

February Happenings!

Wear Red to Mark Heart Month

Every February is designated as American Heart Month by the federal government to encourage individuals to learn about, prevent and address heart problems. Since seniors are especially at risk, it is important that we understand heart disease.

Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. As part of this effort, we will recognize National Wear Red Day on Friday, **the 3rd**.

Ornament-Making for Resident Tree

WEDNESDAY, FEBRUARY 1ST

Podiatrist Dr. Campbell Visits

Bingo at Mt. Juliet Senior Center

Joy Singers' Performance

Dinner Outing to Calabria Brickoven Pizzeria

FRIDAY, FEBRUARY 3RD

Breakfast at First Watch

TUESDAY, FEBRUARY 7TH

New Resident Orientation

THURSDAY, FEBRUARY 9TH

Jewelry Making

Dinner Outing to Los Amigos Mexican Restaurant

FRIDAY, FEBRUARY 10TH

Book Club Meeting

WEDNESDAY, FEBRUARY 15TH

Fife and Drum of the American Revolution

THURSDAY, FEBRUARY 16TH

Dinner Outing to Demos' Restaurant

FRIDAY, FEBRUARY 17TH

Lunch Outing to Paula Deen's Restaurant

FRIDAY, FEBRUARY 24TH

Resident Town Hall Meeting

TUESDAY, FEBRUARY 28TH

Breakfast Out at Cracker Barrel



Our trip to Cracker Barrel for breakfast. We were also excited to see the maintenance crew there as well!

FEBRUARY 2023



PET CORNER

We proud to bring back our Pet Corner. Here is **Don Frith** and his trusty sidekick, **Angel** returning from a walk outside. *We love you Don and Angel!*

Won't You Be My Neighbor?

Resident Referral Program

Just a reminder about the wonderful Resident Referral Program we offer here at Rutland Place. As 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 \$1,500 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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RUTLAND PLACE

FEBRUARY 2023

The Rutland Rave

A photograph of the Rutland Place Senior Community building, a large multi-story brick structure with a sign in front that reads "RUTLAND PLACE A SENIOR COMMUNITY 435 NW RUTLAND RD". The building is surrounded by a well-maintained lawn and trees. In the foreground, there are decorative red and gold hearts and swirls.

Valentine Happenings

Music by Gabe Lamog
11:30 a.m. • Dining Room

Our Annual
Valentine Chocolate
Extravaganza!

2:00 p.m. • Dining Room
**Friday,
February 14th**



Rutland Place captures the spirit of New Orleans' signature event—Mardi Gras—right here in our community on February 21st! The celebration of "Fat Tuesday" represents the final opportunity for merrymaking and indulgence in food and drink before Lent begins. And indulge, we will!

Dress in purple, green and gold and enjoy a bit of revelry at our **Mardi Gras Party** at 5:00 p.m., including lively music by a **Dixieland Band**. A special buffet dinner will be served with traditional King Cakes available for dessert.

"Fat Tuesday" • February 21st

EXECUTIVE DIRECTOR'S CORNER

Celebrate the Month of Love at Rutland Place!

Happy February! February is known as the month of love and we hope you know how much you're loved here at Rutland Place! And you will love all that our fabulous Life Enrichment Director, **Dave Putman**, has planned for you this month! Make it a point to check the calendar and take part in any or all of the activities that interest you. There are many outings to a wide array of destinations, some that are sure to elicit interest.

Here are some fun facts about February:

- February is mostly recognized for Valentine's Day, flowers, and, depending on where you are, being incredibly cold!
- February fluctuates between having 28 and 29 days per year. The 29th day only occurs every four years during leap years.
- If you were born in February, your birthstone is an amethyst, and your flower is a primrose.
- The western zodiac signs in February are Aquarius which is until February 18th, and Pisces, which starts February 19th.
- In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.
- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."
- February, March and November always start on the same day of the week unless it is a leap year.
- It was in February 1964 when The Beatles made their first American television appearance on the *Ed Sullivan Show*. Over 73 million Americans watched!
- It's also the only month that can go without having a full moon.

Be sure to support your fellow residents as our **Joy Singers** present their next performance on Friday, **February 3rd**. Their concerts are always entertaining and inspiring!

February is going to be a great time of fun, food and friends at Rutland Place! Be sure to get out and take part of all the fun things going on! Rutland Place is such a fabulous place to be!

—Karen Tucker, Executive Director

A Note from Dave...Learning All About February!

