



September 2025

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 8



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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:
Kitty Cannon
Bill Bayne, photographer

At Your Service

by Kim O'Donnell, Director of Life Enrichment

Life Enrichment's annual Celebration of Centenarians honoring individuals from across the Trezevant campus, ages 95 years and up, began in 2019. At that time, this newly formed event was called the Andorra Assemblage. Trezevant hosted a tea and invited residents in healthcare and independent living, age 95 years and older. Andorra was chosen as it is a sovereign landlocked nation on the Iberian Peninsula, in the eastern Pyrenees in Southwestern Europe, bordered by France to the north and Spain to the south. This small country boasts one of the highest life expectancies globally due to a combination of factors including a high-quality healthcare system, a healthy lifestyle, and a safe and secure environment. Andorrans enjoy access to excellent public healthcare, benefit from a diet rich in natural foods, and live in a country known for its tranquility and low stress levels.

As the years passed, this event evolved into a Celebration of Centenarians and more! After a Covid pause, we celebrated in 2021, virus protocols intact, with an outing to Theater Memphis where we enjoyed a cocktail party followed by the musical production of "Hello Dolly" with Theater Memphis' own Debbie Litch playing the lead role. Thus, 2025 will mark the seventh year for Trezevant to honor these individuals who mean so much to our community. They are ladies and gentlemen who serve as examples of strength, resilience and fortitude for us all.

*We gather annually to raise a glass
To a special group with lots of class.
I speak of those whom we admire
They serve as examples to whom
we aspire.
Our cherished residents, 95-104
years old
Are truly treasures made of gold!*

All you Centenarians be sure to "Save the Date" and be on the lookout for your invitation. Everyone else will have to wait until they meet the criteria!



BE WELL!

How Well Do You Sleep?

by Jim Lewis, M.D.

"Laugh and the world laughs with you; snore and you sleep alone" (Anthony Burgess). As we age, we still require about eight hours of sleep a night, but problems with insomnia worsen.

Physicians divide sleep disorders into primary and secondary. Primary insomnia is defined as inadequate sleep three or more nights per week for three or more months. It affects 10% of all adults. Secondary insomnia is due to some underlying medical issue including sleep apnea, heart failure, restless legs, depression, leg cramps, an overactive bladder, or medication side effects.

The first line of treatment for primary insomnia is cognitive behavioral therapy (CBT) with sleep hygiene as its major component. Sleep hygiene consists of common-sense interventions: a comfortable bed; a dark, quiet, and cool room; avoidance of daytime naps; avoidance of screen time near bedtime; a consistent sleep-wake schedule; and avoidance of caffeine, nicotine, alcohol, nose sprays, exercise, emotional upsets, and food and fluid intake several hours prior to sleep. Ebenezer Scrooge was not off base in blaming his ghosts on "an undigested bit of beef..." Healthcare providers may provide or refer patients for CBT which, in addition to sleep hygiene, addresses common misperceptions about sleep, advises mindfulness, limits time in bed, and encourages relaxation. Discuss this with your provider. CBT is often conducted with a therapist. You may also access a free CBT course on insomnia at <https://www.sweetdreamlabs.com/>.

Second line therapy for primary insomnia is medication. The following medicines should be avoided due to side effects such as morning confusion and increased fall risk – benzodiazepines (e.g., Xanax) and antihistamines such as Benadryl. The benzodiazepines are also habit-forming. Low dose doxepin has been proven effective with insomnia and can be taken at a dose of 3-6 mg in the evening. Allow an hour for absorption from the stomach. For primary insomnia, physicians may choose to prescribe medications from one of two classes – the Ambien group or the

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WELLNESS SERVICES

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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

From the Chaplain

by Rev. Paul McLain

In 1951, a dad packed up his wife, five young children, and his mother to go on a rare family vacation to Washington, D.C. The Dad was tight with a dollar, so when they stopped at a motel for the night, they would all share one room, with the boys bedding down on the floor in sleeping bags. The Dad recalled, "Everywhere we stopped, they charged an extra two dollars for every child who stayed in the room. A room was only about six to eight dollars in those days. I had five children, so my six-dollar room became sixteen dollars, or my eight-dollar room became eighteen dollars. I told my wife, "This isn't fair."

