

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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www.RickWeech.com



September Happenings

SUNSET RESTAURANT

Thursday, September 2nd

BINGO AT MT. JULIET SENIOR CENTER

Friday, September 3rd

FRAUD/IDENTITY THEFT SEMINAR

Wednesday, September 8th

COOKING WITH ALLISON

Thursday, September 9th

BUS TO AMISH STORE

Thursday, September 9th

BUS TO SHOP SPRINGS CREAMERY in Watertown

Friday, September 10th

GRANDPARENTS DAY PARTY

Monday, September 13th

BINGO AT MT. JULIET SENIOR CENTER

Friday, September 3rd

BINGO/WE HONOR VETERANS INFORMATION

Insurance options for veterans and families of veterans

Tuesday, September 14th

PICNIC ON THE PATIO

Wednesday, September 15th

LUNCH OUTING TO THE FLAT TIRE

Friday, September 17th

BUS TO SOUNDS BASEBALL GAME

Friday, September 24th

CARLS LECTURES AT MT. JULIET LIBRARY

Thursday, September 16th, 23rd and 30th

Beautiful Flowers at Rutland Place

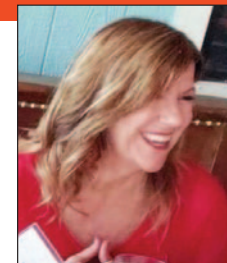
Flower arrangements thanks to Tim and Henrietta. Thank you!



RUTLAND PLACE

The Rutland Rave

SEPTEMBER 2021



Another September to Remember!

September starts off with a bang with our **Labor Day All American Lunch**, so bring the family and friends and enjoy good fellowship and food.

(Please let Front Desk know if you will be bringing guests so our Food Service staff will be prepared.) Our observance of **Grandparents' Day** will surely be a treat! Be sure to check the activities calendar! Dave will include a special party to honor all grandparents and great-grands!

As the weather starts to cool down a little, be sure to enjoy the beautiful pavilion out back and our wonderful walking trail! Make the most of the nice weather; fall is coming soon

Here are some "Fun Facts" about September. Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year.

September has the "Harvest Moon," the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is quite as awesome as the Harvest Moon.

The first day of fall is typically on September 22nd in North America. This is when the hours in the day are almost equal to the hours in the night.

Did you know that there are more pop and classic songs with "September" in the title than any other month?

We all know that Labor Day is in September, but did you know that September also has a few little known "holidays?" Among these are Constitution Day, National Cheese Pizza Day, National Drink-a-Beer Day, National Happy Cat Month, National Hug Your Hound Day, Kids Take Over the Kitchen Day, National Punctuation Day and International Talk Like a Pirate Day!

September is known as Harvest Month. It's a great month to harvest in preparation for the coming winter months.

Celebrities born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Freddie Mercury, Queen Elizabeth, Stephen King and Sophia Loren.

The birthstone for September is the sapphire which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.

So, there's lots of fun in September! Be sure to check your calendar for great events and activities Dave has planned for you! We will have an exciting variety of places to go and things to do. It's going to be another great month of fun as we go, do, see, hear, learn and enjoy life at Rutland Place!

—Karen Tucker, Executive Director

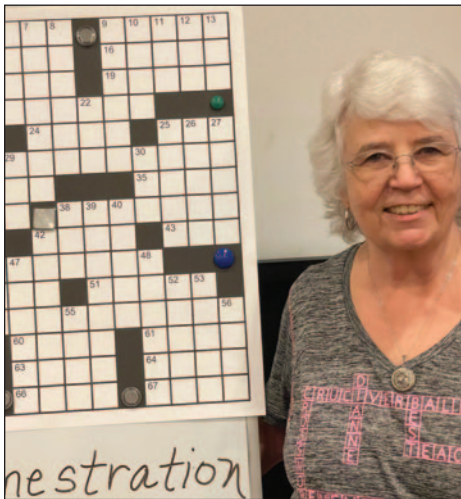


Monday,
September 6th



Grandparents' Day
Sunday, September 12th

Crossword Class



Our Crosswords Class made Dianne her own crosswords shirt to thank her for leading our class.

Fresh from Dudley Farm



Residents on our visit to Dudley Farm to get fresh veggies

Library Talk



Residents are enjoying finally being able to return to the Mt. Juliet Library to see Carl's lectures

Wellness Corner
Prostate Cancer Awareness Month



Screening for Prostate Cancer

Not all medical experts agree that screening for prostate cancer will save lives. The U.S. Preventive Services Task Force recommends against prostate-specific antigen (PSA)-based screening for men that do not have symptoms. The potential benefit of prostate cancer screening is early detection of cancer, which may make treatment more effective. Potential risks include false positive test results (the test says you have cancer when you do not), treatment of prostate cancers that may never affect your health and mild to serious side effects from treatment of prostate cancer.

