

TIDINGS



JANUARY
2019



AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

Director of Resident Services

Kim O'Donnell

kodonnell@trezevantmanor.org

(901) 251-9205

Communication & Program Coordinator

Teresa Johnson

tjohnson@trezevantmanor.org

(901) 746-1843

The cover of this month's publications reads A New Adventure which serves as the ideal prelude to beginning the New Year. As we reflect on the events of 2018 to mention a few; Robert Burns dinner, Super Bowl 51, Valentines dance, New Resident Welcome receptions, Academy Awards, Resident Artists Exhibit, Trezevant Trailblazers visit Keeneland in KY, Derby Party, Preakness Party, Belmont Party, Party at the Pond, Mother's Day, Father's Day, Fourth of July, First Responders, Seniors Helping Seniors, World Relief tutoring, luncheon to honor our Volunteers, Veterans luncheon, Southern Authors, floral arranging with the Garden District, Happy Hour, Rock Steady Boxing, Thanksgiving buffet, trip to Wilson, AR, Christmas party, New Year's Eve party. The events, seemingly endless, provide entertainment, socialization, enrichment and enjoyment to all participants. We, at Trezevant, are so fortunate to have a very high level of participation amongst our resident population.

Participation is the lifeblood of our community as your involvement contributes to this thriving environment. The programming for our community is vital to its success and we in Resident Services wish to continue to offer excellence in programming while also expanding it. Therefore we are most interested in what you want to do and welcome ideas. Some new ventures we will be implementing in 2019 are a Centenarian Club also known as the Andorra Assemblage and a poetry recitation group or the Live Poets Society. Now that I have piqued your interest there will be parameters set for these groups the former is obvious the later not so much. For more information contact me and if you have other ideas we would like to hear about them.

Best to all in the New Year!

To receive *Tidings* by mail or online, please call Teresa Johnson at (901) 746-1843 or email tjohnson@trezevantmanor.org.

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IN ST EDWARD CHAPEL

by Rev. Robin Hatzenbuehler, Chaplain



Happy New Year! In the Church calendar, the new year began back on December 2 with Advent, but there is another new year that we observe on January 1. I don't know about you, but the first of the year always gives me a boost in energy and optimism – and a willingness to do or try to do something I haven't done or tried before. I hope that will lead you to some upcoming Chapel programs and services!

The Spiritual Speakers Series will begin anew on Tuesday, January 8 at 7:15pm with speaker Rhodes Professor Steve McKenzie. Come hear what is “jazzing” him in his work now (Jonah!) – and bring a friend. We are so fortunate to have experts like Steve in our midst.

This month, our Chaplain's Class brings back a topic that was popular when we first offered it two years ago. Linda D. Mischke and I will be facilitating the class, entitled “Everything You Always Wanted to Know about End of Life Issues – But Didn't Know You Needed to Know!” and will bring the various professionals and their particular expertise to each of four classes, beginning January 16 at 3pm.. This is very much information you need to understand .

Finally, don't miss the opportunity to exercise your brain! We meet in the Chapel every Wednesday from 2:15 until 2:45 for Guided Meditation. I hope that adding this practice is one of your New Year's resolutions. “When the world tells us that we are what we do with our activity, acumen, or achievement, let us learn that we are what we do with our silence.” [from The Pattern of Our Days]

In Sunday Chapel Services, we enter the Season of Epiphany and our focus turns to the many manifestations (epiphanies) of Jesus' divinity.

God's blessings on each of you! May your lives reflect God's light to the world.

Chaplain & Director of Pastoral Care and Religious Services

Rev. Robin Hatzenbuehler
robin@trezevantmanor.org
(901) 251-9208

Associate Chaplain

Rev. Julie McKenna
jmckenna@trezevantmanor.org
(901) 325-8108

Guided Meditation

Wednesdays at 2:15 p.m.
in St. Edward Chapel

Spiritual Speaker Series: Rhodes Professor Steve McKenzie

Tuesday, January 8 at 7:15 p.m.
in St. Edward Chapel

Chaplain's Class: Everything You Always Wanted to Know about End of Life Issues – But Didn't Know You Needed to Know!

Wednesdays beginning January 16
at 3:00 p.m.
in St. Edward Chapel

Listen & Love with Dina Smith

Thursdays beginning January 3
at 3:00 p.m.



BE WELL

by Rinnie Wood, Fitness Director

Fitness Director

Rinnie Wood

rwood@trezevantmanor.org

(901) 251-9223

Fitness Instructors

Ginger Acuff

Kirsti Carroll

Laura Charbonnet

Marilyn Paavola

Sheila Rae

Marty Wheeler

(901) 251-9223

Wellness Nurse

Valerie Smithers

vsmithers@trezevantmanor.org

(901) 251-9239

Physical Therapy

(901) 251-9234

INSPIRATION FOR YOUR BEST HEALTH IN 2019

Move & Lose Winner Elizabeth Holmes' Journey to Increased Energy and Improved Health

The Good Food for Good Health 21 Day Challenge began September 11, 2018, and ended October 1. There were 60 residents at the introduction where folders containing guidelines and logs were distributed. Guidelines were simple. Eat the best food possible, drink a lot of water and move. Eliminate food and drinks that might aggravate digestion, promote blood sugar swings, or curb weight loss. Suggested items to eliminate or greatly reduce were sugar, dairy, starch, alcohol and caffeine.

