



## Resident Referral Program

Autumn's here and this 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, so they can experience the warmth of our community as winter approaches. Invite them to see all the wonderful comforts provided 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](http://www.RutlandPlaceSeniorLiving.com)



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## October Happenings

### Music Connections

Tuesday, October 1st

### Music by Jessica Rose

Thursday, October 3rd

### Minna's Going-Away Party

Friday, October 4th

### Music by Dennis Rader

Monday, October 7th

### Breakfast at Cracker Barrel

Tuesday, October 8th

### Shop Spring Creamery Trip

Friday, October 11th

### Lunch at Bavarian Bierhaus

### Music by Debbie & Friend

Monday, October 14th

### Breast Cancer Awareness

### Fashion Show

Tuesday, October 15th

### "Seven Brides for Seven Brothers" Capitol Theatre

Thursday, October 17th

### Lunch at Slim Chickens

Friday, October 18th

### Music by Brian Hanson

Monday, October 21st

### Music for Seniors Concert

### Pumpkin Painting

Tuesday, October 22nd

### Music by Unbroken Circle

Thursday, October 24th

### October Birthday Bash

Friday, October 25th

### Joy Singers Performance

Monday, October 28th

### Lunch at the Chocolate

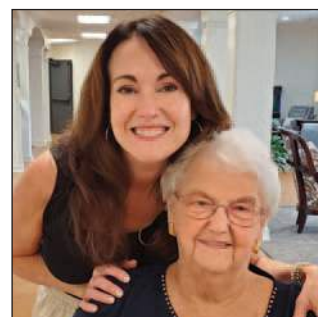
### Covered Strawberry

Tuesday, October 29th

### Trick or Treats and Halloween Party with the Dixieland Band

Thursday, October 31st

*Check calendar for times.*



Minna and Martha



Elaine, Pop and Michelle show off their hats

## Around Rutland



Pam's "Lunch and Learn" presentation was a huge success!

## 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](http://www.HandsFreeHealth.com) for more info.



## A LIVELY MONTH FILLED WITH GREAT CELEBRATIONS

# Fall is in Full Swing!

Happy Fall, ya'll! It is SO nice to see the seasons change and hopefully we'll start having some cooler weather so it will actually feel like autumn! Soon we will enjoy the amazing colors of the fall foliage as we say goodbye to summer. I hope you'll join in enjoying the traditions that make fall a favorite time of year for so many. Check out the calendar as there are so many fabulous events and outings planned!

October is Breast Cancer Awareness Month. We will have our annual **Breast Cancer Awareness Fall Fashion Show** on Tuesday, October 15th. The fashion show will be hosted by **Jan Hallmark** and **DJ Dwight Shaffer!** Jan is supplying our models with the latest fashions from **Chico's!** And our models are all breast cancer survivors!

Be thinking about your Halloween costume! We'll have a haunting good time at our **Halloween Party** with a costume contest

along with fun and spooky snacks!

We are so sad to see **Minna Polhemus** go! Minna is our Administrative Services Director and has been at Rutland Place for five-and-a-half years, so we will miss her terribly! Her husband Jim got a job in Greenville, S.C., so they will be moving there soon. Thank you, Minna, for being such an amazing and wonderful part of our Rutland Place Family!

On the flip side, we are happy to announce that our very own **Michelle Dillon** has been promoted to the Administrative Services Director position! Michelle is currently the Life Enrichment Director and has been at Rutland Place for over two years. We are so excited to have her in this position!

We are truly blessed to have such great employees with wonderful servant's hearts! And we are blessed to be able to work at the best independent living community EVER!

—**Karen Tucker**, Executive Director

## A Great Time to Get Out and About!

October is the perfect time of year to enjoy the best of our community. The temperatures have cooled off, but we're not into the truly chilly times yet. Take this opportunity to enjoy the many unique destinations available to you each month courtesy of the Rutland Place bus! Here are some of our best trips scheduled for the month...

### Lunch at the Bavarian Bierhaus

It's time for Oktoberfest and what better place to visit for lunch? Nashville's only authentic German Bierhall features the food and drink of Bavaria. You'll love the décor and authentic atmosphere of Oktoberfest! Come along on Monday, **October 14th**.

### "Seven Brides for Seven Brothers" at Capitol Theatre

Audience of One Productions presents "Seven Brides for Seven Brothers" on Thursday, **the 17th**. This lively performance promises to have you singing along, dancing in your seat and laughing. You might even find yourself dreaming of the day someone invites you to "go courtin'."

We're also heading to **Cracker Barrel**, **Shop Springs Creamery**, **Slim Chickens** and **Chocolate Covered Strawberry**. Check the calendar for dates and times and come along!





## A NOTE FROM MICHELLE Loving the Changes October Brings

October has finally arrived! It is my favorite month of the year. I get so excited for fall flavors—pumpkin, cinnamon, cranberry and apple—and can't wait to pull out my sweaters, jackets and most of all...boots! Halloween is my favorite holiday and I look forward to football, Halloween costumes, haunted houses and pumpkin carving. The weather is finally turning from hot to cool and the days get a bit shorter to prepare us for winter. I am ready for it all!