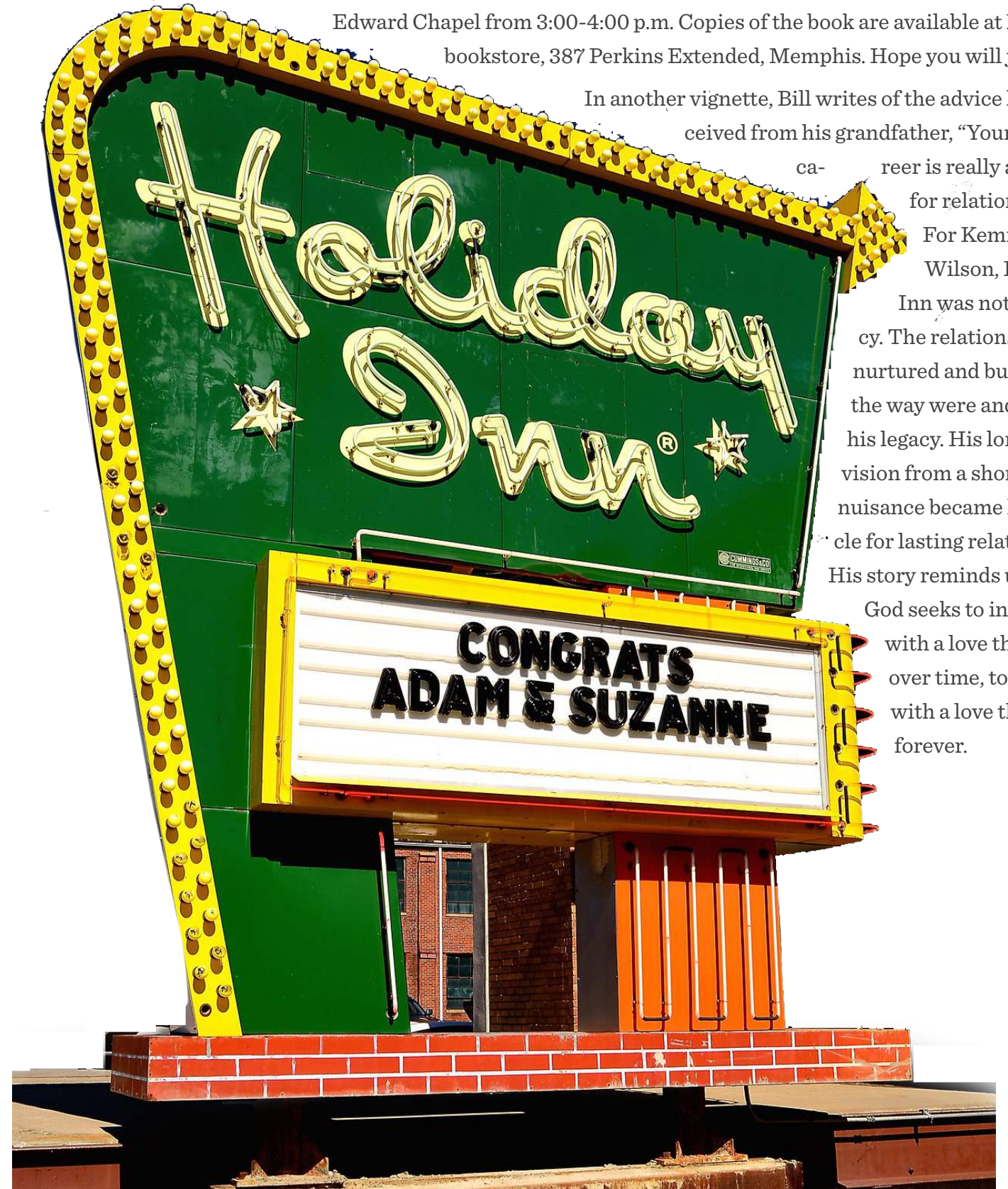
If he had been like most dads, he would have blown his stack with the innkeeper, grudgingly paid the extra fee, then would forget about it, and try his best to enjoy the rest of the vacation. But this dad was not like most dads. He saw in this nuisance an opportunity, a vision, really, of creating a chain of motels that would not charge for children who stayed in the same room as their parents. He built his first one in front of his lumber yard on Summer Avenue here in Memphis. His name was Kemmons Wilson and the chain of motels he built was Holiday Inn. He turned a short-term nuisance into a long-term dream.

