

# THE RIPLEY CROSSING CHRONICLE

January 2025

## REHAB NEWS



### Live Pain Free in 2025!

More people in America suffer from pain than diabetes, cancer and heart disease combined. When pain lasts for a long time (3 to 6 months or more), it is called chronic pain. The CDC recently released a report estimating that 50 million Americans, more than 20 percent of the adult population, have chronic pain.

#### Managing & Treating Your Pain

Chronic pain can have real effects on your day-to-day life and your overall health. Treating chronic pain can be difficult because it varies from person to person as well as many different causes and possible treatments. Developing the right treatment plan for your diagnosis is often the work of a multidisciplinary team of medical professionals. When consulting with your doctor, he may refer you to visit a physical and occupational therapist.

#### Physical Therapy (PT)

Physical therapy practitioners can assess your chronic pain, and based on your goals, will establish a therapy treatment plan fit for you. Treatment may include both passive and active treatments. Passive treatments help you to relax, while active treatments are therapeutic exercises that strengthen your body and help you deal with your pain.

#### Occupational Therapy (OT)

Occupational therapy practitioners understand that pain is subjective and complex. OT's work individually with you to evaluate the pain's impact on your desired activities and quality of life. They teach you skills and strategies to manage and cope with your pain.

#### Pain Reducing Technology

Therapists may use non-invasive technology such as Electrical Stimulation (e-stim) which blocks the pain signal to the affected area while reducing inflammation. Also, Ultrasound and a combination of heat and cooling therapies may be used to reduce pain.

If you or a loved one suffer with chronic pain, it is important to pay attention to your body. Be proactive to keep your pain under control. Consult with your doctor and ask if physical and occupational therapy can help you!

References: American Occupational Therapy Association

*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, 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*



1200 Whitlatch Way | Milan, IN 47031  
812-654-2231 | [www.ripleycrossing.com](http://www.ripleycrossing.com)

## - Upcoming Events -

9th @ 10:00, Bingo Store  
 20th @ 10:15, Resident Council  
 15th @ 1:30, Music with Tom Taylor  
 20th @ 2:00 pm Music with Ken Petro  
 Second Monday @ 6:00 pm, Harmony Group  
 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

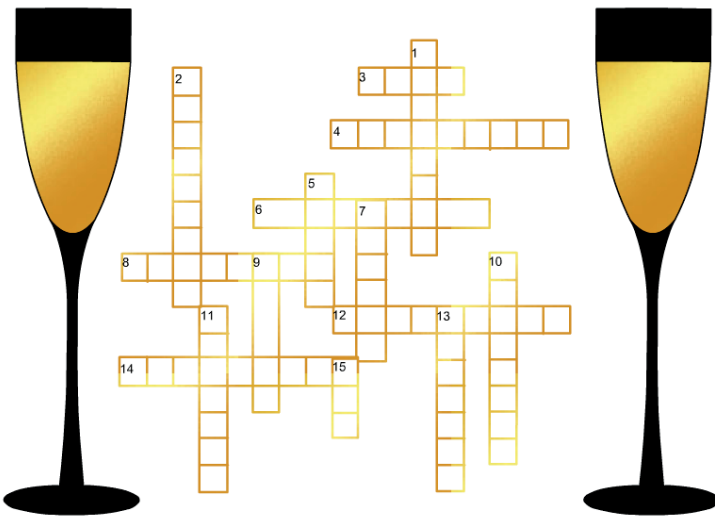
Check out our Calendars at  
[www.ripleycrossing.com](http://www.ripleycrossing.com)  
 to see what we have to offer  
 on each wing!

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, Mikayla Murry C.N.A. Joining the Housekeeping Department, Debbie Calvert and joining the Activities Department, Kyla Curry. 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.

## New Year Crossword Puzzle



### Down:

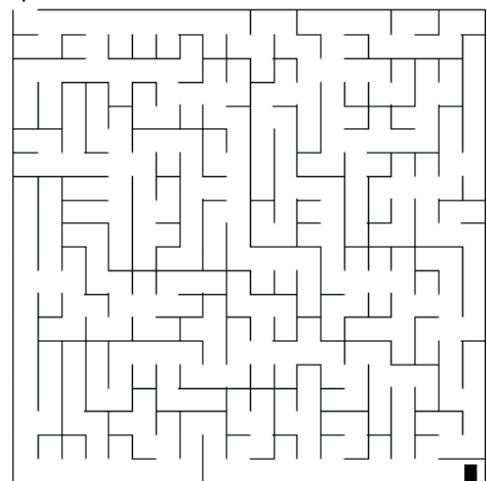
1. a chart with days weeks and months
2. a white sparkling wine
5. beautiful vocal instrumental or combined sound
7. a drinking glass with a foot and a stem
9. a man's dinner jacket.
10. a handheld firework that emits sparks.
11. the first month of the year
13. round rubber bag that is inflated with the air
12. observe
15. opposite of old to zero

### Across:

3. the period of 365 days
4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited
6. a timing device with two connected glass bulbs containing sand
8. small bits of paper usually colored
14. an act of counting numerals in reverse order

## Easy New Year Maze

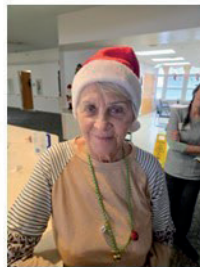
Start ↓



End ↓



# 2024 Resident Christmas Party!





# CELEBRATIONS AND MILESTONES

## Resident Birthdays

Martha Lunsford	1/1
Ruth Lewis	1/9
John Largent	1/9
Rita Veil	1/11
Bessie Kirby	1/11
Raymond Brown	1/12
Kenneth Lows	1/13
Kathleen Stiegler	1/13
Wilma Bloemker	1/13
Pauline Heart	1/14
Velma Addington	1/20
Kathleen Serey	1/24

## Employee Birthdays

Patricia Weaver	1/1
Cathy Lozier	1/6
Peter Solly	1/6
Janice Merida	1/8
Amy Faber	1/9
Tiffany Scruggs	1/9
Crystal Solly	1/10
Dakota Day	1/11
Masiela Stockman	1/11
Keirstynne Stahle	1/12
Tres Hudepohl	1/14
Ryley Ruble	1/17
Cristine Bishop	1/19
Halie Loyd	1/19
Alexis Bennett	1/20
Renaey Payne	1/21
Teresa Holtegel	1/23
Ashely Hall	1/23

## January Birthdays

*Those born between January 1-19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20-31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.*

Jenna Snelling	1/25
Hannah Hutter	1/26
Lucie Nicholson	1/29

## Employee Anniversaries

Rhonda Maybrier	29 yrs
Kaitlyn Barton	10 yrs
Georgia Weldon	5 yrs
Renaey Payne	5 yrs
Katelyn Cutter	5 yrs
Bayley Johnson	3 yrs
Allison Doyle	3 yrs
Nakai Ankrom	3 yrs
Jaedyn Sanders	2 yrs
Rachel Henson	2 yrs
Gay Morgan	1 yr
Ashley McClanahan	1 yr
Ellana Jutzi	1 yr
Kyleigh Bledsoe	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)



Like us on Facebook & visit our website at [www.ripleycrossing.com](http://www.ripleycrossing.com)

**RIPLEY CROSSING BRINGS YOU THE NEWS**

Ripley Crossing  
1200 Whitlatch Way  
Milan, Indiana 47031

