

THE RIPLEY CROSSING CHRONICLE

December 2024

REHAB NEWS



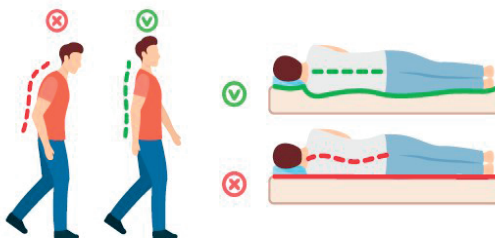
Poor Posture Takes a Toll on Overall Health

Everyone has heard the phrase "Stand Up Straight! Don't Slouch!" Behind those long forgotten words lies a very valuable and surprisingly simple message: Good posture is important because it helps your body function at top speed. It promotes movement efficiency and endurance and contributes to an overall feeling of well-being.

Our bodies change as we age. If you have poor posture, your bones are not properly aligned, and your muscles, joint and ligaments take more strain than nature intended. These natural changes make it especially important for older adults to maintain good posture, strength, flexibility and balance. Good posture can decrease your risk of falls!

Poor Posture Can Cause:

- Headaches & Fatigue
- Back, Neck & Shoulder Pain
- Breathing Problems



Tips for Maintaining Good Posture:

- ✓ Avoid staying in one position for long periods of time; inactivity causes muscle tension and weakness.
- ✓ Maintain a healthy weight; excess weight exerts a constant forward pull on the back muscles and weakens the abdomen.
- ✓ Sleep on a firm mattress and use a pillow under your head just big enough to maintain the normal cervical-neck-curve.
- ✓ Wear comfortable and well-supported shoes. Avoid high heeled or platform shoes, which distort the normal shape of the foot and throw the back's natural curves out of alignment.
- ✓ Walk with good posture; keep head erect with chin parallel to the ground, allow arms to swing naturally, and keep feet pointed in the direction you are going.

For more exercise and posture tips, talk with your doctor about physical and occupational therapy. Therapy can help correct your bad posture and help alleviate chronic pain. No matter what age you are, every BODY will feel the benefits of better posture.

Ripley Crossing
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Trina Johnson, CDP
Administrator

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Director of Nursing

Abby Moorehead
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Nursing/Infection Prevention

Lynne Hutter
MDS Coordinator

Krystle Kaiser
Therapy Director

Timothy Sublett
Social Services

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

-Upcoming Events-

12th @ 10:00, Bingo Store
 16th @ 10:15, Resident Council
 11th @ 1:30, Music with Tom Taylor
 16th @ 2:00 pm Music with Ken Petro
 19th Resident Christmas Party
 Second Monday @ 6:00 pm, Harmony Group
 First Thursday @ 1:30, Catholic Mass
 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, Jaclyn Alexander C.N.A, Gina Blackburn C.N.A, Amanda George C.N.A, Payton Winters C.N.A, Tiffany Johnson C.N.A, and Shantel Manis C.N.A. Joining the Housekeeping Department, Mellissa Carroll and joining the Dietary Department, Sheri Hartman. 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.

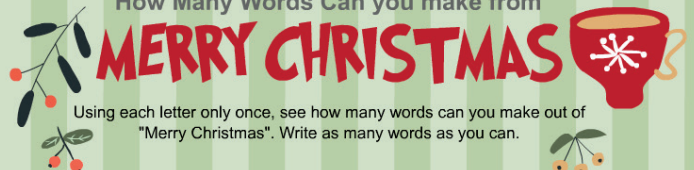
Notice: We are in the process of creating new sensory areas on wing 2. We are looking for a baby changing table, baby bassinet, small desk/table, and a smaller scale men's work bench. If you would happen to have these items and would like to donate them, or have any questions, please contact Jessica Doyle @ 812-654-2231 ext. #242

Match the Christmas Cookie Name

Match the clue with the name of the cookie it is referring to.
 The person with most correct matches wins.

