

October Happenings!



Last Call for Sunset

You'll have several opportunities this month to enjoy dining out. Thursday, **October 7th** will be your last opportunity to visit the popular **Sunset Restaurant** in Lebanon. The owners are retiring and this favorite dining venue will close this month. Come enjoy some good, old fashioned country cooking and one last visit.

We also have a lunchtime visit scheduled to the **Chocolate Covered Strawberry** on Friday, **the 8th**. There may be a surprise outing or two as well. Be sure to watch for updates!

A Wundebare Time!

You're in for a wundebare afternoon at Rutland Place's exciting German festival! Enjoy beer and hot pretzels along with great music on Tuesday, **October 12th**. The dinner menu will feature German favorites! It's going to be barrels and barrels of fun!



Pink Out Day

October is **Breast Cancer Awareness Month**. Show your support and wear **pink** on Friday, **October 2nd** for "**PINK OUT**" day. We'll also be hosting our annual **Breast Cancer Awareness Fashion Show** with our own Rutland Place ladies of the runway modeling the latest fashions from Chico's.

A Happy Halloween

Halloween is always a festive time here at Rutland Place! It's not too early to begin planning for your costume so you can get into the "spirit" of the occasion.

Get into the "spirit" of the occasion with a visit to the **Pumpkin Patch** on Wednesday, **the 20th**. You can pick out a pumpkin to bring home or simply enjoy the wonderful seasonal ambiance.

We'll have a **Costume Contest** and our big **Halloween Party** on Friday, **October 29th**. Dress up and you could win the prize for "best costume." You'll find lots of treats, but no tricks, as we enjoy this fun time for the young-at-heart!



Snack in a Snap is Back!

Chef Eric will make a return to "performance cooking" this month. The popular **Snack in a Snap** sessions will return. You never know what Chef Eric will be making, but you can be sure it will be delicious! Mark your calendar for Tuesday, **the 26th**.

Ballroom Dance Class

Ballroom dancing is a popular pastime. Did you also realize that it can be a great form of exercise? The gentle movements, the diverse motions all contribute to a healthy body along with the stress-relief afforded the mind. Join in on Wednesday, **the 13th**.

Invite a Friend to Your Patch at Rutland Place!

Resident Referral Program Now Offering \$1500

Just like pumpkins, you grow and flourish in the perfect patch. There's no better time to tell your friends and family about the patch where you've found joy—at 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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OKTOBERFEST

A LIVELY MONTH FILLED WITH GREAT CELEBRATIONS Fall is in Full Swing at Rutland Place!

Happy Fall, ya'll! What a great time of year! As the season shows us a beautiful colorful display, we'll enjoy the traditions that make fall a favorite time of year for many. As always, Rutland Place has lots of fabulous events and outings planned!

Roll out the barrels, we'll have a barrel of fun! Be sure to take part in **Oktoberfest** featuring authentic entertainment and German food on Tuesday, **October 12th**.

October is also **Breast Cancer Awareness Month**. We will have "**PINK OUT**" Day where we would like everyone to wear pink to show support for the cause on Friday, **October 22nd**. The day will include a Breast Cancer Awareness **Fashion Show** hosted by a speaker from TriStar. The models in the fashion show are some of our own wonderful residents who have battled breast cancer! If you have had breast cancer and want to participate, please see

Pam, our Marketing Director. Models will be showing off the latest fashions provided by **Chico's!** We will have a light lunch and enjoy **entertainment by Eddie K.!**

Pam is forming a new **Hospitality Committee** to welcome new residents into our family. Keep your eye out for a flyer for more information. We'd love your help!

At the end of the month, we'll have an awesome **Halloween Party!** Get into the spirit with fun, "spooky" food and a costume contest! So that more of our staff can take part, our festivities will take place a few days early, on Friday, **the 29th**.

As always, our wonderful Life Enrichment Director, **Dave**, has an outstanding month of exciting, challenging and stimulating things for us to see, do and experience. It's going to be a GREAT October at Rutland Place...Check the calendar for fun fall favorite fabulous festivities!

—**Karen Tucker**, Executive Director

OUT AND ABOUT!



