

# THE RIPLEY CROSSING CHRONICLE



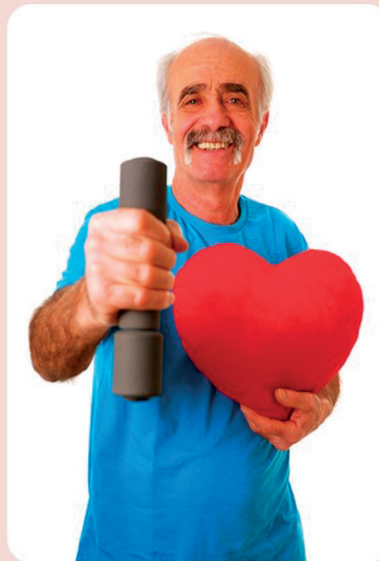
## February 2025

### Winter Threats to Your Heart

Winter and bitter cold temperatures pose danger for those with heart disease and especially for older adults. The combination of colder temperatures and physical activity increases the workload on the heart. In addition, your heart has to work extra hard to maintain your body heat. With all this extra work, your heart demands more oxygen, however cold causes arteries to tighten reducing oxygen to the heart. It's important for everyone to be aware of the threats cold weather can bring and take appropriate precautions to ensure your safety.

#### SAFETY TIPS FOR COLD WEATHER:

- ✓ Avoid alcohol as it gives you a false sense of warmth and can cause your heart to work harder.
- ✓ Don't overdo it, start your morning off slow. The cardiovascular system can adapt to slow, progressive change. Take frequent breaks or avoid sudden exertion like shoveling snow.
- ✓ Prevent hypothermia by wearing a hat and layers of clothing to protect you from cold temperatures. Older adults have lower subcutaneous fat and are more prone to suffer from hypothermia.
- ✓ Remain hydrated and drink water regularly to prevent overexertion and dehydration.
- ✓ Breathe through your nose in cold weather; it has various defense mechanisms to prevent impurities and excessively cold air from entering your body.



**If you would like to learn more about a heart-healthy lifestyle, visit our therapy department.** Physical and Occupational therapists can help you to develop a healthier lifestyle and reduce many of the risk factors that cause cardiac conditions. Cardiac rehabilitation programs are designed to help you control your symptoms and resume an active and productive life within the limits of your condition.

*Ripley Crossing*  
1200 Whittlatch Way  
Milan, Indiana 47031  
Phone: (812)-654-2231  
Fax: (812)-654-2240  
[www.ripleycrossing.com](http://www.ripleycrossing.com)

Trina Johnson, CDP  
*Administrator*

Becky Robbins  
*Director of Nursing*

Abby Moorehead  
*Assistant Director of  
Nursing/Infection Prevention*

Lynne Hutter  
*MDS Coordinator*

Krystle Kaiser  
*Therapy Director*

Timothy Sublett  
*Social Services*

Tiffany Curry  
*Business Office Manager*

Madelynn Roell  
*Admissions Coordinator/  
Marketing*

Robert Russell  
*Maintenance Supervisor*

Valerie Bennett  
*Activity Director*

Patti Weaver  
*Medical Records*

Rhonda Maybrier  
*Dietary Manager*

Tricia Doyle  
*Housekeeping/Laundry Supervisor*

Rev. Harris Long  
*Facility Chaplain*



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812-654-2231 | [www.ripleycrossing.com](http://www.ripleycrossing.com)

## *-Upcoming Events-*

13th @ 10:00, Bingo Store

17th @ 10:15, Resident Council

5th @ 1:30, Music with Tom Taylor

12th @ 11:00 Valentines Couples Luncheon

14th @ 2:00 Resident King & Queen Crowning/  
Valentines Party w/Jackie Lee

Second Monday @ 6:00 pm, Harmony Group

Every Tuesday @ 3:00, Bible Study w/Tito

Every Thursday @ 1:30, Sing Along w/Louise

First Sunday @ 1:30, Moores Hill Baptist Church

Third Sunday @ 2:00, Milan First Baptist Church

Fourth Sunday @ 3:00, Fairview Baptist Church

*Check out our Calendars at  
[www.ripleycrossing.com](http://www.ripleycrossing.com)  
to see what we have to offer  
on each wing!*

*Come in and volunteer for one of our activities we offer!*

# *Happy Valentine's*

## *-Team Building-*

Ripley Crossing is a fabulous place to work. What makes this possible is the caring, committed team of co-workers. We would all like to extend our warmest welcome to our new team members! Joining the Nursing Department, Mikayla Murry C.N.A. Joining the Housekeeping Department, Debbie Calvert and joining the Activities Department, Kyla Curry. We would like to take this opportunity to thank each one of them for joining our team and sharing their time and talents, making our team even greater.



## The Many Faces of Valentine

While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day actually refers to. According to the Roman Catholic Church, there are 14 different saints named Valentine. Some believe Valentine's Day honors the bishop of Terni, in central Italy, who was condemned by Roman Emperor Claudius. Others believe Valentine's Day is connected to a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.

