

THE RIPLEY CROSSING CHRONICLE

REHAB NEWS

Submitted by: Therapy Department at Healthcare Therapy Services, Inc.

KEEPING BONES STRONG AND HEALTHY



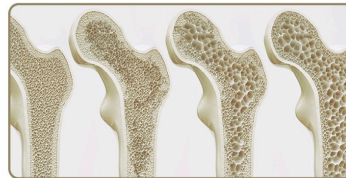
As we get older, our bones can weaken, which might cause osteoporosis—a condition where bones become fragile and break easily. However, osteoporosis is not an inevitable part of aging. By learning more about it and taking action early, you can significantly reduce your risk of osteoporosis and keep your bones strong and healthy.

Did you know?

Osteoporosis is often referred to as a “silent disease” because it progresses without symptoms until a fracture occurs.

Prevention Tips:

Preventing osteoporosis is crucial because it is easier to maintain bone density than to rebuild it once it's lost.



Get enough calcium and vitamin D from food or supplements.



Do weight-bearing exercises like walking, jogging, dancing, and strength training to strengthen bones.



Avoid smoking and limit alcohol consumption.



Prevent falls by keeping your home safe, improving balance, and wearing proper shoes.



Talk to your healthcare provider about bone density testing and, if necessary, medications to help prevent or treat osteoporosis.

How Therapy Can Help

Physical and occupational therapy can help individuals improve their bone health by focusing on improving bone strength, reducing the risk of falls and fractures, enhancing functional abilities and promoting safety and independence.

Ripley Crossing
1200 Whitlatch Way
Milan, Indiana 47031
Phone: (812)-654-2231
Fax: (812)-654-2240
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

Lori Sachleben
*Social Services/
Dementia Coordinator*

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



1200 Whitlatch Way | Milan, IN 47031
812-654-2231 | www.ripleycrossing.com

-Upcoming Events-

14th @ 10:00, Bingo Store
13th @ 1:30, Music with Tom Taylor
27th @ 2:00, Birthday Bash
18th @ 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
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 Martin, Q.M.A, & Ellana Jutzi, C.N.A. Joining the Laundry Department, Emily Wallen. We would also like to welcome to the Dietary Department, Ashley McClanahan. 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.

Activity Spotlight



With the up coming Holidays, please remember to have any new clothing marked by our Laundry Department. Our lost and found is getting full. If you have a loved one missing clothing, please contact our Laundry Department @ 812-654-2231 (ext. 238)



Congratulations!

*Ripley Crossings 2024 Valentines
King & Queen.*



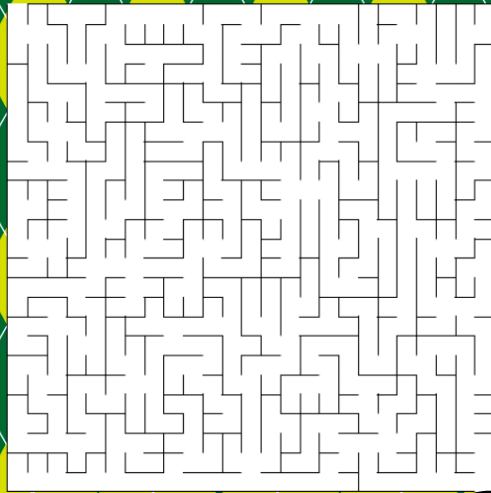
Howard Biddle



Henrietta Lay

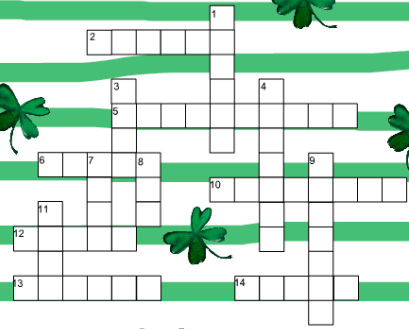
St. Patrick's Day Maze

Start ↓



 www.MyPartyGames.com

Saint Patrick's Day Crossword Puzzle



- Down:**
- According to Irish lore Saint Patrick drove these out of Ireland
 - St. Patrick was initially associated with this color
 - This city dyes its river green every St. Patrick's Day
 - St. Patrick's Day occurs during this major Catholic holiday
 - The circle in the very center of the Celtic cross represents this celestial body
 - Dublin hosts a huge festival on Saint Patrick's Day that lasts for _____ days
- Across:**
- This was Saint Patrick's real name.
 - This is a small mischievous sprite as per the Irish folklore
 - Some believe that Saint Patrick was born in Scotland and others think that he was born in _____.
 - This is the national flower/emblem of Ireland.
 - This is what an Irish potato cake is called
 - St. Patrick was the first bishop of _____
 - Saint Patrick used a three-leafed Shamrock to explain this religious concept.
 - Saint Patrick's Day commemorates the _____ of Saint Patrick.

 www.MyPartyGames.com

St. Patrick's Day Word Search Puzzle

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

- | | |
|------------|-----------|
| IRISH | HOLIDAY |
| GREEN | POTATO |
| LUCKY | TRADITION |
| PATRICK | LIMERICK |
| SHAMROCK | MARCH |
| LEPRECHAUN | CLOVER |
| GOLD | PARADE |
| RAINBOW | |

 www.MyPartyGames.com

St. Patrick's Day Word Scramble

- RIHIS
- EGENR
- CLYUK
- TARPICK
- AHROCKMS
- PRELAUNCHE
- LDGO
- IBROWNA
- LHAYDOI
- APOT TO
- AITTIONDR
- ERICKLIM
- CHARM
- LOERVC
- AADERP

 www.MyPartyGames.com

CELEBRATIONS AND MILESTONES

Resident Birthdays

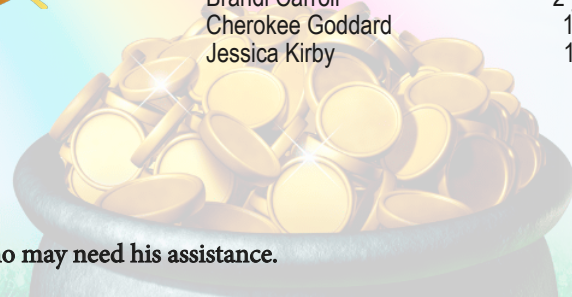
Elvin Volz	3/9
Betty Rayner	3/12
Jewell Walston	3/13
Judy Bennett	3/17
Thelma Monteith	3/20
Beverly Murphy	3/23
Martha Pohle	3/23
Marcella Sneed	3/28
Georgia Phillips	3/31

Employee Birthdays

Linda Sauers-Mills	3/1
Ashley Rodgers	3/3
Angela Bishop	3/4
Jaedyn Sanders	3/6
Cynthia Widner	3/9
Deanna Meadors	3/10
Brandy Brewer	3/12
Teresa Eshelman	3/12
Allison Doyle	3/14
McKenna Murray	3/16
Terri Wells	3/17
Bailey Rodgers	3/23
Hunter Liming	3/23
Ashley Gills	3/25
Paula Isaacs	3/26

Employee Anniversaries

Jenna Snelling	17 yrs
Deanna Meadors	13 yrs
Cristy Curry	12 yrs
Kimberly Fleming	11 yrs
Kelsey Patterson	8 yrs
Martha Riley	8 yrs
Sabrina Paddock	6 yrs
Tricia Doyle	5 yrs
Ashley Gills	4 yrs
Cheryl Agapie	2 yrs
Brandi Carroll	2 yrs
Cherokee Goddard	1 yr
Jessica Kirby	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 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
 STAMP
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