

## Henrietta Schofield Recognized



Congratulations to **Henrietta Schofield** for her recent award from the **Mt. Juliet Senior Activity Center** for most hours contributed in their knitting group. Way to go, Henrietta, and thanks for all your contributions to our Itchin' for Stichin' group here at Rutland Place.

## RUTLAND PLACE

AN EXCEPTIONAL SENIOR COMMUNITY

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

**(615) 773-6111**

www.RutlandPlaceSeniorLiving.com

**Karen Tucker**.....Executive Director  
**Pam Barton**.....Marketing Director  
**Joanna Arnhart**.....Life Enrichment Director  
**Brittini Austin**.....Administrative Services Director  
**Lester Hall**.....Maintenance Director  
**Eric Webb**.....Food Service Director  
**Minna Polhemus**.....Customer Service Coordinator  
**Sandi Smith**.....Housekeeping Coordinator  
**Christian Eckwright**.....Maintenance Assistant  
**Sylvia O'Choa, Kendra Allen**.....Housekeeping  
**Brandon Killoran**.....Dining Room Manager  
**Allison Kelly**.....Sous Chef  
**Rachel Burgener**.....Salon  
**Charlie Greer, Christian Eckwright,  
Tommy Hall, Casey Luther**.....Drivers  
**Lisa Ferrara, Emily Amadio, Maddie Spradley,  
Gretchen Karl, Mallory Eden, Pattie Crawford,  
Caleb Putman, T.J. Kingery, Ally Fowler,  
Chloe Camp, Eli Gullett, Susie Moore, Garrett Ott,  
Will Dykes, Casey Luther**.....Food Service  
**Linda Melvin, Eden Tucker, Jeanna Warren,  
Cynthia Howard, Cynthia Brown,  
Kristin Salisbury, Denise Murphy**.....Front Desk



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## July Highlights

### Rutland Pride Day

Do you love your home and want to show your Rutland Place pride? Our annual Rutland Place Pride Day is scheduled for Tuesday, **July 23rd**. Mark your calendar and plan to wear your favorite Rutland Place t-shirt all day. Gather at 1:30 p.m. in the Lobby for a group photo, then move into the Dining Room for some sweet treats. That's not all. The very talented Billy Tarkington will serenade you with music and song beginning at 2:00 p.m. This will be a great way to welcome our new residents and spend time getting to know your neighbors. It's going to be great fun. You don't want to miss it!

### Cartooning with Duane

Enjoy a fascinating cartooning demonstration, entertainment and a time for reminiscing on Wednesday, **July 10th**, at 5:30 p.m. in the Multi-Purpose Room on the Third Floor. You'll reminisce and learn fun trivia as you find out all about the Sunday funnies! Don't miss it!

### OASIS Trip to Scottsville, KY

Here's a great chance to get out with our friends from **O.A.S.I.S. (Older Adults Sharing in Service)**, a ministry of First Baptist Church of Mt. Juliet. This trip to Scottsville, Kentucky, departs on Thursday, **July 11th**, at 7:15 a.m. You'll visit an Amish Market and enjoy a delicious lunch at Harper's Catfish House. Bring grocery bags or a box to carry home fresh produce and goodies.

An offering will be taken up on the bus to help cover transportation. Please note that this is a WALKING tour. Not all areas are handicap accessible. We'll start boarding the bus at 7:15 a.m. at Rutland Place, after which the bus will return to the church and then depart the church at 8:30 a.m. We will return to Mt. Juliet after lunch.

Sign up by noon on Monday, July 8th.

### Celebrate the 50th Anniversary of the Moon Landing

The **Mt Juliet Library** is helping America to celebrate the 50th Anniversary of America landing on the Moon! To help in this celebration we are running a special Lifelong Learning program to look at this amazing event! This program is designed for the entire family, with the session highlighting the background and details of this historic event! Be a part of the observance on Thursday, **July 18th** at the Mt. Juliet Library. The bus departs at 6:00 and the program begins at 6:30 p.m. Remember, the next big celebration will take place at the 100th anniversary, so make sure you come to this one! Sign up at the Information Center.



### Reminder...

Don't forget to bring your old resident directory pages to the Max Shred bin in the first floor laundry room.



### EXECUTIVE DIRECTOR'S CORNER Celebrate Your Independence!

July, what a wonderful month! We'll celebrate our great country's anniversary of our Founding Fathers signing the Declaration of Independence. We'll kick off the month with a fabulous patriotic performance by our very own **JOY Singers** and head to Maristone to enjoy their Patriotic show. Our fabulous **All American Buffet** is a July Fourth tradition and will be serving from 11:00 a.m. to 1:30 p.m. on Thursday, **July 4th**. As the sun sets, we'll take the bus to watch the local fireworks light up the sky!

We're celebrating *your* independence, too! Our fabulous Life Enrichment Director, **Joanna Arnhart**, has lots of fun things to do this month. Activities here at Rutland Place include **Cartooning with Duane, Crosswords with Dianne, "Rutland Stakes" In-House Horse Racing, Pet Therapy, Ballroom Dance Class** and even a Goodwill Collection Day. Don't miss the planning meeting for our next Beach Trip to Orange Beach in September. This month, we will also celebrate **Rutland Pride Day!**

As always, we'll enjoy awesome music by **Bill Sleeter, Debbi & Friend, Joey Boone, John Starbuck, James Breedwell, the Baby Boomers** and more!

