

Pet Corner



Cute little **Braxton** and his dad, **Ed Besanson**, enjoying their daily stroll around the building.

Pet Therapy Visit



September Happenings!

Italian Dinner Party

Mark your calendars for Wednesday, **September 25th**, for a fabulous Italian Dinner Party. We'll transform Ramsey's into a quaint Italian Bistro complete with red and white checkered tablecloths and a strolling accordion player. Chef Eric has a delicious menu and a fun pasta station planned for us.

And They're Off...

Calling all horse racing fans! We'll head to **Kentucky Downs** in Franklin on Thursday, **the 5th**, for a day at the races. Joanna and Karen will load up the bus mid-morning for a fun-filled day. Don't miss out on the action!

New Restaurant to Try

On Friday, **September 6th**, we'll head to Murfreesboro to indulge in the Seafood Extravaganza at **Farmers Family Restaurant**. The buffet is \$17.99 and includes:

- Jumbo Fried Shrimp
- Clam Strips
- Baked Fish
- Salmon
- Scallops
- Seafood Delight
- Fried Fish
- Crab Cakes
- Fried Oysters
- Steamed Shrimp

Crab legs are also available for an additional price.



Oasis Day Trip to Columbia

The OASIS GROUP from First Baptist Church invites you to come along on a fall adventure trip to historic **Rippavilla Plantation** in Spring Hill on Thursday, **September 12th**.

Rippavilla (home of President James K. Polk) is a Greek Revival-style mansion built in 1855 by Nathaniel and Susan Cheairs. The main house is over 10,000 square feet and is filled with many original furnishings and artifacts. In addition to the home, the grounds boast a historic 1855 barn, two cemeteries, and one remaining slave cabin. Rippavilla Plantation is a must-see for anyone interested in the Civil War, Tennessee history, and southern agriculture. **Please keep in mind that there will be a lot of walking and stairs to navigate in the home.**

After the tour, we'll head to **Puckett's Grocery** on the square in Columbia for a delicious, dutch-treat lunch.

CHAFFIN'S BARN TRIP



We took in a performance of the comedy, "Southern Fried Nuptials" at **Chaffin's Barn Theater**. A delicious lunch, great fellowship and lots of laughs were enjoyed by all. We'll go back in the fall to see "Singin' in the Rain."



Wednesday, Sept. 25th

SEPTEMBER 2019

The Rutland Rave



EXECUTIVE DIRECTOR'S CORNER

September is a Wonderful Month of Fun, Food & Frolic!

Autumn may be just around the corner, but we're going to enjoy the last of the dog days of summer at Rutland Place! We have a lot of great things coming up this month!

September starts off with a bang with our **Labor Day Buffet**, so bring the family and friends and enjoy good fellowship and food. (Please let Front Desk know if you will be bringing guests so Food Service will be prepared). Our observance of **Grandparents' Day** will include a special party to honor all grandparents and great-grandparents!

Tap your toes to the music of the **3M Boys, Bill Sleeter, James Breedwell, Silver Notes Band, Debbi & Friend, Joey Boone, Mark Edwards** and the "One More Time" **Musical Variety Show!**

As always, we will have an exciting variety of places to go and things to do. Horse lovers will want to join us for a day trip to the **races** in Franklin, Kentucky, on Thursday, **September 5th**. Enjoy the seafood extravaganza dinner

at **Farmers Family Restaurant** in Murfreesboro on **the 6th**, and of course, the monthly favorite dinner out at **Sunset Restaurant** in Lebanon on **the 26th**. We'll load up the bus and head to **Long Hunter State Park** for a picnic lunch as well.

To make sure we're keeping you well informed, we have a few seminars lined up this month. **Kris Hizer** will be here to answer all your **Medicare questions** on **September 17th** and **Brookdale** will talk to us about "Building Strength to Prevent Falls" on **the 10th**. On **September 23rd**, our own **Cynthia Brown** will teach a class where you can learn "How to Order Online."

Be sure to check your calendar for lots of other great events and activities Joanna has planned for you!

