

THE RIPLEY CROSSING CHRONICLE

Rehab News



5 Tips for Aging Well

As we get older, we experience both mental and physical changes to our health. There are strategies to achieve a healthier life to remain active and independent for as long as possible.

Move More. Sit Less: Sitting too much can be harmful to your health. Research suggests adults age 65+ should do at least 150 minutes of physical activity a week. Walking and swimming are both good options of exercise for older adults.

Maintain Your Flexibility: Flexibility allows us to move our bodies and joints freely and with ease. You can improve your flexibility at any age with gentle stretching and exercise. Stretching each morning can help reduce pain and stiffness and help you move more comfortably throughout the day.

Take Care of Your Joints: Poor joint health can impact your ability to move and enjoy life. Engage in low-impact exercises such as swimming, walking, yoga, and stretching to ease joint stiffness and help you move more freely. Reduce the stress on your joints by maintaining a healthy weight.

Reduce Your Risk for Cognitive Decline: A healthy lifestyle that includes regular cardiovascular exercise, a healthy balanced diet, and proper quality sleep can help lower your risk of developing Alzheimer's disease and other types of dementia.

Prevent Falls & Maintain Balance: Maintaining good balance and sense of body position is critical to preventing falls. Your 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.

Therapy Can Help Aging Adults Stay Active & Independent

Exercise is extremely important in managing many common symptoms of aging. Physical therapists can teach you how to exercise appropriately for joint mobility, muscle strength, and fitness. Occupational therapists help older adults to safely do the things they want to do, stay active, and live well despite limitations. Talk with your doctor to see if Physical, Occupational, or Speech Therapy is right for you.

Ripley Crossing
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 Milan, Indiana 47031
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www.ripleycrossing.com

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 Business Office Manager

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 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

- Upcoming Events -

8th @ 10:00, Bingo Store
12th @ 6:00 pm, Harmony Group
19th @ 10:15, Resident Council
21st @ 1:30, Music with Tom Taylor
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!

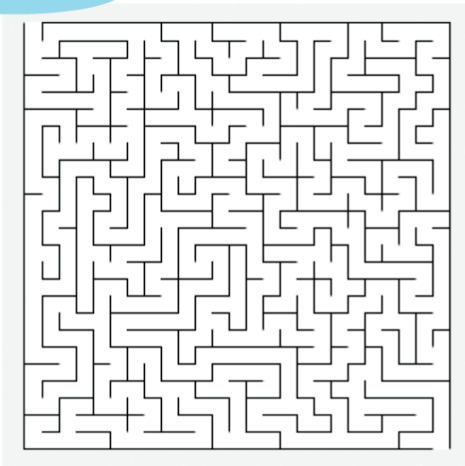
Come in and volunteer for one of our activities we offer!

- 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, Teresa Craig, C.N.A and Justina Sims, C.N.A. We would also like to welcome Markiesha Lillard 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.

Summer Maze

Help the hot-air balloon find its way through the maze to reach the sky



Hello Sunshine

Summer Word Scramble Puzzle

1. NCBCAIGKKPA
2. ALAELSBB
3. ABIOGNT
4. NIBIIK
5. MNIAGPC
6. LOREFSW
7. EIC RAMEC
8. CANEO
9. IICCPN
10. LRXAE
11. USN
12. ETAH
13. OTH
14. AADLSN
15. MISW
16. ELVART
17. CIONTAAV
18. TERMWAONEL

RIPLLEY CROSSING



September 28th,
2024

11 am-2pm

Presents

1200 Whilatch Way
Milan, IN 47031



10th Annual Classic Cruise-In

**Live Music
Raffles**



**Live
Broadcast!**

Trophies awarded for
1st, 2nd, & 3rd Place!
And Residents
Choice.

\$15 Chicken Dinner & \$20 Registration Fee, the day of the event.

We are Looking for Sponsors & Vendors.

ALL PROCEEDS GO TO THE ALZHEMER'S RESEARCH

The Golden Age

August 21 is Senior Citizens Day, a day to recognize the importance of seniors and support them in their endeavors as they age. August 14 marks another significant day for older generations - Social Security Day, a day honoring FDR's signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of them - over 62 million in America, or about 18 percent of the population. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. It may be that seniors finally have time to focus on enjoying the present rather than worry about the future. This might be the most valuable lesson we can learn from our senior friends!

CELEBRATIONS AND MILESTONES

Resident Birthdays

Henrietta Lay 8/4
 Eugene Marsee 8/14
 Keith Noah 8/17
 Steve McMullen 8/18
 Mary Lou Powers 8/20

Employee Birthdays

Alexandra Womack 8/1
 Abby Morehead 8/4
 Roberta Rudisell 8/5
 Amelita Evans 8/12
 Jasmine Lutz 8/18
 Jodee Withers 8/19
 Kellie Doyle 8/20
 Gay Morgan 8/23
 Deborah Polly 8/24
 Rebecca Hughes 8/26
 Paula Boyd 8/27
 Brandon Wells 8/28

Employee Anniversaries

Lynne Hutter 24 yrs
 Rebecca Robbins 19 yrs
 Jodee Withers 19 yrs
 Melissa Walton 3 yrs
 Shelby Williams 2 yrs
 Olivia Ester 2 yrs
 Linda Sauers-Mills 2 yrs
 Jessica Riley 2 yrs
 Amelita Evans 1 yr
 Jessica Guerich 1 yr
 Hailey Richmond 1 yr
 Robert Russell 1 yr
 Michaela Scudder 1 yr
 Rebecca Wahl 1 yr
 Sydney Stockman 1 yr



August Birthdays

If you were born between August 1-22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving and kind, they make loyal and honorable friends. Those born between August 23-31 are Virgos. Virgos are considered shy and sometimes naive, private and tidy.

They are curious explorers who are incredibly loyal and well respected by their friends and colleagues.

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

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PLACE
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