January has gone so quickly! I enjoyed bringing in the New Year with you all. I hope everyone had a wonderful holiday season and amazing start to 2023! If you have made a new year's resolution, I hope you have stuck to it so far. If you have not stuck to your resolutions, I cannot blame you. I know how hard it is to start new, healthy habits. I am encouraging everyone to continue on your resolutions and journey to creating new, healthy habits!

It's strange to think that we are in our second month of 2023, February, the month of love. February is mostly recognized for Valentine's Day and being our third month of winter, but February has a lot of interesting facts about it that make it more than just an ordinary month. Interestingly, throughout history, the length of February kept changing; at one point it had as little as 23 days! We have now settled on 28 days unless it's a leap year.

The name February comes from the Latin word "februum" which translates to "purification." The Romans used to have a purification ritual which was like an early Spring Cleaning festival. February was the last month added to the Roman Numeral Calendar. I am looking forward to and also dreading spring cleaning at my place. I will feel much better after a good spring cleaning. You may also!

February is also Black History Month. Black history month began as Negro History Week which coincided with the birthday of Abraham Lincoln (February 12th), who issued the Emancipation Proclamation, and that of Fredrick Douglass (February 14th), an African American Abolitionist who was an author and orator. Black communities across the nation have celebrated this week together since the late 19th century. As early as the 1940's, some black communities had already transformed February into Black history month. By the 1960s, with the American Civil Rights movement, Negro History Week had become Black history months in many other places aside from black communities. In 1976, President Gerald Ford officially recognized February as Black History Month and all subsequent presidents would do the same.

One more interesting fact about February is that out of all the words to misspell, February is one of the most misspelled words in the entire English language. (And, as you well know, I am a bad speller. Ha ha!)

I cannot wait for spring but I do not wish any of these February days away. It is the month of love and I hope we all give and receive plenty of love this month. I look forward to another great month with you guys!

—Dave Putman, Life Enrichment Director

Surprise Entertainer at Rutland Place

Thank you to the big man, **Frank Turner**, who recently shared his talent as an entertainer for our residents. We thank him for all he does for the community, including now singing!



Show & Tell Time

Here are a few pictures of Show and Tell from last month. Thank you to all the residents who participated and those who came to enjoy the presentations.



Spelling Bee

Our very first Rutland Place Spelling Bee! Thank you to all the residents and staff who competed. **Minna**, our Administrative Services Director, ended up being the winner! Congratulations, Minna! A special thank you to **Catherine** and **Ansley** from Food Service. Thank you for being the judges and putting on such a great event!



Balance Clinic

Thank you to our partners, **Legacy Healthcare**. They held a Balance Clinic to test and encourage residents to work on balance to help prevent falls.



February Celebrations!

RESIDENT BIRTHDAYS

Doug McVey6th	Melba Kontar23rd
Claudia Atchley10th	Talmadge Johnson26th
Joe Daly10th	Anne Whitefield27th

STAFF BIRTHDAYS

Reece Lopez7th	Angela Ward.....14th
Amanda Jones-Valero	Wyatt Smith14th
.....10th	Tina Rogers23rd

February Birthday Bash
Tuesday, January 24th

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<p>Karen Tucker.....Executive Director</p> <p>Pam BartonMarketing Director</p> <p>David PutmanLife Enrichment Director</p> <p>Eric WebbFood Service Director</p> <p>Minna PolhemusAdministrative Services Director</p> <p>Tara ArmstrongBuilding & Grounds Director</p> <p>Brandon KilloranDining Room Manager</p> <p>Stefan Reed, Amanda Jones-Valero.....Housekeeping</p> <p>Pattie Crawford.....Sous Chef</p> <p>Mike Guerrieri, Dave BoltzMaintenance Assistants</p> <p>Cathy SalisburyDirector of Home Services</p>	<p>Tommy HallDriver</p> <p>Keely Sellars, Jonnie Meador, Pattie Crawford, Callie Cash, Catherine Powell, Lisa Swafford, Anslee Powell, Hunter LaRose, Scott Strand, Isabella Southerland, Macie Rogers, Tina Rogers, Wyatt Smith, Terrance Graves, Godfrey Afoutou, Debi LelievreFood Service</p> <p>Jeanna Warren, Ashley Weatherford, Reece Lopez, Carrie Capps, Michelle Dillon, Glenn Harla, Quay PhelpsFront Desk</p> <p>Maria De La Garza, Sylvia O'Choa, Rachel Bassett, Holly SargentHome Services</p> <p>Rachel Burgener.....Salon</p>
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