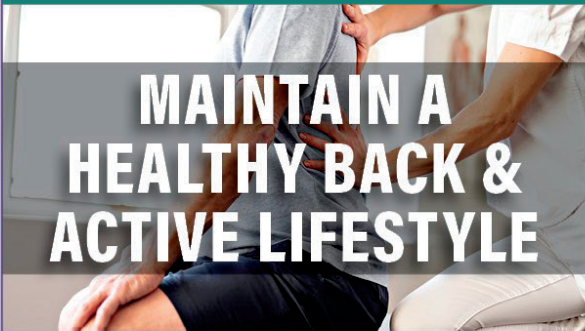


THE RIPLEY CROSSING CHRONICLE

REHAB NEWS

Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



MAINTAIN A HEALTHY BACK & ACTIVE LIFESTYLE

Your back plays a big role in your overall well-being. By protecting it, you can sleep better, feel happier, and maintain an active and fulfilling lifestyle. A healthy back means you can do the things you enjoy, like going for walks, gardening, or playing with grandkids.



Be Active with Gentle Exercise

Regular, low-impact exercises play a crucial role in maintaining the strength and flexibility of your back muscles. Activities like walking, swimming, and tai chi are excellent choices for promoting spinal health without putting excessive strain on your back. Engaging in these exercises helps support your core muscles and keeps your spine well-aligned.



Maintain Good Posture

Consistent good posture is key to preventing back pain. Whether sitting, standing, or walking, be mindful of your posture. Keep your shoulders back, head aligned with spine, and distribute body weight evenly. Avoid slouching or hunching over, especially during prolonged periods of sitting. These adjustments can significantly reduce the risk of developing back pain.



Lift Properly & Avoid Strain

Use proper lifting techniques to protect your back from unnecessary strain and potential injuries. When lifting objects, bend your knees and keep the object close to your body. Avoid twisting your back while lifting, and if an object is heavy or awkward, ask for assistance. Being mindful of how you lift and carry things can go a long way in preventing back pain.

How Therapy Can Help

If back pain is impacting your quality of life, talk with your doctor about physical therapy. A physical therapist will assess the underlying cause of your back pain and guide you through exercises to strengthen the muscles around your spine, improve flexibility, and promote proper body mechanics. They may also use various techniques to alleviate pain such as massage, joint mobilization, heat or cold therapy, ultrasound and electrical stimulation.

Ripley Crossing
1200 Whitlatch Way
Milan, Indiana 47031
Phone: (812)-654-2231
Fax: (812)-654-2240
www.ripleycrossing.com

Trina Johnson
Administrator

Becky Robbins
Director of Nursing

Abby Moorehead
*Assistant Director of
Nursing/Infection Prevention*

Lynne Hutter
MDS Coordinator

Amanda Driscoll
Therapy Director

Lori Sachleben
*Social Services/
Dementia Coordinator*

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



1200 Whitlatch Way | Milan, IN 47031
812-654-2231 | www.ripleycrossing.com

-Upcoming Events-

8th @ 10:00, Bingo Store
14th, Couples Luncheon @ 11:30, &
Valentines Party/King & Queen Crowning @ 2:00
28th @ 1:30, Music with Tom Taylor
22nd @ 2:00, Birthday Bash
19th @ 10:15, Resident Council
Second Monday @ 6:00 pm, Harmony Group
First Thursday @ 1:30, Catholic Mass
Second Friday @ 2:00, St. Paul Lutheran Church
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
to see what we have to offer
on each wing!*

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

-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, Amy Smith, R.N. Claire Heil, C.N.A. & Kyleigh Bledsoe, S.N.A. Joining the Activities Department, Emma Rohrig & Gay Morgan 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.



With the up coming Holidays, please remember to have any new clothing marked by our Laundry Department. Our lost and found is getting full. If you have a loved one missing clothing, please contact our Laundry Department @ 812-654-2231 (ext. 238)



VOTE

for your
favorite resident for

***Valentine
King & Queen***

Royalty will be Crowned on

**Thursday,
February 14th around
2:00 p.m. in the Community Room.**

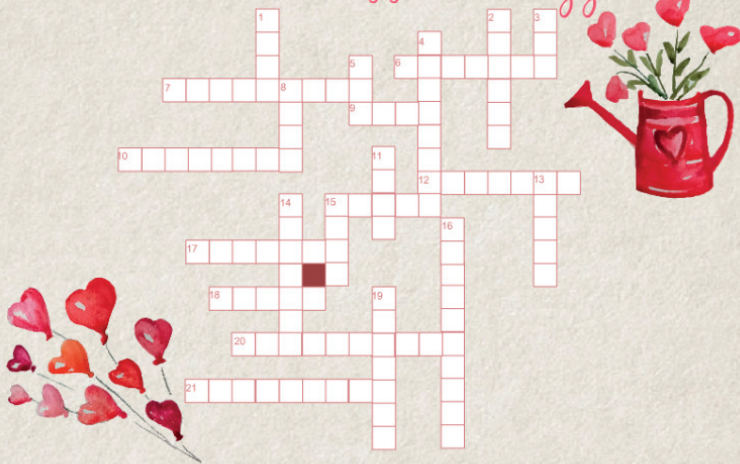
(all proceeds go to the resident's Activity fund)

Penny Per Vote.

