

## Easter Was Bright and Beautiful at Rutland Place



**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!

**RUTLAND PLACE**

AN EXCEPTIONAL SENIOR COMMUNITY

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

**(615) 773-6111**

[www.RutlandPlaceSeniorLiving.com](http://www.RutlandPlaceSeniorLiving.com)

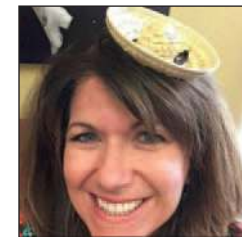


©2021, Rutland Place. All Rights Reserved.  
Produced by Rick Weech Design & Print, Inc.  
[www.RickWeech.com](http://www.RickWeech.com)



MAY 2021

## The Rutland Rave



**EXECUTIVE DIRECTOR'S CORNER**

### A Great Time of Year at Rutland Place!

What a great time of year! The sunshine, the warmer weather, and the beautiful flowers and blooms of spring! Let me offer a huge thank you to our **Dirt Dobbers Garden Club!** Everything looks so pretty! They did such a wonderful job planting on the patio and outside the Dining Room windows! And thank you **Scott and Tara** for amazing landscaping! Everyone needs to go outside and enjoy the tranquil setting of our beautiful patio!

The month of May is full of celebration! Our awesome Life Enrichment Director **Dave** has so many fun things planned. We'll kick off the month wearing our fancy hats while we watch the **Kentucky Derby** in the Theatre. Then, we'll head "south of the border" for a fiesta on **Cinco de Mayo**. We'll pay tribute to the mothers in our lives with a special Mother's Day dinner. We'll also commemorate **Memorial Day** with our fabulous All-American lunch menu. There will be no dinner service on Memorial Day so that staff may spend holiday time with their families.

It's going to be a great month at Rutland Place! Happy Spring!

—Karen Tucker, Executive Director

### Tasty Treats on Corn Dog Day!



**Pam, Eric, Brandon and Dave** passed out corn dogs in the Mt. Juliet community on National Corn Dog Day. We even got to see an old friend from Rutland Place, Mrs. Sharpe!



## Rutland Place Honors Mothers

### Wonderful Mother

*God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He molded her heart of pure gold;  
In her eyes He placed bright shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.*

—PAT O'REILLY

### And Grandma's Too...

*While we honor all our mothers  
with words of love and praise.  
While we tell about their goodness  
and their kind and loving ways.  
We should also think of Grandma,  
she's a mother too, you see...  
For she mothered my dear mother  
as my mother mothers me.*

—AUTHOR UNKNOWN



# Lots Coming Your Way in May!

## SCAM CLASS

The pandemic has brought out the worst in some people, as scammers have been especially busy targeting seniors. Residents of our community have received calls, emails and letters from fraudulent entities. Do not fall victim to scams. We are holding a SCAM CLASS to help you avoid becoming the victim of these miscreants. Don't miss this important and informative session on Wednesday, **May 12th**.

## PICNIC ON THE PATIO

Gorgeous weather and a beautiful patio! We'll combine the best of both and arrange a delightful late-spring picnic on the patio. Join us on Monday, **the 17th**.

## WEENIE ROAST



In our pre-Covid days, the Rutland Place Weenie Roast was a favorite gathering time! Well, the weenies are back on Thursday, **May 27th!** Come enjoy food and fellowship!



We will honor the memory of those who have died in service to our country on Monday, **the 31st**. We have an All-American style lunch for your enjoyment.



## A NOTE FROM DAVE

# Lots to Celebrate This May!

The name for this fifth month of the year comes from the Greek Goddess Maia, who looked after plants and is known as a nurturer. May was once considered a bad luck month to get married. There is a poem that says, "Marry in the month of May, and you'll surely rue the day." Which is ironic because the May birthstone is the emerald which symbolizes success and love.

There are several different holidays and events to look forward to in May. We remember those who have died serving our country in the Armed Forces on Memorial Day. It always falls on the last Monday of the month, which is the 31st. Also, on Memorial Day weekend, there will be 33 drivers with 500 miles to navigate in Indianapolis at the Indianapolis 500.

Another day is Mother's Day. Some of the strongest, most talented people in my life are mothers, and if they are not mothers, I recognize them as a mother figure. One day is not enough, but it is the least we can do is celebrate the mothers in our life on May 9th.

There is one holiday which is not ours as Americans but we have no problem helping our neighbors to the south celebrate—Cinco De Mayo. We commemorate The Mexican Army's victory over France to solidify Mexico's independence!

Whatever the reason, enjoy yourself this last month of Spring. After all, it cannot be as bad as last year's May. I look forward to these celebration and all the activities we have planned for you during this wonderful month of May!

