heard of or remembers the Beatles. He's the only one who knows all those wonderful songs. Now, why Jack gets hit on the head, and everyone else gets amnesia, we don't know. I

understand what you're thinking, but remember what I told you. You're being too rational, again; so, just stop asking all those very logical questions. In fact, you should follow Dante's slightly altered advice and "abandon all [logic], ye who enter here." Just let the movie take you where it will.

That's enough of the premise, but please know that one of the brightest spots in the movie is Lily James who plays Ellie Appleton—a schoolteacher and Jack's longtime friend and manager. She brings warmth and heart to the story, grounding the film's fantastical premise with a sweet, romantic thread. How any self-respecting, straight male could leave her behind is another one of the film's fantastical flights of fantasy.

Oh, and be on the lookout for a 78 year-old John Lennon living out his life as a fisherman. Remember what I told you. You should expect this by now.

Yesterday is a "what if" movie. What if no one remembered the Beatles? What would the world look like, and what are the ethics and morality of claiming as your own, the work of someone who never existed?

It's also a "feel-good" movie. I just know you're going to love the music; so, suspend all disbelief, have a seat, and start feeling good.

Richbourg's Rating

The Hazards of Leaving the Hospital

continued from page 12

contact with people who are sick. It is also important to avoid activities like driving. A person's ability to concentrate is frequently impaired after a hospital stay. Have contact with doctors and nurses soon after discharge to review instructions and report any new problems. Trezevant Wellness nurses can assist with education on managing your disease process and medications.

Trezevant has a policy strongly recommending that any resident in the hospital over a three-day period go to Allen Morgan Center for rest and rehabilitation upon your initial return home. You will receive round-the-clock nursing care, attendants who can help manage your activities of daily living (bathing, dressing, meals), and physical therapy to strengthen your muscles. Admissions Coordinator, Katie Conway, will assist with your discharge planning and assure that you have a smooth transition home. A wonderful part of being at Trezevant is being able to receive these types of services and to transition through the continuum of care as needed.



July Birthdays

- | | | |
|---|---|---|
| <u>July 4</u>
Chipsy Butler | <u>July 17</u>
Foy Coolidge
Madge Saba | <u>July 27</u>
Sara Heckle |
| <u>July 6</u>
Judy Drescher | <u>July 18</u>
David Lindstrom | <u>July 28</u>
Dorothy Stevenson |
| <u>July 10</u>
Buddy Nix | <u>July 19</u>
Kay Carey | <u>July 29</u>
Suzanne Gronemeyer |
| <u>July 11</u>
Peggy Bodine | <u>July 24</u>
Martha Boyd
Carroll Ann Pera | <u>July 31</u>
Elaine Malloy |
| <u>July 12</u>
Sara Shelton | <u>July 25</u>
James Murff | |
| <u>July 13</u>
Presh Gill
Merrill Ann Cole
Kiersten Watkins | | |
| <u>July 15</u>
Gerry Austin | | |
| <u>July 16</u>
Jack Richbourg | | |



Should I Take New Weight Loss Medication?

by Jim Lewis, MD

Does treatment of obesity matter at our age? Should I consider taking one of the new injectable medications? What are the side effects, and how much is the cost? I would cautiously advocate using these medications to improve obesity-related illnesses and enhance the quality of our lives.

By medical definition, 40% of Americans are obese. Standard therapy is diet with calorie reduction of 500 calories/day, 150 minutes/week moderate exercise, and modification of behaviors such as removing calorie-rich food from apartments (what a downer!). To be honest, these therapies are usually unsuccessful. Bariatric surgery is available for significant obesity, but surgery is not to be taken lightly. However, a new era has dawned in pharmacological therapy. Two new injectable weight loss medications are highly effective often generating a 10-20% or more reduction in weight over a year.

Obesity is the single most preventable cause of death in America. It is defined as a body-mass index greater than or equal to 30 kg/m². Here is a link to check your own body-mass index: <https://www.nhlbi.nih.gov/calculate-your-bmi> Excessive weight is worth treating if the BMI is above 30 or if there are co-morbidities and a BMI above 27. Co-morbidities associated and often caused by obesity include hypertension, sleep apnea, diabetes, cardiovascular disease, stroke, various cancers, fatty liver and cirrhosis, osteoarthritis, hyperlipidemia, and mental health conditions. The presence of obesity complicates aspects of geriatric care including exercise, mobility, relief of arthritic pain, and rehabilitation.

The new injectable medications slow stomach emptying, increase the production of insulin, reduce hunger, and reduce the release of glucagon, a hormone that raises blood glucose. Semaglutide, the first injectable of this type, has the brand names of

Wegovy and Ozempic. Tirzepatide, marketed as Mounjaro and Zepbound, adds another intestinal hormone which stimulates insulin release. Both types are given as weekly shots and are FDA-approved in managing diabetes. Tirzepatide is also approved for management of sleep apnea. There are other injectables in

this class of medications, but semaglutide and tirzepatide are the most surprisingly the injectables alone almost never cause low blood sugar unless used in combination with other medicines.

and Sur- effective. never blood sugar unless used in combination with medicines.

The new medications do have side effects. The primary ones are gastro-intestinal with nausea (25-40%) and vomiting, diarrhea, and/or constipation (20%). Side effects tend to be mild to moderate in nature and can be mitigated by eating smaller, more frequent meals more slowly. Rare side effects may include gall bladder disease and pancreatitis.

Both the semaglutide and tirzepatide can be adjusted to higher dosage for greater effect. Tirzepatide is somewhat more effective than semaglutide in generating weight loss. Contraindications to taking these medications include slow stomach emptying (gastroparesis), pregnancy (not much of that here), and a rare inherited thyroid cancer called medullary carcinoma of the thyroid. However, expect that last restriction to soon be removed. Unfortunately, stopping the medications usually results in regaining weight.

The good news about the injectables are the beneficial side effects. They slow progression of chronic kidney disease and reduce cardiovascular events. They may slow progression from prediabetes to diabetes, reduce hospitalizations in COPD, reduce alcohol craving, and reverse liver injury leading to cirrhosis. New medical journal articles appear daily about these surprising effects. On the negative side, with weight loss may come a reduction in muscle mass which can be ameliorated with careful diet and exercise. More data is needed about the effects in the very elderly, but data we have seems positive.

The major impediment to use of these medications is cost. Many health insurances, including Medicare, will partially or fully cover the injectables for diabetes and/or sleep apnea but not for weight loss alone. Paying out of pocket for these medicines typically costs about \$1,000 per month. Until these medicines come off patent, expect continued high prices.

If you think you might be a good candidate for one of these medications, ignore the TV ads and explore this with your primary care physician or endocrinologist. Trezevant offers fee-based dietician help and a menu of exercise programs to preserve your muscle mass.





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