

# THE RIPLEY CROSSING CHRONICLE

## REHAB NEWS Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



### FEELING TIRED?

As we age, it's common to notice an increase in tiredness and a decrease in energy levels. While no one keeps the same high-energy levels as we did in childhood, there are ways to combat fatigue and maintain an active lifestyle as you age.

#### Tips to Reduce Tiredness & Boost Energy:



**Prioritize Sleep:** To improve your quality of sleep, try to maintain a regular sleep schedule and a relaxing bedtime routine. Aim for seven to nine hours of uninterrupted sleep each night.



**Stay Active:** Engage in regular exercise to boost energy levels and improve your mood. Whether it's brisk walks, swimming, yoga, or strength training, the key is to find activities you enjoy and make you feel energized.



**Eat Well:** Fuel your body with a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats for continued energy throughout the day.



**Stay Hydrated:** Drink plenty of water throughout the day and limit caffeine and alcohol consumption, as they can disrupt sleep and lead to dehydration.



**Manage Stress:** Practice stress-reduction techniques such as deep breathing, meditation, or tai chi to promote relaxation and increase energy.

If you're experiencing persistent fatigue, it's important to consult with your healthcare provider. They can help identify any underlying causes contributing to your tiredness and discuss the potential benefits of physical, occupational, and speech therapy. These therapies focus on strengthening exercises, pain management, energy conservation, stress management, and activity modification, helping older adults manage fatigue and maintain an active lifestyle.

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

Trina Johnson  
*Administrator*

Becky Robbins  
*Director of Nursing*

Abby Moorehead  
*Assistant Director of  
Nursing/Infection Prevention*

Lynne Hutter  
*MDS Coordinator*

Amanda Driscoll  
*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*



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## -Upcoming Events-

- 6th @ 10:00, Bingo Store
- 19th @ 1:30, Music with Tom Taylor
- 17th @ 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
- 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, Lillian Dazey C.N.A, Madison Finnegan C.N.A, Lucie Nicholson C.N.A, Naomi Peak C.N.A, & Jessica Riedman C.N.A. We would also like to welcome Bernard Martinez to Housekeeping. 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.

## MEMORIAL DAY WORD SCRAMBLE PUZZLE



1. AIALTMR
2. RVBSOEE
3. VEBAR
4. TOTCRPIA
5. OOMMMCTEERA
6. ROMDFEE
7. TAEHWR
8. LRDIESO
9. ONTCYUR
10. ORELMMA
11. OVOUSRITIC
12. UEDNTI
13. TONAAJNI
14. RDEAAP
15. ARFIIIECCS

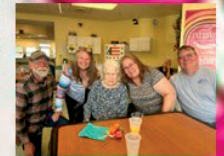
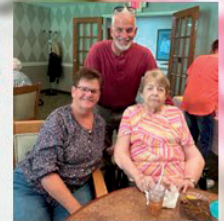
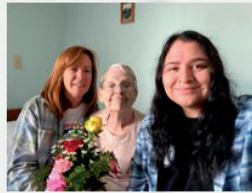
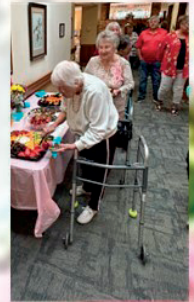
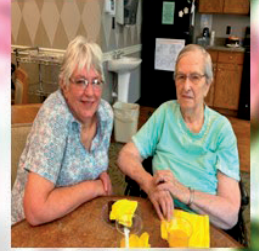
## Memorial Day Word Search Puzzle

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



- |             |           |            |
|-------------|-----------|------------|
| Brave       | Memorial  | Sacrifice  |
| Commemorate | National  | Soldier    |
| Country     | Observe   | United     |
| Freedom     | Parade    | Victorious |
| Martial     | Patriotic | Wreath     |

# Happy Mothers Day



*A big thank you to everyone who was  
able to attend our Mothers Day  
Brunch.*



# CELEBRATIONS AND MILESTONES

## Resident Birthdays

|                    |      |
|--------------------|------|
| Jeraldine Humphrey | 6/1  |
| Sue Turut          | 6/3  |
| Barbara Gaebe      | 6/3  |
| Charles Wilburn    | 6/5  |
| Irene Gray         | 6/7  |
| Shirley Cox        | 6/9  |
| Evelyn Clark       | 6/10 |
| Norma Dieckmann    | 6/18 |
| Barbara Davis      | 6/19 |
| Connie Hudson      | 6/23 |
| Doris Spencer      | 6/27 |
| Bertha Mae Puro    | 6/28 |

## Employee Birthdays

|                    |      |
|--------------------|------|
| Tammy Crist        | 6/4  |
| Martha Riley       | 6/8  |
| Madlynn Roell      | 6/8  |
| Cristy Curry       | 6/10 |
| Christina York     | 6/10 |
| Kyleigh Bledsoe    | 6/13 |
| Payton Bennett     | 6/15 |
| Rachel Henson      | 6/17 |
| Aerionna Allen     | 6/19 |
| Cita Moll          | 6/19 |
| Amy Smith          | 6/19 |
| Stephanie Evans    | 6/22 |
| Jacqueline Johnson | 6/22 |
| Faith Pindell      | 6/22 |
| Cheryl Agapie      | 6/23 |



## Employee Anniversaries

|                      |        |
|----------------------|--------|
| Samantha Meyers      | 14 yrs |
| Ashley Rodgers       | 10 yrs |
| Susan Johnson        | 6 yrs  |
| Amber Thomson        | 6 yrs  |
| Jessica Doyle        | 5 yrs  |
| Ashley Hall          | 5 yrs  |
| Jennifer Dixon-Haney | 4 yrs  |
| Hannah Hutter        | 4 yrs  |
| Diana King           | 4 yrs  |
| Alexander Womack     | 3 yrs  |
| Gilbert Collins      | 1 yr   |
| Brynlee Gilbert      | 1 yr   |
| Bailey Rodgers       | 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)



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