It's going to be another great month of fun as we go, do, see, hear, learn and *enjoy life at Rutland Place!*

—Karen Tucker, Executive Director

Pet Therapy



Canines for Christ visit on the fourth Friday of each month at 1:00 p.m. for Pet Therapy. Stop by and love on some sweet dogs to brighten your day! It's been proven that spending time with pets increases your quality of life.



RUTLAND PRIDE DAY



Thanks to everyone who came out to celebrate Rutland Pride Day last month. Our wonderful residents make Rutland such a special place to live!



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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Join Us in Celebrating Mt. Juliet Day September 14th



We're proud of where we live and are ready to celebrate Mt. Juliet. You don't want to miss this great event on the 14th. The musical group **Little Texas** (featuring **Joan Propes'** son) will be making a pit stop on their tour to give the citizens of Mt. Juliet a FREE concert. Along with the concert, there will be an Antique Car Show, Cornhole Tournament, and an autographed Charlie Daniels fiddle giveaway. Food trucks will be available to get a bite to eat. Make sure you mark your calendar.

RUTLAND PLACE

Partner Spotlight



Brookdale Home Health is a preferred partner of Rutland Place. Brookdale is the largest provider of Senior Services in the United States. This agency provides high quality, expert care right in the comfort of your own home. When you are a patient of Brookdale, you receive a tailored plan of care focused solely on you and your needs. Their team consists of professional nurses, licensed practical nurses, physical therapists, aides and social workers.

Do you or someone you know need home health care? Do any of the following apply?

- Newly diagnosed illness
- Changes in health condition or medication
- Recent hospitalizations/falls
- Concern with safety/mobility
- Trouble with activities of daily living (such as bathing, dressing, toileting)

Brookdale cares for many of the residents of Rutland Place. Their staff is in the building almost every day. If you see them, please stop them and say hello.

Brookdale Home Health
618 Grassmere Park Drive, Suite 5
Nashville, TN 37211
Telephone: (615) 333-2152



Music for Seniors at Cheekwood



It was a picture perfect day for our outing to Cheekwood for the Music for Seniors concert starring Pam Tillis. Pam put on an amazing show and everyone thoroughly enjoyed the day!



Billy Tarkington!



Thanks to Our Housekeeping Crew



A special shout out and heartfelt thanks to this hard-working crew who keep Rutland Place looking good every day! Thanks for all you do for us!

Charlie's Birthday



Happy birthday to our **Charlie!** We don't get to see him that often anymore, but we loved celebrating with him recently at Sunset Restaurant.

We Salute Those Celebrating Birthdays

RESIDENTS

Bob Swafford2nd
Jim Sims9th
Joyce Holmes.....9th
Cliff Cozart.....10th
Robert Kitchen 10th
Barney Baggot14th
Sue Myrick.....14th

Cynthia Batdorf.....19th
Rita Johnston19th
Nancy Lakeman21st
Evelyn Nation.....22nd
Lorene Burroughs.....22nd
Alice Russell26th

STAFF

Linda Melvin1st
Lisa Ferrara7th
Emily Amadio11th
Lester Hall22nd
Jeanna Warren.....25th

Don't miss the **September Birthday Bash**
Tuesday, September 10th • 1:30 p.m. • Dining Room



Management and Staff



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

(615) 773-6111

RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
Joanna Arnhart.....Life Enrichment Director
Brittini AustinAdministrative Services Director
Lester Hall.....Maintenance Director
Eric Webb.....Food Service Director
Minna Polhemus ..Customer Service Coordinator
Sandi SmithHousekeeping Coordinator
Christian EckwrightMaintenance Assistant
Sylvia O'Choa, Kendra AllenHousekeeping
Brandon KilloranDining Room Manager
Allison KellySous Chef

Rachel BurgenerSalon
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, Garrett Ott,
Will Dykes, Casey LutherFood Service
Linda Melvin, Eden Tucker, Jeanna Warren,
Cynthia Howard, Cynthia Brown,
Kristin Salsbury, Denise Murphy.....Front Desk