

# TIDINGS



DECEMBER  
2017

# 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

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

trezevantmanor.org

Often people inquire as to what "resident services" does? Providing quality programming is our dedication as we serve the residents in our community. Possibly a better name for this department would be life enrichment, as enriching the lives of the seniors we serve is wherein our reward lies. Input is essential in the development of the programs and that is an area in which our residents excel.

Programming enjoyed by our residents during 2017 included our first Scottish dinner, Super Bowl LI watch party, Academy awards party, performance by Gary Beard & Kevin Kenney, Shakespeare's Greatest Hits, Volunteer luncheon, Kentucky Derby party, Mother's Day tea, visit to Crystal Bridges, Central High Reunion, march of the Peabody Ducks, Rhodes speaker series, Intergenerational exercise with Rhodes, dedication of the art studio, University of Memphis Music Mentorship program, trip to WWII museum in New Orleans. Let's not forget Southern Authors, Trezevant Explores, Happy Hour, Out to Lunch, Music Hour, TGIFT, movies, food trucks, art shows, guest speakers, spiritual and wellness programs and the list continues to grow.

As we work together to develop and build excellence at Trezevant everyone reaps the benefits. As a member of the management team I extend my thanks to you for all you do to make this campus the best. May your holidays be filled with magic, memories and miracles.



**DON'T FORGET TO PICK UP  
YOUR 2018 CALENDAR  
AT THE RECEPTION DESK!**

# IN ST EDWARD CHAPEL

by Rev. Robin Hatzenbuehler, Chaplain

We are about to begin the high holy season in the Church – Advent and Christmas. During this season, I hope you will add at least two things to your spiritual discipline: Guided Meditation and Sunday Chapel services. Both of these will add to your spiritual growth.

- Sunday Chapel services will lead you more deeply into the season as we prepare not only for the nativity of the Christ child but also for the final coming of Christ. Each Sunday, we will light a candle in the Advent wreath and the sermons will focus on a different aspect of this season.
- Guided meditation offers the quiet reflection time needed during the Advent Season. Meditation's effect on the body, mind, and spirit will be covered at a special Chaplain's Class on December 6.

It is our tradition to celebrate Christmas with an afternoon candlelight service prior to the Holiday. In the past, this has allowed guest musicians/vocalists and resident choristers to participate in our choir. It also enables all our residents to worship together while still being able to attend their own church services. This year's service will be held on Friday, December 22 at 4pm.

To round out the season, the Episcopal Bishop of the Diocese of West Tennessee, the Right Reverend Don Johnson, a member of the Trezevant Board of Directors, will be our celebrant and preacher on December 31 at 10:30am. It is an honor to have him and to enjoy the colorful vestments of a Bishop!

May God bless you during these holy seasons.

## 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

## Spiritual Speaker Series

Tuesday, December 5 at 7:15 p.m.  
"Blue Christmas: A Time to Honor your  
Christmas Memories"

## Chaplain's Class

Wednesday, December 6 at 3:00 p.m.  
"What to add to Advent"

Christmas Stories, Music & Cookies  
with Dina Smith

Wednesday, December 13 at 3:00 p.m.

Christmas Candlelight Service  
Friday, December 22 at 4:00 p.m.

Christmas Eve Service in Allen Morgan  
Sunday, December 23 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

A Toast to Holiday Cheer!

The Wellness and Fitness staff offer you a few ideas, and our heartfelt wishes, for a joyful and satisfying Holiday Season!

**HELP SOMEONE WHO NEEDS HELP.**

**OFFER A SMILE.**

**LAUGH.**

**INDULGE, WITHOUT OVERINDULGING.**

**DRINK RESPONSIBLY.**

**ACTIVELY MOVE MOST DAYS OF THE SEASON.**

**YOUNG IS A STATE OF MIND, REMEMBER?**

**CALL AN OLD ACQUAINTANCE.**

**HOLIDAY HEALTH TIPS: HYDRATE, BUNDLE UP, EAT CHOCOLATE, REST, MANAGE STRESS, WASH HANDS, & SING!**

**EAT 80% HEALTHY & SPLURGE THE REMAINING 20%.**

**ENJOY YOURSELF, AND THOSE AROUND YOU.**

**RELAX & RECHARGE.**

# IN FOUNDATION

by Nora Conaway, Trezevant Foundation Director

---

Sometime last year, I wrote about an opportunity for you to help the Trezevant Foundation, at no cost to you, when you order from Amazon. It is called Amazon Smile and it is the social accountability division of Amazon.com. When you make eligible purchases through Amazon Smile (it is exactly like Amazon.com with the same login) they give the chosen charities ½ of 1% of the purchase price. That's it! It couldn't be much easier. Why would you NOT do this? The most important thing to remember is that you **MUST GO TO AMAZON SMILE RATHER THAN AMAZON.COM TO MAKE IT HAPPEN.**

Here is how to get there. Type smile.amazon.com in your browser and it will probably tell you to login (same login as your amazon.com). A page will come up asking you to choose your charity to which you want the donation to go. There should be a search box for that in which you type Trezevant Manor Foundation and it should come up at the top of the page as your chosen non-profit. From then on, if you order something from Amazon, the Foundation benefits from it. Remember to bookmark your smile.amazon.com page so you always go to the right place.