One of the vignettes in Bill Craddock's book *Restreaming* is entitled "Legacy." In it, Bill describes being on the mezzanine level of a Holiday Inn where all of Kemmons Wilson's memorabilia and awards were displayed. Bill writes: "The walls were thick with pictures of Mr. Wilson with presidents, celebrities, kings, queens, and various awards from around the world. In the middle of the room there was a man in a wheelchair with a caretaker. I recognized it as Mr. Wilson and introduced myself. We had a pleasant and brief conversation about his distinguished achievements and awards. I casually mentioned that he must feel proud and pleased of all he accomplished over the span of his life. He furrowed his brow and muttered that all of this stuff is not really important to him anymore. He then looked up at me with a peaceful smile and said: 'What has been most important to me is that I have been blessed with the love of my family, my dear friends, and my faith in God.'"

During the month of September, Bill Craddock, an author, community volunteer, and longtime friend of Trezevant, and I will co-lead a 4-week study on his beautiful little book, *Restreaming: Thriving in the Currents of Retirement*. We will meet on Wednesday afternoons (Sept. 3, 10, 17, 24) in St. Edward Chapel from 3:00-4:00 p.m. Copies of the book are available at Novel bookstore, 387 Perkins Extended, Memphis. Hope you will join us!

In another vignette, Bill writes of the advice he received from his grandfather, "Your future career is really a vehicle for relationships."

For Kemmons Wilson, Holiday Inn was not his legacy. The relationships he nurtured and built along the way were and are his legacy. His long-term vision from a short-term nuisance became his vehicle for lasting relationships. His story reminds us that God seeks to infuse us with a love that grows over time, to infuse us with a love that lasts forever.



Resident Reflections



1. Church Health Center Volunteers include (front row) Rinnie Wood, Kitty Cannon, Elizabeth Holmes, Anna McNeill and Sally Hergenrader, (back row) Teresa Anderson, Sheri McKelvie, Ginger Acuff, Pat Crone, and Katy Stanfield.
2. Dr. John Albritton enjoys the cooler weather with Marketing's Paige Patrick.
3. Jim Dorman, Catherine Lewis, Cecile Skaggs, Pam Lowery, Life Enrichment Director Kim O'Donnell, Kiersten Watkins, Emile Bizot and Ann Knox enjoyed the Trailblazer's trip to Nashville.
4. Fields Falcone led a group of Trezevant's bird watchers at Shelby Forrest.



mark your calendar!



Enjoy a **HOLIDAY LUNCHEON** on Labor Day, 9/1 in SDR. After lunch, stop by the PAC to see *The Secret to my Success* at 2:00 p.m.

Learn more about Memphis at the **TAPESTRY EVENT** on Historical Markers with resident Jim Cole on Tue, 9/2 at 7:15 p.m. in the PAC.

Join Author Bill Craddock and the Rev. Paul McLain for a 4-week **CHAPLAINS' CLASS** series on Bill's book *Restreaming: Thriving in the Currents of Retirement* each Wed in September at 3:00 p.m. in CH.

TAKE YOUR BRAIN TO THE GYM takes place on Wed, 9/3 & 9/17 at 4:00 p.m. in the MR.

Celebrate July Birthdays at **BIRTHDAY NIGHT AT TREZEVANT** on Wed, 9/3 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 September in G1.

Take Trezevant **TRANSPORTATION** to see Joyce Cobb perform at Brooks Museum on Thu, 9/4. Bus leaves at 5:30 p.m. from WAY.

Put on your boots and join the **LINE DANCING WITH JESSIE** each Fri, beginning 9/5 at 11:00 a.m. in ER201.

This month's **TREZEVANT EXPLORES** features Bill Short, Associate Director of Barret Library at Rhodes College, on Fri, 9/5 in the PAC.

Lunch requires sign up and begins at 11:30 a.m. Presentation begins at noon. Celebrate our **FEATURED COUNTRY: SPAIN** on Tue, 9/9 at 4:00 p.m. in the PAC.

