

TREELINES



Reflecting on the Past.

Planning for the Future.



LIFE IN THE
TREZEVANT
COMMUNITY
WINTER 2022

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From the CEO

Kent Phillips

What a blessing it was to be able to enjoy the holiday season in our traditional festive way! Parties resumed everywhere across campus for residents and staff. What a joy to see so many smiles as we celebrated the season.

I am particularly thankful for your generosity in giving to our Employee Christmas Fund this year. Special recognition goes to John and Ginny Webb, who chaired the effort to raise a record amount of donations. Trezevant's hourly employees are grateful for these gifts which bring so much joy to their families at a time of year when the need is greatest.

Even though the COVID virus once again put a hex on us and we are masking and distancing, hopefully, for a relatively short cycle this time around and a return to normalcy by spring (if not sooner). In the meantime, the Trezevant campus remains very safe, as we do our best to balance safety and engagement. I am thankful to see residents and staff protecting each other, hastening a quicker return to the social calendar that makes Trezevant great.

As the new year begins, our Board of Directors is reflecting on Trezevant's history and preparing a strategic plan for our future. The most important voice in this plan is, of course, the residents. Toward that end, we look forward to safely hosting a series of opportunities for you to offer direct input as soon as it is practical to do so. I am excited about our direction and am anxiously awaiting the chance to share the plan with you!



From the FOUNDATION

Stacey Sears

Embrace what life has given to you.

If I have to mention the COVID word one more time I am going to go into a dark space and not come out of it. I choose to embrace the good and bad of the pandemic and make this year count. 2022 just started and yet everyone is still being affected and infected with Covid. The world still must go on and move forward.

This issue will introduce you to a new resident and highlight a staff member as well as thank all the generous donors we have had these last months. The annual campaign is underway and hoping all will give. As we say goodbye, we also say hello to new residents coming to Trezevant. Welcoming them with open arms and happy hours twice a week.

A quote from Ralph Waldo Emerson, "Write it on your heart that every day is the best day in the year. He is rich who owns the day who allows it to be invaded with fret and anxiety. Finish everyday and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsenses. This new day is too dear, with its hopes and invitations, to waste a moment on the yester-days."

Now go forth with high spirit and go make blunders!

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From the **CHAPLAIN**

The Rev. Julie McKenna

We are about to embark on the busy season of spiritual care. There is a lot happening especially as we begin Lent in March, but here is a quick listing of all that is planned. We invite families and wait listers to join us for any of the activities listed. Pandemic restrictions may limit our numbers, so please stay tuned in to the website for updates on Covid precautions.

Worship Events:

10:30 am Sunday services and Holy Communion

10:30 am in St. Edward Chapel

1:00 pm March 2nd, Ash Wednesday service (special music)

Holy Week Services:

All will include special music

10:30 am April 10th-Palm Sunday Service

3:00 pm April 14th-Maundy Thursday Service

1:00 pm April 15th-Good Friday Service

10:30 am April 17th-Easter Service

Chaplains' classes at 3:00 pm on Wednesdays

February Chaplains' classes—Reflections with Jack Richbourg. Hear Jack's reflections on key scripture passages and do a little writing and reflecting of your own as the group explores these passages together.

March chaplains' classes :

March 9, 16, 23rd Bible study with The Rev. Mimsy Jones

March 30th: Special Guest: The Rev. Dan Matthews

April Chaplains' classes:

April 6th Linda Mischke, Spiritual Director "The Greening of the Soul."

April 20th Rev. Milton Winter- A Look at Church Architecture

April 27th Field trip to Holly Springs to check out church architecture and enjoy a catered lunch together.

Calvary Lenten Preaching Series: We will broadcast these each week during Lent in the chapel from 12:05 to 12:30 pm, 2 days a week. Exact schedule not available yet.

Lenten Walking Meditations, Tuesdays at 3:15 pm in March.

In addition, we have an intern from Rhodes working with us this semester. Her name is Amy Band. She will lead story circles with residents across campus during her time here. Should be interesting to listen to one another's stories and share your own! Details TBA.

Our other regular weekly offerings are ongoing. See weekly calendar and weekly "Lifts for Your Spirit" signs for details. Please come join us!

Spiritual Thought for the Day:

Age is an issue of mind over matter. If you don't mind, it doesn't matter. –Mark Twain

Aging is not 'lost youth' but a new stage of opportunity and strength. –Betty Friedan

I find these two statements true in so many of our residents! You are such an inspiration! — Julie



Welcome Elizabeth M. Johnson or as she says "just Liz" to Trezevant. She is the Executive Assistant to the CEO, Kent Phillips. Liz began her career in the banking industry working as the Executive Assistant to the President of First Tennessee (Now First Horizon) bank. Liz graduated from Immaculate Conception High School and attended CBC (CBU), majoring in Accounting.