# Valentine Crossword Puzzle



**Down:**

1. hugs, and kisses
2. A person with whom one has a bond of mutual affection
3. Squeeze (someone) tightly in one's arms
4. The second month of the year
5. The color of blood
8. An intense feeling of deep affection
11. A piece of paper to send greetings
13. A sweet treat
14. A declaration or assurance that one will do something or that a particular thing will happen
15. A color intermediate between red and white, like coral or salmon
16. unable to think or act normally, especially as a result of being in love
19. another word for gift

**Across:**

6. An emotional state or reaction
7. A treat made from roasted and ground cacao seeds
9. Regarded with deep affection.
10. A flat paper container with a sealable flap, used to enclose a letter or document.
12. A feeling of excitement and mystery associated with love
15. a social gathering of invited guests
17. Cute and colorful inflated rubber bag
18. the Roman god of Love
20. A person with whom someone is having a romantic relationship
21. A sweetheart chosen or complimented on Valentine's Day



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# VALENTINE'S DAY I SPY



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# Valentine Word Search Game



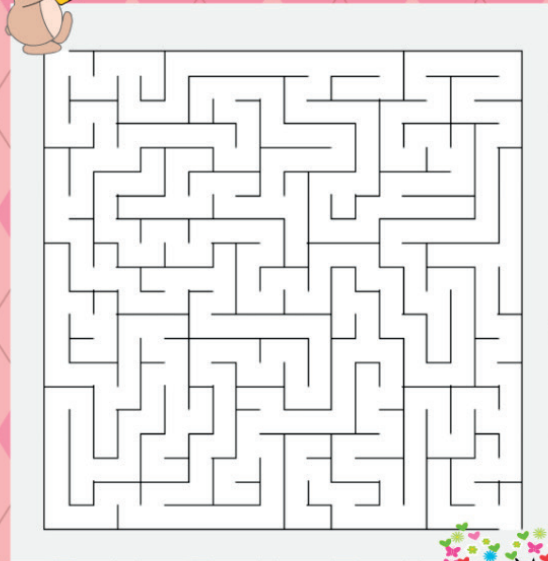
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 J V N H Z F Z H F R I E N D E  
 A M O I F S O L H S T V A T A  
 Y K P L T C V L X C K O V T R  
 M D D L O E Q D H V K L O A T  
 E S Q L A L E N I T N E L A V  
 O W A Z F V E R H L Q B G H E  
 P T J T F X Q J G Z S N O S Y  
 E P H G E C T F I G I N O J I  
 G Y U V C U A I R L E R L K K  
 Y G K L T A T N R Y V R F Y H  
 N E N F I B X A D L G O R S C  
 J K H I O D D H N Y O D N L B  
 X M U J N F C U G C E P W H N  
 S H Z W U E M F O S N K G V P

- |           |           |
|-----------|-----------|
| AFFECTION | GREETING  |
| BELOVED   | HEART     |
| CANDY     | HONEY     |
| CHOCOLATE | LOVE      |
| DARLING   | POEM      |
| FRIEND    | ROSE      |
| GIFT      | VALENTINE |



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# Valentine's Day Maze



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# CELEBRATIONS AND MILESTONES

## Resident Birthdays

Evelyn Fryman	2/2
Richard Hopper	2/6
Evelyn Anderson	2/6
Julie Mesch	2/10
Ronald Jones	2/15
Jacqueline Smith	2/17
Leona McCann	2/21
Brenda Pryon	2/24
Nancy Leever	2/25

## Employee Birthdays

April Hamilton	2/2
Claire Heil	2/5
Georgia Weldon	2/5
Alyssa Halterman	2/7
Robert Stephens	2/7
Robert Russel	2/8
Sheri Hartman	2/9
Rhonda Maybrier	2/10
Rachel Roth	2/11
Kelsey Rodgers	2/14
Calista Lochard	2/16
Savanah Lovins	2/16
Mary Berger	2/18
Amanda George	2/18
Bayley Johnson	2/18
Amber Thompson	2/19
Vera Fugate	2/20
Rick Schmaltz	2/21
Hailey Richmond	2/23

## February Birthdays

*If you were born between February 1 - 18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19 - 28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.*

Madison Finnegan	2/24
Jessica Riley	2/27
Malena Hunger	2/28

## Employee Anniversaries

Jacqueline Johnson	17 yrs
Malena Hunger	9 yrs
Faith Pindell	7 yrs
Robert Stephens	6 yrs
April Hamilton	1 yr
Teresa Martin	1 yr
Heather Prairie	1 yr
Keirstynne Stahle	1 yr
Timothy Sublett	1 yr

## CLERGY

Our facility chaplain Rev. Harris Long is available to staff, residents, and families who may need his assistance. Please call 812-654-2231 to set up an appointment or for more information.

The Eucharist of Anointing of the sick is administered by the priest on the first and third Thursday of every month to all Catholic residents at Ripley Crossing. The prayers ask for God's healing physically, spiritually, and mentally. The sacrament offers a special grace to calm the spirit. The elderly and those with chronic pain and suffering, can and should be anointed often. This sacrament, sometimes referred to as the Last Rites or Extreme Unction, helps prepare a person for death, if and when God wills it.

\*Activity Calendars are always available at the front desk for each wing. Please feel free to help yourself!

\*We are always looking for new and exciting ways to highlight our residents and their families.

Check out our Family Feedback stories on [www.ripleycrossing.com](http://www.ripleycrossing.com) and let us know if you'd like your loved one added! Call Valerie Bennett @ 812-654-2231 or e-mail [activities@ripleycrossing.com](mailto:activities@ripleycrossing.com)

 Like us on Facebook & visit our website at [www.ripleycrossing.com](http://www.ripleycrossing.com)

**RIPLEY CROSSING BRINGS YOU THE NEWS**

**Ripley Crossing**  
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PLACE  
STAMP  
HERE