I know that .5% doesn't total a whole lot, but I have noticed a lot of Amazon boxes that sit on the tables in the mailroom and thought that it could make a difference if everyone signed up for this benefit. If you run into a problem and need some help signing up for it, please give me a call at 251-9242 and I will be glad to assist.

## 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.

**MOVIES** Mon, Tue, Wed, Sat, & Sun each week. Please 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. \$2 cover charge, free drinks.

**DR. WARREN** every Tues from 1:00-3:30 in the Wellness Clinic.

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

**\*PODIATRIST APPOINTMENTS** with Dr. Ashbery available on Thurs, 12/7 from 9:00-Noon on the 2nd floor of the Terrace.

**\*HEARING & BALANCE CENTER** of West Tennessee appointments available on Wed, 12/13 from 9:00 to noon in the Gallery.

**DOTTIE'S DIGS** is open Thurs, 12/7 & 12/21 (G1) from 9:00-5:00. Special Trezevant only sale 12/19! *Proceeds benefit the Trezevant Foundation.*

**ALTERATIONS BY MARY** are available every Fri from 9:00-Noon in Club Room 310.

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

**SATURDAY BINGO** 12/2, 12/9 & 12/16 at 7:30 in SDR.

**DECEMBER BIRTHDAYS CELEBRATION** is Wed, 12/27 at 6:00 in SDR.

**THURS EVENING ENTERTAINMENT (7:15PM-PAC)**

12/7 Quicksilver Barbershop Quartet

12/14 Brass Quintet

12/21 Jim Johnson

12/28 Beverly Brothers

**TGIFT MUSIC (5PM-Manor Foyer)**

12/1 John Ross (Lute/Guitar)

12/8 Henry Booker (Piano)

12/15 Deonna Pruitt & Ljulliana Thomas (Piano/Vocals)

12/22 Terry Starr (Piano)

12/29 Sable & Johnston (Guitar)

**SATURDAY MUSIC HOUR (4PM)**

12/2 Joyce Cobb & Hank Sable (Bistro)

12/10 Den Of Strings (Bistro)

12/16 Deante Payne Ensemble (Bistro)

12/23 Frank Shaffer Drum Circle (PAC)

12/30 Breeze Cayolle (Bistro)

**\*FIRST WED MOVIE GROUP** meets for Dinner & A Movie on first Wed, 12/6 at 3:30 at HPL entrance. Movie and restaurant TBD.

**\*TREZEVAULT EXPLORES: COMMUNITY FOUNDATION OF GREATER MEMPHIS** on Fri, 12/1. Lunch at 11:30, Presentation at Noon in the PAC.

**HISTORY** with Keith Wood on Mon, 12/4 at 7:15 in the PAC.

**SPIRITUAL SPEAKER SERIES: BLUE CHRISTMAS LITURGY** with Rev. Robin & Rev. Julie on Tue, 12/5 at 7:15 in the Chapel.

**\*LUMINARIES & OPEN HOUSE** Join Kim O'Donnell for an evening of Christmas festivities on Sun, 12/10 at 4:30.

**\*INDEPENDENT LIVING CHRISTMAS PARTY** Cocktails beginning at 4:00 in the PAC. Dinner seatings at 5:00, 6:00 & 7:00. *Reservations Required. Call 251-9212.*

**\*WINE TASTING** Join David Edwards to sip and learn about wine on Tue, 12/19 at 7:00 in the Music Room.

**\*GARY BEARD & KALLEN ESPERIAN** perform on Mon, 12/18 at 7:15 in the PAC.

**HISTORY PRESENTATION** Professor Mike McCormick from Harvard University will discuss his work on Wed, 12/27 at 7:15 in the PAC.

