

# THE RIPLEY CROSSING CHRONICLE

**September, 2024**

## REHAB NEWS



### Maintaining Balance As You Age

Good balance is being able to easily control and maintain your body's position. Maintaining good balance and sense of body position is critical to preventing falls. Falling is the ultimate loss of balance and the leading cause of debilitating injury and premature death in older adults. Each year, 1 in 3 adults over 65 fall each year. With millions of people falling each year, less than half will contact their doctor for help.

#### Common Risk Factors of Poor Balance

- Lower Body Weakness
- Difficulty Walking & Balancing
- Medications Causing Dizziness
- Foot Pain / Poor Footwear
- Vision Issues
- Hazards in Your Home

#### What You Can Do to Prevent Falls?

Falls can be prevented. By following these tips, you can reduce your risk for falling.

1. Ask your healthcare provider to review your medications.
2. Begin an exercise program to improve your leg strength and balance.
3. Get an annual eye exam. Replace eyeglasses as needed.
4. Make your home safer. Remove clutter and tripping hazards.

#### Therapy Can Help Reduce Falls & Improve Balance

A physical therapist works with individuals to identify risk factors and designs an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. Balance may be improved with exercises that strengthen the core, back, ankle, knee, and hip muscles along with exercises that improve the function of the balance system. Occupational therapists work with you to discuss changes and modifications that can be made around your home to help prevent falls from occurring.

If you have concerns about your balance, ask your doctor if therapy can help. When you receive a doctor's order for therapy, our physical therapy team can start immediately to help your balance and fear of falling.

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

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Therapy Director

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Social Services

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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-*

12th @ 10:00, Bingo Store

23rd @ 10:15, Resident Council

25th @ 1:30, Music with Tom Taylor

28th, 11 am-2 pm Ripley Crossing-

10th Annual Classic Cruise In

30th @ 2:00, Music with Ken Petro

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](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!*

## *-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, Rebecca Ollman, L.P.N, Brooke Petty, C.N.A, Mallory Murry, C.N.A, Kelsey Harvey, C.N.A, Aubrey Bowling, C.N.A, Lindsey Sumler, S.N.A, Savannah Reese, S.N.A, and Hannah Przubyla, S.N.A. 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.

### **Ripley Crossing Trick or Treat !!**

**We are now accepting donations for  
Halloween candy.**

Ripley Crossing Trick or Treat, for employees children &  
resident family members children.

**When: Thursday, October, 31st.**

**Time: 5:30pm-6:30pm.**

**Where: Therapy Entrance.**

### **Enthusiasm Unleashed**

Sometimes keeping a positive attitude is easier said than done. How do we stay positive? Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1-7, welcome a little bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.





# RIPLEY CROSSING



PRESENTS our **10<sup>TH</sup> Annual** **Trophies Will Be Awarded!**  
**Live Music!**  
**Many Vendors & Raffles!**

## Classic Cruise - In for Alzheimer's

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

**SEPTEMBER, 28 2024**  
**11AM - 2 PM**

Printed By:

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

### THANKS TO OUR SPONSORS



LIVE BROADCAST  
 from



**CHICKEN DINNER!**  
 VOLUNTARILY FRIED BY:  
 MILAN FIRE DEPARTMENT

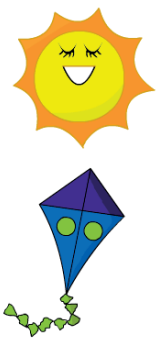


\$15 Donation

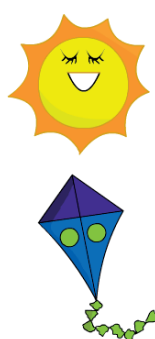


All Proceeds go to  
 Alzheimer's for research.

## Summer Word Search Puzzle

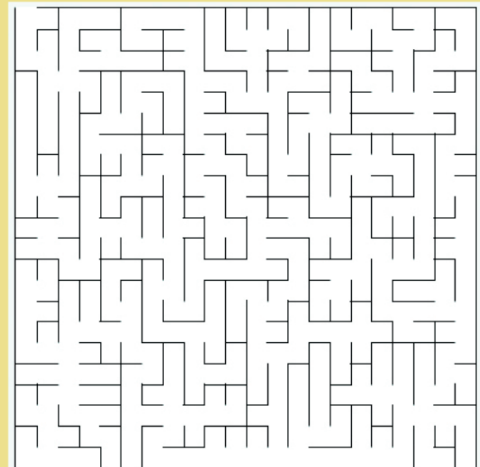


A J Z H V W T C B O X H E A T  
 W A N F T F E U T T M O Y A C  
 I S X P Q M Z R X E I X K C S  
 N W E P K B I K I N I K U A A  
 W I Z B O A T I N G H I J M N  
 A M B A C K P A C K I N G P D  
 T M J X S T M H T D X H H I A  
 E U I I C E C R E A M V O N L  
 R E L A X M U T T O I L T G S  
 M B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



- |                |                |
|----------------|----------------|
| 1. BACKPACKING | 10. RELAX      |
| 2. BASEBALL    | 11. SUN        |
| 3. BOATING     | 12. HEAT       |
| 4. BIKINI      | 13. HOT        |
| 5. CAMPING     | 14. SANDALS    |
| 6. FLOWERS     | 15. SWIM       |
| 7. ICE CREAM   | 16. TRAVEL     |
| 8. OCEAN       | 17. VACATION   |
| 9. PICNIC      | 18. WATERMELON |

## Summer Maze



# CELEBRATIONS AND MILESTONES

## Resident Birthdays

Carolyn Couch	9/2
Vivian Cotton	9/5
Kenneth Cole	9/6
Pamela Merrill	9/7
Dianna Tunny	9/8
Bruce Tackett	9/10
Alfred Mathes	9/10
Verena Fette	9/16
Udina Hurrell	9/20
Carol Wilson	9/21
Mary Farrow	9/25
Geraldine Fletcher	9/30
Gerald Gaebe	9/30

## Employee Birthdays

Timothy Sublett	9/2
Shelby Williams	9/7
Tricia Doyle	9/8
Joshua Caylor	9/8
Rachel Negangard	9/9
Julie Campos	9/11
Katelyn Ryker	9/12
Ruth Meyer	9/18
Jenna Ison	9/20
Ellana Jutzi	9/22
Brandi Carroll	9/24
Valerie Bennett	9/25

## September Birthdays

*Those born between September 1-22 are Virgos. Virgos are considered shy and sometimes naive, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23-30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.*

## Employee Anniversaries

Teresa Eshelman	9 yrs
Mary Berger	6 yrs
Kellie Doyle	5 yrs
Savanah Lovins	4 yrs
Rachel Roth	4 yrs
Terri Wells	3 yrs
Dakota Day	2 yrs
Patricia Ball	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