Attend September's **CONVERSATIONS WITH KENT** to get all the Trezevant news on Wed, 9/10 at 4:00 p.m. in the PAC.

TREZEVANT TRANSPORTATION* will take ticketholders to the MIFA Luncheon on Thu, 9/11. Bus will depart at 11:00 a.m. from WAY.

Are you a MSO ticketholder?

TREZEVANT TRANSPORTATION* on Sat, 9/13 at 6:00 p.m. and Sun, 9/14 at 2:00 p.m.. Bus departs from WAY.

Hear more about a timely subject at the **TAPESTRY EVENT** on the Separation of Powers in the US Constitution with Daniel Kiel on Mon, 9/15 at 7:15 p.m. in the PAC.

If you are 95-100 years old, watch your mailbox for an invitation to **CELEBRATE CENTENARIANS** on Fri, 9/19 at 3:00 p.m. in the MR.

Discover little known movie facts from Steve Ross at the **FILM FEST SHOWING** of *Singin' In the Rain* on Fri, 9/26 at 2:00 p.m. in the PAC.

See our very own Katy Stanfield in Playhouse on the Square's **NUN-SENSE** on Fri, 9/26 at 3:00 p.m. in the PAC.

Rev. Earle Fisher will discuss Environmental Justice at the **TAPESTRY EVENT** on Tue, 9/30 at 3:00 p.m. in the PAC.

DINNER WITH MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 9/5 Alejandro Paredes (Acoustic Guitar) SDR
- 9/12 Sandra Miller (Piano) SDR
- 9/19 Hank & Stan (Guitar & Flute) SDR
- 9/20 Yasrah Hasbeeb (Piano) SDR
- 9/26 Tim Stanek (Piano) SDR

SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 9/6 Deborah Swiney Band (Big Band/Jazz) PAC

OTHER SPECIAL MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 9/20 Memphis Chamber Music Society (Classical) PAC
- 9/21 The Dubois Duo (Classical) PAC
- 9/22 IRIS Collective Artists-in-Residence (Classical) PAC

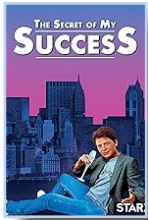
***Sign up in the Activity Book or on CATIE.**



