



Pet Corner



We all love to see “Spanky” out and about! He is a bright spot in our day. Thanks to his mom and dad, **Don** and **Becky Frith**, for letting us love on him, too.

November Happenings!

Ryman Auditorium Tour

The OASIS group from First Baptist will be headed to Nashville to tour the historic Ryman Auditorium (the Mother Church of Country Music) on Thursday, **November 7th**, and has invited us to join them. The tour cost is \$25 and must be prepaid. We will also enjoy a “Dutch treat” lunch at **Café Lula**, which is located in the Ryman building. Watch for more information coming soon!

Historic Sights of Lebanon

Mark your calendars for Friday, **November 8th**, and enjoy a fun-filled day touring historical sites in Lebanon. We will head to the City of Lebanon Museum and History Center first, then visit the public square, Cumberland University historic sites, several historic homes and end the afternoon at the beautiful First Presbyterian Church for a tour of their stained glass windows and a brief organ concert. This fabulous day out includes lunch at the Wild Berry Café, too! You don't want to miss it!



Working with Technology

The second part of the popular “Working with Technology” computer class is coming your way on Saturday, **November 9th**. It will be held in the Multi Purpose Room from 2:30 to 4:00 p.m. and will be taught by **Cynthia Brown**.

Ken Burns' Country Music Series

The critically-acclaimed PBS documentary series *Country Music*, by Ken Burns, will be shown here at Rutland Place beginning on Monday, **November 11th**. This is eight-part series will be shown every Monday at 6:30 p.m. in the Theater.

It's Exercise Time!

Are you feeling tired, worn out, stiff, achy or had a fall? Come **Exercise with Katie** on **Thursday** mornings and get your energy back and shake off those aches and pains. This exercise class is designed to help manage arthritic joints and improve your balance to keep you from falling. Live your best life at Rutland Place by committing **just 30 minutes** to help improve your health and keep you from falling.



We would like to give a huge thank you to the **Building and Grounds Committee** (aka “**The Dirt Dobbers**”) for this beautiful new Fall display. Everyone is enjoying seeing it from the Dining Room. And a very special thank you to **Nancy Lakeman** and her son **Jeremy** for making the sign. It looks great!

RUTLAND PLACE



HONOR OUR VETERANS

Join Rutland Place as we pay tribute to those who have served in the United States Armed Forces. We salute their efforts in securing and maintaining our freedom and liberty!

ALL AMERICAN BUFFET

Served 11:00 a.m.-1:00 p.m.

VETERANS SALUTE BY DAUGHTERS OF THE AMERICAN REVOLUTION

1:00 p.m.

Monday, November 11th

We are planning a wonderful display in honor of Veterans Day. If you would like to share military memorabilia or photos of you or your loved one in the Armed Forces, please bring them to the Dining Room between 8:00 and 10:30 a.m. on the 11th and Joanna will display them for you.



EXECUTIVE DIRECTOR'S CORNER

Sharing Gratitude at Thanksgiving

November is a time of Thanksgiving in so many ways, and the “spirit of Thanksgiving” is evident at Rutland Place! We will kick off the month by being **THANKFUL** for an extra hour of sleep as we “fall back.” Daylight Savings Time ends as we set our clocks back on Sunday, November 3rd.

Let us express our heartfelt **GRATITUDE** to our brave soldiers who have served our country and fought to preserve our freedoms. All residents are invite to join us for an All American Buffet luncheon and program on Monday, **November 11th**, for **Veterans Day**. The **Daughters of the American Revolution** will present a special tribute to recognize and honor our Veterans. Their sacrifice and patriotism mark them as our nation's finest citizens.

We are thankful for our wonderful Life Enrichment Director, **Joanna Arnhart**, for planning such fun things for us to do. Please

check your calendar and the TV monitors to make sure you don't miss anything!

Be sure to join us as we share a traditional **Thanksgiving Dinner** with our Rutland Place family. Not only is it a time to carve the turkey, candy the yams and butter the rolls, but most importantly, it is a time to give thanks for all the good things we have in life...this includes **YOU**—our Rutland Place family. If you're expecting guests, please let the Front Desk know by Thursday, November 14th.