October's zodiac signs are Libra and Scorpio. Tourmaline stands as the modern birthstone for October, while Opal remains the traditional choice. Marigolds, renowned for their vibrant hues and symbolic ties to optimism and prosperity, serve as the birth flowers for this month. Additionally, cosmos, a member of the daisy family, symbolizes order, harmony and balance. This month's full moon on Thursday, the 17th, is called the Hunter's Moon. It will also be a supermoon, the third of four in a row and the closest supermoon of the year!

It's time to start planning your Halloween costumes for our party. Remember that the top three will win gift cards! Also, don't forget to **wear pink on Fridays in October** in honor of breast cancer awareness.

As you all know, I will soon be transitioning from Life Enrichment Director to Administrative Services Director, and although I am nervous, I am also very excited to grow and flourish within this amazing community. I wouldn't change this journey for anything and I will forever be grateful for the time I got to be your activities director. I appreciate all the words of encouragement and congratulations you have shared with me. I am really looking forward to this next chapter here at Rutland Place—the absolute best independent community there is! I truly love and appreciate you all!

—Michelle Dillon, Life Enrichment Director



### Milestone Celebrations!

Ashley is 21!

Pop's family threw him a huge party celebrating his 90th birthday at Rutland Place!

## OCTOBER BIRTHDAYS

### RESIDENTS

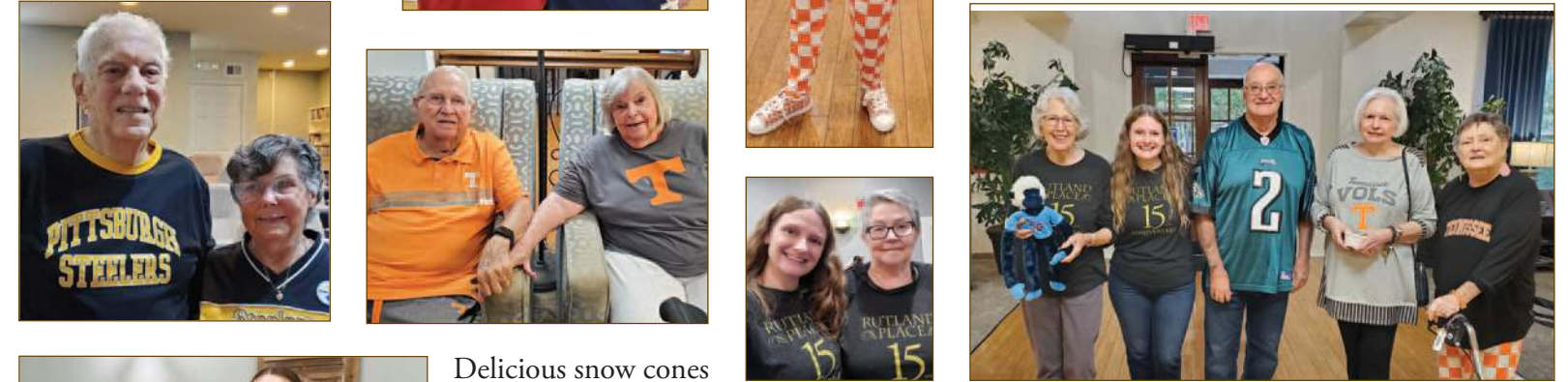
- Wendell Jennette .....3rd
- Faye Cripps.....5th
- Don Hanson.....6th
- Patricia Saunders .....7th
- Betty Britnell .....9th
- Cathy Green.....9th
- Jim "Pop" Payne .....11th
- Etta Williams .....12th
- Erma Lycans.....13th
- Barbara Reed .....22nd
- Scott Gelnett .....22nd
- Walt Wilder .....22nd
- Darlene Brady.....23rd
- Melanie Pope .....29th

### STAFF

- Michelle Dillon .....18th
- Jani Miller.....26th
- Rachel Burgener .....29th

Best wishes for a great day!

## Lots of Team Colors Shown During "Spirit Day" and More



Delicious snow cones



Residents enjoying the great fall weather on our trips to Cracker Barrel and Jeremiah's Italian Ice



## RUTLAND PLACE

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(615) 773-6111

RutlandPlaceSeniorLiving.com

- Karen Tucker .....Executive Director
- Pam Barton .....Marketing Director
- Eric Webb.....Food Service Director
- Michelle Dillon .....Life Enrichment Director
- Minna Polhemus .....Administrative Services Director
- Dave Putman.....Dining Room Manager
- Tina Rogers .....Sous Chef
- Mike Guerrieri .....Maintenance Director
- Dave Boltz .....Maintenance Assistant
- Freda Carr-Tenorio, Darla Butler .....Housekeeping
- Cathy Salisbury .....Director of Home Services

- Tommy Hall .....Driver
- Callie Cash, Lisa Swafford, Piper Christman, Claire Emery, Macie Rogers, Wyatt Smith, Mikayla Blackwell, Leyla Sims, Riley Sherman, Cheyenne Smith, Destini Smith, Lilie Huber, Gabby Perry, Sage Pollard, Allison Mayberry, Keira Bartlett, Godfrey Afoutou, Scott Strand, Henry Davenport .....Food Service
- Jani Miller, Ashley Weatherford, Glenn Harla, Lori Nelson, Ryan Thompson, Karen Smith, Reece Lopez .....Front Desk
- Maria De La Garza, Sylvia O'Choa, Laura Hancock, Rachel Bassett .....Home Services
- Rachel Burgener.....Salon



Legacy joined exercise and fun by hosting balloon volleyball! Whether playing or watching, we had a blast!