Excursions include taking the bus to **Cheekwood Botanical Gardens** for a free Music for Seniors Concert with **Pam Tillis**. Don't miss a visit to the **Peach Truck**, breakfast at **Cracker Barrel**, lunch at **Uncle Bud's** and **PDK**, and dinner at **Sunset Restaurant** in Lebanon. You can also take part in **two day trips** with First Baptist Church—one to **Fiddler's Grove** in Lebanon and the other to **Scottsville, Kentucky!** We're certainly not homebound at Rutland Place!

Be sure to get outside in this warm weather and enjoy our beautiful flowers on the patio. Summertime is such a great time of year with so much to do right here at home. All of us are truly blessed to be part of our Rutland Place family...God Bless America and God Bless Rutland Place! Happy July!

—Karen Tucker, Executive Director

### We Really Get Around!



Rutland always has a great array of outings. Last month's trips included a visit to **Chocolate Covered Strawberry Café** in Gallatin. **Acme Feed and Seed** in downtown Nashville and **antiquing!**



**JULY 2019**



## Father's Day Luncheon



It was a picture perfect day for our Father's Day celebration. All enjoyed good food and company. Thanks to Chef Eric and his staff for the wonderful lunch!



## Chocolate Covered Strawberry Cafe

We had a wonderful time in Gallatin.



## Acme Feed & Seed



## Antiquing



## Special Performance



The very talented students of Belvidere North High School in Illinois made a stop on their tour of Tennessee to perform for us. Everyone thoroughly enjoyed their performance and we look forward to their next visit.



## Garden Helpers

Do you love looking at the beautiful flowers on the outdoor patios? Are you looking for a way you can help to keep them looking good? Look no further. The **Dirt Dobbers** need assistance in keeping the flowers around the building watered. You don't need a "green thumb," just a helpful heart! If you are interested, please see **Ruth Eversmeyer** or **Joanna Arnhart** for details.



### RESIDENTS

David Stroupe .....5th  
 Don Frith .....5th  
 Harold Eversmeyer .....7th  
 Jacqui Moore .....11th  
 Edith Geradine .....16th  
 Bill Stemple .....18th  
 Lillie Brinkley .....20th  
 Joan Propes .....27th  
 Wayne Simonsen .....27th

### STAFF

Christian Eckwright .....4th  
 Cynthia Howard .....16th  
 Ally Fowler .....21st  
 Frank Turner .....24th  
 Maddie Spradley .....27th

Don't miss the  
**July Birthday Bash**  
 Monday, July 15th  
 1:30 p.m. • Dining Room



*Just a friendly reminder..*

When we have entertainment in the Dining Room, please be courteous of others. Put your cell phone on silent and, if you must take a call, please step out of the room. Also, please refrain from carrying on loud conversations. It is distracting to the musicians and to those around you. Thanks for your understanding and cooperation! We want everyone to enjoy the music.

# RUTLAND PLACE

## Partner Spotlight

In 2006, after practicing Family Medicine for more than 20 years, Dr. Bruce Wallstedt realized the growing need for more accessible healthcare for those who truly needed it. Believing that every individual, no matter the age, deserved to enjoy his or her own blue sky, Dr. Wallstedt began BlueSky HouseCalls—a house call practice that provides home-based medical care for seniors across Middle Tennessee. Their mission is to provide convenient and compassionate medical care right here at Rutland Place.



## Now, BlueSky HouseCalls has partnered with Cigna HealthSpring and Humana!

Managing your healthcare just got a whole lot easier and more affordable with these great insurance providers.

### Dr. Bruce Wallstedt

Dr. Bruce Wallstedt was born in Sanford, Florida, and grew up playing sports, rocking out to the Allman Brothers and spending weekends at the local racetracks watching his father race custom-built cars. From an early age, Dr. Wallstedt proved to be very talented. After graduating high school, Dr. Wallstedt went to Davidson University where he played both collegiate football and baseball, while studying to be a doctor. Eventually, Dr. Wallstedt transferred to Rhodes College in Memphis, Tennessee where he made the contacts that paved the way into University of Tennessee's College of Medicine.



In 1994, after graduating Medical School and gaining his Family Medicine Certification, Dr. Wallstedt moved his wife and two children to Franklin, Tennessee where he began working with Family Practice Associates of Southern Hills. In 2006, Dr. Wallstedt launched BlueSky HouseCalls to bring Primary Care to those who needed it the most.

### Jeffrey Beard, PA-C



Jeff Beard is a familiar face to those in our Rutland Place community. He has been calling on residents in-house here for several years, currently on **Wednesday** mornings.

Jeff is originally from Glasgow, Kentucky, and currently lives on a farm in Bethpage, Tennessee. Jeffrey enjoys working on cars and tending to his farm during his spare time. He began his medical career in the United States Air

Force in 1992 as a microbiologist and a cytologist. After nine years on active duty, Jeffrey moved to Tennessee and worked as a Cytologist for the pathology department of two different middle Tennessee hospitals and Pathgroup Labs. During his time in the Air Force, Jeffrey acquired an Associate of Science and a Bachelor of Science in Liberal Arts and Biology. He earned a Master of Science in Medicine in 2008 where he became a Physician Assistant. Since, he has worked as a Physician Assistant in multiple healthcare settings including Family Practice, Urgent Care, Emergency Medicine and Geriatrics. He first worked with Dr. Bruce Wallstedt in the Emergency Department in Springfield, Tennessee in 2008 and the two have maintained a working relationship ever since.

## Looking for Care?

Call BlueSky at (615) 340-6840 and someone will be happy to discuss your needs and how they can help. Want to connect using email? Email BlueSky at [bshc@blueskyhousecalls.com](mailto:bshc@blueskyhousecalls.com).