

February Happenings!

Wear Red to Mark Heart Month

Every February is designated as American Heart Month by the federal government to encourage individuals to learn about, prevent, and address heart problems. Since seniors are especially at risk, it is important that we understand heart disease.

Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. As part of this, we will recognize National Wear Red Day on Friday, **February 7th**.

Trip to Country Music Hall of Fame

We'll head to downtown Nashville to tour the Country Music Hall of Fame on Wednesday, **February 12th**. The museum, called the "Smithsonian of Country Music" because of its unrivaled collection, recently unveiled a \$100 million expansion, doubling its size.

In the museum's core exhibition, *Sing Me Back Home: A Journey Through Country Music*, visitors are immersed in the history and sounds of country music, its origins and traditions, and the stories and voices of many of its honored architects. The story is revealed through artifacts, photographs and text panels, with a rich overlay of recorded sound, vintage video and interactive touchscreens. *Sing Me Back Home* is enhanced by several limited-engagement exhibits including Outlaws & Armadillos: Country's Roaring '70s.

Please keep in mind that there is a lot of walking in the museum. However, you can tour at your own pace and rest whenever necessary. There are three dining options, including a quick café-style restaurant.

Shopping at Opry Mills Mall

Ready for some Presidents' Day bargains? Then board the bus on Monday, **February 17th**, as we go to Opry Mills Mall for some shopping fun. You can have lunch in the Food Court or one of the many restaurants, then shop 'til you drop!

Love Songs & Stories with Eddie K

Don't miss this wonderful FREE event here at Rutland Place. Songwriter, musician and producer **Eddie Kilgallon** will be presenting a musical show that you will not forget! For 26 years, Eddie K. has toured the world with gold and platinum recording artists Ricochet, Montgomery Gentry and Evidence Of Journey. Now, back at home, he will share songs including "One Night at a Time," which he co-wrote for George Strait and was a #1 smash hit!

You will enjoy Eddie K's favorite inspired songs and some very special stories—complete with lights, sound and video. The program, hosted by Donna Backman will also include a special tribute to our troops! Don't miss this wonderful afternoon of music and stories on Tuesday, **February 18th**, at 2:00 p.m.

Beethoven's 250th Birthday Bash

We'll head back to downtown Nashville to the beautiful **Schermerhorn Symphony Center** on Thursday, **February 20th**, for Beethoven's Birthday Bash! It's the renowned composer and pianists' 250th birthday in 2020 so put on your party clothes, and get ready to enjoy some of the most remarkable music written in the history of humankind. From its opening notes, Beethoven's Eroica Symphony is a work of ambition, energy and heroic proportions. Experience this landmark symphony in all its epic grandeur with the Grammy®-winning **Nashville Symphony**. World-renowned Irish pianist **Barry Douglas** will join the orchestra for Beethoven's Piano Concerto No. 1.

Pet Corner

Barney is a sweet, handsome boy that lives with his fur mama **Georgie Wall**. He lost his tail when he was six months old, from an injury, but he's a happy boy and doesn't even realize it's missing!



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 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!

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

FEBRUARY 2020



The Rutland Rave

Valentine Happenings

Special Music by the Hallmark Quartet

11:30 a.m. Dining Room

Our Annual Valentine Chocolate Extravaganza!

2:00 p.m. Dining Room

Friday, February 14th



Rutland Place captures the spirit of New Orleans' signature event—Mardi Gras—right here in our community on February 25th! The celebration of "Fat Tuesday" represents the final opportunity for merrymaking and indulgence in food and drink before Lent begins. And indulge, we will!

Dress in purple, green and gold and enjoy a bit of Mardi Gras revelry at our **Mardi Gras Party** at 4:30 p.m., followed by lively music by the **Music City Dixieland Band**. Come spend Mardi Gras with your friends at Rutland Place.

"Fat Tuesday" • February 25th

EXECUTIVE DIRECTOR'S CORNER

Celebrate the Month of Love at Rutland Place!

February is the month of love, not just romantic love, but love of others. Think of the friends you've made here at Rutland Place. My heart is full and I'm so grateful to be a part of this Rutland Place family, and I can feel the love here every day!

Joanna has some great things planned this month! Kick off the month by gathering in the movie theatre to cheer on your favorite team on Super Bowl Sunday! Watch the game with friends and experience a super fun Super Bowl Party!

Enjoy a day of indulgence at our annual Valentine's Chocolate Extravaganza in celebration of Valentine's Day. Sweets for the sweet!

Tap your feet to the music of **John Starbuck, Bill Sleeter, Pam Weston, Patrick Calvert, Hallmark Quartet, Lance Harvill** and a special performance by the **Tulip Grove Baptist Church Choir!** Then end out the month celebrating Fat Tuesday with a Mardi Gras Party featuring the Music City Dixieland Band!

Be sure to check out the calendar for other fun activities. Rutland Place is such a great place to be!

—Karen Tucker, Executive Director

Holiday Memories!



The holidays were amazing at Rutland Place. We have two pages filled with glorious memories inside. Please enjoy them.

CHRISTMAS OPEN HOUSE

Thanks to all of our wonderful residents who opened up their homes for the annual **Parade of Homes**. We loved seeing everyone's beautiful homes and decorations. And congratulations to our **Door Decorating Contest** winners: 1st place, **Nancy Lakeman**; 2nd place, **Mary Charles Merritt**; 3rd place, **Claudia Atchley**.



NEW YEAR'S EVE

We may have celebrated a little early in the day, but what a great time we had at our **Noon Year's Eve Party!** Thanks to our wonderful food service staff for the delicious treats and to **Danika Holmes** for entertaining us!



Birthday Celebrations!

RESIDENTS

Anne Wiss.....3rd
Claudia Atchley.....10th

STAFF

Nadia Sulfaro4th
Eden Tucker5th

Birthday Bash

featuring music by Pam Weston

Tuesday, February 11th at 1:30 p.m.



Management and Staff

RUTLAND PLACE

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Mt. Juliet, TN 37122

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RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
Joanna Arnhart.....Life Enrichment Director
Brittini AustinAdministrative Services Director
Sandi Smith.....Building and Grounds Director
Eric WebbFood Service Director
Minna Polhemus ..Customer Service Coordinator
Kendra AllenHousekeeping Coordinator
Ernest McCollumMaintenance Assistant
Sonia McDougal, Amanda Hackett
.....Housekeeping
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, T.J. Kingery, David Putnam,
Catherine Powell, Will Dykes, Casey Luther,
Anslee Powell, Angel Spitaliere,
Melissa TuckerFood Service
Linda Melvin, Eden Tucker, Jeanna Warren,
Cynthia Howard, Kristin Salsbury,
Renee GarrFront Desk
Sylvia O'Choa, Danielle Blaylock
.....Home Services