

September Happenings

- Labor Day Lunch Buffet**
Monday, September 2nd
- Music Connections and Lunch at the Chocolate Covered Strawberry**
Tuesday, September 3rd
- Music by Gabe Lamog**
Thursday, September 5th
- Bingo at Senior Center and Trip to Shop Springs Creamery**
Friday, September 6th
- Snow Cones for Grandparents' Day and Music by Pam Weston**
Monday, September 9th
- Breakfast at IHOP**
Tuesday, September 10th
- Music by Dean Patrick**
Thursday, September 12th

- Spirit Day and Lunch at Demos'**
Friday, September 13th
- Alison Brazil and the Roots of Rhythm Concert**
Tuesday, September 17th
- Hallmark Quartet and Dinner at Cracker Barrel**
Friday, September 20th
- Trip to Jeremiah's Italian Ice**
Monday, September 23rd
- Flu Clinic**
Tuesday, September 24th
- September Birthday Bash**
Thursday, September 26th
- Music by Bill Sleeter and Fall Crafts**
Friday, September 27th
- Staff Spotlight**
Monday, September 30th

Always Active Rutland Residents



Leta and Mike are "twinning."



Out for ice cream and dinner



Michael and Jessica Rose after her beautiful performance



Rutland Partners with Hands Free



Rutland Place now has a partnership with **Hands Free**, a provider of **emergency pendants and watches**. The watches can detect a fall, communicate with you through the device and notify 911, your emergency contact and the front desk. The devices also have GPS so that they work outside of Rutland Place. Hands Free offers Rutland Place residents a **20% discount**. Your discounted pricing is as follows:
Pendants \$95.20 one time charge, then \$31.96 per month
Watches \$127.96 one time charge, then \$31.96 per month
 Visit the Front Desk or www.HandsFreeHealth.com for more info.

Invite Your Friends to Fall in Love with Rutland Place



Resident Referral Program Now Offering \$1500

Summer's drawing to a close and Autumn is the perfect time to bring your friends closer to you! 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 they can fall in love with, 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 90 days.
- After 90 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

GOODBYE SUMMER!

Summer Memories

SEPTEMBER 2024



Trip to Häagen-Dazs for ice cream



All smiles for our celebration of National Watermelon Day! See more pictures inside.



Lap and baby blankets for Vanderbilt Hospital and Vanderbilt Children's Hospital. Our "Busy Hands" group has been very busy!

Watermelon Day



Welcoming Autumn



Autumn may be just around the corner, but we're going to enjoy the last of the dog days of summer at Rutland Place!

September starts off with a bang with our **Labor Day Buffet**, so invite family and friends to join you for good fellowship and food. Please let the Front Desk know if you're expecting guests so that Food Service will be prepared.

Ten Fun Facts About September

- The name "September" comes from an old Roman word, "septem," which actually means 7. September was the seventh month of the year on the Roman calendar. It did not become the ninth month until the advent of the Gregorian calendar.
- The Romans believed that September was looked after by the god of fire, expecting fires and volcanic eruptions to occur during this month.
- 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. No other months have the same amount of letters as their number in the calendar year.
- This September's Harvest Moon is the fullest moon of the year. It looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.
- The first day of fall is typically on September 22nd or 23rd in North America, when the hours in the day are almost equal to the hours in the night. This occurs at the same time as Spring Equinox in Australia.
- A little-known but highly significant holiday falls on September 17th, Constitution Day, marking the adoption of the U.S. Constitution.
- There are more pop and classic songs with "September" in the title than any other month.
- September is known as Harvest Month. It's a great month to harvest in preparation for the coming winter months.
- The Zodiac signs in September are split between Virgo (August 23rd to September 22nd) and Libra (September 23rd to October 22nd).
- Famous people born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Confucius, Freddie Mercury, Queen Elizabeth, Stephen King and Sophia Loren.

Be sure to check your calendar for lots of other great events and activities Michelle has planned for you! It's going to be another wonderful month of fun as we go, do, see, hear, learn and ENJOY LIFE AT RUTLAND PLACE!

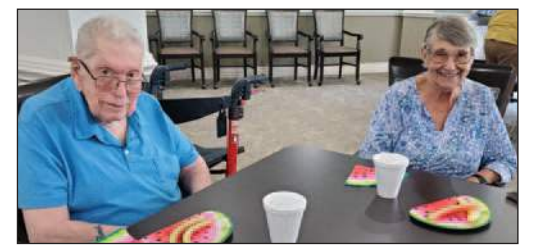
—Karen Tucker, Executive Director

HELLO FALL!

A Lovely Rutland Luau



Celebrating National Watermelon Day



A NOTE FROM MICHELLE September Brings Fun!

September marks the transition from summer to fall, my favorite season! I can hardly hold in my excitement as the leaves turn from green to bright shades of red, orange and yellow and the temperatures start to drop. It's the perfect season for long walks outside, a hot cup of apple cider and a good book. We'll be trading in our summer attire for cozy sweaters and boots, we'll change out our decorations and start seeing pumpkin spice everything! Keep an eye out for fall crafts later this month. We'll also be making pumpkin wreaths!

September's zodiac signs are Virgo and Libra. Birth flowers are the aster, symbolizing powerful love, and the morning glory, representing affection. The beautiful sapphire, believed to protect against evil, is September's birthstone. This month's full moon will occur on the 17th. It will be the second of four supermoons in 2024 and is known as the Harvest Moon.

I hope you will find beauty in the changing season, joy from this wonderful community and lots of love from friends and family! I am so blessed to be here for another season with you.

With so much love,

—Michelle Dillon, Life Enrichment Director



RUTLAND PLACE

435 N.W. Rutland Road • Mt. Juliet, TN 37122

(615) 773-6111

RutlandPlaceSeniorLiving.com

Karen TuckerExecutive Director
Pam BartonMarketing Director
Eric WebbFood Service Director
Michelle DillonLife Enrichment Director
Minna PolhemusAdministrative Services Director
Dave PutmanDining Room Manager
Tina RogersSous Chef
Mike GuerrieriMaintenance Director
Dave BoltzMaintenance Assistant
Freda Carr-Tenorio, Darla ButlerHousekeeping
Cathy SalisburyDirector of Home Services

Tommy HallDriver
Callie Cash, Lisa Swafford, Piper Christman, Claire Emery, Macie Rogers, Wyatt Smith, Mikayla Blackwell, Leyla Sims, Riley Sherman, Cheyenne Smith, Destini Smith, Lillie Huber, Gabby Perry, Sage Pollard, Allison Mayberry, Keira Bartlett, Godfrey Afoutou, Scott StrandFood Service
Jani Miller, Ashley Weatherford, Glenn Harla, Lori Nelson, Ryan Thompson, Karen Smith, Reece LopezFront Desk
Maria De La Garza, Sylvia O'Choa, Laura Hancock, Rachel BassettHome Services
Rachel BurgenerSalon

HAPPY Birthday

RESIDENTS	STAFF
Frank Michanowicz1st	Deb Dooley1st
Betty Bailey3rd	Leyla Sims4th
Donna Gallaher7th	Freda Carr5th
Marvin Heath9th	Riley Sherman5th
Cliff Cozart10th	Ashley Weatherford9th
Barney Baggot14th	Lisa Swafford15th
Mary Horvath21st	Jeanna Warren25th
Larry Simpson29th	