**NYE PARTY!** Celebrate on Sun, 12/31 at 7:00 in SDR.

# BIRTHDAYS

- 3 Mickey Bell
- 5 Virginia Hollon
- 6 Nelie Waller
- 8 Ben Bledsoe
- 9 Linda Spiese
- 10 Sarah Gratz
- 10 Ginny Webb
- 11 Patty Calvert
- 13 Margaret Weakley
- 14 John Beyer
- 15 Susanne Darnell
- 16 Bill Adams
- 18 Sarah Flowers
- 24 Thea Dotson
- 26 Betty Jane Harris
- 26 Jim McDonnell
- 27 Judy Sebelius
- 30 Tommie Saxon
- 31 David Armbruster
- 31 William Morehead

## 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](mailto:dedwards@trezevantmanor.org)

(901) 251-9211

### DINING RESERVATIONS

Ashley Newman

[anewman@trezevantmanor.org](mailto:anewman@trezevantmanor.org)

(901) 251-9212

### HOUSEKEEPING

Annie Wade

[awade@trezevantmanor.org](mailto:awade@trezevantmanor.org)

(901) 515-2999

### MAINTENANCE

[maintenance@trezevantmanor.org](mailto:maintenance@trezevantmanor.org)

(901) 251-9225

### SECURITY

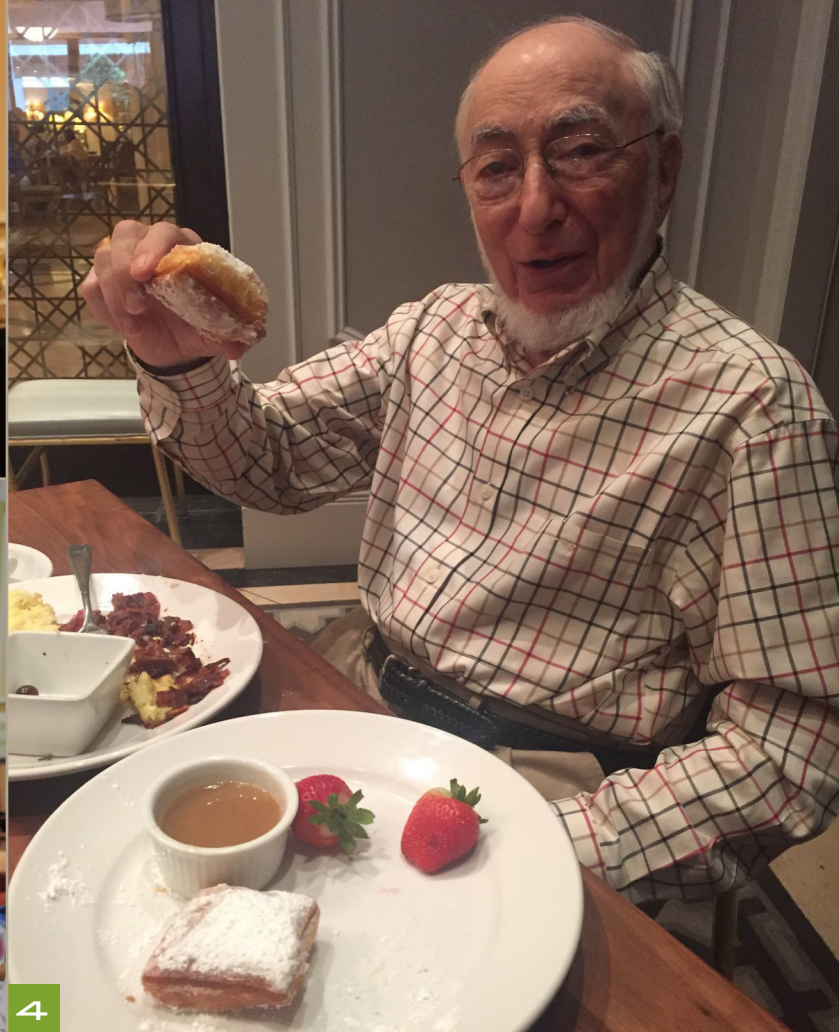
[securityoffice@trezevantmanor.org](mailto:securityoffice@trezevantmanor.org)

(901) 515-2998

### TRANSPORTATION

[transportation@trezevantmanor.org](mailto:transportation@trezevantmanor.org)

(901) 251-9227



## LOOKING BACK TO NOVEMBER

1. Frances James and Ozzie Schaefer enjoyed the Veterans Day Luncheon. 2. Sara Shelton and Margaret Weakley wore their Red, White and Blue! 3. Ray and Sally Podesta brought a friend to the luncheon. 4. Jed Dreifus enjoyed a beignet with the Trezevant Trailblazers in New Orleans. 5. Ann Hunt, Bridget Barek, Ann Stevens, Kay Robilio, Frances McDonald, Peggy Bodine, Meg Bartlett, and Bill & Sissy Long sat with FDR after visiting the World War II Museum in New Orleans.