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Dr. Warren's Clinic Hours</p> <p>Tuesday, September 2, 2025 12:30-3:30 p.m.</p> <p>Wednesday, September 10, 2025 12:30-3:30 p.m.</p> <p>Tuesday, September 16, 2025 12:30-3:30 p.m.</p> <p>Tuesday, September 30, 2025 12:30-3:30 p.m.</p>	<p>1 LABOR DAY</p> <p>Holiday Luncheon Two Seatings 11:00-12:30 or 12:30-2:00 Please call Dining at 901-251-9212 to make a reservation and specify the time you prefer.</p> <p>2:00 PM MOVIE: The Secret of My Success (PG-13 1987, 5*, 1h50m) <i>PAC</i></p>	<p>2</p> <p>9:00 AM-4:00 PM Thrive Audiology*-by appt <i>Clinic</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>1:30 PM IFF Club <i>PAC</i></p> <p>7:15 PM TAPESTRY EVENT: Historical Markers with Jim Cole <i>PAC</i></p>	<p>3</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>6:00 PM Birthday Night at Trezevant <i>SDR</i></p>	<p>4</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Sewing Circle Meeting <i>CR 310</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>5:30 PM TRANSPORTATION*: Joyce Cobb at the Brooks for ticketholders <i>WAY</i></p>	<p>5</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:30 AM TREZEVANT EXPLORES*: Bill Short with Rhodes College's Barrett Library <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM MOVIE: By the Light of the Silvery Moon (PG-13, 1953, 5*, 1h48m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Alejandro Paredes (Guitar) <i>SDR</i></p>	<p>6</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Mona Lisa Smile (PG-13, 2003, 5*, 1h59m) <i>PAC</i></p> <p>7:15 PM SATURDAY MUSIC HOUR: Deborah Swiney Band (Big Band/Jazz) <i>PAC</i></p> 
<p>7</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: The Post (PG-13 2018, 4.5*, 1h55m) <i>PAC</i></p> 	<p>8</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>9</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>4:00 PM FEATURED COUNTRY: Spain <i>PAC</i></p>	<p>10</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Conversations with Kent <i>PAC</i></p>	<p>11 PATRIOT DAY</p> <p>9:00 AM-Noon Podiatrist by appt <i>318</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 PM TRANSPORTATION*: MIFA Luncheon for ticketholders <i>WAY</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>2:00 PM Great Decisions <i>PAC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>12</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM MOVIE: The Trouble with Harry (PG, 1955, 4.5*, 1h39m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Sandra Miller (Piano) <i>SDR</i></p> 	<p>13</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Crossing Delancey (PG, 1988, 4.5*, 1h36m) <i>PAC</i></p> <p>6:00 PM TRANSPORTATION*: Memphis Symphony Orchestra-Tchiakovsky for ticketholders <i>WAY</i></p>
<p>14</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Mission Impossible: The Final Reckoning (PG-13, 2025, 4.5*, 2h52m) <i>PAC</i></p> <p>2:00 PM TRANSPORTATION*: Memphis Symphony Orchestra-Tchiakovsky for ticketholders <i>WAY</i></p>	<p>15</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM TAPESTRY EVENT: Separation of Powers in US Constitution with Daniel Kiel <i>PAC</i></p>	<p>16</p> <p>9:00 AM-4:00 PM Thrive Audiology*-by appt <i>Clinic</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>10:00 AM Sewing Circle <i>MR</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:00 PM Fitness Open House <i>PAC</i></p> <p>4:00 PM Idlewild Communion <i>CH</i></p>	<p>17</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p>18</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>19</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM MOVIE: Murder on the Orient Express (PG, 1974, 4.5*, 2h2m) <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>3:00 PM Celebrate Centenarians! by Invitation only <i>MR</i></p> <p>5:00 PM Dinner with Music by Hank & Stan (Guitar/Flute) <i>SDR</i></p>	<p>20</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>3:00 PM SPECIAL PERFORMANCE: Memphis Chamber Music Society (Classical) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Yasrah Haseeb (Piano) <i>SDR</i></p>
<p>21</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Temple Grandin: An Open Door (PG-13, 2025, 5*, 58m) <i>PAC</i></p> <p>4:00 PM SPECIAL PERFORMANCE: The Dubois Duo (Classical) <i>PAC</i></p> 	<p>22 AUTUMN EQUINOX</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: IRIS Collective Artists-in-Residence <i>PAC</i></p>	<p>23 ROSH HASHANA</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p>	<p>24</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p>	<p>25</p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>26</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM TAPESTRY FILM FEST: Singin' In The Rain with Steve Ross <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i></p>	<p>27</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Knives Out (PG-13, 2019, 4.5*, 2h5m) <i>PAC</i></p> <p>6:45 PM TRANSPORTATION*: Nunsense at Playhouse on the Square <i>WAY</i></p> 
<p>28</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: The Aeronauts (PG-13, 2019, 4*, 1h41m) <i>PAC</i></p>	<p>29</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>30</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>10:00 AM Sewing Circle <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>3:00 PM TAPESTRY EVENT: Environmental Justice with Rev. Earle Fisher <i>PAC</i></p>	<p>PLEASE NOTE:</p> <p>Events are subject to change. Please check the weekly calendar for updated information.</p> <p>An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.</p>			

MOVIES AT TREZEVANT



9/1/2025 2:00 PM

The Secret of My Success (PG-13, 1987, 5*, 1h50m)
Michael J. Fox conquers the business world and maneuvers his way from the mailroom to the boardroom in two weeks in this hilarious and charming lampoon of corporate life.



9/5/2025 2:00 PM

By the Light of the Silvery Moon (PG-13, 2003, 5*, 1h59m)
Doris Day and Gordon MacRae star in an old fashioned musical salute to the small town American family.



9/6/2025 2:00 PM

Mona Lisa Smile (PG-13, 2003, 5*, 1h59m)
This funny, uplifting film stars Julia Roberts as an art history professor with a lot to teach about life--and much to learn about love.

9/7/2025 2:00 PM



The Post (PG-13, 2018, 4.5*, 1h55m)

Steven Spielberg, Meryl Streep and Tom Hanks team for the first time in this thrilling film based on a true story about a government cover-up and the fight over civil liberties.