Most organizations recommend that men discuss with their doctors the benefits and risks of prostate cancer screening. CDC continues to support informed decision making, which encourages men to talk with their doctors to learn the nature and risk of prostate cancer, understand the benefits and risks of the screening tests and make decisions consistent with their preferences and values.

Tests that are commonly used to screen for prostate cancer are:

- **Digital rectal exam**—A doctor, nurse or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.
- **Prostate specific antigen test (PSA)**—PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as an enlarged prostate, prostate infections and certain medical procedures also may increase PSA levels.

Centers for Disease Control and Prevention / www.CDC.gov

Symptoms

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are:

- Difficulty in starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty in emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.

If you have any symptoms that worry you, be sure to see your doctor right away. These symptoms may be caused by conditions other than prostate cancer.

Risk Factors

There is no way to know for sure if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are over 50, are African-American, or have a father, brother or son who has had prostate cancer.

A NOTE FROM DAVE
SEPTEMBER MUSINGS

As August rolls into September, we still hold close what warmth is left of summer. The transition into the season of Autumn or Fall has begun.

Living in Tennessee, we are lucky enough to get all of the seasons. When I was younger, none of that mattered to me. As I've gotten older, I've come to appreciate the small things in life. The changing of seasons is one of those things. Seeing the colors transition and noting all of the varying colors on so many different trees is truly observing the glory of nature. We aren't fortunate enough to see east Tennessee trees change their colors, but we are fortunate none the less! It is an amazing time of year!

Aside from the color change, I also enjoy the change of weather. Although my allergies are more active, I do like the change of temperature from super hot to just a little bit of warmth and cooler evenings. Now, when I walk my dog, I won't have to sweat or worry about her paws being hot on the pavement! (I wonder if she will enjoy the change of weather and scenery as much as I do?)

Speaking of walking, I encourage every last one of you to go outside for a stroll. This is your last chance to walk in comfortable weather! You know as much as I (probably better than I do) that we all need exercise to stay healthy. I also believe exercise is one of those small things in life to enjoy. It is much easier to be stagnant. It may be not so much the action of exercise that I enjoy, but more so reaping the benefits of exercise. You will have more energy in mornings, a healthier and happier heart, more than likely increase in your balance abilities and so much more!

September also brings football season. If you're like me, you're wishing that the Titans have a great season and win the Super Bowl. (Huh, who am I kidding?) September also brings anticipation of the winter months. With those same winter months comes the holiday season and fellowship with friends and family. All of this excites me!

Once again it's the little things! Excitement. The anticipation, or even just having something to look forward to is also one of the little things I have come to appreciate. It's the small things that make up the big thing. What is the big thing? Who knows? Regardless of the big thing...enjoy the small things. I'm trying to do a lot more of that.

—Dave Putman,
Life Enrichment Director



RESIDENTS

- Bob Swafford.....2nd
- Judy Finley4th
- Larry Wenn6th
- Cliff Cozart10th
- Barney Baggott14th
- Sue Myrick14th
- Tim Cowen18th
- Cynthia Batdorf19th
- Rita Johnston19th
- Lorene Borroughs22nd
- Evelyn Nation22nd
- Donna Smith23rd
- Geneva Eaton30th

STAFF

- Melissa Tucker.....10th
- Lisa Swafford.....15th
- Stefan Reed16th
- Jeanna Warren25th

RUTLAND PLACE

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(615) 773-6111

RutlandPlaceSeniorLiving.com

- Karen Tucker.....Executive Director
- Pam Barton.....Marketing Director
- David Putman.....Life Enrichment Director
- Brittini Austin.....Administrative Services Director
- Eric WebbFood Service Director
- Minna Polhemus.....Customer Service Coordinator
- Tara ArmstrongMaintenance Assistant
- Stefan ReedHousekeeping
- Brandon KilloranDining Room Manager
- Allison Kelly.....Sous Chef
- Cathy Salisbury.....Director of Home Services

- Tommy Hall, Jeff GoolsbyDrivers
- Pattie Crawford, Caleb Putman, Sam Khoury, Hunter LaRose, Catherine Powell, Kieon Irby, Angel Spitaliere, Anslee Powell, Scott Strand, Melissa Tucker, Keely Sellars, Bethany Little, Emily Davis, Zach Crumpton, Isabella SoutherlandFood Service
- Jeanna Warren, Cynthia Howard, Renee Garr, Alanna Diserens, Lisa Swafford, Shay PoseyFront Desk
- Maria De La Garza, Sylvia O'Choa, Missy Kelly, Lisa SwaffordHome Services
- Rachel BurgenerSalon