- | | |
|------------------------------------------------|----------------------|
| 1. Rare wild mushrooms | a. Pinwheel |
| 2. Not very tall bread | b. Kiss |
| 3. Halloween Jack o Lanterns are made of these | c. Truffles |
| 4. Make these on papers and laugh | d. Thumbprint |
| 5. Healthy breakfast cereal | e. Pumpkins |
| 6. Edible man woman and house | f. Cathedral Windows |
| 7. Butter of legumes | g. Shortbread |
| 8. Spins round and round | h. Fortune |
| 9. You'll find these on a farm | i. Snickerdoodles |
| 10. This is something very sweet | j. Icebox |
| 11. Churned Cream | k. Gingerbread |
| 12. Type of liquid sugar | l. Oatmeal |
| 13. Let's make a snowman and fight with these | m. Ribbon |
| 14. Decorate a gift with a | n. Peanut Butter |
| 15. Reptiles with shells | o. Turtles |
| 16. These are not same for any two humans | p. Butter |
| 17. You'll find these at Chinese take-outs | q. Haystacks |
| 18. This will keep your drinks chilled | r. Snowbal |
| 19. These are usually made of stain glass | s. Molasses |
| 20. These cookies show love | t. Sugar |

How Many Words Can you make from

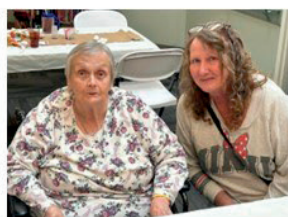
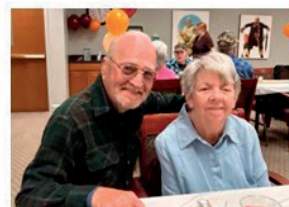
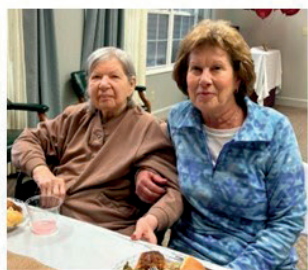
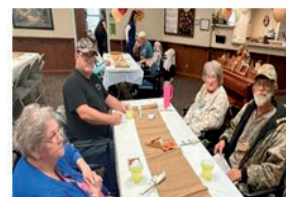
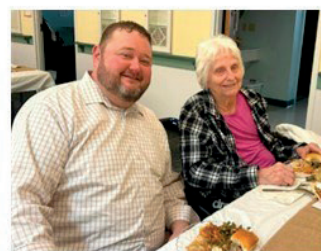
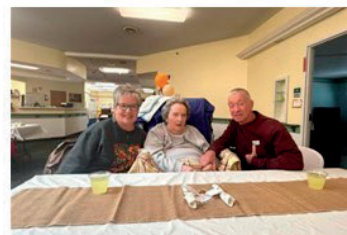
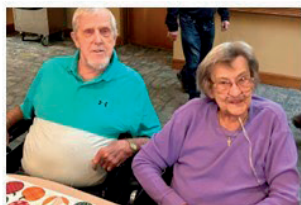


- | | |
|-----|-----|
| 1. | 26. |
| 2. | 27. |
| 3. | 28. |
| 4. | 29. |
| 5. | 30. |
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| 7. | 32. |
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| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |

Good food, family & Friends. Thank you,
to everyone who was able to come and join
us for our Thanksgiving Luncheon.



Happy Thanksgiving



CELEBRATIONS AND MILESTONES

Resident Birthdays

Rosalie Wagner	12/2
Bernetta Dobson	12/4
Charles Marsee	12/6
Ramona Miller	12/10
Betty Morton	12/21
Lois Williamson	12/22

Employee Birthdays

Janice Merida	1 yr
Janice Vaughn	2 yrs
Jane Volz	3 yrs

December Birthdays

If you were born between December 1-21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22-31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Employee Anniversaries

Jennifer Haney-Dixon	12/11
Ashley McClanahan	12/16
Deborah Seaver	12/18
Brenda Carter	12/18
Brittany Sizemore	12/31

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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



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RIPLEY CROSSING BRINGS YOU THE NEWS

Ripley Crossing
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Milan, Indiana 47031

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