She and her husband, Timothy Johnson, have been married for 10 years and he has two children, Spencer and Campbell. Tim is an attorney with The Johnson Law Group that specializes in Estate Planning and Wills. They both share their beloved pet "Guinness" who is a seven-year-old-, 150lb Rottweiler.

Liz collects unique fountain pens. Her current number of pens is over 100. When you come to see Kent or drop by her office, she has a small collection that can be viewed personally. She and her husband like to cook together and relax on the weekends at their cabin on Horseshoe Lake with friends and family.

She comes to Trezevant with problem solving and organizational skills that will benefit all for whom she meets. She brings a real professionalism to the position. Her favorite quote is from Winston Churchill, "Never let a good crisis go to waste." Please welcome Liz Johnson to the Trezevant family.

Our Stories

by Jack Richbourg

If this article had Cliffs Notes, they would say, “Robert Strandburg is a smart guy.”

But don’t stop reading just because you’ve got the Notes. Intelligence is not how much you know, but how you use it to cope with life’s challenges. I suppose that’s the difference between knowledge and wisdom. If you want to cope with challenges, if you value wisdom, read on.

Born in Olean in the mountains of western New York, Robert moved to Chappaqua, New York, famous for Horace Greeley and the Clintons, when he was in the 9th grade. He went to Horace Greeley High, where he developed a love of physics.

Between his junior and senior years, along with other promising physics students, Cornell invited him to a summer class on Einstein. He learned of Einstein’s genius for physics and also his fascination with human imagination. It planted a seed in Robert to learn how the mind worked.

Robert enrolled at Amherst College for its strong physics department. His junior year, he saw a table with brochures about the Peace Corp. He thought to himself how he wished he could join the Peace Corp. Immediately, he heard a voice that said, “You can do that.”

“It was astonishing. I thought it came from above,” he explained. Raised a Catholic, but now exploring Eastern Mysticism, Robert had never heard anything like that before or since. “As soon as I heard it, I knew I was joining the Peace Corp, and there was no stopping me.”

His parents and teachers at Horace Greeley were stunned. “Why would you drop out of school? You’re doing so well academically.” Undeterred, Robert went to India to serve as an agricultural extension agent for three months. It was 180 degrees from his physics studies, but a great place to learn Eastern Mysticism. He left weighing 135 pounds and returned at 117.

“That’s what hard work and a steady diet of rice and vegetables will get you,” he explained. “I looked like Gandhi, but it helped me find myself by stripping away all my safety nets and living on my wits thousands of miles from home. I learned a new language and new customs. I think all students should do something like that as part of their education. You grow up quickly.”

Back home, he re-enrolled at Amherst but changed his major from physics to psychology. His summer at Cornell convinced him to learn more about the inner workings of the brain.

In his senior year, one of his professors put him in charge of his laboratory where he began placing electrodes on the heads of humans to measure responses to various stimuli. That professor left for a position at Georgetown and took Robert with him where he studied, among other things, the effects of swaddling on newborns and adults. He found that it was a very pleasant experience for both, something I could have told him without any data, but that’s what Robert did. He collected data to support basic assumptions or hypotheses, as scientists like to call them.

At Georgetown, he got a letter from Dr. D. B. Lindsley, an acclaimed scientist at UCLA. He needed someone to run his lab. He’d heard of Robert and offered him the job. His boss said, “You’d be a fool not to take this.” So, Robert, being no fool, moved to LA.

He got his Master’s working in Lindsley’s lab and his Doctorate in Dr. Frank Krasne’s lab studying how crayfish are able to regenerate neural tissue. Can you imagine trying to insert a tiny glass electrode into a crawdad’s cranium? “It’s tedious work,” he said, explaining the obvious. Actually, crayfish don’t really have spinal cords or craniums. They have a ventral nerve cord and several ganglia, but you get the picture.

He learned a lot about nerve regeneration in crayfish but never could replicate it in humans, but maybe one day, based on Robert’s data, someone will.

While working in the research lab and teaching at UCLA, he received an important grant from the National Institute for Mental Health to study schizophrenia in children. Then, he got a call from Dr. Harmon Dunathon, the dean of faculty at Rhodes College. “We need you in Memphis. Come teach at Rhodes and run our psych lab.”

Robert explained that he was in the middle of a three-year grant. “It’s not a good time,” he said.

