

# A Memorable May Awaits!

## UPCOMING EVENTS

- BLOOD PRESSURE CLINIC — Tuesday, May 5th
- CINCO DE MAYO CELEBRATION — Thursday, May 5th  
Get ready for a lively “south of the border” fiesta featuring live entertainment by fabulous entertainer **Luna Morena!**
- BINGO AT SENIOR CENTER — Friday, May 6th
- BUS TO MCKAY’S BOOKSTORE — Friday, May 13th
- SAFETY COMMITTEE MEETING — Tuesday, May 17th
- CONCERT AT CHEEKWOOD — Thursday, May 19th
- BUS TO DEMO’S FOR DINNER — Friday, May 20th
- BUS TO CRACKER BARREL FOR BREAKFAST — Monday, May 23rd
- RESIDENT TOWN HALL MEETING — Tuesday, May 24th
- BOOK CLUB MEETING — Wednesday, May 25th
- MAY BIRTHDAY BASH — Wednesday, May 25th
- HEALTH TALK WITH LEGACY — Thursday, May 26th
- TIE-DYE WITH TARA — Thursday, May 26th
- BUS TO COCK OF THE WALK FOR DINNER — Friday, May 27th
- MEMORIAL DAY COOKOUT — Monday, May 30th

*Please check the calendar for times and sign up in advance for all outings.*



Residents enjoying our lunch outing at the Sassy Pecan Restaurant! This month, our meal outings include Demo’s, and Cracker Barrel. We’ll also sample the catfish, chicken and shrimp fried in peanut oil, plus steaks, in homey digs with rocking chairs at Cock of the Walk.



### 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)



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RUTLAND PLACE

## MAY 2022 HAPPENINGS AT RUTLAND PLACE SENIOR LIVING



### EXECUTIVE DIRECTOR'S CORNER

## May...Fun, Flowers and Celebrations



The month of May is full of fun, flowers and fabulous celebrations! We’ll kick off with a **Cinco de Mayo party** complete with authentic Mexican food and music by **Luna Morena!** It will be a fun filled fiesta!

Then, we’ll pay tribute to the mothers in our lives with a special **Mother’s Day Buffet.** Be sure to invite your family and friends in for this extraordinary culinary experience! (Be sure to RSVP at the Front Desk, please.)

At the end of the month, join us for our annual **Memorial Day Barbeque** in honor and recognition of our servicemen

and women who have given their lives for our country and our freedom. We will take the bus to see the flag display on Mt. Juliet Road.

Celebrate spring and get out and about! Be sure to take in the beautiful weather! Take a stroll on our walking path and enjoy the peace and quiet on the patio and pavilion!

Spring is in full bloom and as always, we are going to make the most of it! It’s a month of celebrations, music, great food and adventure! Come along as we welcome another great season of fun at Rutland Place!

—Karen Tucker, Executive Director

## There’s Always So Much to Do at Rutland Place



Dave is readying a grand Cinco de Mayo celebration including **Luna Morena!**



A big thank you to our Busy Hands group for helping on our Donation Day! They kept everyone and everything organized. We couldn’t have done it without you!



Although treasuring the true meaning of Easter, we still had some fun with the Easter Bunny!





## A NOTE FROM DAVE

# Looking Forward to 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. One is a federal holiday in which we remember those who died serving their country in the Armed Forces, Memorial Day. It always falls on the last Monday of the month which is the 30th. Also, on Memorial Day weekend, there will be 33 drivers with 500 miles to navigate in Indianapolis. Just as the name of the race indicates—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 the second Sunday of each May.

One holiday (which is not ours as Americans but we have no problem helping our neighbors to the south celebrate) is Cinco De Mayo—the 5th of May. We commemorate the Mexican army's victory over France to solidify Mexico's Independence!


Whatever the reason, enjoy this last month of Spring. I look forward to the activities and celebrations with you this wonderful month of May!

—Dave Putman, Life Enrichment Director



Our picnic on the Patio was rained out. That didn't stop residents from enjoying the sandwiches inside!


## Lots of Easter Smiles!

**IGNITE YOUR LEGACY.**  
Rehabilitation & Wellness Services  
legacyinc.com

**Dedicated therapists who put seniors first.**

Our skilled therapists empower seniors to live safely and independently. Our services are offered on-site, within your community, whenever you need us.



Residents may see a few new faces on campus here at Rutland Place. Please join our staff in welcoming Legacy Health Group. They will be up and running by May 2nd! Legacy will also be hosting an **Open House** on Friday, **May 13th**, starting at 10:00 a.m., where residents and family can visit, ask questions and get to know Legacy Health a little bit better.

### Physical Therapy

Our physical therapists work with seniors to increase or maintain strength, activity levels, and balance. Treatment programs focus on improved mobility and function in their daily life and decreasing the risk for falls.

### Occupational Therapy

Our occupational therapists focus on a wide variety of skills that seniors utilize in daily function, including driving, managing medication, self-care tasks, continence management, and activities such as housework, pet care, or other everyday tasks.

### Speech Therapy

Changes in speech, language, memory, and swallowing can occur because of illness or due to changes associated with aging. The goal of speech therapy is to increase functional communication, cognitive skills, and maximize the safety of swallowing.

### Wellness Programs

Health and wellness for residents in our care is our top priority. This is why we have designed specialized wellness programs, such as our LiveWell programs, that aim to make all participants feel comfortable regardless of age or current fitness level.

### Is this covered by medical insurance?

In most cases, Medicare Part B and secondary insurances cover the cost of therapy services. Legacy verifies individual benefits prior to initiating services.

Legacy offers financial assistance to those who have an established need to receive medically necessary services and meet criteria for assistance.

**Legacy Healthcare Services is located in Apartment 303 on the 3rd floor on-site.**

They are open Monday-Friday 8:00 a.m.-4:00 p.m.

**615-257-1073**

Email: LHS-10142@legacyinc.com

## RUTLAND PLACE

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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  
**Tara Armstrong** .....Building & Grounds Manager  
**Brandon Killoran** .....Dining Room Manager  
**Stefan Reed, Karita Whitfield, Amanda Jones-Valero** .....Housekeeping  
**Patti Crawford** .....Sous Chef  
**Mike Guerrieri** .....Building & Grounds Assistant

**Cathy Salsbury** .....Director of Home Services  
**Tommy Hall** .....Driver  
**Keely Sellars, Jonnie Meador, Raelyn Bassett, Walter Kwabena, Pattie Crawford, Sam Khoury, Catherine Powell, Angel Spitaliere, Anslee Powell, Scott Strand, Melissa Tucker, Isabella Southerland, Bethany Little, Zach Crumpton, Nataly Ibhirm** .....Food Service  
**Jeanna Warren, Cynthia Howard, Lisa Swafford, Shay Posey, Ashley Weatherford, Reece Lopez** .....Front Desk  
**Maria De La Garza, Sylvia O'Choa, Rachel Bassett, Ruth Brooks** .....Home Services  
**Rachel Burgener** .....Salon

## Look Who's Celebrating in May

### RESIDENT BIRTHDAYS

**Sericea Parker** .....4th      **Vickie Clark** .....16th  
**Sharon Coghlan** .....9th      **Sandra Sims** .....17th  
**Jason Fleming** .....11th      **Mary Charles Merritt** 18th

### STAFF BIRTHDAY

**Karen Tucker** .....14th