—Dave Putman, Life Enrichment Director

## Meal Outings Are Back!



*Ah, the joys of dining out! We've missed our evenings out, especially for the home cooking of the **Sunset Restaurant in Lebanon**. Beginning this month, we will resume our meal outings with two visits to the **Sunset** on consecutive evenings. Due to capacity restriction on the bus, we're taking smaller groups...just twice as often.*

**SUNSET RESTAURANT**  
Thursday, May 13th  
Friday, May 14th



*There will be some smiles at Rutland Place on May 12th. That's when we will resume our monthly breakfast outings to **Cracker Barrel**. Climb aboard the bus for those fluffy pancakes and warm syrup, crispy bacon and eggs the way you want 'em. Don't miss this great morning out!*

**BREAKFAST AT CRACKER BARREL**  
Wednesday, May 12th

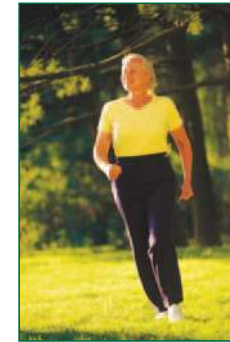
# Exercise: How to Stay Active

## Make Exercise a Habit

Once you've started exercising, it's important to keep going because physical activity needs to be done on a regular basis for maximum benefit.

## A Regular Part of Your Day

One of the best ways to stay physically active is to make it a life-long habit. Set yourself up to succeed right from the start by seeking to make exercise a regular part of your day. When it becomes a normal part of your everyday routine, like brushing your teeth, then you'll be less likely to stop and will find it easier to start up again if you're interrupted for some reason. If you can stick with an exercise routine or physical activity for at least six months, it's a good sign that you're on your way to making physical activity a regular habit.



## Ways to Make Exercise a Habit

Here are a few ways to help you make exercise a regular part of your daily life...

### • Make It a Priority

With busy lives, it's easy to put physical activity at the bottom of the "to do" list. Make it a point to include physical activities throughout your day. Think of your time to exercise as a special appointment, and mark it on your calendar.

### • Build Exercise Into Your Everyday Life

If it's difficult, costs too much, or is too inconvenient, you probably won't be active. However, here at Rutland Place it couldn't be easier! Check the calendar for our wide array of exercise options. In addition, you can put your two-pound weights next to your easy chair so you can do some lifting while you watch TV.

### • Make It Safe

Exercise and moderate physical activity, such as brisk

walking, are safe for almost all older adults. Even so, avoiding injury is an important thing to keep in mind, especially if you're just starting a new activity or you haven't been active for a long time. Talk to your doctor if you have an ongoing health condition or certain other health problems or if you haven't seen your doctor for a while. Ask how physical activity can help you, whether you should avoid certain activities, and how to modify exercises to fit your situation.

### • Make It Social

Enlist a friend or neighbor. Many people agree that having an "exercise buddy" keeps them going. Take an exercise class with a neighbor. If you don't already have an exercise partner, find one by joining a walking club at your local mall or an exercise class at a nearby senior center. Take a walk with a neighbor.

### • Make It Interesting and Fun

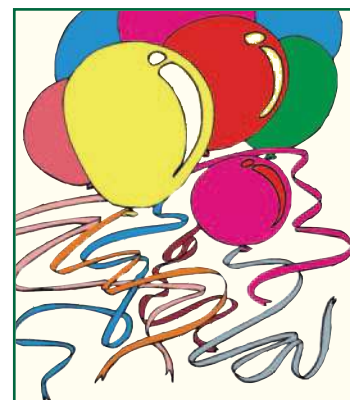
Choose the exercise program you like. Most people tend to focus on one activity or type of exercise and think they're doing enough. The goal is to be creative and choose exercises from each of the four categories—endurance, strength, balance, and flexibility. Mixing it up will help you reap the benefits of each type of exercise, as well as reduce boredom and risk of injury.



### • Make Exercise an Active Decision

Seize opportunities. Choose to be active in many places and many ways. When you unload the groceries, strengthen your arms by lifting the milk carton or a one-pound can a few times before you put it away. While you're waiting in line, practice your balancing skills by standing on one foot for a few seconds, then the other. Gradually build up your time.

Source: National Institutes of Health



## May Birthdays!

Sandra Sims ..... 17th      Mary Charles Merritt..... 18th

### STAFF BIRTHDAYS

Karen Tucker ..... 14th      Gloria Rodgers..... 23rd

*Rutland Place wishes you a wonderful celebration!*

## RUTLAND PLACE

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

**(615) 773-6111**

RutlandPlaceSeniorLiving.com

**Karen Tucker** .....Executive Director  
**Pam Barton** .....Marketing Director  
**David Putman** .....Life Enrichment Director  
**Brittini Austin** .....Administrative Services Director  
**Eric Webb** .....Food Service Director  
**Minna Polhemus** .....Customer Service Coordinator  
**Scott Humphrey** .....Maintenance Director  
**Tara Armstrong** .....Maintenance Assistant  
**Stefan Reed** .....Housekeeping  
**Brandon Killoran** .....Dining Room Manager  
**Allison Kelly** .....Sous Chef  
**Cathy Salsbury** .....Director of Home Services

**Tommy Hall, Jeff Goolsby** .....Drivers  
**Pattie Crawford, Emily Amadio, Caleb Putman, Sam Khoury, Nadia Sulfaro, Catherine Powell, Hunter LaRose, Angel Spitaliere, Anslee Powell, Simon Tucker, Kieon Irby, Melissa Tucker, Bethany Little** .....Food Service  
.....Front Desk  
**Linda Melvin, Eden Tucker, Jeanna Warren, Cynthia Howard, Renee Garr, Cathy Salisbury**  
**Maria De La Garza, Gloria Ridgers, Robbie Humes, Sylvia O'Choa, Missy Kelly, Lisa Swafford** .....Home Services  
**Rachel Burgener** .....Salon