

# Music for the Holidays!



Cookies, cocoa and the choir! Everyone enjoyed the **JOY Choir's Christmas performance** and carol sing-along. **Jean Barnes** treated us to some beautiful music on her harp as well. It was a fun way to spend a Saturday afternoon.

We hosted many exciting musical performances at Rutland Place during the holiday season. Among those visiting were the **Silver Notes**. This orchestra, featuring members who are seniors, delighted residents and friends during their visit.



What a fun evening we had at **First Presbyterian Church in Lebanon** at the Keyboards at Christmas concert.

Another great outing to hear more beautiful Christmas music at the **Bert Coble Singers Christmas Dinner show**.



# Congratulations!



**Nola Rambo**, poses with her sister **Joyce Holmes**, at her recent 90th birthday party. Happy 90th Nola!



Congratulations to our own **Cynthia Howard** (Brittini's mother) on being recognized and honored for her continued service to our country. She was nominated by her supervisor and chosen out of a field of many applicants. She attended a ceremony and was presented a certificate for this honor by Governor **Bill Lee**.



## EXECUTIVE DIRECTOR'S CORNER

# Seize the Moment in 2020 at Rutland Place

Happy New Year! Welcome 2020! We've begun another wonderful year at Rutland Place! The New Year has always been a good time to reflect and look forward to what lies ahead. Many people think of January as a time for a fresh start. Others think of it as the month to atone for the holiday sins such as Christmas cookies, eggnog and fudge. Let's welcome this New Year with enthusiasm, excitement and anticipation. Embrace the opportunity to meet new people, do something different and take full advantage of the extensive and exciting Rutland Place event calendar.

We would like to thank all of our members of the **Resident Advisory Council** and their committee members for doing such an outstanding job!

Our **2019 officers** were:

- President .....Ada Salsbury
- Vice President.....Wendell Poole
- Secretary.....Saundra Sims
- Treasurer.....Dianne Cozart
- Activities Chair .....Rosie Ward
- Building & Grounds .....Ruth Eversmeyer
- Food Service Chair.....Betty Swafford
- Hospitality Chair .....Gwynne Christopher
- Library Chair.....Lillian Woodard
- Safety Chair.....Wendell Poole

As we start off the new year with a new Council, we encourage you to participate on one or more of the committees. We need your help and value your input.

Here is a brief description of each committee:

- **Activities Committee** — Assist our Life Enrichment Director in planning, decorating and evaluating the activities of the residents of Rutland Place.
- **Library Committee** — Maintain the Rutland Place library.
- **Food Service Committee** — Serve as liaison between the Food Service Department and the residents by encouraging use of comment cards, feedback and menu suggestions.
- **Building & Grounds Committee** — Inspect the grounds on a regular basis, help with planting and watering plants on the patio, and make recommendations to management for improvements.
- **Hospitality Committee** — Welcome new residents, initialize involvement of new residents in Rutland Place community life and create a buddy system.
- **Safety Committee** — Serve as liaison between residents and staff to create and maintain a safe and healthy environment for all residents and employees by suggesting new safety precautions and procedures. The Vice President of the Resident Advisory Council will be the liaison with this committee.

Many thanks to Joanna and the Activities Committee for the fun-filled calendar! There are numerous opportunities—enjoyable, exciting and even educational—awaiting you, your family and friends at Rutland Place in 2020! *Carpe Diem!* Seize the moment! Experience all Rutland Place has to offer!

—**Karen Tucker**, Executive Director

## Our Fabulous Christmas Season Included Great Music!



The **Men of Harmony** and the **Callisto Renaissance Band** gave us two of the wonderful musical performances during December.

**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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# Great Ideas for New Year's Resolutions

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come.

The American Geriatrics Society's Health in Aging Foundation recommends these resolutions for older adults to help achieve your goal of becoming and staying healthy.

- **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** In later life, you still need healthy foods, but fewer calories.
- **Consider a multivitamin.** Consult your healthcare provider about any nutrition issues that may need over-the-counter

vitamins or nutrition supplements.

