

Summertime Happenings

AMAZING RACE COMING TO RUTLAND

The **Amazing Race of Mount Juliet** is a race around the community to nine different clue locations where teams complete challenges. It's loosely based on the TV show *The Amazing Race*. The event raises funds for the **Grace and Glory Academy** in **Haiti** that was started by a local non-profit. Rutland Place is being used as a clue location this year. The event takes place on Saturday, **August 13th**, from 2:00 to 5:00 p.m. We hope to see residents at our clue location to cheer the teams on.

FEATURED AUGUST EVENTS

- **LIFELONG LEARNING WITH OASIS** — *Aug. 1st, 23rd*
- **MUSIC BY RICK ALLEN KING** — *August 9th*
- **BANANA SPLIT NIGHT** — *August 11th*
- **JEWELRY MAKING** — *August 15th*
- **HOT DOGS ON THE PATIO** — *August 16th*
- **MUSIC BY BRIAN HANSON** — *August 17th*
- **S'MORES NIGHT** — *August 18th*
- **MUSIC BY E.J. RIDER** — *August 24th*
- **WATERMELON PARTY** — *August 25th*
- **MUSIC BY BILLY TARKINGTON** — *August 30th*

UPCOMING OUTINGS

- **BINGO AT SENIOR CENTER** — *August 4th*
- **BUS TO SHOP SPRING CREAMERY** — *August 5th*
- **BUS TO CARL'S LECTURES** — *August 10th, 17th, 24th*
- **BUS TO RAINFOREST CAFE THEN SHOP AT OPRY MILLS** — *August 12th*
- **BUS TO WILSON COUNTY FAIR SENIOR NIGHT** — *August 23rd*

One of Last Month's Lunch Outings

Residents picked their favorite slices at Cici's Pizza



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 2022

Cool Things to Do in a Hot 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! August is a month of fun in the sun, feasting on fabulous fruits and veggies of the season, and enjoying glorious music and entertainment.

August is a hot one, but enjoy the "dog days of summer." With this last month of the season, get out your sunscreen and bask in the warm weather but be sure to stay hydrated. Our patio and flowers are beautiful, so take some time to enjoy them.

Our Life Enrichment Director, **Dave Putman**, has planned another great month! Make sure you check your calendar for all the activities and events in which you'd like to take part! You might learn something, do a thing you haven't done in a while and have fun at the same time!

Here are some fun things to look for:

August's full moon, the full **Sturgeon Moon**, reaches peak illumination on the night of Thursday, August 11th. For the best view of the full moon, look skyward that night! It's also the final supermoon of 2022!

August is often a wonderful month for star gazing! It's the month of the **Perseid meteor shower**, which is one of the most prolific showers and reaches its maximum between August 11th and 13th. This year, however, the best of the Perseids occurs at the same time as the full moon, which means that the moon's brightness will likely wash out many of the "falling stars!"

As we celebrate the final month of summer, Rutland Place continues as 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** blessed us with another fabulous show.



Marvin loves the Rutland Place staff and we love him, too!



Lots of Fun Happenings During July at Rutland Place



Residents painted their own flower pots and planted succulents! Thanks to **Jacob** and **Legacy** for supplying Arts and Crafts!



Friends meet again at Rutland Place. **Dorothy Mobley** and **Lois Tidwell** have known each other since grade school and met again at Rutland Place!



Special thanks to **Tommy Ealey** for bringing Rutland Place Friday donuts!



Our trip to Demos!



Music in the lobby! Thanks to **Al Mahan** for providing entertainment before dinner.



RESIDENTS

J.B. Baker1st
Isabel Miller1st
Thomas Coulter6th
Pat Vailes7th
Wayne Cain12th
Rebecca Frith16th
Lois Tidwell18th
Betty Dudley29th

STAFF

Maria De La Garza2nd
Rylie Flatt2nd
Charlie Greer9th
Eric Webb20th

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!

With August comes the ending of summer. Don't forget to enjoy the weather, flowers, and sunshine as long as possible. We have plenty of activities available to enjoy the weather. Things to do on the patio as well as a bus to our famous Wilson County Fair. I hope everyone has a marvelous August.

—**Dave Putman**, Life Enrichment Director



Rutland Place Health and Wellness

Some Sun Safety Tips for a Hot Summer

We're in the midst of one of the hottest summers on record so here's a reminder that you need to take extra care this month. 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

RUTLAND PLACE

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RutlandPlaceSeniorLiving.com

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Brandon KilloranDining Room Manager
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Pattie CrawfordSous Chef
Mike GuerrieriMaintenance Assistant
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