



Oak Ridge

SENIOR LIVING™

750 Dodson Lane • Madisonville, KY 42431 • 270-821-2111

A Very Happy Birthday to Our Residents and Team Members Born in February

02/02	Ms. Linda
02/12	Cindy Paulsen
02/16	Ms. Frances
02/18	Wanda Wicks
02/21	Mr. Jack

A Poet's Perspective

Recently we had a respite guest, who happens to be a poet. She was so inspired by her stay with us, she wrote a poem that she gave permission for us to share with you. It is copied below.

Oak Ridge
O-Outstanding service from all.
A-Always willing to help.
K-Knowing so much about all things.
R-Ready to help people in this place.
I-I see why people love it here.
D-Duty is put above all else.
G-Good food at every meal.
E-Everything about this place is great.
A-A variety of activities to do.
S-Sincere words spoken to you.
S-Super nice rooms with all you need.
I-I have met a lot of people from the past.
S-Some friends from long ago.
T-Talking with others for a long time.
E-Every day is different.
D-Do your best and succeed.

This poem was written by Ms. Teresa K. Ball. We thank her for her kind words and wish her much happiness.

February 2025

From the Desk of Mary Lyn:

I hope this month finds everyone staying well and off to a good start this new year! We sure had a wonderful holiday season. I want to personally thank everyone who came out to visit, sent Christmas cards, caroling, group performances or gave a token of appreciation to staff. We truly are blessed and grateful for the love and support shown to residents, staff, family and friends of Oak Ridge.

We have weathered the ice and recent snowstorms. We make every attempt to ensure safety during any inclement weather events.

I hope that we all have a wonderful, happy and healthy 2025!

I would love to talk with anyone who is searching for an Assisted Living facility. We feel that we have so much to offer and want to help care for others and spread our mission to our local and surrounding communities. I'm so proud of our loving, caring and dedicated staff. I have worked in this field for the majority of my career and Oak Ridge has the BEST staff ... hands down.

If you have any questions, please feel free to contact me by calling the facility or stopping by.

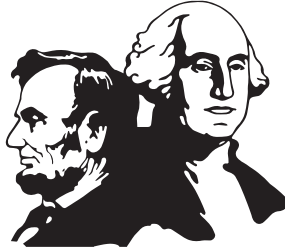



Happy Valentine's Day to all! LOVE never fails.

Mary Lyn
Mary Lyn Troop, LSW, LNHA
Executive Director

In This Issue the Activities Updates Are Published on the Back Page.

