

THE RIPLEY CROSSING CHRONICLE

October 2024

REHAB NEWS



Fall Prevention Safety Tips

Have you recently experienced a fall? If so, you are not alone. Each year, one in three adults 65+ experience a fall that requires medical attention. Falls can lead to hip fractures and other serious injuries. Falls are not a normal part of aging and most falls can be prevented.

Outdoor Hazards & Safety

- ▶ Use a walker or cane for added stability.
- ▶ Wear warm boots with rubber soles for added traction.
- ▶ If sidewalks look slippery, walk on the grass for better traction.
- ▶ Carry a small bag of rock salt or kosher salt and sprinkle on slick surfaces.
- ▶ Beware of highly polished marble or tile floor surfaces in public buildings. Stay on carpet runners whenever possible.
- ▶ Allow for extra commute time to ensure safe travel.

Home Safety Tips

- ▶ Keep all rooms free from clutter, especially on the floors.
- ▶ Wear supportive, low-heeled shoes even at home.
- ▶ Remove rugs or use double-sided tape to secure rugs so they won't slip.
- ▶ Put a non-slip rubber mat or self-stick strips on the floor of the shower or tub.
- ▶ Install easy-to-reach grab bars in the bathroom.
- ▶ Use a shower chair or transfer bench.
- ▶ Place a lamp close to the bed where it's easy to reach.

How Can Physical & Occupational Therapy Help?

Maintaining proper balance and sense of body position is critical to preventing falls. A physical therapist can help you prevent falls by designing an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. Occupational therapists can review your home environment for hazards and assess any individual limitations. By identifying these factors that contribute to falls, the occupational therapist can recommend strategies to safely perform daily tasks, modify the home environment, and change activity patterns and behaviors.

Talk to your doctor about your fall risk and ask if physical or occupational therapy could help. Be sure to have your doctor or pharmacist to review your prescriptions regularly.

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

Trina Johnson, CDP
 Administrator

Becky Robbins
 Director of Nursing

Abby Moorehead
 Assistant Director of
 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-

10th @ 10:00, Bingo Store

22nd @ 10:15, Resident Council

16th @ 1:30, Music with Tom Taylor

31st, 5:30 to 6:30, Ripley Crossing-Trick or Treat

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, Aubrey Bowling, C.N.A, Morgan Daning, C.N.A, Lydia Hallabrin, C.N.A, and Deborah Bevis, R.N. We would also like to welcome Pamela Furnish to our Dietary 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.

Ripley Crossing Trick or Treat !!

**We are now accepting donations for
Halloween candy.**

Ripley Crossing Trick or Treat, for employees children &
resident family members children.

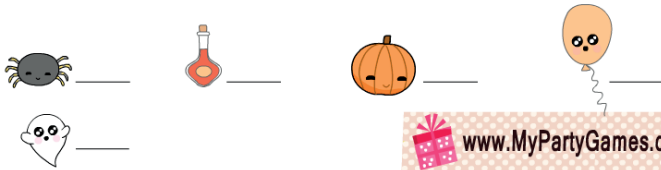
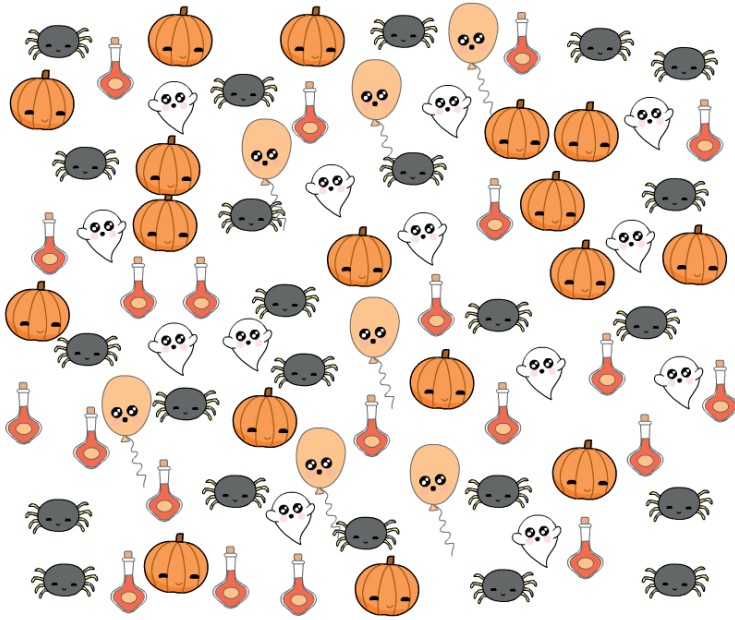
When: Thursday, October, 31st.

Time: 5:30pm-6:30pm.

Where: Therapy Entrance.