9/12/2025 2:00 PM



The Trouble with Harry (PG, 1955, 4.5*, 1h39m)

Oscar® winner Shirley MacLaine makes her screen debut in this comedy mystery that stars Edmund Gwenn and John Forsythe and includes romance, humor... and several unearthings of a corpse.

9/13/2025 2:00 PM



Crossing Delancey (PG, 1988, 4.5*, 1h38m)

A contemporary New York comedy about Isabella, a single independent woman who is caught in a romantic quandary when her grandmother hires a Jewish matchmaker to find her a husband.

9/14/2025 2:00 PM

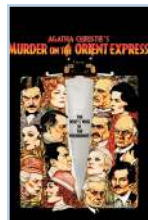
Mission Impossible: The Final Reckoning



(PG-13, 2025, 4.5*, 2h52m)

Our lives are the sum of our choices. Tom Cruise is Ethan Hunt in Mission: Impossible – The Final Reckoning.

9/19/2025 2:00 PM



Murder on the Orient Express (PG, 1974, 4.5*, 2h2m)

Famed Belgian sleuth Hercule Poirot is called upon to solve the mystery of when an American businessman is found murdered while in transit on the world famous Orient Express.

9/21/2025 2:00 PM



Temple Grandin: An Open Door (PG-13, 2025, 5*, 58m)

Acclaimed documentary celebrating Dr. Temple Grandin's pioneering work in animal welfare, autism advocacy, and neurodiversity through her unique perspective as a visual thinker.

9/26/2025 2:00 PM



Singin' in the Rain (PG-13, 2025, 5*, 58m)

Gene Kelly stars as a Hollywood star of the silent era who finds his career jeopardized when he and his shrill-voiced leading lady must appear in a talkie together.

9/27/2025 2:00 PM



Knives Out (PG-13, 2013, 4.5*, 2h5m)

The inquisitive and debonair Detective Benoit Blanc arrives at the crime novelist Harlan Thrombey's estate to investigate his death. Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Thrombey's untimely demise.

9/28/2025 2:00 PM



The Aeronauts (PG-13, 2019, 4*, 1h41m)

In 1862, daredevil balloon pilot Amelia Wren teams up with pioneering meteorologist James Glaisher to advance human knowledge of the weather and fly higher than anyone in history.

CRITIC'S CORNER A Movie Review By Jack Richbourg

See this on Sunday, August 17, 2025 at 2:00 p.m. in the PAC.



If you are afraid of heights, don't watch this movie. If you suffer from acrophobia, just thank your lucky stars, you're not watching it on IMAX, and speaking of stars, this movie will bring you closer to them than you ever really wanted to go.

The Aeronauts was released in 2019 and is the story of a man and a woman who in 1862 set the altitude record in a balloon. Felicity Jones plays Amelia Wren, the flighty [pun intended] balloon pilot, and Eddie Redmayne is James Glaisher, the scientist who believes he can predict the weather, an idea ridiculed by the *Royal Society of London*, the most prestigious scientific institution in England. All Glaisher needs to prove them wrong is to ascend to a height that no human has ever risen to before. To accomplish that feat, he needs the most fearless balloon pilot of his day, Amelia Wren.

Please note that James Glaisher is a historical figure. He really did ascend to record heights in a balloon in 1862, but Amelia Wren is fictional, and that is the biggest criticism of the film. Detractors say the screenwriter, James Thorne, took a historical event and altered it to widen the appeal of his story, which in the big picture of things is not that great a transgression. There are much larger crimes being played out in the public square as you read this. After all, the film did not bill itself as a true story but rather as a story inspired by true events. History records that Glaisher's pilot was one Harry Coxwell who displayed great courage in the record breaking flight but who, most certainly, possessed a Y chromosome. I, like Thorne, with all due respect to Mr. Coxwell,

prefer the fictionalized version because it's a study in contrasts.

