

THE RIPLEY CROSSING CHRONICLE

Rehab News



A Good Night's Sleep

A common challenge that many seniors face is getting a good night's sleep. As you age, you may notice that you nap more during the day, feel tired earlier at night, have trouble falling asleep, or wake up in the middle of the night and have a hard time getting back to sleep quickly. These issues can cause you to still feel exhausted each morning.

Proper sleep helps your body by improving concentration and memory formation and allows time for your body to repair any cell damage that occurred during the day. Also, it allows you to wake up and have more energy to start your day. Research suggests many strategies that can help you overcome any sleep difficulties you might have and encourage a better night's rest.

Tips to Improve Sleep:

- **NATURALLY BOOST YOUR MELATONIN LEVEL.**
 Avoid artificial light at night by turning off the TV and computer at least one hour before bed.
- **MAKE YOUR BEDROOM QUIET, DARK & COOL.**
 Try a sound machine, earplugs, or a sleep mask.
- **MOVE BEDROOM CLOCKS OUT OF VIEW.**
 The light can disrupt your sleep and anxiously watching the minutes pass can cause insomnia.
- **MAINTAIN A CONSISTENT SLEEP SCHEDULE.**
 Go to bed and wake up about the same time every day, even on weekends.
- **NAP EARLY.** Nap early in the afternoon. Napping late in the day may disrupt your nighttime sleep.
- **EXERCISE.** The chemicals released in your body during exercise promote more restful sleep.

HOW CAN OUTPATIENT THERAPY HELP YOU?

Physical and Occupational Therapists use evidence-based interventions to address sleep issues and promote optimal sleep. Therapy can help by addressing conditions that may be causing poor sleep quality such as pain, decreased range of motion, depression, and anxiety. Also, therapy can help with establishing good bedtime routines, managing pain and fatigue, or addressing other things like getting in and out of bed and trips to the restroom at night.

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 Therapy Director

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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

-Upcoming Events-

- 11th @ 10:00, Bingo Store
- 17th @ 1:30, Music with Tom Taylor
- 22nd @ 10:15, Resident Council
- Second Monday @ 6:00 pm, Harmony Group
- Second 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

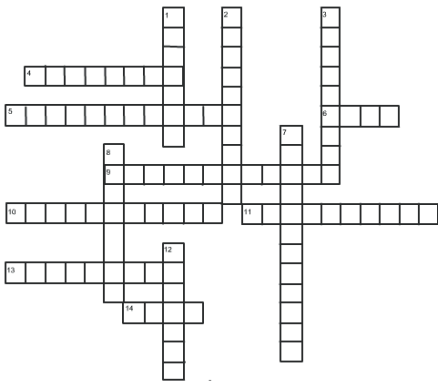
Check out our Calendars at
www.ripleycrossing.com
 to see what we have to offer
 on each wing!

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, Madison Finnegan, C.N.A, Lucie Nicholson, C.N.A, Naomi Peak, C.N.A, Jessica Reidman, C.N.A, Jennifer Fike, S.N.A, Hannah Przubyla, S.N.A, Savannah Reese, S.N.A & Lori Fike, S.N.A. We would also like to welcome Markiesha Lillard to Activities. Welcoming Joshua Caylor & Benard Martinez to Housekeeping and Timothy Robbins to Maintenance. 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.

Independence Day Crossword Puzzle



Down:

1. the state of being free within society
2. the group of people with the authority to govern a country or state; a particular ministry in office
3. a loss entailed by giving up something
7. law determining the fundamental principles of a government
8. a device containing gunpowder which causes spectacular effects and explosions used for display or in celebrations.
12. marked by active interest and enthusiasm

Across:

4. practices that are handed down from past by tradition
5. a formal public statement
6. a piece of cloth used as the symbol or emblem of a country or institution
9. the fact or state of being independent.
10. the date on which an event occurred in some previous year
11. love of country and willingness to sacrifice for it
13. behave as expected during of holidays or rites
14. The seventh month of the year

Independence Day Word Search Puzzle

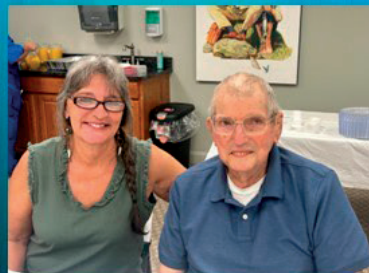
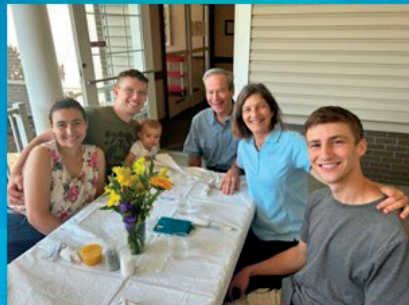


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|-----------------|------------------|
| 1. CONSTITUTION | 7. PATRIOTISM |
| 2. SACRIFICE | 8. ANNIVERSARY |
| 3. PROCLAMATION | 9. FLAG |
| 4. ZEALOUS | 10. GOVERNMENT |
| 5. CELEBRATE | 11. INDEPENDENCE |
| 6. HERITAGE | 12. LIBERTY |



Happy Fathers Day!

Thank you to all who came out and celebrated with us.



CELEBRATIONS AND MILESTONES

Resident Birthdays

Mabelyn Liberto	7/1
Pruda Setser	7/2
Paula Giltner	7/2
Mary Holzbacher	7/3
Gary Hornsby	7/22
Larry Beck	7/23
Susan Freeman	7/25

Employee Birthdays

Jessica Guerich	7/6
Tammalee Kutz	7/12
Gracie Ahrens	7/14
Lillian Dazey	7/15
Michelle Bushelman	7/22
Shelana Thompson	7/22
Marilyn Struckman	7/22
Jessica Kirby	7/26
Lynne Hutter	7/27
Karen Hunter	7/28
Christine Fraley	7/29
Desiree Defalco	7/30

Employee Anniversaries

Tiffany Curry	23 yrs
Jill Campbell	13 yrs
Hunter Liming	6 yrs
Cathy Lozier	5 yrs
Jasmine Lutz	4 yrs
Desiree Defalco	2 yrs
Cristina Bishop	2 yrs
Joy Disney	1 yr
Christina York	1 yr



July Birthdays

Those born between July 1-22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 23-31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving and kind, they make loyal and honorable friends.

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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