

Changing How We Do Things to Protect Our Residents

The staff at Rutland Place continues to go “above and beyond” in their efforts to protect and serve our residents during this unprecedented crisis.



With literally hundreds of meals to be delivered each day, the term “room service” takes on a whole new meaning for this talented and dedicated team!

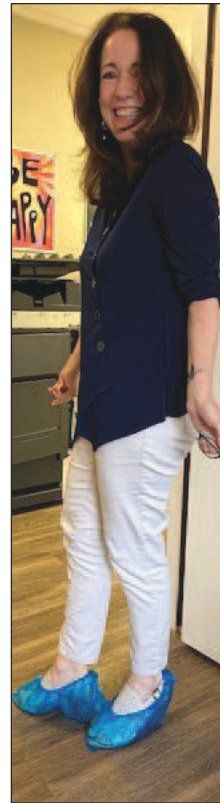


The morning crew was up and at ‘em early, preparing breakfast packages for over 125 residents. It is a tremendous undertaking that continues each day.



Casey and Sandi had to alter routines and adapt to new protocols in the name of safety.

Minna models the latest in high-end footwear!



Meal preparation takes on a whole new meaning when you convert from “eat in” to “delivery.”

Won't You Be My Neighbor?

Resident Referral Program

Just a reminder about the wonderful Resident Referral Program we offer here at Rutland Place. As with any program this generous, there are a few simple details required to secure your **\$1000 bonus**.

- You must turn in your friend's name to **Pam Barton** before any other referral agency, otherwise it cannot be accepted. Referrals who are already in our system are not eligible. Pam will follow your instructions on whether or not to contact your friend. The main objective is to get your friend's name in the marketing system so you can get the referral credit.
- The referral must move in and be a resident at Rutland Place for 30 days.
- After 30 days you will receive a \$1,000 referral credit on your rent statement.

As you can see, the process is simple and the rewards great. Reach out to Pam Barton with any questions...or better yet, REFERRALS!

You're not stuck at home, you're safe at home. One word can change your attitude, and one cough can change your life.

- Timber Hawkeye

RUTLAND PLACE

AN EXCEPTIONAL SENIOR COMMUNITY

435 N.W. Rutland Road
Mt. Juliet, TN 37122

(615) 773-6111

www.RutlandPlaceSeniorLiving.com



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RUTLAND PLACE

MAY 2020

The Rutland Rave



EXECUTIVE DIRECTOR'S CORNER

Faith, Not Fear, Will Bring Us Through!

March and April of 2020 have proven to be such trying times. I can't believe how much we've been through together! First, a devastating tornado barely misses us. Then we have no power for days. Then we have to isolate due to a pandemic.

I am so sorry you have had to go through such a hard time! I just wanted you to know we are still doing all we can to make sure you all are safe and comfortable. We are here for you and can't wait until this is over so we can see you again. Life is so much better knowing you and being part of such a wonderful community.

I came across this article and thought I'd share it with you...

Fred Rogers, also known as “Mister Rogers,” starred in the highly popular and educational children's series, *Mister Rogers' Neighborhood* from 1968 until 2001, two years before his passing in 2003. Throughout his career, Rogers dedicated himself to inspiring younger and older generations alike to be kinder, more creative, and care for one another as “neighbors.” In times of sadness and tragedy, Mister Rogers' timeless words of wisdom have brought comfort to people all across the world —words that many people might benefit from amid the coronavirus pandemic.

To follow are some of Fred Rogers' most inspiring quotes to get you through any crisis.

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

“How great it is when we come to know that times of disappointment can be followed by joy.”

“Confronting our feelings and giving them appropriate expression always takes strength, not weakness.”

“Real strength has to do with helping others.”

“All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world.”

“Imagine what our real neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person.”

“There is no normal life that is free of pain.”

“Real strength is neither male nor female; but it is, quite simply, one of the finest characteristics that a human being can possess.”

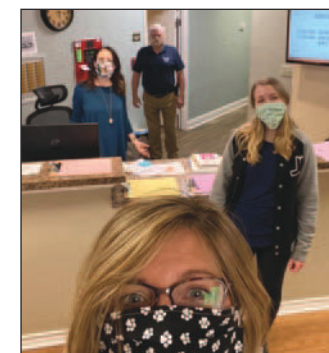
“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

Thank you so much for your patience and understanding. We will get through this together! Remember, FAITH NOT FEAR!

—Karen Tucker, Executive Director



Residents, Staff Adapt to a New Reality



Signs of encouragement, masks as the latest fashion accessories and a Pam Weston concert “on the move” are just some ways we're adapting.

A Note from David

Anytime you begin a new job, there's always trepidation. That was certainly the case as I took over for Joanna as your Life Enrichment Director. My first couple of months have been unbelievable, and I thank you for your support as I transition into my new role.

Things here at Rutland Place have been little crazy since March 2nd, when a tornado landed in Nashville and ripped all the way to Cookville. We happened to be in direct path of that tornado, which turned the great Mt. Juliet community upside down. Rutland Place suffered only a broken front window, but the surrounding buildings and neighborhoods weren't quite as lucky. They suffered extreme damage.

Shortly after our community and communities worldwide were plagued with the Coronavirus and subsequent "shelter in place" orders. The virus has put a screeching halt to everyone and everything.