Amelia Wren, whose first name is a memorial to America's most famous female pilot and whose last name suggests a small but skillful flier, is the total opposite of Glaisher. He is a studious, note-taking, instrument-reading scientist-a purposeful, slow-moving glacier. She is a bigger-than-life, extroverted, courageous adventurer-a quickly darting bird. But the characters need each other. They complete each other. They make each other whole. Each is the yin to the other's yang. Neither Amelia nor James could survive without the other, a true partnership that represents all the partnerships we experience in our own lives. You see, we cannot do this thing called life, alone, and Thorne is shouting at us, "You need each other!" in a time when we think we don't.

So, pay attention, my dear viewer, because you are cast in a leading role in this movie. Indeed, James and Amelia's ascent into the clouds like all the classic tales of arduous journeys, ever since Homer's Odyssey, is a story about our own lives and the friends and foes we meet along the way.

Richbourg's Rating

Behind the Curtain

by Paula Jacobson, Foundation Director

The Allen Morgan Health and Rehabilitation Center renovations officially began on Friday, July 18th and the team on the first floor was ready! Staff had spent weeks moving equipment and furnishings and boxing up files and mobilizing the residents for relocation. Rachel Siddall, Administrator of Allen Morgan, said she had not received one complaint about the renovation activity, and the expected noise has been minimal. She complimented her team who has continued to provide care to patients in a smaller, limited space. Architects BRG3S have been working with staff to plan every detail of the renovation. RKA, our general contractors, were also prepared



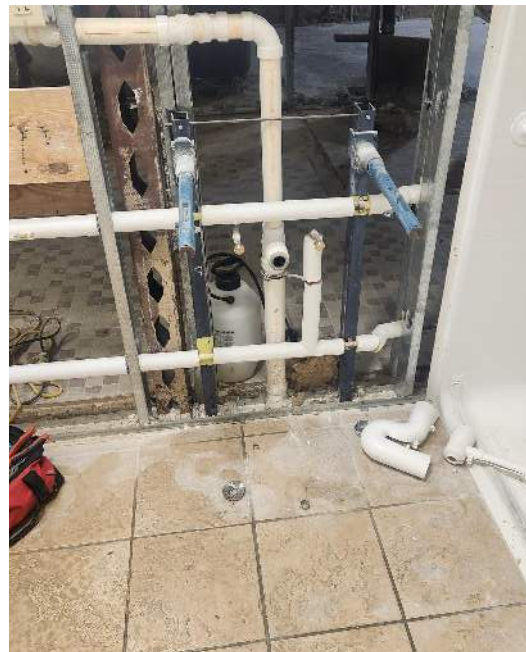
and demolition was fast and efficient, as workers removed walls, wiring, ceiling tiles, cabinets, closets, bathroom fixtures and the entire dining area. The demolition and construction started on the east side (closest to Highland Street) and when completed, patients will be moved into the newly renovated space and work will begin on the west side, which includes the entry reception area and rehabilitation gym.



"This has been such a wonderful team effort," added Siddall. "We are excited for the updated nursing and rehabilitation facilities and the updated patient rooms and common areas. We are

ready to provide great care in a great space."

If you are interested in being part of this campaign, please contact Ms. Siddall at rsiddall@trezevantmanor.org or Kent Phillips at kphillips@trezevantmanor.org.



September Birthdays

September 5

Judy Buffa

September 7

Bill Butler

September 8

Henry Harvey

Mary McCallum

September 10

Barbara Nash

Gail Williamson

September 13

Fred Anderson

Loretta Taras

September 15

Pam Van Doren

September 16

Sue Britton

September 19

John McQuiston

Pete Shearon

Phillip Vaiden

September 20

Jane Adam

Janet Canale

September 22

Wayne Shannon

September 23

Joan Chesney

Julia Howell

September 24

Worth Brown

Sam Stringer

September 25

Kay Robilio

September 26

Peggy Wilkinson

September 28

Gary Cook

September 29

Harry Waggoner



The Pocket Hugs Project

by Catherine Lewis

The Trezevant Sewing Circle and the Random Acts of Kindness Team recently took 100 heart-shaped “Pocket Hugs” to Rachel Siddall, Administrator of Allen-Morgan. The two groups recognized that everyone in Allen Morgan must cope with many adjustments during renovation. The Pocket Hugs are a tangible reminder that someone cares. Each heart is unique, crafted by knitters, quilters, cross stitchers, and seamstresses in the Sewing Circle. Members of the Random Acts of Kindness team helped package the hearts in bags with cards saying “Carry me close and you will know that you have a hug wherever you go.” The Pocket Hugs will be given to patients, staff, and caregivers who need a lift.