In this “season of Thanksgiving,” may you be blessed and know that it is with a **GRATEFUL HEART** that I extend my love and appreciation to each of you—residents, staff, FBCMJ trustees and members, and our management company, Turner Senior Solutions, for making Rutland Place the special community that it is!

—**Karen Tucker**, Executive Director

Fabulous Memories of Italy Night



October's **Italy Night** brought families together and lots of smiles from residents!



It was a beautiful trip to the famous Loveless Café



The Monthaven Art and Cultural Center

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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NOVEMBER BIRTHDAYS

RESIDENTS

Ada Salisbury.....2nd
Barbara Rochelle8th
Aileen Harkey.....9th
Nola Ellis16th
Ed Besancon20th
Flossie Anderson.....22nd
Martha Kippes25th
Audrey Richmond26th

STAFF

Allison Kelly.....8th
Patti Crawford8th
Brandon Killoran.....11th
Sandi Smith24th

Don't miss the
Birthday Bash
Monday, November 18th
at 1:30 p.m.



EMPLOYEE APPRECIATION FUND

The **Rutland Place Resident Council** offers this gentle reminder that they are collecting contributions for the **Staff Appreciation Fund**. This is a wonderful way for you to show your gratitude for the great job our staff does throughout the year! These funds will be presented to Service Staff at the December **Resident and Staff Holiday Party**. The Staff Appreciation Fund does not include the leadership team, but is collected to benefit the Service Staff only. Let's show them our appreciation by giving generously! Thank you in advance for your support!



ITALY NIGHT

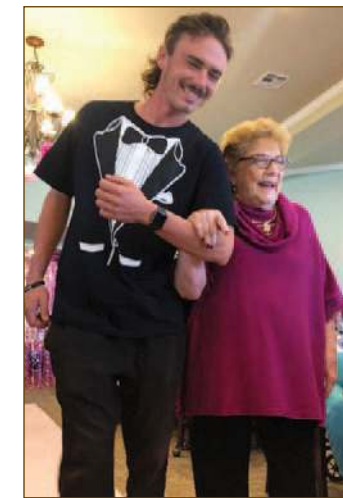
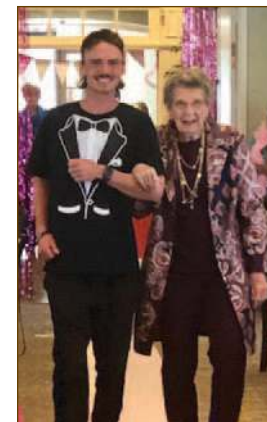


Daylight Saving Time Ends

On Sunday, **November 3rd**. It will be time to turn your clocks back one hour. Resetting your clocks before retiring on Saturday night, the 2nd, is just fine. If you have trouble adjusting your clocks or watches, please call the Front Desk for assistance.

Rutland Place's Breast Cancer Awareness Fashion Show

Our **Second Annual Breast Cancer Awareness Fashion Show** was a great success. Many thanks to our amazing breast cancer survivor residents who modeled for us—**Dot Russell, Barbara Siple, JoAnn Poole, Georgieann Wall and Sandra Sims**. We'd also like to thank **Rachel and Gwen** from the Salon and our wonderful community partners **TriStar Summit, Sarah Cannon and Chico's** in Providence. Great job everyone!



Management and Staff

RUTLAND PLACE

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Mt. Juliet, TN 37122
(615) 773-6111
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Karen TuckerExecutive Director
Pam BartonMarketing Director
Joanna ArnhartLife Enrichment Director
Brittini AustinAdministrative Services Director
Lester HallMaintenance Director
Eric WebbFood 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 LutherDrivers
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 Luther, Renne' Garr
.....Food Service
Linda Melvin, Eden Tucker, Jeanna Warren,
Cynthia Howard, Cynthia Brown,
Kristin SalisburyFront Desk