22 people participated by tracking food and activity, completing logs and turning them in on October 1. Fifteen people lost a total of 60 pounds. Move and Lose winner Elizabeth Holmes lost 8 pounds in 21 days, the most weight loss of all participants. She has now lost a total of 18 pounds, and feels "energized, and just great."

When asked what motivated her to begin, Elizabeth answered, "I had some health concerns and told myself I could do this for 21 days. I did everything exactly as it was suggested on the sheet-no sweets, alcohol and smaller portions." She wrote down everything she ate, and moved at least 30 minutes every day, including 4 pool classes a week. The Holmes' daughter was also on a weight loss program, so the two talked regularly and helped one another stay on track.

"I plan to do this for the rest of my life. I stuck with it at first by telling myself I only had to do it for three weeks, but now I feel so wonderful, I have no intention of going back to my old habits," she states. Great job, Elizabeth!

Elizabeth's Weight Loss Tips:

- She cut back on carbs, but she did eat oatmeal and fruit in the mornings.
- Ghiradelli chocolate squares at night kept her from feeling deprived. She bought the highest percent chocolate bar, and ate 1 square at night.
- Elizabeth no longer drinks wine or eat sweets at night regularly, but does have an occasional treat, in small quantity.
- Mainly, just stick with it!



IN FOUNDATION

by Nora Conaway, Trezevant Foundation Director



What a great 2018 the Foundation has had. I do not want to short change us by giving an incorrect figure as of the middle of December so I will wait until the February Tidings to give a full report. The generosity of residents and their families has been incredible and I am so grateful to everyone.

I would like to also give credit to Robin Swanson and her Dottie's Digs team. With two more sales to go in December, they have already exceeded the best year ever for Dottie's. That is so much time-consuming, back-breaking work to make that happen, and I am so proud of them all.

Stay tuned and I will provide the full story in the next issue. THANK YOU ALL!

Foundation Director

Nora Conaway

nconaway@trezevantmanor.org

(901) 251-9242

The Trezevant Foundation was established to ensure that LifeCare residents would always have a place here, even if they outlived their financial resources. Additionally, the Foundation also provides resident amenities to enhance life in the community, and an employee scholarship fund to improve their lives and the skills they bring to Trezevant. The E. H. Little Society, named for Trezevant's founding benefactor, is composed of those who have included the Trezevant Foundation in their planned giving through an estate gift.



MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.

NEW YEAR'S DAY BUFFET Tue, 1/1 from 11:30 a.m.-1:30 p.m. in SDR.

***LAFAYETTE'S: BREEZE CAYOLLE** Tue, 1/2 at 5:00 p.m. at HPL.

***TREZEVANT EXPLORES: JACK SAMMONS FROM MEMPHIS AIRPORT AUTHORITY** on Fri, 1/4; 11:30 a.m. lunch (\$7.50), Noon performance in the PAC.

***LUNCH & LEARN WITH MAUREEN O'CONNOR & CAMERON MANN 'HISTORY OF METHODIST HEALTHCARE'** on Mon, 1/7. 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC.

ELVIS!! IS BACK IN THE BUILDING on Mon, 1/7 at 7:15 p.m. in the PAC.

NEW RESIDENT WELCOME RECEPTION on Wed, 1/9 at 4:00 p.m. in the PAC.

SPECIAL VIEWING: THE YARD-CALVARY DOCUMENTARY on Wed, 1/9 in the PAC.

***TREZEVANT TASTING: SCOTCH** on Tue, 1/15 at 3:00 p.m. in the GAL.

***OUT TO DINNER: THE GRAY CANARY** Tue, 1/15 at 6:15 p.m. at HPL.

***AUDIOLOGIST VISIT**
Transportation provided on

Wed, 1/16 at 9:00 a.m.

NEW RESIDENT PHOTO SHOOT on Wed, 1/16 from 10:00 a.m. to 6:00 p.m. in the GAL.

PRESENTATION: CAROL COLETTA, on Tue, 1/22 at 5:00 p.m. in the PAC.

RESIDENT ASSOCIATION QUARTERLY MEETING on Wed, 1/16 at 7:15 p.m. in the PAC.

VIEWING PARTY: UOFM V. SMU on Sat, 1/19 at 3:00 p.m. in the PAC.

***THIRD ANNUAL BURNS SUPPER** on Thu, 1/24 at 5:00 p.m. in the PAC.

FINE DINING on Sun, 1/27 at 5:30 p.m. in SDR; reservations req'd at 251-9212.

***UNIQUELY MEMPHIS: TOUR OF ORPHEUM THEATER AND LUNCH AT THE MADISON** on Mon, 1/28 at 9:15 a.m. at HPL.

SOUTHERN AUTHOR: MICHAEL THOMPSON WITH THE ACTRESS on 1/30 at 5:00 p.m. in the PAC.

