

THE RIPLEY CROSSING CHRONICLE

REHAB NEWS

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

HEALTHY AGING FOR VIBRANT LIVING

Aging is a natural and inevitable part of life, and with the right mindset and lifestyle choices, it can be a time of continued vitality, joy, and fulfillment. Healthy aging isn't just about adding years to your life; it's about adding life to your years. Below are a few tips to help older adults embrace healthy aging and make the most of this exciting chapter.



Physical Activity

Stay physically active with activities. Walk, swim, do yoga.



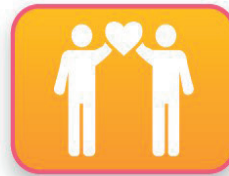
Stay Hydrated

Drink plenty of water to support digestion and overall well-being.



Keep Learning

Keep your mind active with puzzles, games, reading, and hobbies.



Socially Connect

Nurture social connections with friends, family, and community activities.



Prioritize Sleep

Prioritize 7-9 hours of quality sleep for physical and mental rejuvenation.



Think Positive

Surround yourself with positive and supportive people.



Have Purpose

Engage in purposeful activities like volunteering or mentoring for fulfillment.

Physical, occupational, and speech therapists play important roles in helping adults live vibrant, independent lives. By addressing physical limitations and functional challenges, older adults can experience improved quality of life, increased independence, enhanced well-being, and a greater sense of purpose.

Talk with your doctor to see how therapy could benefit you.

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

Sabrina Paddock
 Assistant Director of Nursing

Abby Moorehead
 Infection Prevention/
 Staff Education

Lynne Hutter
 MDS Coordinator

Amanda Driscoll
 Therapy Director

Lori Sachleben
 Social Services/
 Dementia Coordinator

Tiffany Curry
 Business Office Manager

Madelynn Roell
 Admissions Coordinator/
 Marketing

Dalton Felt
 Maintenance Supervisor

Valerie Bennett
 Activity Director

Patti Weaver
 Medical Records

Rhonda Maybrier
 Dietary Manager

Tricia Doyle
 Housekeeping/Laundry Supervisor

Rev. Harris Long
 Facility Chaplain

-Upcoming Events-

14th @ 10:00, Bingo Store
27th @ 1:00, Birthday Bash
18th @ 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
Second Sunday @ 3:00, Adams Lutheran 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, Christina York, R.N; Wynonna Metcalf, C.N.A; Alyssa Halterman, C.N.A; & Amelita Evans, C.N.A. We would also like to welcome Rebecca Wahl to the Activities Department. 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.

**Trick or Treat
will be for
Ripley
Crossings
residents
family's &
employees
children.**

**We are now accepting candy
donations for our Annual Ripley
Crossing Trick or treat.**

**All donations will be for the
residents to pass candy to trick or
treaters.**

**If you have any questions please feel free to
call Valerie Bennett @ 812-654-2231**

RIPLEY CROSSING



PRESENTS our
9TH Annual

Classic Cruise - In for Alzheimer's

REGISTRATION ON DAY OF CRUISE-IN.
\$20 donation accepted at registration.

SEPTEMBER, 16 2023

11AM - 2 PM

**1200 Whitlatch Way
Milan, IN 47031
812-654-2231**

Printed By:



Trophies Will Be Awarded!
Live Music!
Many Vendors & Raffles!

LIVE
BROADCAST
from



CHICKEN DINNER!



\$15 Donation

THANKS TO OUR SPONSORS

GOLD SPONSORS

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Home Furniture
Dillsboro Legion Ladies Aux. Post 292
Milan Legion Ladies Aux. Post 235



All Proceeds go to
Alzheimer's for research.



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)



CELEBRATIONS AND MILESTONES

Resident Birthdays

Carolyn Couch 9/2
Vivian Cotton 9/5
Kenneth Cole 9/6
Charles Boyd 9/6
Alfred Mathes 9/10
Bruce Tackett 9/10
Yvonne Azeltine 9/16
Carol Wilson 9/21
Helen Newman 9/24
Donald Allen 9/25
Geraldine Fletcher 9/30

Employee Birthdays

Melissa Lows 9/6
Shelby Williams 9/7
Tricia Doyle 9/8
Julie Campos 9/11
Ruth Meyer 9/11
Jenna Ison 9/20
Cherokee Goddard 9/24
Brandi Carroll 9/24
Valerie Bennett 9/25
Susan Johnson 9/29
Alice Guard 9/30
Samantha McConnell 9/30

Employee Anniversaries

Teresa Eshelman 8 yrs
Mary Berger 5 yrs
Rylie Fryman 4 yrs
Kellie Doyle 4 yrs
Savanah Lovins 3 yrs
Rachel Roth 3 yrs
Terri Wells 2 yrs
Dakota Day 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 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

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