Seeing how our community came together in a unified effort to make things as normal as possible is a reminder that things aren't just about "me" in these very humbling times. The world does not stop for any certain person, and to overcome and continue to overcome the obstacles which we have been faced has been nothing but amazing. We have seen and been a part of fellowship second to none. With the help of volunteers, staff, residents and family members, we've adapted and thrived. It takes a village and I'm proud to be a part of this Rutland Place village.

Although most programs have been suspended, this has opened the door to new activities. We have started a walking group called "Stroll Mates" (with "social distancing" rules, of course) to encourage and remind residents to stay active. We all know that in periods of long isolation, it can take a toll on your mind and your body. What better way to cope with isolation feelings than to see familiar faces and get some exercise and sun at the same time!

Along with daily check up calls, we have been distributing ice cream door-to-door several times a week to just to remind our residents we are still here and trying to lift spirits in any fashion we can.

—David Putman, Life Enrichment Director

Rutland Place Staff Rallies to Lift the Spirits of Residents



Staff members made signs with happy and funny notes, walking outside the building in our own Rutland Place parade! Residents flocked to the windows to look outside. We succeeded in getting smiles as we reminded residents that we are still here for them.



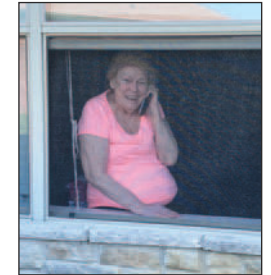
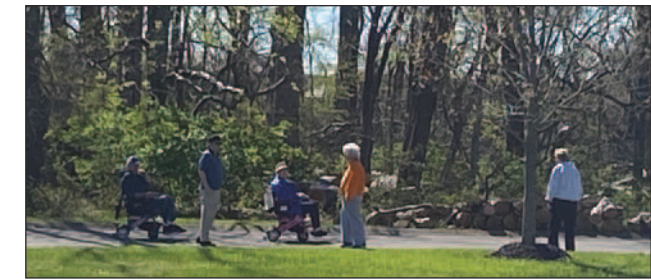
Birthday Cake!

Our wonderful bus driver, Tommy Hall, celebrated a milestone last month. We marked the occasion with a lovely cake.

Music Comes to Us!

Pam Weston performed an outside concert for residents last month. (Check out the picture on the cover). She wasn't allowed in the building, nor are residents allowed to be in groups in enclosed space, so we enjoyed an "outside concert." Tommy, our bus driver, provided his truck and trailer to pull Pam around to each yard at Rutland Place where residents, either outside or inside with their windows open, could enjoy the delightful live entertainment. It's just another instance of our staff going "above and beyond" for our residents!

Thanks to Tommy and Pam Weston for what was a wonderful afternoon performance.



Rutland Place residents are "taking it to the streets," with proper social distancing, of course! These new strolls around the grounds are some of the few opportunities many residents have to get out for fresh air and sunshine. Watch for the days and times and join in the fun!

Management and Staff

RUTLAND PLACE

435 N.W. Rutland Road
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RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
David PutmanLife Enrichment Director
Brittini AustinAdministrative Services Director
Sandi SmithBuilding and Grounds Director
Eric WebbFood Service Director
Minna Polhemus ..Customer Service Coordinator
Kendra AllenHousekeeping Coordinator
Tara ArmstrongMaintenance Assistant
Sonia McDougal, Amanda Hackett,
Tina GiorgianniHousekeeping
Brandon KilloranDining Room Manager
Allison KellySous Chef
Rachel BurgenerSalon

Tommy Hall, Charlie Greer,
Casey Luther, Jeff GoolsbyDrivers
Cici Ellison, Mallory Eden, Pattie Crawford,
Caleb Putman, Sam Khoury, Nadia Sulpharo,
Catherine Powell, Will Dykes, Casey Luther,
Anslee Powell, Angel Spitaliere, Simon Tucker,
Melissa Tucker, Abigale Dessorte, Eden Tucker,
Emma Betham, Emily AmadioFood Service
Linda Melvin, Eden Tucker, Jeanna Warren,
Cynthia Howard, Kristin Salsbury,
Renee Garr, Cathy SalisburyFront Desk
Sylvia O'Choa, Danielle Blaylock, Kiyah Bass,
Missy Kelly, Ashley Haynes, Jeanna Warren,
Rachel BassettHome Services

BELATED April Birthdays

Georgieann Wall1st	Josephine Joy17th
Bernie Eskesen3rd	Joe Carter19th
Maxine Amos4th	Mary Robertson20th
Ruth Eversmeyer7th	Barbara Volker20th
Martha Campbell..15th	Sue Maloney22nd
Bob Tucker15th	Kathryn Baskin.....28th
Sandra Finch16th	

STAFF BIRTHDAYS

Kiyah Bass8th	Tommy Hall16th
Kendra Allen9th	Anslee Powell29th

HAPPY BIRTHDAY May Birthdays

Dot Russell4th	Mary Charles Merritt 18th
Doug Ellis6th	Jim Russell18th
Charles Hale9th	Clifford Misamore.19th
Sandra Sims17th	Faye Wiley24th

STAFF BIRTHDAYS

Emma Betham1st	Will Dykes22nd
Karen Tucker14th	Renee Garr30th

Best wishes to all those celebrating at Rutland Place!