• **Be active.** Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercise can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

• **Guard against falls.** One in three older adults falls each year, a leading cause of injuries and death among. Exercise can increase strength, balance and flexibility, helping to avoid falls.

## Making a Difference at Rutland and in Our Community



The Rutland women have been busy! They made and delivered lap robes to other seniors in need within our community, as well as 129 hats and lots of toys to area foster children. Thank you for all your hard work and generosity!



A huge shout out and thank you to the **Lebanon High School** carpentry class for making our beautiful wooden Christmas trees. And thank you to our hard-working "Dirt Dobber" crew for doing such a great job of painting them. Everyone is enjoying seeing them out of the dining room windows.

### Management and Staff

## RUTLAND PLACE

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

(615) 773-6111

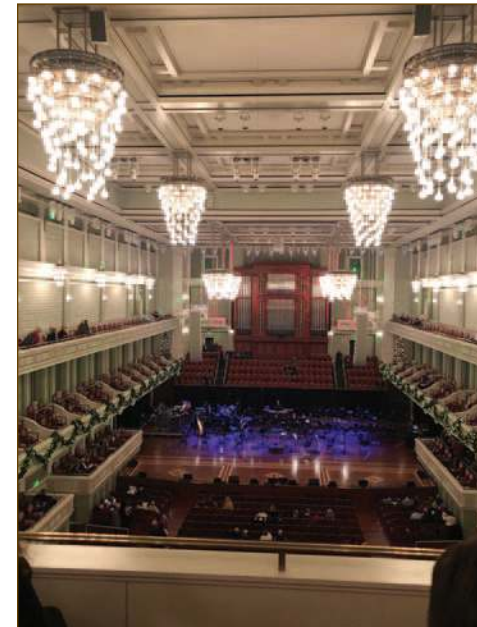
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**Karen Tucker** .....Executive Director  
**Pam Barton** .....Marketing Director  
**Joanna Arnhart** .....Life Enrichment Director  
**Brittini Austin** .....Administrative Services Director  
**Sandi Smith** .....Building and Grounds Director  
**Eric Webb** .....Food Service Director  
**Minna Polhemus** ..Customer Service Coordinator  
**Kendra Allen** .....Housekeeping Coordinator  
**Christian Eckwright** .....Maintenance Assistant  
**Sylvia O'Choa, Jeanna Warren** .....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, David Putnam, Catherine Powell, Will Dykes, Casey Luther, Anslee Powell, Garrett Ott** .....Food Service  
**Linda Melvin, Eden Tucker, Jeanna Warren, Cynthia Howard, Cynthia Brown, Kristin Salisbury, Renee Garr** .....Front Desk



The annual **George Shinn Foundation "Christmas Shinnidig"** at Lipscomb University certainly did not disappoint! We enjoyed a delicious meal, fine entertainment and a motivational message from Mr. Shinn himself.



We were honored to have the First Lady of Tennessee, **Maria Lee**, be our own personal tour guide on our recent Christmas tour of the Governor's Mansion.

## Holiday Happenings!

What a wonderful night we had attending "Music City Christmas" at the Schermerhorn. They put on a wonderful show for us and it was a great way to kick off the holiday season.



## January Celebrations!

### RESIDENT BIRTHDAYS

Lillian Woodard.....6th	Barbara Siple ..... 21st
Joel Walton ..... 7th	Linda Van Hook.....22nd
Leta Cosby ..... 12th	Marcia "Tweetie" Blazer 24th
Sarah Russell..... 16th	Vicki Wyatt .....30th
Eileen Zemanick ..... 16th	

### STAFF BIRTHDAYS

Sylvia O'Choa .....20th	Pam Barton .....29th
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## Birthday Bash

Tuesday, January 21st • 1:30 p.m.



We extend sincere gratitude to all who contributed to the **Employee Appreciation Fund**. Your generosity helped make the holiday season even brighter for our staff.