

Rutland's JOY Singers Returned with Rousing Fourth of July Show!



SPECIAL LIMITED TIME OFFER! Friendships Are Blooming at Rutland Place!

Resident Referral Program Now Offering \$1500

Friendships bloom during summer and you have the perfect chance to bring your friend closer! 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. Tell them about us and you could earn a

\$1500 Rent Credit

So if you have a friend looking for a place to bloom, tell them about Rutland Place. They'll have a nice home *and you as a neighbor!* Plus, you'll earn our bonus!

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



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The Rutland Rave

AUGUST 2021



Cool Things to Do in a Hot Summer

month of summer!

It's August and although school is back in session and the days are getting shorter, there is still plenty of summertime fun to be had at Rutland Place! In fact, we are making the most of this last month of summer!

Our Life Enrichment Director, **Dave Putman**, has planned another great month. Make it a point to look inside for all activities and events and be sure to sign up for all the wonderful outings! You might learn something, do a thing you haven't done in awhile and have fun at the same time! Dave has planned more shopping trips, new places to eat, new entertainment and a welcoming back at the library for Carl's Lectures.

We will be returning to a robust schedule of outings including two trips to Dudley's Farm to shop fresh veggies

and jams. We will be eating at Uncle Bud's in Donelson as well as our monthly trip to Sunset Restaurant in Lebanon. Plus, the Wildberry Café is also on the agenda. Don't miss our trip to attend the Wilson County Fair (we are going on Senior Night to get the discount).

We will delight in lots of summer happenings! Get out your sunscreen and enjoy the warm weather. The patio and walking trail look beautiful, so take some time to get some fresh air and enjoy them.

It's going to be another great month as Rutland Place enjoys all those things that make the season great...FOOD, FUN, SUN and ENTERTAINMENT! Rutland Place is always the "hottest" place to be!

Thank you, as always, for all you do to make this the absolute best senior living community around!

—Karen Tucker, Executive Director

Exciting Summertime Happenings



Rutland Place's JOY Singers returned with a fabulous show. More photos on back.



Fresh produce at Dudley Farms



Fresh Produce!



On a visit to the farmers market as well as a local farm, we got to pick up fresh veggies.



RESIDENTS

- JB Baker1st
- Isabel Miller1st
- Ken Fisher2nd
- Thomas "Chief" Coulter..6th
- Donald Losey7th
- Pat Vailes7th
- Rebecca Frith16th
- Lois Tidwell18th
- Betty Dudley29th

STAFF

- Maria De La Garza2nd
- Charlie Greer9th
- Eric Webb20th
- Brittni Austin25th
- Kieon Irby29th

Residents Share Interesting Finds



Barbara and Dianne show off items in "Show and Tell!"



Summertime Happenings in August!

DUDLEY FARMS

You loved it, so we're going back to Dudley Farms twice this month to get fresh vegetables. Come along on Tuesday, **August 3rd**, at 1:00 p.m. or Wednesday, **the 18th**, at 1:30 p.m.

SHOPPING AT KOHL'S

You asked for it and here it is! We're heading to Kohl's for a much anticipated shopping excursion on Friday, **August 13th**. The bus departs at 1:00 p.m.

CARL'S LECTURES

We are tired of virtual lectures and invite you to join us as we return to the **Mt. Juliet Library** to listen to Carl's lectures

A NOTE FROM DAVE

Interesting Facts About August

August is the time to reap what you have sown. In my case, I take this quite literally as my summer vegetables are hopefully ready to harvest by the time you read this. It goes without saying, this is the time to celebrate good harvest and a good summer!

Those celebrating birthdays in August are born under one of two star signs. If you were born before the 22nd, you are considered to be a Leo. If you were born on the 23rd or later, you are a Virgo. Leos are said to be great leaders, full of pride. Virgos are said to be hardworking, kind and loyal.

August has two flowers, the gladius and the poppy. The gladius is a vibrant, multicolored flower that is said to represent generosity, strength and deep sincerity. The poppy flower is deep crimson and is said to represent imagination, eternal sleep and oblivion. Those two flowers couldn't be too much further apart if you ask me!

Unlike most months, August has only one birthstone, the peridot. It is a lesser-known gem that comes in shades of grass-green to a more earthy, olive hue. These gems are quite rare as they can be only found from two different sources—formed deep in the earth and expelled to the surface along with lava or in meteorites. Wow! That's amazing. Some also claim that peridots have healing powers and protect the bearer from evil. I need to get some peridot!

August is such a great time of year. I really encourage everyone to enjoy the last days of summer. Go for walks, enjoy the last bit of summer sun and see all the flowers that are still blooming. As you know, winter will be here before we know it. By then, we will all be wishing to have the warmth again.

in person. Come along on three Thursdays, **the 12th, 19th and 26th**, departing at 12:30 p.m.

WILSON COUNTY FAIR

Don't miss a trip to the annual Wilson County Fair on **Senior Night**, which is Tuesday, **August 17th**. Departure time is 4:00 p.m.

LUNCH AND DINNER OUTINGS

- Aug. 6th — **Famous Dave's**
- Aug. 12th — **Sunset** in Lebanon
- Aug. 20th — **Uncle Bud's**
- Aug. 24th — **Wildberry Cafe**

—Dave Putman, Life Enrichment Director



Some Sun Safety Tips for a Hot Summer

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

SHADE

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

CLOTHING

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

HAT

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15 or by staying in the shade.

SUNGLASSES

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

USE SUNSCREEN REGULARLY

Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

Most sun protection products work by absorbing, reflecting or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating or toweling off.

Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Source: CDC.gov



Dinner Outing at the Sunset Restaurant



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RutlandPlaceSeniorLiving.com

- Karen Tucker**Executive Director
- Pam Barton**.....Marketing Director
- David Putman**.....Life Enrichment Director
- Brittni Austin**.....Administrative Services Director
- Eric Webb**Food Service Director
- Minna Polhemus**.....Customer Service Coordinator
- Tara Armstrong**Maintenance Assistant
- Stefan Reed, Danielle LaRosa**.....Housekeeping
- Brandon Killoran**Dining Room Manager
- Allison Kelly**.....Sous Chef
- Cathy Salisbury**.....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, Scott Strand, Kieon Irby, Melissa Tucker, Bethany Little, Emily Davis, Isabella Southerland, Zach Cumbleton**.....Food Service
- Linda Melvin, Eden Tucker, Jeanna Warren, Cynthia Howard, Renee Garr, Cathy Salisbury**Front Desk
- Maria De La Garza, Gloria Ridgers, Robbie Humes, Sylvia O'Choa, Missy Kelly, Lisa Swafford**.....Home Services
- Rachel Burgener**.....Salon