BIRTHDAY CELEBRATIONS Wed, 1/30 at 6:00 p.m. in SDR.

MOVIES Mon, Tue, Wed, Sat, & Sun each week. Check schedule for titles and times. *Subject to change.*

HAPPY HOUR Spend time with

friends in the PAC every Mon and Thurs, from 5:00-6:00 p.m. \$2 cover charge, free drinks.

DR. WARREN every Tues from 1:00 to 3:30 p.m. in the Wellness Clinic.

MEN'S COFFEE CLUB every Wed at 10:00 a.m. in Club Room 310.

BOARD GAMES Play with old & new friends each Fri at 2:00 p.m. in the SDR.

DOTTIE'S DIGS is open Thu, 1/3 and 1/17 (G1), from 9:00-5:00 p.m. Proceeds benefit the Trezevant Foundation.

SATURDAY BINGO 1/5, 1/12 and 1/19 at 7:15 p.m. in SDR.

THURS EVENING ENTERTAINMENT (7:15PM-PAC)

1/3 TBD

1/10 Penny Kings' Band

1/17 Carl Maguire Band

1/31 RSVP Chorus

TGIFT MUSIC (5PM-Music Room)

1/4 Lea Van Merkestyn

1/11 Bobby Lawson

1/18 Sable & Jackson

1/25 Terry Starr

SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

1/5 Joyce Cobb

1/12 Jeremy Clement

1/26 Scroll Trio

Celebrate! It's Your Birthday!!

Lynn Murff	1	Chris Garrett	18
Rusty Loth	6	Nancy Erb	21
Sally Hergenrader	8	Norma Atkins	22
Miriam Northrop	8	Virginia Ralston	22
Shirley Schroeder	9	Bill Runyan	23
Mary Virginia Rogers	11	Gee Gee Chandler	24
Roger Lowery	12	Peggy Harris	25
Ann Powell	12	Alice Ann Miller	25
Jane Cash	16	Julie Walton	25
Billie Fortas	16	Mary Edith Walker	27
		Jean Reynolds	30



TREZEVANT CONTACT INFORMATION

TREZEVANT RECEPTION DESK

(901) 325-4000

TREZEVANT TERRACE RECEPTION DESK

(901) 746-1800

ALLEN MORGAN RECEPTION DESK

(901) 325-4003

BANK

Suntrust Bank

(901) 462-2801

DINING DIRECTOR

David Edwards

dedwards@trezevantmanor.org

(901) 251-9212

DINING RESERVATIONS

Ashley Newman

anewman@trezevantmanor.org

(901) 251-9212

HOUSEKEEPING

Annie Wade

awade@trezevantmanor.org

(901) 515-2999

MAINTENANCE

maintenance@trezevantmanor.org

(901) 251-9225

SECURITY

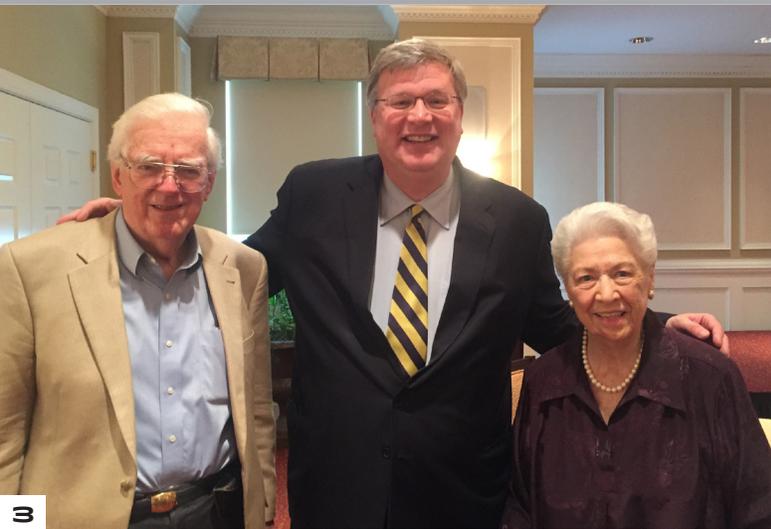
securityoffice@trezevantmanor.org

(901) 515-2998

TRANSPORTATION

transportation@trezevantmanor.org

(901) 251-9227



LOOKING BACK

1. Ann Stevens, Dorsey Wade, Ann Carriere, Kim O'Donnell, Barbara Dale Crafton, Ann Nichols and Modine Bolen enjoyed a walk then a great view from the 11th floor of the Manor! 2. Julie Walton, Norma Owen and Lavinia Skinner sang in harmony at the O'Donnell's Luminaries & Libations party. 3. Joe Saino and Florence Leffler welcomed Mayor Jim Strickland at the Trezevant Explores luncheon in December. 4. Residents Ray and Sally Podesta celebrated the Holidays with cousin Bill Maury and his family at the Trezevant Christmas Party.