

Winter Came a'Calling!



Mallory Eden made a snow man!



Claudia Atchley playing in the snow, making snow angels



Sing Our Praises!

**Resident Referral Program
Now Offering \$1500 Bonus!**

Springtime brings all things exciting and new! There's no better time to tell your friends and family about Rutland Place. Invite them to consider your community and see all the wonderful comforts provided. When you sing our praises you could earn a

\$1500 Rent Credit

So if you have a friend ready to make a lifestyle change, please sing our praises! Refer your family. They'll have a nice home *and you as a neighbor!* You'll have a nice addition to your nest egg!

This is a limited time promotion and with any program this generous, there are a few simple details required to secure your **\$1500 bonus**.

- You must turn in your friend's name to **Pam Barton** 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 \$1500 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!



EXECUTIVE DIRECTOR'S CORNER

Light at the End of the Tunnel

Wow, it's been a long year, but yay, there's light at the end of the tunnel! We made it through 2020...the tornado, the dreaded pandemic and a major ice and snow storm! We survived the cold and are SO ready for spring! March—a month of springtime, daylight saving time and joy—is here! Spring is a season of new beginnings and lots of new things are going on right here at home.



I wanted to remind you that if you haven't gotten your Covid vaccination yet, a team from the Department of Health will be here on Wednesday, **March 3rd**, starting at 9:00 a.m. They will come back about a month later to administer the second vaccination. THEN (if all goes as planned), two weeks after those people have had their second vaccine, we will open up to friends and family members! Of course, we will still take their temperatures when they come, they must wear masks and practice social distancing. Finally, a sense of normalcy is coming!

Be sure to set your clocks ahead an hour when you say good night to the long, cold days of winter and "spring forward" on Sunday, **March 14th**.

Our **St. Patrick's Day Party** will surely have you dancing a jig with its authentic Irish fare and food. Don your green and we'll create our own "luck o' the Irish" at Rutland Place this month!

So let's put up the heavy winter coat and welcome the festivities and fun of spring!

—Karen Tucker,
Executive Director

Sweets for the Sweet!

We were under isolation during Valentine's Day but our Food Service team graced us with a beautiful Valentine's Day spread.



RUTLAND PLACE

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

(615) 773-6111

www.RutlandPlaceSeniorLiving.com

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A NOTE FROM DAVE

March, One of the Happiest Months

March may be named after the Roman god of war and we're told to "beware the ides of March" but to me its one of the happiest months on the calendar. Not only does March of 2021 mark a year of activities with Dave, it also brings blooming spring flowers. The hustle and bustle of all the holiday season has finally slowed down, except for St. Patrick's Day (which is just a big party with no gifts and minimal stress). Most importantly, we can finally buy chocolate at discount prices! Perhaps you started the New Year with resolutions that are paying off?

Maybe you celebrate spring equinox and extra sunshine. Maybe you recognize March as Women's History Month and celebrate the vital role women have played in our country's history. Maybe you rejoice the 15th of March when the annual NCAA's Men's College Basketball tournament starts. Whatever you do this month, lets make it a great one together. You can look forward to lots of activities coming your way. I love you all, and enjoy!

—**Dave Putman**, Life Enrichment Director

P.S. The word "ides" refers to the first full moon of the month, which in March falls near the 15th. "Beware the ides of march" comes from a soothsayer in Julius Caesar's circle who warned the ruler of his destiny. Sure enough, Julius Caesar was murdered on March 15th, 44 B.C. But for us, the day carries no bad omens. Happy March, Rutland family. 😊

Rutland Place Sightings

Marketing Director **Pam Barton** shares some time with this friendly pup.



Our Driver, **Tommy Hall**, must have had a great lunch!

During the ice storm, our Sous Chef, **Allison Kelly**, provided residents with entertainment. Her talents stretch far beyond the kitchen.



Eat Right, Your Way, Every Day



March is National Nutrition Month. Did you know that the food pyramid guide to good nutrition has been replaced with the Food Plate? You can find out more by visiting the USDA ChooseMyPlate.gov website. The Academy of Nutrition and Dietetics (www.eatright.org) encourages you to choose nutrient-rich diet in the following excerpt.

You should enjoy your diet. Because nutrient-rich foods are familiar, easy to find and represent the five basic food groups, achieving balance and building a healthier diet can be simple and stress-free.

Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan. Choose first among the basic food groups:

- Brightly colored fruits and 100 percent fruit juice
- Vibrantly colored vegetables including potatoes
- Whole-grain, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts.

Here are some practical ways for you to add nutrient-rich foods and beverages to your daily diet:

- Make creamier oatmeal by adding fat-free milk instead of

water. Mix in some raisins, dried cranberries, cherries or blueberries too.

- Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to fillings like lean roast beef, ham, turkey or chicken.
- Whole-wheat pasta is a great way to enjoy a whole-grain food.
- Look for nutrient-rich choices such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.
- Choose nutrient-rich beverages such as low-fat or fat-free plain or flavored milk or 100-percent fruit juice.
- Top foods with chopped nuts or reduced-fat shredded sharp cheese to get crunch, flavor and nutrients from the first bite.
- Consider stocking your refrigerator with ready-to-snack-on vegetables like red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or whole radishes. Keep them handy for lunch, a snack, or a quick nibble while waiting for dinner.
- Choose meals that pack multiple nutrient-rich foods into one dish, like hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Eat these with whole-grain breads or rolls.
- For dessert choose a low-sugar item or fruit, or better yet just skip it entirely.

Good to Get Outside!

Residents gathered on the patio to enjoy musical entertainment from **Bill Sleeter**. It was the first warm day we had in a long time! We'll get outside more this month (hopefully!).



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RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
David PutmanLife Enrichment Director
Brittini AustinAdministrative Services Director
Eric WebbFood Service Director
Minna PolhemusCustomer Service Coordinator
Scott HumphreyMaintenance Director
Tara ArmstrongMaintenance Assistant
Stefan ReedHousekeeping
Brandon KilloranDining Room Manager
Allison KellySous Chef
Cathy SalisburyDirector of Home Services

Tommy Hall, Jeff GoolsbyDrivers
Pattie Crawford, Will Dykes, Emily Amadio, Caleb Putman, Sam Khoury, Nadia Sulfaro, Tori Taylor, Catherine Powell, Hunter LaRose, Angel Spitaliere, Anslee Powell, Simon Tucker, Kieon Irby, Melissa Tucker, Bethany LittleFood Service
Linda Melvin, Eden Tucker, Jeanna Warren, Cynthia Howard, Renee Garr, Cathy Salisbury Mallory EdenFront Desk
Maria De La Garza, Gloria Ridgers, Robbie Humes, Sylvia O'Choa, Missy Kelly, Lisa SwaffordHome Services
Rachel BurgenerSalon

Birthday Celebrations!

| | | |
|-------------------------|-------------------------|---------------------------|
| Beverly Bernhardt...1st | Proc Garner9th | Lilli Mae Helton26th |
| Peggy Nichol4th | Libby Pierce12th | Joann Dowd30th |
| Frances Partee4th | Dorris Oliver14th | Catherine Gracy...30th |
| | Dianne Cozart23rd | |

STAFF BIRTHDAYS

| | | |
|------------------------|-------------------------|--------------------------|
| Hunter Larose4th | Alanna Diserens.....9th | Kristin Salsbury ...23rd |
| Caleb Putnam6th | Mallory Eden15th | |

Rutland Place wishes you a wonderful milestone!