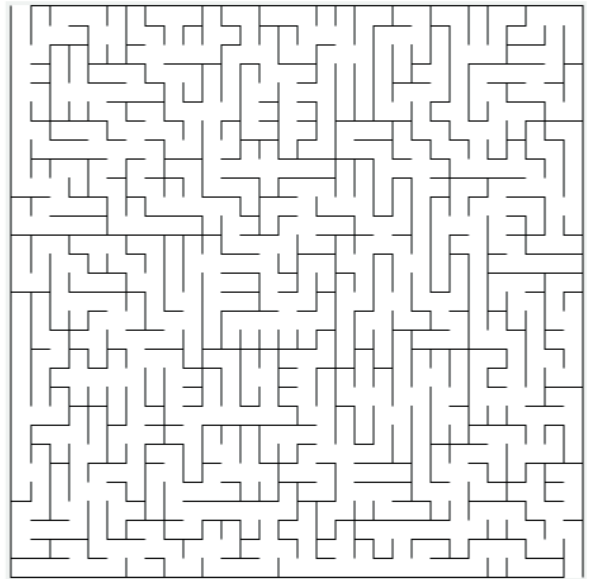


Halloween I SPY



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HALLOWEEN MAZE



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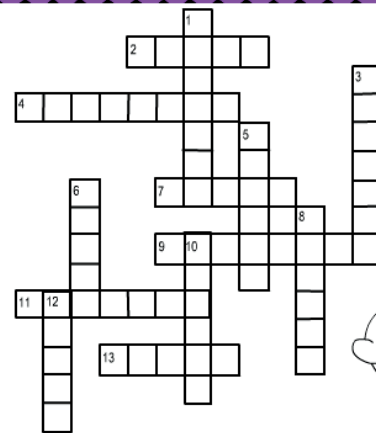
HALLOWEEN CROSSWORD PUZZLE

HALLOWEEN WORD SEARCH

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

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|--------------|-----------|
| GRAVEYARD | NIGHTMARE |
| FRANKENSTEIN | TRICK |
| HAUNTED | TREAT |
| PARTY | WEB |
| MUMMY | PHANTOM |
| MONSTER | CEMETERY |
| VAMPIRE | TOMB |
| WAREWOLF | TOMBSTONE |
| WITCH | DARK |
| SCREAM | DEVIL |
| COFFIN | |
| CANDY | |
| SKELETON | |
| MOON | |
| CAULDRON | |

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Down:

1. a large, ugly, and frightening imaginary creature.
2. the red liquid that circulates in the arteries and veins of humans and other vertebrate
3. a large rounded orange-yellow fruit with a animals.
4. the partial or total absence of light.
5. laugh in a loud, harsh way.
6. an animal, especially a large or dangerous four-footed one.
8. a sudden intense feeling of fear.
10. frightened
12. sweets

Across:

4. the partial or total absence of light.
7. a cunning act or scheme intended to deceive or outwit someone.
9. a large metal pot with a lid and handle, used for cooking over an open fire.
11. the tenth month of the year
13. the supreme spirit of evil

www.MyPartyGames.com

CELEBRATIONS AND MILESTONES

Resident Birthdays

Marcella McCann	10/9
Judy Stein	10/13
Carol Cook	10/13
Jerry Redding	10/16
Yvonne Thomas	10/19
Dolores Pulskamp	10/20
Laverne Fletcher	10/20
James Bloemker	10/21
Leona Purcell	10/24
Betty Draper	10/24
Constance Powell	10/27

Employee Birthdays

Diana King	10/5
Tara LaFollette	10/6
Katelyn Cutter	10/9
Tiffany Curry	10/9
Kimberly Fleming	10/12
Jill Campbell	10/19
Kelsey Carroll	10/20
Emma Rohrig	10/22
Teresa Craig	10/23
Melissa Walton	10/23
Rebecca Thomas	10/25
Trina Johnson	10/25
Rebecca Robins	10/29
Samuel Spurlock	10/29
Kaitlyn Barton	10/30

October Birthdays

If you were born between October 1-22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23-31 are passionate Scorpios, considered the most intense sign in the zodiac. While n the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Employee Anniversaries

Trina Johnson	39 yrs
Patricia Waver	34 yrs
Julie Campos	26 yrs
Brenda Carter	11 yrs
Jenna Ison	9 yrs
Brittany Sizemore	4 yrs
Alexis Bennett	3 yrs
Madelynn Roell	2 yrs
Tara LaFollette	2 yrs
Kelsey Carroll	2 yrs
Payton Bennett	2 yrs
Teresa Adams	1 yr
Rebecca Hughes	1 yr
Shelana Thompson	1 yr
Brandon Wells	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

Ripley Crossing
1200 Whitlatch Way
Milan, Indiana 47031

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