Voting Cups are located on each wing.



Valentine Crossword Puzzle



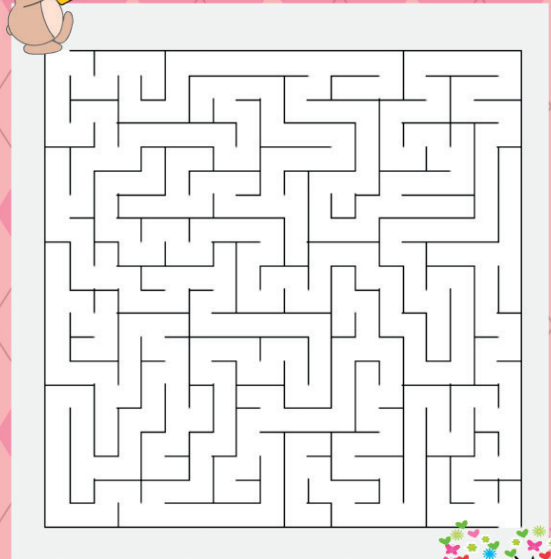
Down:

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

Valentine's Day Maze



Valentine Word Search Game



E G U Y Q O K C C I D D V I H
 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 |



Match the Famous Couple



- | | |
|-----------------|------------------|
| Sheherazade | Jane |
| Krishna | Daphne |
| Romeo | Francescas |
| Scarlett O Hara | Galatea |
| Acme | Delilah |
| Aphrodite | King Shahryar |
| Apollos | Eve |
| Jane Eyre | Maid Marian |
| Othello | Adonis |
| Paolo | Juliet |
| Pygmalion | Edward Rochester |
| Robin Hood | Rhett Butler |
| Tarzan | Desdemona |
| Samson | Radha |
| Adam | Septimus |

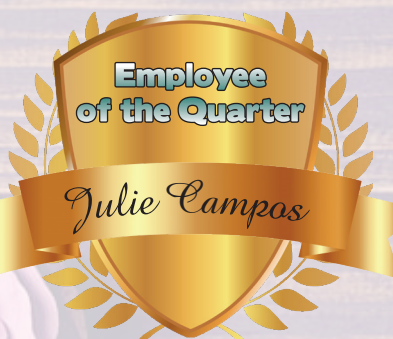
CELEBRATIONS AND MILESTONES

Resident Birthdays

Evelyn Fryman 2/2
 Thomas Greene 2/4
 Evelyn Anderson 2/6
 Doris Bonfer 2/8
 Julie Mesch 2/10
 Patty Herd 2/15
 Jacqueline Smith 2/17
 Brenda Pyron 2/24
 Nancy Leever 2/25

Employee Birthdays

Georgia Weldon 2/5
 Claire Heil 2/5
 Robert Stephens 2/7
 Robert Russel 2/8
 Rhonda Maybrier 2/10
 Rachel Roth 2/11
 Kelsey Rodgers 2/14
 Calista Lochard 2/16
 Savannah Lovins 2/16
 Bayley Johnson 2/18
 Mary Berger 2/18
 Amber Thompson 2/19
 Vera Fugate 2/20
 Ellianna Waldron 2/21
 Rick Schmaltz 2/21
 Hailey Richmond 2/23



Employee Anniversaries

Jacqueline Johnson 16 yrs
 Malena Hunger 8 yrs
 Faith Pindell 6 yrs
 Robert Stephens 7 yrs
 Shannon Gillespie 2 yrs
 Nancy Pickett 2 yrs
 Aerionna Allen 1 yr
 Rivera Makalee 1 yr

Lauretta Hartman 2/25
 Wynonna Metcalf 2/26
 Jessica Riley 2/27
 Malena Hunger 2/28

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 and let us know if you'd like your loved one added! Call Valerie Bennett @ 812-654-2231 or e-mail activities@ripleycrossing.com

 Like us on Facebook & visit our website at www.ripleycrossing.com

RIPLEY CROSSING BRINGS YOU THE NEWS

Ripley Crossing
 1200 Whitlatch Way
 Milan, Indiana 47031

PLACE
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