Thank a Mail Carrier Day

On Feb. 4, send a shoutout to someone who always delivers—your letter carrier!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All activities times and locations are subject to change. ALL activities, including outside, volunteer-sponsored and outings are subject to corporate, state and CDC regulations, as well as weather conditions.</p>		<p>National Week of ... African Heritage and Health 1st-7th Burn Awareness 4th-10th Congenital Heart Defect Awareness 7th - 14th Eating Disorder Awareness Feb 28th-March 5th Jell-O 12th-18th Pastry Week Feb 27th until March 2nd School Counseling 5th-9th Women's Heart 1st - 7th</p>		<p>National Month of ... American Heart Black History Girls and Women in Sports Teen Dating Violence Awareness Canned Food Dog Training Education Adopt a Rescued Rabbit</p>		<p>National Dark Chocolate, Ice Cream For Breakfast, Get Up, Serpent, Freedom Day 8:00 Good Morning America on ABC Channel 4 (A) 1:30 Afternoon Movie</p>
<p>Groundhog, Tater Tot, Heavenly Hash Day 10:00 a.m. Bible Reading in Your Apartment</p> 	<p>National Missing Persons, Women Physicians, Carrot Cake Day 9:00 Morning News (A) 1:30 LuAnn and Dax 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Hemp, Homemade Soup, Thank a Mail Carrier Day 10:00 Seniorcisers with Michele 1:30 Communion with Grapevine Baptist Church 5:30 Nightly News (A)</p>	<p>National Weatherperson's Day 9:00 Beauty Shop open until 2:00 p.m. (BS) 10:00 Devotional 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Frozen Yogurt, Chopsticks, Lame Duck Day 9:00 Morning News (A) 1:30 Card Games 2:30 Name 10 5:30 Nightly News (A)</p>	<p>National Girls and Women in Sports, Bubble Gum, National Wear Red Day, Fettuccine Alfredo Day 9:30 Board Games 1:30 Snack Social 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Kite Flying, Boy Scouts and Pork Rind Day 8:00 Good Morning America on ABC Channel 4 (A) 1:30 Afternoon Movie</p>
<p>Super Bowl LIX on Fox Channel 6, National Cut the Cord, Pizza, Bagel and Lox, Toothache Day 10:00 Bible Reading on your own (A) 1:30 Church with Bobby Todd in the Dining Room 5:00 Super Bowl LIX on CBS channel 5</p>	<p>National Home Warranty, Clean Out Your Computer, Cream Cheese Brownie, Umbrella Day 9:00 Morning News (A) 1:30 Resident Council Meeting 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Shut-In Visitation, White Shirt, Don't Cry Over Spilled Milk, Make A Friend Day 10:00 Seniorcisers with Michele 1:30 Blood Pressures and Birthday Social with Shannon 5:30 Nightly News (A) 6:30 Morton's Gap Mennonite Church Youth Group (DR)</p>	<p>National Plum Pudding Day 9:00 Beauty Shop open until 2:00 p.m. (BS) 10:00 Devotional 2:30 Bingo 5:30 Nightly News (A)</p>	<p>Galentine's, National Giving Hearts, Cheddar, Pancake, Tortellini Day 9:00 Morning News (A) 1:30 Bingo Store 2:30 Card Games 5:30 Nightly News (A)</p>	<p>St. Valentine's Day, National Ferris Wheel, Organ Donor Day 9:30 Board Games 1:30 Valentine's Day Social 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Red Sock, Singles Awareness Day 8:00 Good Morning America on ABC Channel 4 (A) 1:30 Afternoon Movie</p>
<p>National No One Eats Alone, Do A Grouch A Favor Day, Almond Day 10:00 Bible Reading on your own (A) 3:00 Pennyrile Church of Christ (DR)</p>	<p>Presidents Day, Random Acts of Kindness, Perfume Day 9:00 Morning News (A) 1:30 LuAnn and Dax 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Flirting Day 10:00 Seniorcisers with Michele 1:30 Games with CareTenders 3:00 Roy Sings (DR) 5:30 Nightly News (A)</p>	<p>National Confession, Chocolate Mint Day 9:00 Beauty Shop open until 2:00 p.m. (BS) 10:00 Devotional 2:00 Bingo with Black Pearl 5:30 Nightly News (A)</p>	<p>National Love Your Pet Day 9:00 Morning News (A) 1:30 Lon Lorton 2:30 Trivia 5:30 Nightly News (A)</p>	<p>National Sticky Bun, Language, Breakup Day 9:30 Board Games 1:30 Snack Social 2:30 Bingo 5:30 Nightly News (A)</p>	<p>George Washington's Birthday, National Walking the Dog, World Thinking Day 8:00 Good Morning America on ABC Channel 4 (A) 1:30 Afternoon Movie</p>
<p>National Banana Bread Day 10:00 Bible Reading on your own (A) 2:30 Gospel Singing with Ron Orange in the Dining Room</p>	<p>National Trading Card, Tortilla Chip, Play More Cards, Whooping Crane Day 9:00 Morning News (A) 1:30 Madisonville Church of Christ (DR) 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Chocolate Covered Nut, Clam Chowder Day 10:00 Seniorcisers with Michele 1:30 Shenanigans with Shannon 2:30 Family Council Meeting 5:30 Nightly News (A)</p>	<p>National Pistachio, Letter to an Elder Day 9:00 Beauty Shop open until 2:00 p.m. (BS) 10:00 Devotional 2:30 Bingo 5:30 Nightly News (A)</p>	<p>National Chili, Pokemon Day 9:00 Morning News (A) 1:30 Card Games 2:30 Name 10 5:30 Nightly News (A)</p>	<p>National Chocolate Souffle, Pancake, Rare Disease Day, First Day of Ramadan 9:30 Board Games 1:30 Snack Social 2:30 Bingo 5:30 Nightly News (A)</p>	<p>Cards, puzzles, coloring pages, books and board games available 24 hours a day in the Community Room.</p>

ACTIVITIES UPDATES

As we get farther along in the New Year, we would like to thank you for allowing us the privilege of taking care of you/your loved one and being a part of your family.

We have had many questions as to why the Christmas decor was left up for so long. As most of you know, we generally begin to take down our Christmas decor after the beginning of the new year, after Epiphany, January the 6th. With the ice, snow and cold we experienced that week, it made it extremely hazardous for us to get our storage containers. Therefore for everyone's safety, we waited until weather conditions permitted to begin taking down and packing away Christmas decor.

Just by way of friendly reminder, our newsletter and calendar for the "current" month must be turned in by the 15th of the month prior. Therefore, activities on your "current" calendar may have already changed. Please check your email and keep an eye on our activities board in the foyer for the most current information.

Movies, puzzles, cards, books, coloring pages and board games are available at all times in the Community Room.

Due to the inclement weather last month, several activities were rescheduled. Please refer to the February activities calendar for these rescheduled dates and many more activities.

As always, if you have any questions, please do not hesitate to ask.

Dana Weaver, Activities Director, BS, ADC



Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

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