1. Sewing Circle Members work on the Pocket Hugs Project include Founder Jan LaBeause, Nora Kaltakdjian, Marion Morgan and Patty Calvert.

2. Members lend their talents to this worthwhile project include GeeGee Chandler, Linda Kay McCloy, Ranna Christensen and Catherine Lewis.

3. Pocket Hugs!!



How Well Do You Sleep?

continued from page 2

Belsomra group. The Belsomra group seems to be safer in the elderly. Physicians are reluctant to prescribe medications from the Ambien group despite their lower cost. Both groups can cause sedation the following morning. Most scientific studies of these medications are short-term only.

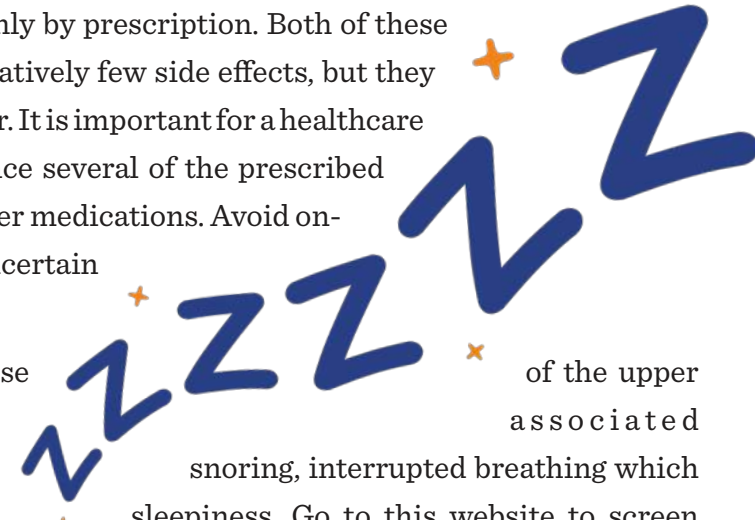
Many insomniacs take over-the-counter melatonin which tends to restore the circadian rhythm of sleep. Ramelteon is a melatonin-like agent available only by prescription. Both of these medications are helpful in inducing sleep and have relatively few side effects, but they are short-acting and may wear off before the night is over. It is important for a healthcare provider to review your sleep medication regimen since several of the prescribed sleep-inducing medications have interactions with other medications. Avoid on-line or over-the-counter medications which are of uncertain purity and efficacy and often contain antihistamines.

Secondary insomnias are common. Sleep apnea, collapse of the upper airway during sleep, is more common in men and is associated with age over 50, Body Mass Index (BMI) over 30, loud snoring, interrupted breathing which frightens the sleep partner, hypertension, and daytime sleepiness. Go to this website to screen yourself for sleep apnea: The Official STOP-Bang Questionnaire Website. An in-hospital sleep study or a home sleep study with a healthcare-provided monitor is needed for diagnosis. Therapy consists of a continuous positive airway pressure (CPAP) machine that pushes air into your nose and mouth to keep your airway open. Untreated sleep apnea leads to significant complications such as heart failure, cognitive deficits, motor vehicle accidents, and hypertension.

Another common sleep problem is restless legs syndrome. Patients awake at night due to leg movement and discomfort. Mild iron deficiency is often the cause. Treatment is iron supplements. Nocturnal leg cramps, another condition interrupting sleep, may be caused by excessive exercise, diuretics, statins, and long-acting inhalers. Cramps attributed to statins may be relieved by reducing the dose or switching to another type of statin. Discuss with your physician.

Depression may interfere with sleep and cause early morning awakening. Prescription medications such as trazodone or mirtazapine can treat both the depression and the insomnia. A few articles in the medical literature suggests a beneficial effect of trazodone in the insomnia associated with Alzheimer's.

Insomnia is not just a benign annoyance. Besides irritability and drowsiness the following day, a lack of restorative sleep can lead to immune compromise, memory issues, and increased appetite with weight gain. If simple sleep hygiene measures do not relieve your insomnia, please see your primary care provider.





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