Residents got to enjoy a trip to a local creamery where we got fresh made ice cream and other dairy items!

STAYING ACTIVE!



Check the calendar for our diverse exercise programs and come join in all the fun!

A NOTE FROM DAVE OCTOBER MUSINGS

There are several reasons why October is a wonderful month, and why I enjoy it so much.

1. Halloween is upon us. I actually might enjoy Halloween more than most holidays. I love costumes and snacks. Especially candy.
2. The candy I enjoy is acceptable to eat all month. I should probably leave it for the trick-or-treaters but it is so hard to leave it alone. Especially when they have aisles in Kroger designated for candy only this month.
3. Pumpkins. I'm not the biggest fan of pumpkin spiced stuff. But I cannot lie... pumpkin pie is my favorite pie. Pumpkins also remind me of the fall and I love fall weather.
4. Watching scary movies. I know this one either turns you all the way on or all the way off. I'm all the way on! I just don't like anything too gory. Ha ha!
5. Sweater weather. Layers are comfortable especially with the weather change. I love sweater weather.
6. The changing of leaves and all the pretty colors. Red, orange and yellow gives us such a change in scenery and its so beautiful.
7. We are thinking pink as well! Breast Cancer Awareness Month. As always we are excited to have the pink out fashion show!

I'm sure there are plenty of other reason as to why you might enjoy October, but whatever the reasons, lets enjoy the season.

—Dave Putman, Life Enrichment Director

CHEF'S SPECIAL!



Cooking with Allison returned this month. We traveled to Hungary! Sous Chef Allison Kelly always "wows" us!



OCTOBER BIRTHDAYS RESIDENTS

Faye Cripps5th
Mary Villa7th
Cathy Green9th
Etta Williams.....12th
Erma Lycans13th
Charles Waits13th
Polly Loftis.....21st
Scott Gelnett.....22nd
Darlene Brady23rd
Victor Villa27th

STAFF

Bethany Little.....18th

An Amazing September!

HEROES DAY!

We thank all our of the heroes in our community. Thank you to food service, they provided lunch on Hero's Day for the Fire and Police departments of Mt. Juliet.



CREAMERY OUTING



YOGA TIME!



We are so excited! We have Twisted Sisters Yoga coming in weekly to lead our chair yoga group. Anyone and everyone is welcome and capable of participating in this wonderful exercise opportunity.

“Not-So-Random” Acts of Kindness

When you choose to live with kindness, there is a ripple effect on those around you. From a strengthened immune system to better mental health, studies show that being kind has beneficial effects for the giver, too. It doesn't have to be a big, grand gesture to be effective. You can do simple, small acts of kindness—often for free—that improve the lives of others, whether you know them or not. Here are some senior-friendly random acts of kindness ideas for family, friends, neighbors, and strangers to inspire you.

- Smile and say hello to everyone in your path. Your smile could turn someone's day around!
- Compliment a stranger—what they are wearing, what they did or their great smile.
- Tell a mom out shopping with her kids that she's doing a great job. We all need to hear we're doing a great job sometimes!
- Thank a police officer for his or her service.
- Sit and talk with a friend who has been having a tough time.
- Whenever you introduce someone, tell others something great about him or her.
- When you receive great service, thank the person—and then tell their superior.
- Ask someone how his or her day is—and actually listen to their response.
- Call a person who has made a difference in your life and tell them just that.
- Tell a family member you love them or thank them for the little things they do for you.
- Invite a friend to join you for a walk or yoga class.
- Give a friend or family member a book you think they'd enjoy reading.
- Invite a neighbor to your home for tea or coffee.
- Write letters and send holiday cards to old friends.
- If you notice someone new moving into the community, introduce yourself and welcome them. Be sure to provide your phone number or email address if they have any questions or need advice as they're settling in.



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(615) 773-6111

RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
David PutmanLife Enrichment Director
Brittini AustinAdministrative Services Director
Eric WebbFood Service Director
Minna PolhemusCustomer Service Coordinator
Rick BaurMaintenance Director
Tara ArmstrongMaintenance Assistant
Stefan ReedHousekeeping
Brandon KilloranDining Room Manager
Allison KellySous Chef

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