Two weeks later, Dunathon called again. “Look, are you sure? You’ll love it here.”

“No, I am sorry. I can’t”

Two weeks later: “Look, just come and visit. Meet some of the faculty and some of our students. Take a tour of the campus. It’ll be a vacation for you.”

Dunathon’s ploy worked, Robert visited, found the faculty brilliant, the students exceptional, and the campus beautiful. He agreed to join the faculty but only if he could travel back and forth to finish his project. Dunathon agreed. He completed his research and learned that schizophrenia does, indeed, occur in children and is now a recognized diagnostic category in pediatrics.



In 2003, he moved into administration where he and the president of Rhodes, Bill Troutt got the idea of sending students into the Memphis community. Science majors began working at St. Jude’s laboratory with the help of our own Joan Chesney. History majors located and raised historical markers at local lynching sites.

When the time for reaccreditation came, Troutt gave Robert the job of meeting with the accreditation team. Rhodes received accreditation with no recommendations, a highly unusual event. Troutt tore the blank recommendations page from the final report, wrote “Good job, Robert,” framed it, and gave it to him to show his appreciation.

His tenure at Rhodes while successful was too short. In 2008, he developed prostate cancer, the disease that killed his father. The surgery was unsuccessful, and he’s still undergoing treatment. Three years ago, he was diagnosed with Parkinson’s Disease, an illness his father also contracted. His eyesight suffered with Parkinson’s. He gave up driving, took early retirement,

and moved to Trezevant in November, 2021. Now he boxes, walks, and lifts weights to get the exercise a Parkinson’s patient needs, but he had to give up his life-long hobbies of cycling and rock climbing due to the osteoporosis caused by his medication.

He spends his time reading all the books he’s collected but not read over the years. I was intrigued by the titles; *In Search of Madness, A General Theory of Oblivion, A Sceptics Guide to the Mind, and On Being*. You can tell a lot about a man by the books he reads.

So, from my Cliffs Notes above, you know Robert’s a smart guy. He’s also a very wise man — wise enough to know how to cope with life’s challenges. We hope some of that wisdom rubs off on us, now that he’s here. We certainly need some in these challenging times.

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A special thank you to Reverend Donald E. and Julie B. Mowery, who were members of the E. H. Little Society at Trezevant, for bequeathing their trust to the Trezevant Foundation to be used for residents as a benevolent fund. The Foundation is extremely honored and grateful for their generous donation.

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New Year's Resolution

I have thought a lot about what to write. I am still thinking. I decided to write about my new year's resolution. I am keeping the carbs and trying to be more present in the moment. I saw a funny interview a few years ago with Larry David his was to not to carry all the bags in at once when returning from the grocery. Being in the moment is not easy for a list maker like myself. I think about what I need to do, what I should have done and what I want or don't what to do. And yes, I try to bring as many bags in at once from the car. Slowing down and bringing in a few at a time is much more pleasant. Just like any new year's resolution I struggle to keep it.

My 2022's list include paint more, write more, do more of what you enjoy doing. Valentine's day is one of my favorites. The spring will be here soon in all its glory and so on and so on.

I will try my best to stay in the moment that makes up the day. I hope we all have a better year and continue to get through our challenges with covid and enjoy are moments.

The Little Store is open Monday through Saturday for every day needs like milk and bread but also has wonderful gifts like purses, wraps and books. Come by and say hi to the resident volunteer working in the Little Store.

Dottie's Digs is filled with furniture, clothes, kitchen items and much more. Come and see what is inside! Our sale dates are February 3rd & 17th, March 3rd & 17th and April 8th & 21st. Dottie's Digs is open the first and third Thursdays of each month from 9:00 am until 4:00 pm. To drop off merchandise please call Julie Hoyman at 901-334-4803.

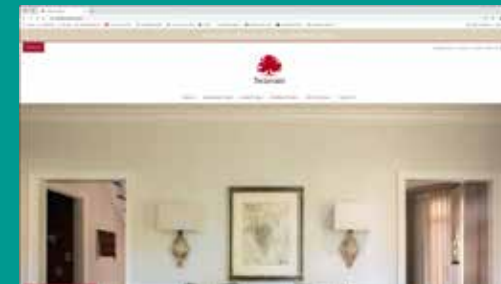
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B

A/B. Perre Magness ...her book, Good Abode.

C. Libby Daughdrill with Santa

D. Veterans Day Luncheon

E. TV Miller at the Christmas Party

F. Chauncey and Chipsy Butler Happy 55th

G. Sara Heckle and Buddy Nix



C



D



E



F



G

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